

# BREAKING PATTERNS



**RETREAT**  
**REVIEW**

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**PETER SCHORR**  
Chief Executive Officer

Dear friends and family,

As we slowly come out of the pandemic, we are finding new challenges. Codependency has always been a dynamic in families, and it has caused many problems in the family dynamic, but now with many people stuck at home, either working or just not wanting to expose themselves to the possibility of getting COVID, we are seeing many more mental health issues than ever before.

We want people to know that there is help out there and no one should feel that they are alone in this. We hope that people reach out to professionals, clergy, or other resources that give them an outlet to talk about issues that were otherwise ignored.

Help and hope are there, if you see someone struggling reach out to them and help them find that road to good mental health. We, at Retreat, appreciate the many professionals that are giving their all to help people, especially at such uncertain times. Thank you and God bless!

All the Best,



Peter Schorr  
President/CEO



## TAKE THE LEAD: WELCOMING CHANGE IN CODEPENDENT RELATIONSHIPS

by Hadassa Delhomme

**According to Mental Health America, co-dependency is recognized as a learned behavior that can be passed down from one generation to another causing an overwhelming sense of responsibility for an individual and a tendency to do more than one's share. Codependency is commonly referred to as a "relationship addiction."**

When navigating a friend, family member, or loved one in an inpatient or outpatient treatment program, codependency can take on a new meaning. In fact, Mental Health America recognizes that all codependent relationships are a direct result of individuals who set aside their own needs to fulfill the needs of someone else. In order to tackle this topic head-on, I sat down with Patti Weisbrod, Family Care Manager at Retreat Behavioral Health to discuss her experience with codependency in the behavioral health field and how it affects the family dynamic.

"Codependency to me is almost a disease in itself," said Patti, "oftentimes it leads to toxic relationships that can harm family members and loved ones far more than the substance use disorder itself." When talking about her experience in the past few years, Patti shares that denial can oftentimes be the root of many codependent relationships. Many people who are struggling with a substance use disorder are in denial about their condition while family members can be in denial that their loved one may have a serious issue.

In order to move on, Patti shares that both parties have to come to terms with where they are in their journey. They have to learn that no one can want sobriety more than the person struggling with substance misuse and learn that in order to help the individual you must learn how to help yourself first. You can do this through support groups, research, and learning how to create healthy boundaries between you and your loved ones.

"Previously, I had a mother who has been struggling for a number of years with her daughter who was actively battling a substance use disorder," said Patti, "Although she claimed that she was fully devoted to helping her daughter's sobriety she would constantly do things to negate that very statement because she refused to set boundaries." Patti later shared that the mother would go as far as housing her daughter knowing she was using and allowing her to use family cars knowing her license was suspended due to multiple DUI's.

"For over 3 years this mother has come to my support groups and workshops but never took any of my suggestions," said Patti "I told her, if you refuse to change... you can't expect your loved one to change." Although each codependent relationship has its own unique battle, what Patti says rings true. You must welcome change within yourself to see change within your surroundings. You have to set the example or there will be no growth on either side. ■

### RESOURCES

**If you or someone you love is navigating a codependent relationship, check out these resources to help you on your journey.**

#### ONLINE SUPPORT GROUP:

Join our special Facebook group for families:  
[www.facebook.com/groups/RetreatFamilySupport/](https://www.facebook.com/groups/RetreatFamilySupport/)

#### WEEKLY ZOOM CALLS:

Join us Tuesdays at 12 p.m. and Thursdays at 6 p.m.  
for our free support group for loved ones.

**Zoom Meeting Link:** <https://zoom.us/j/2425571509>

**Meeting ID:** 242 557 1509

+19292056099,,2425571509# US (New York)

+13017158592,,2425571509# US (Washington DC)

*Dial by your location.*



Patti Weisbrod

# WHAT IS CODEPENDENCY?

Codependency is defined as a relationship in which one individual has extreme physical or emotional needs, and another loved one or family member becomes overly involved in responding to those needs.

## 4 SIGNS OF A CODEPENDENT RELATIONSHIP



### FEELING RESPONSIBLE TO FIX A LOVED ONE'S PROBLEMS

Sometimes people believe it's their duty to help a struggling individual. They put enormous amounts of pressure on themselves and feel responsible for the issues their loved one faces.



