

BODY, MIND, & soul



RETREAT

REVIEW

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Peter Schorr
President & CEO

Dear Friends,

These trying times are far from over. One thing is for certain: maintaining a sound mind, body, and spirit is of the utmost importance. Many would argue this alone cannot prevent COVID-19, but building a healthy lifestyle will help to build a strong and well-prepared immune system. It is important to eat healthy, be active, and pay attention to your mental health.

I work to integrate as much exercise as I can into my daily habits. I enjoy exercising with my son and dog, riding my motorcycle, playing guitar, swimming, and others. These activities help to improve my health and provide downtime from work. We gain tremendous personal value through our work—it provides us with purpose, but rest and attention to our own physical and mental health is invaluable.

I encourage that you prioritize your health and wellness this season so that we may all be stronger **of mind, of body and of spirit**. God Bless.

All the best,



Peter Schorr
President/CEO



YOGA 4 CHANGE: THE LIFE-CHANGING MAGIC OF YOGA

by Ariana Lobo

According to the National Institutes of Health from the U.S. Department of Health and Human Services, about one in seven U.S. adults practiced yoga in the last twelve months.

They also found that nearly 60% of all practitioners felt that practicing yoga improved their sleep. With so much increased growth and awareness, yoga is quickly climbing as one of the biggest health and wellness activities in the U.S.

"A lot of people will start with the workout and then they will leave and be shocked at what just happened. The 'Yoga High' is a natural high that your body experiences. You feel really free, almost euphoric and it's completely natural. In fact, 'Yoga' means UNION. It's all about the union of your body," shares Alexandra Ramirez the Director of Programs and Community Outreach at *Yoga 4 Change*.

Yoga 4 Change is a non-profit organization that achieves lasting, evidence-based change for veterans, individuals who

are experiencing incarceration, youth of all ages, and people struggling with mental health conditions through a purpose-driven yoga curriculum. Founded by Kathryn Thomas, a former U.S. Navy veteran, *Yoga 4 Change* works to create trauma-informed, evidence-based yoga programming. Setting them apart, her organization works diligently to collect data from each of their yoga sessions or workshops. This data allows them to tangibly track the quantitative effects of yoga on the human body. With a strong foundation built on the power of the mind-body connection, *Yoga 4 Change* is revolutionizing the game on providing accessible, innovative care to those who need it most.

"When we experience trauma, we hold it in our body," shares Ramirez on her work with her students. "Our body's memory stores it. When you start to practice yoga, when you start to incorporate breath, you are essentially moving the stored-up trauma and navigating it throughout your body. You end

up releasing that stored trauma. If you do a hip opener, for example, a lot of people store deeply-rooted emotions in this area and often cry during those exercises. I oftentimes think of the hips as the junk drawer in your kitchen. Yoga is like the act of 'spring cleaning' for that junk drawer."

Retreat is rooted in offering a multi-faceted approach to care. Inspired by Kathryn and her incredible team, Retreat recently began a partnership with *Yoga 4 Change* in order to offer our patients new and effective treatment options. At Retreat, we remain dedicated to offering the most cutting-edge treatment as possible. Our passion for research and development has led us to some incredible opportunities. Thanks to this new partnership, patients now have the option to take yoga classes that can help them navigate their journey towards recovery and lasting sobriety, in a fresh and innovative way. ■

To learn more about Yoga 4 Change, go to their website (www.y4c.org) and find out about ways that you can donate or become part of the movement.



Kathryn (pictured)



Alex (pictured)



THE MIND, BODY, SOUL CONNECTION: RECOVERY & MAT

by Melissa Callahan [AGPCNP-BC, APRN]

If COVID-19 has taught us anything, it is that health and wellness must take priority.

At Retreat, we have taken a rigorous, diligent and well-informed approach to addressing COVID-19 at each of our facilities. By maintaining strict procedures while implementing innovative treatment, we have created a safe and healthy environment for our staff and our patients. Leading this charge, has been Melissa Callahan. Recently promoted to Chief Nursing Officer (CNO), Callahan has been Retreat's Corporate Director of Infectious Control throughout this entire pandemic. Below are a few insights from our own cutting-edge expert on health and wellness as it pertains to sobriety and recovery.

1. At the onset of sobriety, an individual can face many new challenges. What are some of your health and wellness recommendations for someone beginning this journey?

One of the things I think is most important for patients to know, is that it can take years and years to reach your bottom

before you even start to seek help. Knowing that it will take a long time, not just stopping the drugs and detoxing from the drugs, but teaching your body how to function without drugs in your system, will take some time. So, after making these initial changes, I recommend having a healthy diet including vitamins and minerals, plenty of fluids, healthy sleep patterns, and exercising on a daily basis. Building this foundation is so very important, especially in the first 3 - 6 months.

Please know that finding a new and healthy balance to your everyday life can be a challenge at the onset of recovery - but it is possible. Building habits that keep you stabilized and away from negative influences is also essential. That is why I always recommend to my patients that they integrate as many healthy habits into their daily lives as soon as possible. Once you build a solid foundation that works for YOU, the rest is history.

