



# Alternative BEHAVIORAL CARE

Almost 100% Of Our Patients Rate Our Services and Staff as Very Good or Excellent!  
And Our Testimonials Are Endless!!!

March 2016

## From Our Desk To Yours...

### The Measure of Success

I am often asked "when will I be done with the program?" or "How do I know if groups will work?" --- An individual's length of treatment and measurement of success is individualized. The definition of success is: "the accomplishment of an aim or purpose." Making the courageous decision to enter into therapy is a success in and of itself, and is just one action step toward achieving a long-term goal.



What do you ultimately want for yourself? Setting goals gives us something to work toward. It motivates us, inspires, gives us purpose. When faced with challenges and obstacles, success can suddenly seem out of reach and can leave one feeling as if they are failing. However, there are no failures. Look at it from this perspective: A scientist conducting an experiment in a lab is looking for a specific outcome. Each experiment is conducted with the intent of achieving a specific end result. If it takes 10 different ways of doing something before finally achieving the intended outcome on the 11th attempt, the prior 10 attempts were not failures, they were just 10 more ways they learned how to NOT do something and brought them 10 steps closer to finding out HOW to do something.

If you set a fitness goal to lose 20 pounds, would you expect to lose those 20 pounds overnight? Although that would be really nice, you know that it's going to take time, eating right and exercise on a daily basis before you see the results. Goals for emotional well-being are no different. It takes time, patience, practice, and investing in oneself on a daily basis to lead to that final goal.

So how do you know if you're successful in therapy? Stop and think about your long-term goals and then set short-term goals to get there. If your long-term goal is "I want to be happy", what will it take to create that happiness for yourself? What one thing can you do today to work towards your goal? No matter the size of the goal, do at least one thing that gets you closer to that goal everyday. Maybe it's getting out of the house for a walk, calling a friend or a relative, reading a good book, or cooking a healthy meal.

"But how do I know therapy is working? How do I know when I'm ready to be done with therapy?" Did you show up for group today, even when all you wanted to do was hit the snooze and pull the covers over your head? Did you share with others in the group, even though your anxiety wants to try and stifle your voice? Did you listen to others in the group, even though you had thoughts racing through your mind and felt like you could have done all the talking? Did you learn a new coping skill or gain a greater insight into yourself?

There are no steps too small to be counted as a success. With each and every step you take to help yourself, you are one step closer to achieving your ultimate goal. You ARE the success you seek. The first step is deciding what you want and then having the patience, diligence and courage to take an action each and every day to get closer and closer to achieving that long-term vision. And we are here to team up with you to achieve your ultimate goals.

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We are *Proudly* Serving  
the **Emotional** and **Mental Health Needs**  
of Our Community With Our

- Child Mental Health Program, Ages 4-11
- Adolescent Mental health and Substance Abuse Programs, Ages 12-17
- Adult Mental Health and Substance Abuse Programs
- Exclusively Women's Mental Health and Substance Abuse Programs

**Call us to find out how we can help your clients and loved ones....**

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## How Parents and Teachers Can Nurture Introverts

Susan Cain's book titled, *Quiet: The Power of Introverts in a World That Can't Stop Talking* was released in 2012 and since then has been hugely popular amongst parents and professionals alike. Cain has co-founded [The Quiet Revolution](#), a site dedicated to producing content about and for introverts. She has also written a second book titled, *Quiet Power: The Secret Strengths of Introverts* where she takes her message to teenagers.

In a recent interview with Cain she was asked how schools can help nurture introverts in which she responded:

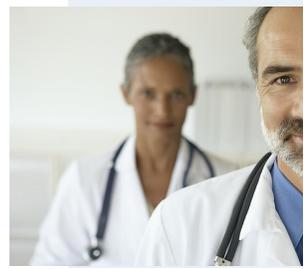
*"You know, lots of schools are really hungry for information on how they can do a better job of working with these kids. They're asking good questions: What indeed are the right ways to think about class participation? And are we over-evaluating as an educational culture? We overvalue the person who raises their hand all the time. Why is that important? Do we overvalue in quantity, as opposed to quality, of participation? Are there ways to think about class participation differently? Like we [at Quiet Revolution] have been encouraging schools to think in terms of classroom engagement rather than participation. Take a more holistic way of looking at how a child is engaging with this material or with their classmates..."*

[Read the Full Interview](#)



## Therapy and Antidepressants Similarly Effective for Depression

According to a new guideline set by the American College of Physicians (ACP), Cognitive Behavioral Therapy should be considered as a first line of treatment for depression due to its effectiveness and lack of side effects. This new guideline is based on randomized controlled trials dating from 1990-2015. The trials also found low quality evidence that St. John's wort is just as effective as second-generation antidepressants (SGA's) and moderate quality



evidence that it is tolerated better than SGA's. However, St. John's wort cannot be recommended as it is not approved by the FDA and potency and purity can differ from bottle to bottle. [Learn More](#)

**ACP's recommendations are based on a systematic evidence review by the Agency for Healthcare Research and Quality.**

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