### ABSORBED BY A LOVED ONE'S STRUGGLES

Codependent individuals may become obsessed with trying to cure their loved one to the point that they neglect many of their own needs. This can stem from their desire to stay in control or out of fear of being abandoned.



### LOYAL TO A FAULT

Codependent individuals sometimes remain in harmful situations far too long just to hold onto a relationship for the sake of being loyal, even if it's not healthy.



### SUPPRESS FEELINGS OUT OF FEAR OR GUILT

Codependent people often have difficulty expressing their emotions. They may suppress their feelings out of fear of repercussions, or the guilt of their actions in the relationship.

## SHOULD INDIVIDUALS RECOVERING FROM A SUBSTANCE USE DISORDER DATE EACH OTHER?

*From the Retreat Behavioral Health Blog*

**Should people in long-term recovery date each other? It's a question we get a lot, and unsurprisingly so.**

An estimated 22 million Americans—about 9% of the country's population—are in recovery from a drug or alcohol use disorder. And many of them have pursued treatment through group-focused recovery options, including Alcoholics Anonymous and inpatient and outpatient treatment centers.

During recovery, people who misuse substances are exposed to many other individuals dealing with similar experiences and struggles. Recovery is a vulnerable time, and it's not uncommon for those in treatment from drug or alcohol misuse to seek out companionship from their peers. Many feel as though nobody can understand them quite like the people they're meeting in help groups. This often leads to feelings of romantic attraction—though it's not always a good idea to pursue those feelings. Here's why.

### RELATIONSHIPS AND SUBSTANCE USE RECOVERY

It is recommended that people in recovery do not immediately rush into new relationships. Bonds related to sharing a common journey may be intense, but with both individuals in a state of extreme vulnerability and active healing, relationships can quickly become stressful or problematic. They may also interfere with the recovery process.

Individuals in recovery and actively in relationships may lose sight of their mental health goals. While relationships can serve to strengthen individuals in the right circumstances, recovery is an inherently tenuous time. Those who are actively seeking treatment need all of the mental energy they have to focus on the emotional adjustment of overcoming the power of their substance use, as well as the side effects that accompany this period.

There's another problem, too. It is estimated that more than 85% of individuals relapse within a year of treatment, and that two-thirds of people who misuse substances relapse within just weeks

or months of beginning treatment. Dating a partner in recovery who relapses can greatly impact an individual's own recovery. Both partners may end up relapsing together as well.

All relationships, new and old, have their difficulties. And dealing with the highs and lows of romantic relationships is difficult, even for those who do not have a mental health disorder. Those in early recovery may find it very tough to cope with the emotions of a relationship without the ability to turn to their go-to method for dealing with stress or discomfort. And if they do relapse, they may bring their partner down with them.

### DATING SOMEONE IN RECOVERY

We've gone over why those in early recovery should abstain from relationships, but what about individuals who have been sober for years?

It is important to remember that substance misuse is a disorder—it never goes away, even when the substances are removed from the equation. People who are serious about their recovery and about maintaining strong mental health can certainly have a good relationship. They may even find comfort in their shared experience. But not all who are sober are also free from addictive behaviors, and these behaviors can easily translate into relationships.

For those who are further along in recovery and are interested in dating someone else who has walked the path of substance use and recovery, it is advised that they take it slow.

If both partners are hard at work on themselves and committed to a healthy relationship, there is no reason the partnership cannot thrive. If, however, one or more partners is still struggling with mental health issues, we advise putting any relationships on hold until there is more stability. ■



## LOVE HURTS ... RIGHT?

— by Tanya Ruhl

**If you have been a follower of my writings, you know that they come from a real and raw place. Some of them have been difficult for me to write, as they have made me face things in my life that I didn't want to face before, and others have helped me grow and heal. This one is going to be a little of both, I think. I have made some not-so-great choices in my life, especially in the significant other department.**

Growing up, I was left to myself a lot due to being raised by a single mother who worked many hours, and when she was not working, she was dating. I saw many different men come in and out of my mother's life before I turned 13. My older sister took care of my younger sister, and I was left on my own. I did see my biological father every other weekend but that was strictly out of duty. He could not have cared less if I was there or not as he was more interested in his current wife at the time (he had many over the years) and her children. His wives treated me like I was a

burden whenever he wasn't looking and made sure to show just how little they thought of me. Often giving gifts to their children right in front of me while making me clean their house for them.