2. You have spear-headed the integration of Medication Assisted Treatment (MAT) as a key cornerstone in our treatment process here at Retreat. With such a high

rate of success, what are some of the leading factors behind WHY you believe this to be one of the healthiest treatment options?

MAT in the recent years has become an integral focus in healthy recovery. Recovery for many years, only meant abstinence. However, the advancements in the diseases of the brain, including substance use and mental health disorders, have shown that medications administered safely and under proper management, in addition to various therapies, has the best outcome.

Over my 20 years of being in the field of behavioral health and addiction medicine, there has existed a struggle between medication management and how much medicine can actually worsen some disease processes. However, what I have learned about brain diseases is that chemical imbalances require some form of medication to help re-regulate the body and to achieve its healthiest system in order to remain sober.

I've also learned that medication is a lifelong adjustment, but experience and research does show that some form of medication management is ideal for a healthy recovery.

3. What are some myths or stereotypes around recovery that you as a practitioner find most detrimental? What can society do to help de-bunk them?

One of the greatest myths about recovery is that abstinence is the only way. I believe that people have to find the journey that makes sense for them. I also believe that being open to doing something different from what you've done in the past, especially if you have a history of relapses, is incredibly important. Understanding that it's a mind, body journey, that there's going to be some inherent struggle, and that there's a lot of work that needs to be put in, will help you obtain a life of sobriety. Therapy is also very powerful in teaching the patient how to release the guilt that they may be holding and begin to practice forgiveness.

It's also incredibly important to NOT look at medication as instant gratification, and if you don't see an immediate positive affect do not become frustrated. Keep taking your medication as properly prescribed. Allowing providers' the freedom to assess their patients individually and monitor their respective needs, is also essential for a healthy recovery. ■



Melissa Callahan (pictured)

HERE A MASK, THERE A MASK, EVERYWHERE A MASK

How something as simple as a mask could be the cause of extreme anxiety to some.

by Tanya Ruhl



Many of us are tired of hearing the words COVID-19, coronavirus, pandemic, quarantine, and the one that I want to discuss the most: masks. Now, I promise this is not and will not turn into a debate on whether or not they should be worn. This is strictly a piece about how masks can affect people's mental wellbeing in a way that you might not expect.

I do know that most areas in the United States, if not all, are asking that masks be worn in public places — grocery stores, convenience stores, pharmacies, and the like. When they were first required in my area, I didn't think anything of it.

One afternoon, when my husband and I pulled up to the gas station on a routine trip, we, like most other citizens, complied with the rules, put on our masks, and went inside. But, once I was entered the small convenience store at the station, a totally different feeling hit me as I looked around.

Suddenly, time stood still. I lost my breath and couldn't move. I had no sense of what was going on. Then I heard my husband's voice asking if I was coming. Now, all of this probably only lasted a few seconds because he was not that far away from me when I snapped back to it, but it felt like I was frozen in fear for an eternity.

A bit of background for you: Seven years ago, I was the victim of an armed robbery where the burglars were wearing masks to disguise their faces. I don't fully remember exactly how those masks looked, because so much of that traumatic incident has been archived in blurry, incomplete bits and pieces in my mind — but I know that they had masks on, so now, I subconsciously associate masks with having to freeze in fear.

Since the incident, I have been through counseling and still regularly go. But, not even the counseling can prevent those instincts from snapping back occasionally, causing anxiety to rise in me from my past experiences.

But, there's a bright spot in my reaction that reveals seven years of hard work, therapy, and growth. This time when I saw the masks, I was able to recognize where the anxiety was coming from which felt amazing! Years ago, I would have been stuck in the anxiety and had no understanding of what I was feeling, why, or where it was coming from which is extremely frustrating.

Knowing where it was coming from, I was able to "sit" in the moment, so to speak, in order for myself to let it go again. Masks still take me off guard from time to time, but I know now that it is alright to have these feelings and then let them go.

I asked Kate Ramsey, Retreat's Senior Clinical Supervisor in Lancaster County, for her thoughts on why my experience seven years ago could still have an effect on my association with masks today. According to Kate, many people — including those who have been victims of sexual violence or trauma — can relate to my experience, having had their mouths covered during the course of whatever traumatic incident they endured.

Other patients whom she has seen who have been triggered are military veterans that had previously served in active combat zones. Kate added that sometimes, people can still react to masks or other stimuli in the way I did, but not be able to pinpoint the precise cause of their anxiety. That, too, is normal.

There are always techniques you can practice in order to ground yourself to get back to equilibrium. Once you are calmer, you can do some more investigation to try to figure out what the root cause of your anxiety was.

Kate also shared some advice for getting through an anxiety attack in the moment: Start by taking slow, deep breaths while lifting your head up and opening your eyes to what is actually happening in the space around you.

Another option is to take in five things that can be touched, four things that can be seen, three things that can be heard, two things that can be smelled, and one thing that you can taste. This is a really cool grounding technique that I try to remember and use myself. For me, some of the things I like to feel are a soft sweater; a warm, fluffy blanket; or a cushy pillow on my bed. And my personal favorite food to taste is fresh strawberries. You can find whichever versions of these examples work best for you.

