

蘆葦營身心靈恢復協會

十二月~~~快訊

Reeds Recovery Association December Express



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壓傷的蘆葦、祂不折斷，將殘的燈火、祂不吹滅。……以賽亞書 42:3

A bruised reed He will not break, and a smoldering wick He will not snuff out... Isaiah 42:3

促使成癮者及家屬從物質及成癮疾患走向康復，獲得生命的清醒
To facilitate recovery and sobriety among addicts and their families.

Latest News

On December 3, we were invited to speak to health workers, therapists and counselors in the Cultural Structure and Problem Drinking training seminar jointly organized by the 2015 Mental Health Network for Eastern Taiwan, Taipei VA Hospital Yuli Branch and Hualien City Health Bureau. We shared how helpers can promote the disease awareness of addiction despite the culture, and help addicts move toward recovery rather than inadvertently assign "cultural causes," and end up diverting attention from the disease itself and impeding recovery. We hope that this session has helped practitioners escape "structural" frustration of and instead construct a new culture of recovery

Education and Training

New Video Clip ---- Alcoholism Treatment in a Nutshell

We are always advising addicts to get alcohol (or drug) treatment, but if asked: "What is alcohol (or drug) treatment?" Do we reply, "don't drink, "cut back," "can't drink," or...? Then again, how does one go from a wasted drunken existence to a non-drinking and functional state of recovery? If treatment simply means a momentary transit between drinking and non-drinking, then recovery is truly a tall order! Below is a quick glimpse of our 5-minute crash course on what addiction recovery involves, and we invite you to watch the clip on our website.



Recovery News

For most people, the new year represents new hope, and so it is with the recovering addict. However, not every story has a happily ever after. The still young Mr. Tsai is hoping to work his recovery and begin a new life, but nightmare came knocking. Wouldn't he be better off dead from drinking than from pain?

Sep 2015: *"The tumor is back, and has grown bigger. I'm in Taipei for the surgery, but the result is less than desired. I felt as if I'd gone under the knife for nothing, and felt angry, powerless and doomed. I was in total despair, but slowly learned to accept the fact. I pray every morning, afternoon and evening... When I leave the hospital, I'll find some time to share this experience with you all."*

Oct 2015: *"Today I got a message from a fellow alcoholic whom I've know for a long time. His joints have deteriorated from his drinking, and his doctor recommended surgery. I typically ignore his messages, which are always a bunch of cussing anyway because he would be drunk. I thought I'd do the same this time, but still, I got back to him.....Pretty soon, I was on the receiving end of his swearing again, so I asked him if he was drinking. "Not if I want to live, but just a little sip" was his reply.....I too used to insist that just a little sip didn't matter whenever I drank again! Then that little sip would spiral into a downpour of drinks.*

Now with this cancer, my abdomen is swollen, and I have high fever almost everyday, but I have not thought about drinking.....and so that's how I've been living for the last 6 days after discharge. When I went to the hospital, I was pessimistic, but now I intend to wait till my wound has healed a little, and then start planning for tomorrow. I don't remember when my last drink was, but I believe that if I remain sober, I might perhaps have the opportunity to rise up again."

Don't addicts tend to have every and any reason to drink? And not picking up that drink in the face of a critical and precarious illness seems like an impossibility. If recovery is merely controlling and resisting the urge to drink, then being able to restrain from drinking under such great pressure is certainly beyond extraordinary. In actuality, Mr. Tsai has understood the meaning of recovery, and is caring for his body, mind and spirit to bring about sobriety and hope.

The year 2015 has ended, and together, our efforts have pushed our work another step forward. We expect this year to be challenging, and wish happy surprises for you and Reeds Recovery in 2016.

Happy New Year!

Sincerely,
Reeds Recovery

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