I grew up not knowing what a relationship was supposed to look like due to this. I was very confused. As a teenage girl, you read all these books about love and romance, and you think that's what will happen. That your prince will come and sweep you off your feet. Well, at least that's what I thought. My first boyfriend was a star athlete. A real catch! We started dating in middle school. I was very clingy and jealous. We were known as that on-again, off-again couple.

High school is where our relationship really started to change. His mom came to get me when something traumatic happened to me. It was after that our relationship when downhill. I didn't understand and I did some crazy things, looking back, to try to keep our relationship. I would put small gifts in his locker or tell other girls he was still calling me, even though he wasn't.

Eventually, I got over it, as most girls do, and went on to the next relationship. Unfortunately, I made this a continual pattern. Not with the crazy stalker stuff, just with the jumping from relationship to relationship. I could never understand why I wasn't enough. I would do anything for them. What was so wrong with me that they would always want to leave? I even got to the point where I started self-sabotaging the relationships so I would know why they didn't work out. By doing this, in my head it made sense because I could blame myself, I would have a reason.

This took me down a very dark path. I found myself one day on the floor with my daughter, who I believe was 3 years old at the time, crying, "Mommy wake up, please mommy wake up." You see, by this time in my life, I had very low self-esteem, and I did not think much of myself. My daughter was trying to wake me up off the floor because I had been punched in the head, and I was knocked out and collapsed on the floor in the kitchen. This had not been the first time he had hit me, but he said he was sorry before so that made it ok, right?

I was able to get out of that relationship without any major damage, or so I thought. I went into another relationship right away without a second thought. While I was never physically harmed in this one, emotionally and mentally I was so beaten and worn down that had I not gotten out when I did, I'm not sure what would have happened to be honest.

**Abuse is not always physical.** It can be words; it can be keeping you from family and friends.

Little by little, you can lose sight of who you are when you get into a cycle like this. It took me a long time to find myself again. I chose to do things the hard way. Not only did I think I could not trust myself, but I didn't think I could trust others either. The road to forgiveness started with me. I had to forgive myself for the choices I made. Finding a therapist to help walk me through this process way key. It wasn't the first therapist I saw either. Remember that you need to feel comfortable with whomever you see, and you can always look for a new one at any time.

These are just a few examples of what toxic relationships could look like, and you can get out. You can get help. Asking for help does not mean you are weak but that you are strong. You can recover. The road may be long and filled with potholes along the way, but the journey is well worth it. You can find yourself again. Even if that means a new and better version of yourself. ■



Tanya Ruhl

# RECOGNIZING AND RECOVERING FROM CODEPENDENT RELATIONSHIPS

by Kate Ramsey



**Codependency can be simply defined as a relationship where one person does for the other person what that person can and should be doing for themselves.**

The first relationship every one of us ever experiences is one of dependency. We, as infants, depend on our caregivers to feed us, change us, keep us safe and warm. In healthy human

development, every step we take from birth through childhood and into adolescence and on to adulthood is intended to help us learn to go from being utterly helpless to being independent, resilient, contributing members of society.

In healthy human development, we will learn how to care for ourselves, how to make healthy choices, how to cope with stress and manage the multitude of challenges that life will inevitably give us. We will learn to communicate in healthy ways, to hear

and be heard. We will learn to regulate our emotions and express them in ways that do not harm ourselves or others but instead strengthen the bonds between us and those we love. We will learn to love ourselves and will learn to have deep, loving, interdependent relationships with others

However, this process towards independence can often be derailed. There are many reasons why we may not learn the skills we need for a healthy life and for healthy relationships. Reasons can include financial insecurity, emotional or physical neglect, or even physical, emotional, mental or sexual abuse or bullying. We may be raised in a home where one or both of our parents or other caregivers are unable to teach us the skills we need for life (often due to a substance use disorder or to other physical or mental health issues). Without these skills, we can grow up feeling unsafe in the world.