There are plenty of other grounding resources you can find online as well. Don't give up looking until you find the one that works best for you.

During this time, even the most certain people can be left feeling uncertain. We should all be proactive with our mental health in order to stay healthy, so try to incorporate some self-care, whether that's meditation, mindfulness, yoga, healthier eating habits, limiting caffeine intake, moving for 20 to 30 minutes per day, or safely connecting with friends and family.

And remember that it's okay to reach out for professional support if you need it. This isn't easy for anyone, but by reaching out to ask for help, we can make sure that we are protecting our quality of life for the long run. ■



Kate and I with our masks. See, not so scary!

TRAUMA: WHAT IS IT AND HOW DO WE RECOVER FROM IT?

By Kate Ramsey [MS, LPC]

Trauma is the result of any event that shatters a person's sense of safety and makes that person feel helpless to protect against danger. Trauma can be a one-time event, such as being hit by a car or surviving a devastating tornado. Trauma can also be an ongoing pattern of events that leads a person to feel as though danger is everywhere. This is what is referred to as complex trauma. Complex trauma can include things like living through childhood neglect or surviving ongoing domestic violence.

Sometimes a person can be a trauma survivor without realizing it. An individual may be bullied relentlessly in school. He may see this as a "normal" part of childhood: the reality is that this is complex trauma. Another person could be at a party drinking, she passes out, and then wakes up to discover she has been sexually assaulted. The person blames herself for the assault because she was drinking but the mind knows it for what it is: trauma.

Whether the individual acknowledges the trauma or not, the brain will undergo significant changes in response to the traumatic event or events. The brain will shift into overdrive in an attempt to defend us against future trauma. As part of the defense system, the traumatized brain will increase levels of cortisol and norepinephrine.

Cortisol is our brain's alarm system, fueling the fight-or-flight instinct. Norepinephrine is a stress hormone that increases our response rate by increasing heart rate, triggering the release of sugar into the bloodstream, and increasing blood flow into muscles. Past trauma can lead us to become hypervigilant, easily startled, and easily distracted, as our brain seeks to keep us in constant readiness for fight or flight. We may self-medicate to give us relief from this painful state-of-being. When these symptoms, among others, are present to the point that a person struggles to maintain relationships or hold down a steady job or struggles to lead a meaningful life free of fear, that person may be diagnosed with post-traumatic stress disorder or PTSD.

The good news is that it is absolutely possible to recover from trauma and build a healthy and fulfilling life. Recovery

will require a good professional team and a strong support system on the homefront. The most complete trauma response has three parts. First, the individual should go to her primary care physician and have a full physical to ensure that there is no underlying biological issues that could be causing any of the symptoms. From there, the individual should be referred to a psychiatrist. The psychiatrist can assess the severity of the symptoms and prescribe medications that can bring the traumatized person to a less reactive, more responsive baseline. Once that individual is more grounded, he or she or they can work with a therapist to process the trauma and begin to heal the wounds the trauma left behind.

There are many evidence-based therapies that work well for those recovering from trauma. Here are a few to look into:

- **Cognitive behavioral therapy (CBT)** is a short-term therapy that can assist the individual in changing her thought patterns. When she begins to develop healthier thought patterns, healthier behaviors will emerge.
- **Exposure therapy** is a longer term therapy where the individual works with the therapist - gently and over time, they face the trauma, learn to tolerate it, and then they are able to leave it in the past where it belongs.
- **Eye movement desensitization and reprocessing (EMDR)** is a process whereby a therapist guides the individual through different eye movements, tones, or taps that allow the traumatic memory to be shifted to a more functional, less reactive part of the brain.

Regardless of what therapy you choose, find a team of people that you trust and feel safe with. Recovering from trauma takes untold courage. But with a strong team of professionals and the love and support of family and friends, you can begin to walk the road of healing.



GROUNDING RESOURCES

The following resources will help you when you need to ground yourself. Take a few minutes today to look into one of these resources and practice these techniques.

