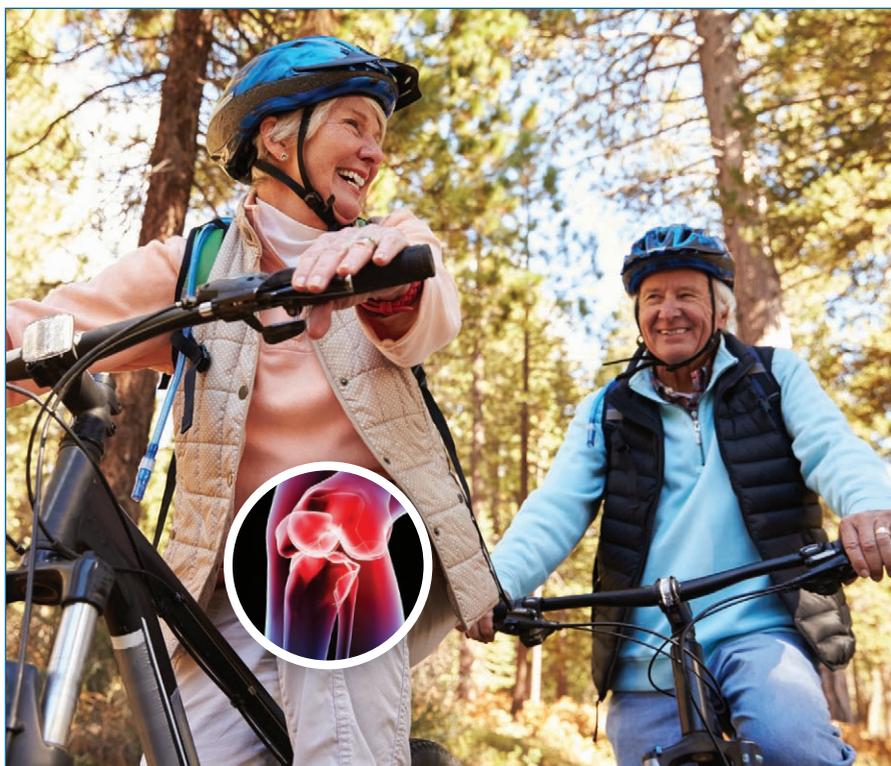


## Voices For Recovery



Maureen Lyn Bernard, LMSW | Special to the Jewish News



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### UPCOMING DATES

**Wednesday, October 5 • 6:30 PM**

**DMC Orthopaedic & Sports Medicine-West Bloomfield**  
6525 W. Maple Rd. Suite 101E, West Bloomfield, MI 48323

**Wednesday, October 5 • 6:30 PM**

**Courtyard Marriott Lansing**  
2710 Lake Lansing Rd, Lansing, MI 48912

**Monday, October 10 • 6:30 PM**

**Best Western Livonia**  
16999 Laurel Park Dr S, Livonia, MI 48154

**Thursday, October 13 • 6:30 PM**

**DMC Orthopaedic & Sports Medicine-West Bloomfield**  
6525 W. Maple Rd. Suite 101E, West Bloomfield, MI 48323

**Tuesday, October 18 • 6:00 PM**

**HVSH Sinai Guild Medical Office Building**  
1 William Carls Drive, Commerce, MI 48382

For upcoming seminar dates and to register,  
Call 1-888-DMC-2500 or visit [dmc.org/register](http://dmc.org/register)

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Justin is a 20-year-old observant Jewish male who looks forward to Shabbos every week, yet as the sun begins to set on Fridays, his anxiety begins to rise as he closes his laptop and turns off his smartphone.

Mara is in her late-40s and has packed up the last of her three children for college. She wanders around the house, looking at the clock as she debates pushing cocktail hour earlier and earlier.

Sam and his wife, Sarah, keep a kosher home, observe the holidays, send their five children to Jewish day schools and have installed in them a sense of Jewish values and respect. They are feeling frantic after a bag of marijuana tumbled out of their middle daughter's backpack; she doesn't believe it is a big deal.

Judith hangs out with her sorority sisters in college between classes and studying. The more they talk about dating boys and teasing her about her lack of interest in dating, the more beer she drinks to stop the questions inside herself.

Benjamin has returned from his (hopefully) last tour of duty, and can't settle in to the daily routine of being back home. Between his back pain and nightmares, he can't sleep. He flies into rages over seemingly nothing, then slips into melancholy, mumbling about feeling useless and how no one would miss him if he was gone. An old friend is encouraging him to supplement his prescribed pain medication with heroin. Benjamin is thinking that might be helpful.

All of these people have one thing in common (other than being Jewish)

— they all need some help, but aren't getting it.

September is National Recovery Month, an initiative that strives to:

- promote the message that recovery from mental illness and addiction is possible
- celebrate those in recovery, as well as the contributions of treatment and service providers
- promote the societal benefits of prevention, treatment and recovery

This year, the theme of National Recovery Month is "Join the Voices for Recovery: Our Families, Our Stories, Our Recovery!" And it focused on four different populations: military and veterans, the LGBTQ community, victims of trauma, and family members of those with mental illness and/or addiction. The theme highlights the value of family support throughout recovery and invites individuals in recovery and their family members to share their personal stories and successes in order to encourage others.

But what does the word "recovery" mean? Recovery is defined as "a process of change through which individuals improve their health and wellness, live a self-directed life and strive to reach their full potential."

The four key aspects of recovery are health, home, purpose and community. These aspects highlight how the individual's behavioral health is essential to not only their own overall health, but also how it reverberates throughout their home and into their community. Recovery is holistic in that it encompasses

es an individual's entire life: mind, body and spirit. And one should not dismiss the very real impact that trauma — such as physical or sexual abuse, neglect, profound loss, natural disaster or war — can have on the individual and their loved ones.

Recovery can be achieved through various pathways, such as professional healthcare, counseling, medications, as well as support from families, schools and communities, whether faith-based or secular, professional or peer. While we can list these various pathways, it is important to emphasize the supportive role that interpersonal relationships play.

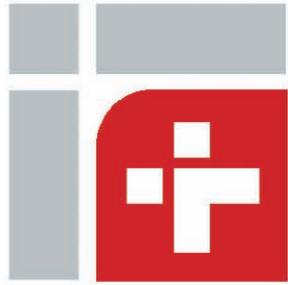
Many people come to my office saying they want to “do it on my own,” and I point out to them the empirical and anecdotal evidence that indicates conclusively the importance of reaching out for support and assistance. Knowing that someone else believes in you can go a long way.

Supportive relationships can also prevent an individual's addiction or mental health behaviors from worsening. But there's no guarantee; if a loved one appears to be going downhill, those in supportive relationships do not have to go down with them. I've heard some say it's like watching a train wreck, and while you might not be able to stop an actual train wreck, you can be available to assist with the cleanup.

Jewish Family Service is here to not only assist with the cleanup, but also to help the conductor avoid having to pull the emergency brake. We do that with outpatient counseling for individuals suffering through addiction and/or mental illness, as well as their families.

If you or a loved one could use some help, you can contact the Jewish Family Service Resource Center at (248) 592-2313 or resourcecenter@jfsdetroit.org. \*

**Maureen Lyn Bernard, LMSW**, is a clinical therapist at Jewish Family Service and a certified addictions counselor.



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