If no one is there through childhood and adolescence to help us successfully negotiate and overcome these stressors, we may stop trusting in our own or others' abilities to keep us safe in this complex world. If we stop trusting in ourselves, we can over-rely on others. If we stop trusting in others, we may over-rely on ourselves. In both cases, the willingness to trust is replaced by the need to manipulate. The need to manipulate—through controlling our environment and the relationships in it—leads to codependency.

Codependency can be as negligible as the mother who always does her 18-year-old son's laundry, or it can be as significant as the husband who controls every aspect of his wife's life.

In both cases, one person is doing for the other person what the other person can and should be doing for themselves. What keeps this cycle going is that each person is benefiting in some way from the codependent relationship: In the first example, the mom needs to be needed and the son does not want to be bothered with laundry.

In the second example, both the husband and the wife do not trust each other. The husband believes if he does not control the wife, she will hurt him, and the wife believes that if she does not submit to his control, she will lose him. The cycle continues because the husband thinks his behaviors are what leads his wife to stay, and the wife believes her compliance is what leads her husband to keep her.

Ultimately both examples of codependent relationships harm those involved. The mother doesn't teach her son a basic life skill out of fear that the son will stop needing/loving her and the son never learns to do laundry. The husband never experiences the joy of being loved freely and unconditionally, and the wife never learns that she, too, is worthy of unconditional love.

The question then remains, how do we heal from codependent relationships and bring our best selves to each relationship we engage in? The simple answer is that we must accept that we are "enough."

The more complex answer is that we must heal from the psychological wounds that have taught us we are not enough, we must heal from those wounds that have led us to fear that we must manipulate others in order to keep them in relationship with us. We must heal our relationships with ourselves and then require the same compassion and love from others that we have learned to give to ourselves. ■



Kate Ramsey

# COMMUNITY CONNECTION

Celebrating Wellness and Empowering Alumni to Reach Their Full Potential



## 12 STEPS TO BUILDING AND MAINTAINING A HEALTHY SUPPORT SYSTEM

by Joi Honer BA, CADC, CCDP

**If you want to go fast, go alone; if you want to go far, go together. –African Proverb**

Beginning the journey of recovery from substance use disorder or mental health challenges can be daunting, however one way to make it significantly easier is to ensure that you build and maintain

a community of people, places and things that support your ongoing recovery. This can be a scary prospect, as some people struggle with new social situations and others may be impacted by the stigma around returning to use or a mental health struggle. So how does one go about creating and maintaining a robust supportive community?

### 1. Take stock of those who already support you, then make the time to cultivate or re-engage with those relationships.

Don't allow shame around your use or mental health challenges to be a barrier to reaching out to those who genuinely cared about you.

### 2. Don't hesitate to try a new or different support resource. Take chances!

Sometimes we outgrow what we used to do, to find support and comfort. For instance, if you previously used one specific type of peer support meetings, see what other types are available now that you have not tried. Over the last five years, many new types of self-help groups have begun and been sustained.

### 3. Consider building support by finding people who enjoy similar activities.

For instance, people often find social support in clubs such as a local hiking club or a book club. Many people find positive peer support in a gym setting as well. Did you know that there is an organization called The Phoenix that operate CrossFit sessions that are free to people in recovery in many large cities as well as offering a virtual community? Can't find a club or a group that is what you're interested in? Be bold and start one!

### 4. Look for support in everyday places, such as your neighbors or coworkers.

Of course these places often do require you deciding who is healthy to invite into your circle or not. We can decide how close or far away each person can be in our support circle. Boundaries are helpful in any successful relationship. Take note that some people can be wonderful social friends but it's okay to decide to reserve more intimate connections for others. Be aware that all levels of friendship have value.

### 5. While social media can certainly have its challenges, it can be a good way to discover new social opportunities and support meetings.

Connecting with others virtually has been something that has been a resource for all of us recently. What we've learned is there is value in those virtual connections. Of course, it's best if not all of your connections are virtual, but don't completely discount the value of them.



Joi Honer

## 6. Stay connected to the places where you found help.

Often, treatment programs have alumni service programs. Utilize them to continue the support you received from others. For instance, Retreat Behavioral Health has the Retreat Connect recovery app, alumni meetings (virtual and in person when available) alumni activities, a newsletter and a Facebook page. Use those resources as most of them are free. You may not only help yourself but you may be helpful to others.