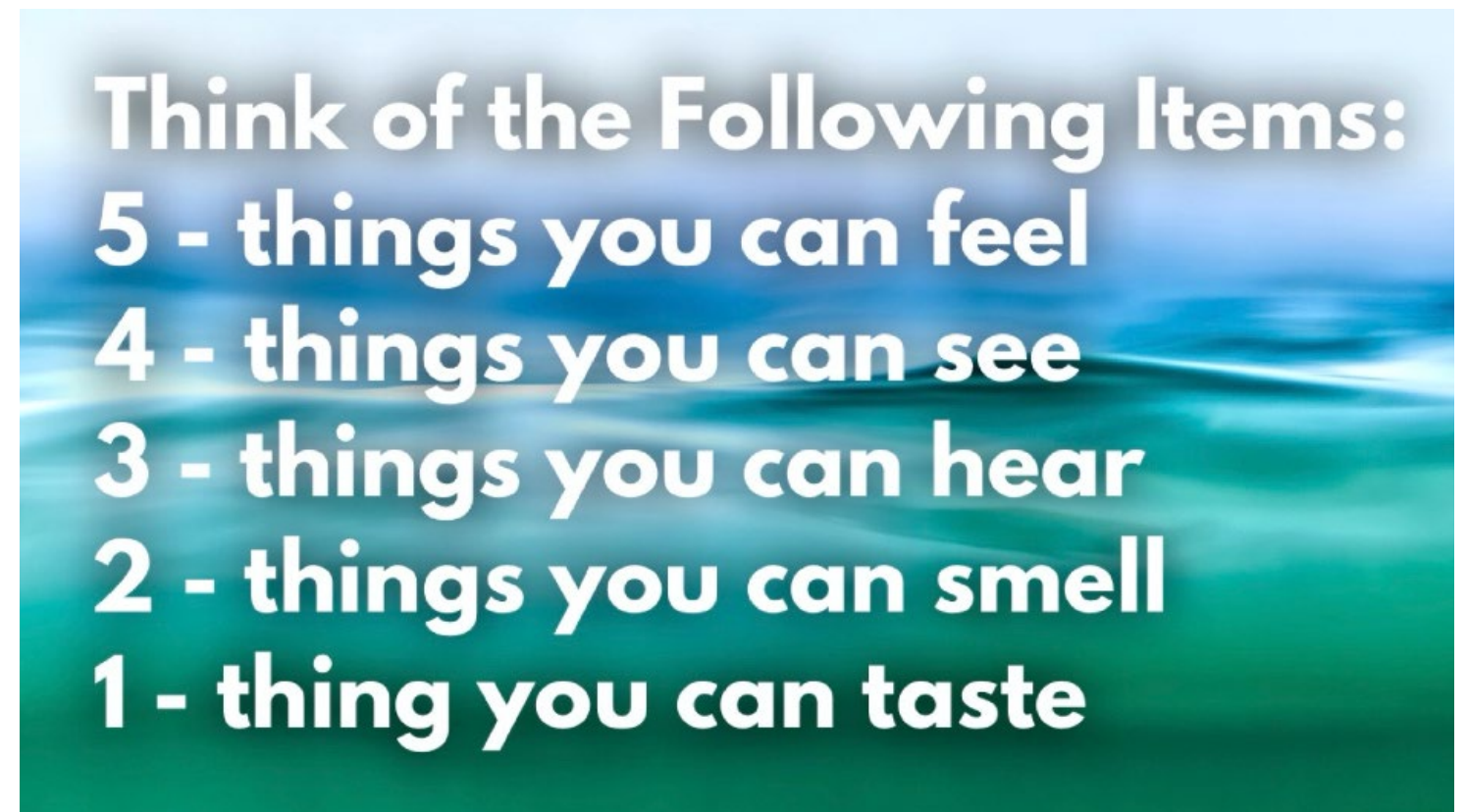
1. GROUNDING TECHNIQUES: Step-by-step guide and methods for grounding. Learn more at: www.MedicalNewsToday.com/Articles/Grounding-Techniques