## 7. Another way to develop support and connection is through volunteering.

What are you passionate about? What community or social causes do you care about? Once you decided what you're passionate about take the time to reach out to organizations to do that type of work in the community and offer your time and talents. Volunteering may not only offer you the opportunity to meet others with common interest, it also enriches your own self worth and sense of purpose.

## 8. To have a friend, you must be one first.

At times, our lack of wellness has demonstrated itself in self-centered behavior and isolation. We need to examine in some relationships was it that person that pulled away from us or did we pull away from that person? Were we a good friend? If the answer is no, remember that you can change the nature of that relationship through outreach and changed behavior. A significant part of developing a meaningful support system is by also being there for others.

## 9. Never discount the role of professional support at all levels of a wellness journey.

While people often seek counseling or group therapy when they're struggling, those services can be helpful as a continued process. Many counseling centers offer ongoing groups that are specific such as veterans groups or women's groups that can be helpful in any stage of growth and wellness.

## 10. Sometimes people, places, and things move out of our lives because they're no longer appropriate, supportive or healthy.

While you engage in building support, it's important to simultaneously take inventory of what's no longer healthy or helpful in your life. Give yourself permission to let go when necessary for your personal growth

## 11. Be bold! Within this support journey it's important to take risks.

You cannot successfully expand your support system without trying new things, reaching out to new people, or even embracing a new perspective on something. Go for it!

## 12. Be mindful of maintaining appropriate boundaries and self-care while you simultaneously build support.

Do we get so busy with all of our activities, clubs meetings and volunteering that we don't take time to be still and rest? Seek balance in your efforts to be supported by honoring the need for rest and alone time. Use that trusted support and your intuition to maintain an awareness of these concerns as part of your journey.

An article by the American Bar Association remind us, "Research has shown that having a strong support system has many positive benefits, such as higher levels of well-being, better coping skills, and a longer and healthier life. Studies have also shown that social support can reduce depression and anxiety. A strong support system can often help reduce stress." Remember that there is no wellness without the "WE." Wishing you well on your journey and hoping that you find company along that path. ■



# SIGNS YOU MIGHT BE IN A TOXIC RELATIONSHIP

Life seems better shared, it is important to remember that it should be shared within healthy constraints. Identifying that you might be in a toxic relationship can become very difficult, especially when there are feelings involved. Here are a few signs you might be in a toxic relationship:



### Lack of Trust

The foundation of any relationship, both romantic and platonic should be a certain level of trust. Without trust, it can be hard to feel like you have someone to rely on and grow with in the future.

### You Don't Feel Like Yourself

In any relationship, it is also important to continue to keep a relationship with yourself. If you find yourself not feeling like yourself or "lost in the relationship" - take a step back and re-assess how you can prioritize both yourself and the relationship.

### You Feel Less Than

In toxic relationships, many of the issues listed above can lead to poor self-esteem. Constant name-calling, a lack of support, and controlling behavior from one or both parties in the relationship can lead to poor self-esteem or self-image.

### Feelings of Isolation

When in a relationship, it is important to make sure that you also prioritize other relationships in your life such as your close friendships and connection with your family. If you find your partner is constantly keeping you away from other relationships and creating unwanted distance it can result in isolation and emotional abuse.

### Hostile Communication

The presence of highly aggressive and emotional communication characterized by yelling, name-calling, and/or the presence of using your body for physical intimidation or force are very unhealthy in any relationship. If you feel unsafe - it is important to remove yourself from the situation and notify a trusted party or local authorities if needed.





## TALKING TO AN EXPERT: THE RELATIONSHIP BETWEEN TOXIC RELATIONSHIPS AND CODEPENDENCY

by Cheyenne Amick

**Toxic relationships and codependency can be prevalent in any relationship, but especially for those who are just starting their recovery journey. I sat down with Lindsay A. Phillips, Psy.D., ABPP, an assistant professor of psychology at Marywood University, to get some insight on this topic.**

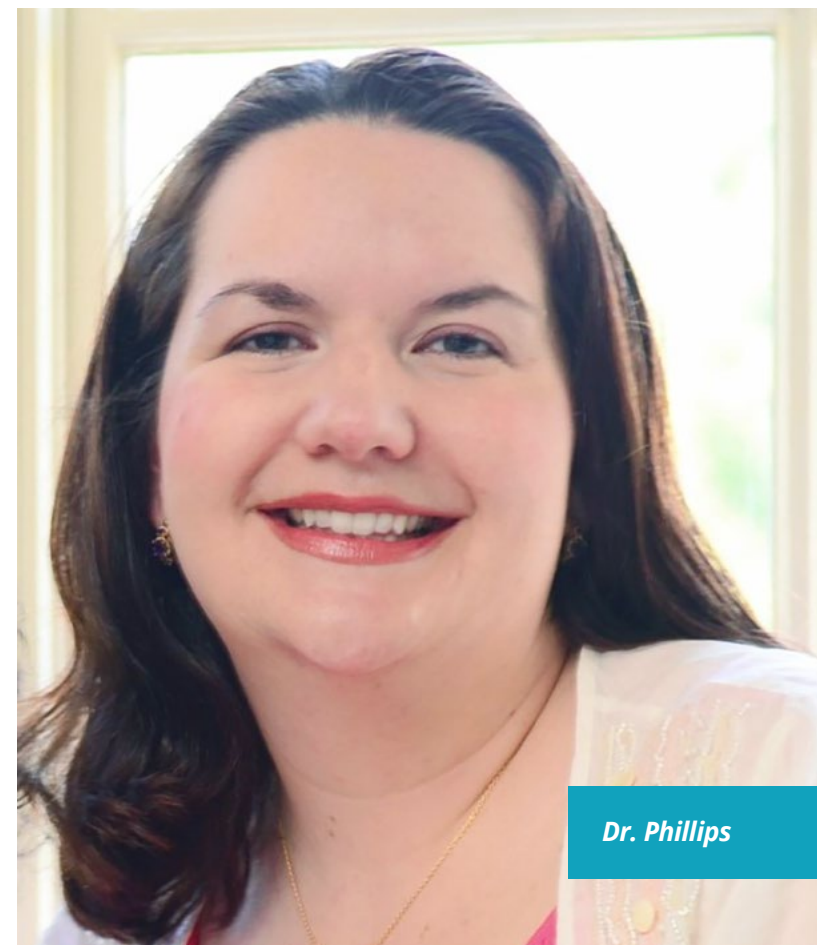
**QUESTION:** What are some signs of a toxic relationship or codependency?

**DR. PHILLIPS:** With substance use disorders in relationships (either romantic, platonic, etc.), you often worry about behaviors that either supported substance use or protected someone from consequences of substance use. Because of that, you would want to watch for patterns that may have emerged from the

past when actively using, and that are now showing up in other unhealthy ways. I would look at what communication patterns are occurring in a relationship that, either, aren't productive to one or both individuals being happy and, in the case of substance use disorders, I would look for any patterns that could serve as triggers to someone relapsing or any patterns in which someone was being protected from the consequences of substance use. The other thing I look for when a person is in recovery or recovering from a substance use disorder, is if there was someone in their life who didn't think they could do it [overcome their use]. I would also look at whether someone is supporting a loved one in a manner that would help them sustain recovery.

**QUESTION:** How do toxicity and codependency relate?

**DR. PHILLIPS:** There are some relationships that are so bad for someone's mental health that we would call them toxic. In a case like that, if that relationship couldn't be improved we might want to help someone either set boundaries or get out of that relationship. The term codependency, I would consider as different. I don't use the term codependency much but, in its classic sense, it would mean that in the relationship the addiction or substance use was serving some type of function. So both the person using it was getting something out of it and the partner. I would say in a relationship like that, if both love each other and are willing to work through it, I wouldn't necessarily call that toxic. If there are patterns that we engaged in when someone was actively using substances and we're able to pull ourselves out of those patterns, things could really work for a couple. In some cases, that would be both the person in recovery going to counseling, their partner going to counseling, and as they both grow together they could benefit from couples counseling. When I hear the word toxic, sometimes it makes me feel like, "This would not work, it's so toxic!", and if someone was in a relationship that was harming their mental health we would want them to leave or set boundaries. Whereas if it was a relationship that went in to some type of patterns related to the substance use, I would say that is what someone would call more codependency. Another thing to note is when someone has a substance use disorder and they go to therapy for a while, they can develop and grow in ways that their loved ones haven't if those folks aren't going in to therapy as well. I would really encourage therapy for all, I really think everyone can benefit. Even loved ones just learning about the process of addiction and learning a little bit about the biological factors associated.