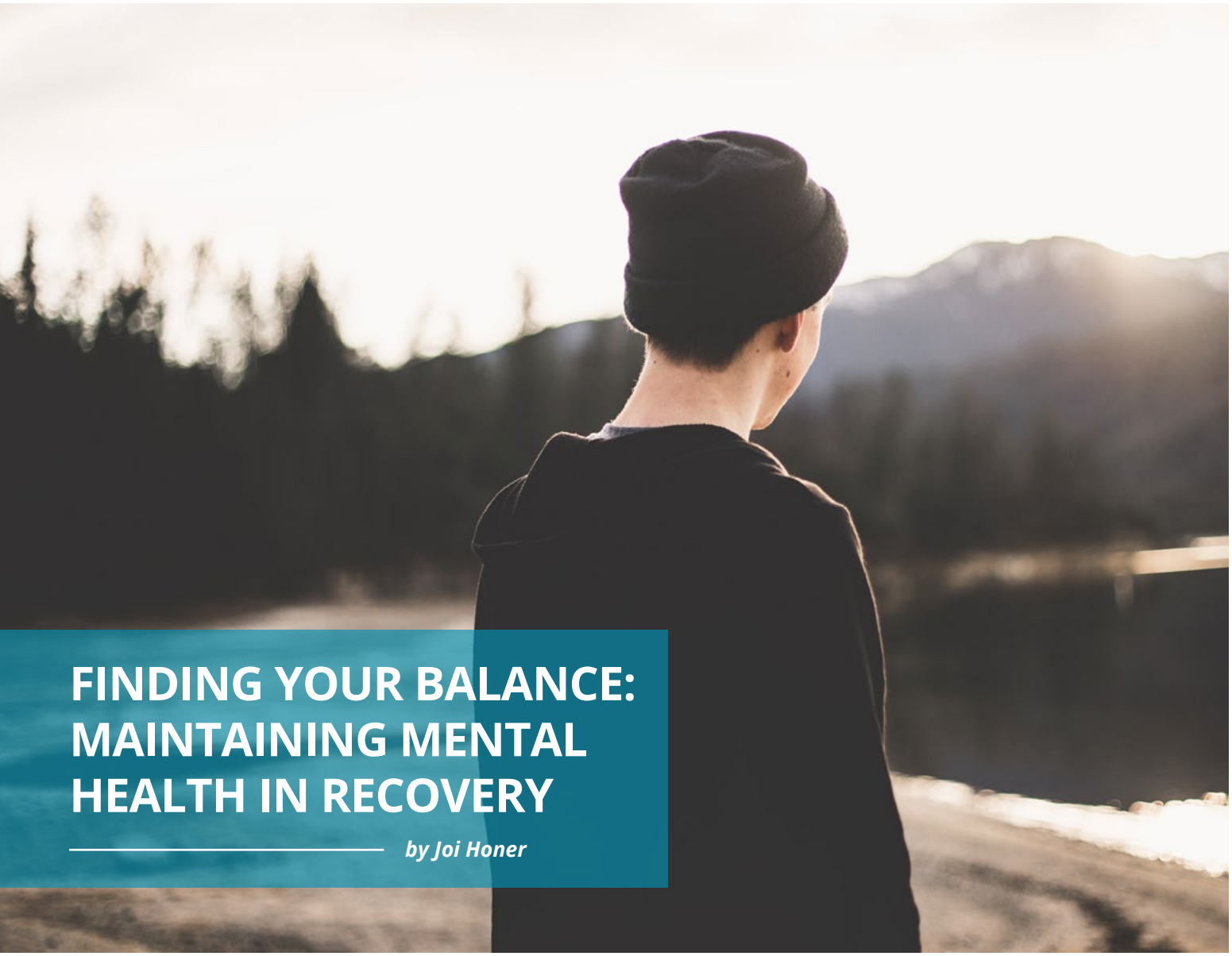
2. 10+ BEST GROUNDING TECHNIQUES AND EXERCISES TO STRENGTHEN YOUR MINDFULNESS PRACTICE TODAY: Learn more at: PositivePsychology.com/Grounding-Techniques

3. UPSET? 10 GROUNDING TECHNIQUES: Learn more at: PsychologyToday.com/us/Blog/Fixing-Families/201905/Upset-10-Grounding-Techniques

4. 25 GROUNDING TECHNIQUES FOR PANIC ATTACKS: Learn more at: TheHopeLine.com/25-Grounding-Techniques-Panic-Attacks

5. 5-4-3-2-1 GROUNDING TECHNIQUE: Follow the instructions on the graphic below.





FINDING YOUR BALANCE: MAINTAINING MENTAL HEALTH IN RECOVERY

by Joi Honer

As a person in long-term recovery, and a professional who has worked in substance use disorder treatment for over 30 years, I am deeply aware of the connection between maintaining your mental health and successful recovery efforts.

Often people readily discuss how abstinence alone is not an adequate solution for people who are pursuing a lifestyle change after a diagnosis of substance use disorder has occurred. However, some people make the assumption that self-help programs are enough to heal an individual in recovery who is also struggling with mental health. While that might be true for some people, it is not true in many cases. Often in recovery we

refer to the acronym H.A.L.T. This acronym identifies that an individual in recovery should not get too hungry, angry, lonely or tired and that this combination can affect overall well-being. Let's examine some ways that we can take care of ourselves by tending to our mental health in both early and later stages of recovery.

1. LET'S GET PHYSICAL: Research has clearly documented the mind and body connection and how being even slightly more active can increase feelings of well-being. We're not talking about becoming a bodybuilder, but I do encourage finding some activities that support overall wellness and making a daily commitment to do them. The buddy system is often helpful with this effort. Make a commitment to a friend to meet up and move.

2. HEALTH FOOD CHOICES: What we put into our bodies can impact whether we feel sluggish or energized. It is important to consider whether we are eating emotionally or simply because our body is in need of sustenance. Balance is really key in this area.

3. GETTING ENOUGH REST: Post acute-withdrawal symptoms can impact an individual's ability to get adequate sleep in early recovery. Exploring ways to manage sleep disturbances through natural interventions is key. Meditations, teas and physical relaxation techniques may be helpful.

4. BUILDING AND MAINTAINING HEALTHY RELATIONSHIPS: This requires an active commitment and appreciation for those in your life that help you grow and support your well-being. Finding people that you can trust to both nurture you and also help you identify areas in which you need to continue to grow. This principle applies to family, friends and members of your recovery support community. As you grow, you may need to take inventory of the relationships in your life and evaluate if they continue to nurture your well-being.

5. FINDING MEANING AND PURPOSE: Self-help groups often help people examine and reflect on what their purpose is within the world and how they can help others. These are also important questions that will help maintain your mental health. If the bigger questions like; "What does it all mean?" seems overwhelming, find your purpose in day-to-day activities. What can you do TODAY that will help acknowledge and celebrate your value and your uniqueness in the world. Volunteer, create art, try something new or reach out to someone in need.

6. CONTINUING TO ADDRESS EMOTIONAL WELL-BEING: Going back to the opening statement, sometimes self-help support is not enough. In fact, the founding members of one of the largest self-help groups identified that it's important to reach out to professionals for guidance when necessary. Seeing a counselor or participating in group therapy are vital components for many people in all stages of recovery. For some it may be addressing unfinished business that may have been impacted by substance use disorder, and for others it may be learning how to navigate life as it changes. No matter what the reason, one should never rule out the value of seeking professional counseling in any stage of life or recovery.

7. PROFESSIONAL RECOMMENDATIONS: First things first, if you're in recovery from substance use disorder it is important



to get medical professionals, and psychological professionals, that are fluent in the treatment of substance use disorders and mental health. But once you have found these people, it is important to not only tell them everything about where you are in your personal recovery but to be willing to follow directions. There are some mental health diagnoses that require medication for stabilization and maintenance. People in recovery are not doctors yet they often give others advice around managing medications and mental health. Often these people mean to be helpful, but don't necessarily understand the disorder or the medication they're discussing. Additionally, someone else's experience with medication does not mean you will experience those things. You need to allow the professionals who are helping you to guide you in those areas. You need to surround yourself with people who honor your personal recovery path around psychological or medical issues and medications.

Remember, that balance is the key for all of this. As you grow in your personal recovery you may find you will be more intuitive in managing your mental health. Again, don't be afraid to shed what may have worked in the past, that is no longer working in the present. Minding your mind is a lifetime commitment that may at times seem daunting, but it can also be filled with adventure, discovery and joy. Wishing you that adventure of a road less traveled! ■

Joi Honer is the Senior Director of Alumni & Community Engagement at Retreat Behavioral Health.

HEALTHY HABITS, HEALTHY LIFE: AN INTERVIEW WITH A HOLISTIC NUTRITIONIST

An interview with author and blogger, Sarah Britton (BFA, CNP), a Holistic Nutritionist.

1. Since its inception in 2007, My New Roots, has really blossomed. What would you say was your initial inspiration for creating your blog and beginning this health and wellness movement?

My initial inspiration for creating the blog began after graduating from holistic nutrition school. I had acquired so much information. I was almost angry that I had gone my entire life not knowing how my system functioned. I was unsure of what to do when I got sick, how to prevent illness and how to look after people I loved. So, the blog began as a way for me to stay on top of the latest research and health information, but also to share this knowledge with other people - above all else. I truly believe that health is our birthright. My work is really intended to get to the truth of the matter. It felt right for me to create a space where I could share what I had learned with people, so they can feel more connected to their bodies.

2. What are some of your go-to “super” foods? Those specific ingredients that really bring a lot of flavor, but also offer a lot of nutrients to any given meal.

Cocoa—Incredibly high in magnesium.

Blue-Green Algae—Things like spirulina have incredibly high antioxidant capacity. They do a really great job of oxygenating the blood.

Mushrooms—This vegetable falls into the category of an adaptogen. Adaptogens have the ability to adapt themselves to the specific needs of the body, making them incredibly effective. Mushrooms are also really helpful at increasing immune system strength.

3. I know you offer a wellness retreat called, Golden Circle Retreats, which includes the unique opportunity to nourish your body, mind and soul over the course of a week. The programming includes everything from plant-based cooking classes to nutrition workshops, yoga, meditation, and even dancing. What would you say are the core values

of this retreat? What are the main takeaways for your participants?

I created the retreats in the hopes that people could come to a quiet place for a week and learn how to make some delicious food, to eat some delicious food, to move their bodies in fresh air and just to listen to themselves. We are so busy every day and there's so much pressure on all of us to perform constantly. We really undervalue resting. We undervalue taking space for ourselves. Especially as women, there's this sort of martyrdom expectation that, “You're a good woman if you sacrifice everything for your family and your loved ones.” I would really like to call BS on that one. I really think the bravest thing you can do as a woman is to honor yourself and to listen to your feminine nature and intuition. That's what makes you so special. So on the surface level the retreat is really educational, and on a deeper level it becomes a very spiritual experience for many. Everyone who has left has come away understanding their own needs on a deeper level. There's so much we get out of these experiences and it's such an honor to create them and hold space during them. I have goosebumps actually while I am saying this! I just really love this part of my job. I am so proud of what I have created.

4. I know you also do a great deal of recipe development. Describe a little bit of your process when it comes to creating an innovative and healthy meal.

I take a lot of inspiration from the seasons and listening to the earth. I know that sounds very woo-woo and hippy but it's very true. I have a garden and grow a lot of my own food. I am also very connected to the farmers around me. I am really blown away at the abundance that's provided for us when we just care a little bit for this beautiful place we live. I am really inspired by color, by textures, and contrast. My meals are always trying to balance all of these elements. I am always trying to figure out what is the most nutrient-supportive way of processing this food. With certain foods, actually applying a little bit of heat really brings out certain micro-nutrients or minerals in

that food, some foods are better raw, some foods are better in combination with other things because they have a synergistic effect in the body. That's how I approach food. I also use a lot of herbs. Also, herbs are not a garnish, but a full ingredient to me. Remember, all good food is medicine!