Dr. Phillips




Cheyenne Amick

**QUESTION: Why is it important to talk about these topics?**

**DR. PHILLIPS:** Addiction faces stigma. Research shows that there's a stigma associated with people even if recovery. I think it is important to know that loved ones really need help too. I think as a loved one, you can stigmatize someone you love for having a substance use disorder. Because of that, I feel we need to talk about this so other people know they need to get help as well and that there's help and resources out there for them. The other thing is that because of a stigma, there might be some embarrassment about someone who has a substance use disorder, despite of that person's achievements and the strengths that they have. I think sometimes the addiction, when it comes to stigma, takes over. So we don't want this person being further stigmatized by their family members and we don't want their family members not appreciating them for all their strengths. This is a difficulty that they went through, we would want the family members to work through any stigma they had so that the family can embrace their loved one and recognize their strengths, but also support their loved one in their ability and pursuit of recovery. ■

*Lindsay A. Phillips, Psy.D., ABPP is an Assistant Professor of Psychology at Marywood University (Scranton, PA). She is a licensed, board-certified clinical psychologist in Pennsylvania. Dr. Phillips also serves as the president of the American Board of Clinical Psychology. She spent a lot of her initial years working and training to be a psychologist in prisons and within the Veteran's Affairs medical system. During that time, she had a lot of training working with substance use disorders. While currently in academia full time, she also maintains a part-time, outpatient private practice and works with people who are in the early-to-late stages of recovery. She also devotes a portion of her practice to seeing couples in which one or both members are in recovery from substance use disorders.*

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## UPCOMING EVENTS

**TO VIEW OUR UPCOMING EVENTS, SCAN THIS CODE:**



**Facebook Live Panel Discussion Series: 7 p.m. ET.**

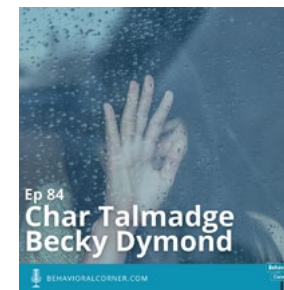
These conversations with leading experts, academics, and voices on a variety of issues pertaining to substance abuse and mental health are meant to foster important discussions about themes and topics relevant to our community.

Join us for these live discussions, and weigh in with your comments, questions, and feedback, over on our official Facebook page: [www.facebook.com/RetreatBH](https://www.facebook.com/RetreatBH).

For more information about the live panels or other events, please go to the events page on our website for up to date information. [events.retreatbehavioralhealth.com](https://events.retreatbehavioralhealth.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.

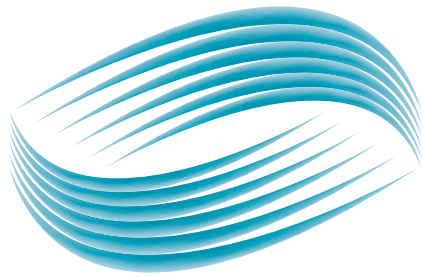
## PAST EPISODES



**EPISODE 84:**  
**Char Talmadge & Becky Dymond; Human Trafficking and Modern Slavery**  
Sadly, the buying and selling of human beings is still a tragic fact of life. Battling the Human Trafficking of women for the sex trade is what Char Talmadge of Rescue Upstream & Sharing One Love and Becky Dymond of Lighthouse PBC spend their time doing.



**EPISODE 63:**  
**Erin Riley; Anatomy of a Toxic Relationship**  
Erin Riley fell in love...with the wrong man. The next 15 years would be filled with confusion, heartbreak, anger, and betrayal, all fueled by toxic narcissism.



Retreat  
Behavioral Health<sup>®</sup>

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**[RetreatBehavioralHealth.com](http://RetreatBehavioralHealth.com)**

Retreat Behavioral Health is a respected service provider for substance use and mental health disorders. With a number of locations along the East Coast and a multitude of inpatient and outpatient services, Retreat is able to help people easily access the best quality of care in a holistic and peaceful environment. Our admissions department operates 24/7, dedicated to helping individuals and loved ones identify the best program for their needs. Our on-site clinical and medical staff are leaders in their fields, committed to our patients and their recovery.

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