5. For those people just beginning their health and wellness journey, what tips would you offer for building a healthy diet or creating your own wellness (mind, body, spirit) practices?

First thing, take it very, very slowly. Overhauling your diet is a serious undertaking. If you don't do it in small steps, it creates a lot of pressure to be perfect. We are so psychology tied to what we eat. We need to be very gentle with ourselves. It can be as simple as just starting to drink water! I mean it. Just start drinking 6 – 8 glasses throughout the day. That in and of itself, people will notice a huge difference. Another is only eating when you are hungry. Not mindless “entertainment eating,” is what I call it. Every once in a while, it's fine but when it becomes a habit, we tend to pack on extra calories we don't need and it can slow us down. Chewing while you are eating is important. That is why “entertainment eating” can be bad because you typically don't chew properly. And having undigested food going into our systems can create a whole host of problems. Also getting out into nature is a big one. Eating close to nature. Having less processed experiences. We have to remember we ARE nature. The more we can reconnect with the earth, the more guided we will be to balance – I really believe that. We also need to move more! This culture we live in now, we are so sedentary. Sitting is the new smoking, we know this. So all in all I recommend: drinking water, chewing your food, getting outside, eating close to nature, deep breathing, moving your body – simple things. Health is not a destination, it really is all about the process. You are not aiming to “get somewhere.”

6. What has been your favorite part about adopting a wholesome foods approach to your lifestyle? What has been your favorite part about getting to share that journey with others through your work?

I have become extremely in-tune with my body. I really can hear it now. I have gotten to a place where I have a really positive relationship with food and my body. It really does talk. My favorite part about getting to share that journey, is to see the enthusiasm of other people through the work. To see how many people are also waking up to the potential that lives

inside of them to be a fully vibrant, aware, positive, connected person. It really does start with what we eat. Everything we put into our mouth literally becomes us. The choices we make around that are so profound. So sharing that with people and seeing it work for them is just so humbling to me. I feel really, really blessed for listening to my body to guide me to share this stuff! I say this with all humility, but it really has changed a lot of peoples' lives. I never imagined that my little blog, that only my mother was reading, to blossom into such a well-known brand and authority. Feeling good is our natural state and we tend to throw a lot at our systems. When we can get out of our own way, and provide our bodies with what they need the most, anything is truly possible. ■

To check out Sarah Britton and her work in Holistic Nutrition check out her blog with the website to learn more. www.mynewroots.org/site/





BRAINSWAY: A NEW-AGE TREATMENT OPTION

by Ariana Lobo

The year of 2020 has held many challenges, no doubt. But for the staff at Retreat, things are just getting started.

Earlier in the year, our own COO, Ken Kosza, began to expand upon our available treatment options. Vanina Hochman [MA, LMFT], our Corporate Director of Special Programs, then discovered the kind of innovative treatment option we had been looking for—DTMS. Through the implementation of this new form of treatment with BrainsWay, Retreat is now able to provide an additional cutting-edge alternative for its patients.

So who is BrainsWay? And what exactly is DTMS? Established in 2003, BrainsWay is a company dedicated to providing advanced solutions for brain disorders through their use of revolutionary technology, otherwise known as, Deep Transcranial Magnetic

Stimulation (DTMS). This unique form of TMS works to directly stimulate brain structures associated with mental illnesses.

The procedure is completed by utilizing electromagnetic fields, generated by BrainsWay's patented H-coil, to safely and securely reach deeper brain structures and influence the patient's neural activity. The DTMS treatment is performed by sitting in a chair and wearing a helmet that contains the H-coil for approximately 20 minutes. Tested in more than 60 clinical trials across the globe, DTMS is also FDA-approved for the effective treatment of Major Depressive Disorder (MDD). Additionally, it has been found to be an effective treatment for Obsessive Compulsive Disorder (OCD). Below are the benefits to utilizing BrainsWay's unique DTMS procedure when treating Depression and OCD:

- **Non-Invasive Procedure**—Deep TMS does not cause any long-lasting side effects and is often well tolerated by all participants. This procedure does not require any anesthesia in order to be administered.

- **Rapid Recovery**—There is a very short recovery period to this form of treatment. Patients can also receive treatment quite easily as the procedure can be integrated into their daily schedule.

- **FDA Approval**—Deep TMS has also been ranked as the only non-invasive medical device to be given an FDA approval in the treatment of OCD.

"I am incredibly excited to see what we can accomplish with BrainsWay's advanced form of TMS," shares COO, Ken Kosza, in a statement. "This new form of treatment could really be the answer for a patient that is struggling. It has always been our company's mission to not only offer comprehensive but innovative forms of treatment. I believe that we have found both of those qualities in BrainsWay. Very excited to see what is to come."

The BrainsWay treatment offering will begin in September of 2020. Retreat's medical staff recommend this form of treatment if other medications or treatment options have failed to work for a patient in the past, as this could be an effective alternative.

With a variety of innovative offerings in everything from holistic care to Medication-Assisted Treatment (MAT), Retreat believes that treatment is not a one-size-fits-all process. In fact, research shows that 33% of Major Depressive Disorder (MDD) patients often do not respond to anti-depressive medications. Research also shows that 52% of patients do not respond to first-line therapy, as a treatment option. That is why offering new and innovative forms of treatment is essential in providing high-quality care. Most specifically, the services offered through BrainsWay provide an alternative option for those patients who do not see the full benefits of medication.

At Retreat, the goal has always remained to offer patients the path to healing that best suits *their* unique needs. Through innovative, comprehensive, affordable and high-quality care, Retreat works diligently to radicalize the world of treatment—DTMS is just one of many innovative ventures to come. ■





TUNE INTO OUR PODCAST EVERY TUESDAY AT: BEHAVIORALCORNER.COM

Join Steve Martorano, seasoned Philadelphia radio personality, as he discusses the complex world of behavioral health, the way we live and how our life choices affect our mental, physical and spiritual well-being.



September 13th, 2020: Rebecca B.

All stories of substance abuse and recovery are the same, except they're different as well. Each is unique in its own way and Rebecca B is with us this time with her story. It's about struggle, loss, pain and redemption. Rebecca B. struggled with substance use disorder, but is now using her story to help others.



September 5th, 2020: Merrill Reese

It's September on the Behavioral Corner. We'll be wearing jackets pretty soon. Football looms as well. The question is, does it matter? Is football good for the soul? Tell who thinks it is our guest next time, Merrill Reese voice of the Philadelphia Eagles professional football team. It's going to be fun.



August 31st, 2020: Darnell Hinton

Darnell Hinton didn't wait for someone else to show him how to make a difference. He just did it; with his iPhone, a handful of friends, and \$42, he set out to feed some hungry people in the neighborhood. Darnell Hinton, is the founder of the non-profit "Teach One, Feed One."

AVAILABLE ON:



As well as: Stitcher, iHeart Radio, TuneIn, Alexa, Overcast, PocketCasts, Castro, Castbox, and Podchaser

CHECK OUT OUR NEW VIDEO SERIES



Head Space is an interactive, engaging series of video conversations about mental health and substance abuse in all its forms. From meaningful dialogues with noteworthy individuals and community leaders, to clinicians, medical professionals, and people in recovery, Head Space is your destination for understanding mental well-being and finding it in your own life.

UPCOMING GUESTS ON HEAD SPACE:

- *Back to School*: Kimberly Krawczyk, a Broward County Public Schools teacher who survived the shooting at Marjory Stoneman Douglas High School in Parkland, FL, and has become an advocate for the mental health of young people
- *Minority Mental Health*: Justine Johnson, LMHC, LMFT
- *Holistic Care*: Alexandra Ramirez, Director of Programs & Community Outreach-S. FL-Yoga 4 Change (y4c.org)



Hosted by Reed Alexander

WATCH VIDEOS AT OUR YOUTUBE:
WWW.YOUTUBE.COM/C/RETREATBEHAVIORALHEALTH

UPCOMING COMMUNITY EVENTS

Please save the following dates. For more info about registration, email Samantha Rehtorik at Samantha@RetreatMail.com.

EVENTS IN SEPTEMBER

Facebook Live Panel Discussion

Beyond Abstinence: Building and Embracing a Dynamic Life in Recovery

Substance use disorder often impacts ones ability to find purpose and joie de vivre, the joy of living. Sustained recovery requires that we build a life worth being in recovery for. Together, we will explore ways of creating or rediscovering a multifaceted life that embraces joy, wonder, fun, passion and purpose.

Wednesday, September 30 | 7 pm ET
Watch at: Facebook.com/RetreatBH

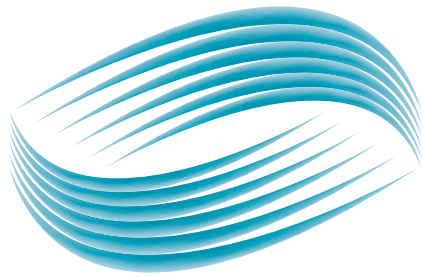
EVENTS IN OCTOBER

Facebook Live Panel Discussion

Retreat Honors Hispanic Heritage Month

To celebrate our Hispanic and Latinx colleagues and patients, we are hosting a live discussion around the aspects of mental health and substance use care that pertain to these communities, and bringing together a diverse group of Hispanic and Latinx clinicians, advocates, and people in recovery for a meaningful, robust dialogue.

Wednesday, October 7 | 7 pm ET
Watch at: Facebook.com/RetreatBH



Retreat
Behavioral Health[®]

Contact us today for more information:

855.859.8810

Or visit us online at:

RetreatBehavioralHealth.com

Retreat Behavioral Health offers addiction services, from medically monitored detox to outpatient rehabilitation, providing a full continuum of care. We work with most commercial insurers, offer 24/7 admissions and complimentary transportation. We have locations in Lancaster County, PA and Palm Beach County, FL. At Retreat, we pride ourselves on providing a compassionate and spiritual environment for those struggling with addiction in a secure and comfortable setting with dedicated and caring staff.
