

Summer 2018



Why is the Holiday Season harder than most?

Jacquie Grant, Relationships Manager, South Pacific Private

For many people, Christmas is a very happy time of the year. However, for others it can be a sad and lonely time, even a time of crisis.

Christmas is a time when we are bombarded with images presenting the stereotypical happy family Christmas; a fancy house, a Christmas tree, lights in the front yard, smiling families and a table full of food. The expectation is that you will be happy, sociable and in the spirit of things.

For many this stereotype simply isn't true.

If you consider the national divorce rates alone it's not hard to conclude that there are a large number of families ferrying children between homes at this time of year. Co-parenting can be difficult at the best of times, let alone at this time of year. If you are estranged, divorced, or find relationships hard, the pressure of social 'get togethers' can be overwhelming and the source of significant stress.

In addition, there is pressure to visit relatives whom we have successfully avoided for the rest of the year, to participate in one or more significant family get togethers, or to be the host at a holiday party you have arranged and catered for. Christmas also creates additional financial stress which can be debilitating for some.

Finally, there is the pressure to socialise in the work setting, to be buzzy and chatty and to enjoy the social meleé. For those who are struggling with anxiety, depression, with a family or a relationship breakdown or who feel isolated in these situations – this pressure to be smiling and fun-loving is unforgiving.

Why are we prone to deep self-reflection during this time?

This time of year is all about connection and relationships. Have you ever seen a Christmas campaign which suggests that you should 'keep it simple' or stating "Christmas, forget it, who needs it?" Of course you haven't. All of the images, songs, media and radio shows bombard us with messages of holiday indulgences, happiness and connectivity.

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This time of year highlights all the things that we perceive are missing from our lives. We are faced with a constant barrage of 'joyful functional families and relationships' in movies, media and in all of the Christmas marketing.

The time of year usually means we cannot hide or avoid and that we have many expectations placed upon us. As a result, many medicate themselves with food/alcohol/cigarettes/drugs/being busy and shopping. We put on a happy front so as to fit in with the expectations of us and how we are to behave at this time of year.

If you suffer from depression or anxiety, then this time of year can be full of triggers. It's really important to have a clear plan of how you will support yourself during this time.

According to recent statistics, up to 25% of Australians will experience a mental health concern in their lifetime. This means it's likely that someone we know and care for is at risk, or that we might be ourselves.

There are, however, some groups who face a higher risk than the general population. These people are those who have experienced relational or developmental trauma or who come from a family where there was abuse or neglect. Christmas can be an especially triggering time for these people.

In addition, if there are addiction issues, the holidays are a time when addiction raises its ugly head. The obvious issues like alcohol, drugs, compulsive overeating and overspending are usually easily apparent. However, the ones that slip under the radar but still have a damaging effect on the individual are things like perfectionism and workaholic tendencies. The stress these bring to families can be enormous and can lead to rage, communication breakdown, or, in the extreme, domestic violence whether verbal or physical.

So if you, a partner or a member of your family suffers from a mental health concern already, you are at high risk. If you have an active addiction of any sort, or are in some

form of early recovery, then you are also at high risk. **Your mental health recovery and maintenance plan at this time of year needs to be clear, and needs to be a priority.**

It is worth remembering that the things that make a difference to your self-care at this time of year are the same things that sustain us all and improve quality of life in general: exercise, support, fulfilling work, relaxation, and good nutrition.

Here are some keep it simple holiday ideas to help with your self-care:

- Gifts - keep it simple and do not over-spend or over-commit.
- Events - Where possible, avoid hosting. If you have to, don't put pressure on yourself to be a master chef. Serve up finger food and ask guests to bring a plate too.

There is no shame in asking for help from friends.

"According to recent statistics, up to 25% of Australians will experience a mental health concern in their lifetime."

- Keep the decorations simple and don't get pressure into lighting the house up like the Griswold's!
- If you have mental health concern, consult your GP, therapist or psychiatrist and have a plan for this period. Consider how to cope, to replenish, and how to deal with a relapse or emergency.
- Journal and write what's happening in your head on paper.
- Meditate or practice mindfulness. It's easy to learn how to practice this and YouTube is full of free examples.
- Finally, exercise. Partake in daily light exercise and basic stretching. Get out in the morning, walk, breathe and focus on what you are grateful for.

It's important that you reach out and ask someone if they are ok or need support. It's also important that you recognise when you are struggling and might require the same support yourself.

Some things to look in yourself and others might include:

- Isolation – when you or a family member avoids family gatherings or social events.
- Rage and anger – specifically, when you or a family member has a shorter fuse than usual or isn't handling things as they might normally.
- Problems with sleep and insomnia.
- An over-reliance on food/alcohol/work/exercise.

If you find yourself alone at Christmas, then take good care of yourself. Treat yourself as you would a child; *lovingly and caringly.*

Perhaps you could buy yourself a gift, some delicious food or rent your favourite comedy movies. Alternatively, you could also consider volunteering somewhere that needs help or attending local 12-step meetings. A lot of charities are screaming out for that extra pair of hands at this time. Giving to those in need can take your mind of yourself and provide you with a sense of serenity.

Finally, consider other external options that can assist at this time. Try to have healthy options for food and drink as medicating with sugar and alcohol can lead to feeling worse. Try, also, to plan times for walks or swims to avoid isolation and to ensure that exercise is a factor in your holiday time.

It's important that you pay attention to your specific issues and situation at this time of year. **How and what you pay attention to is important.**

It is also important to recognise and accept that the 'bad' feelings are not the real problem.

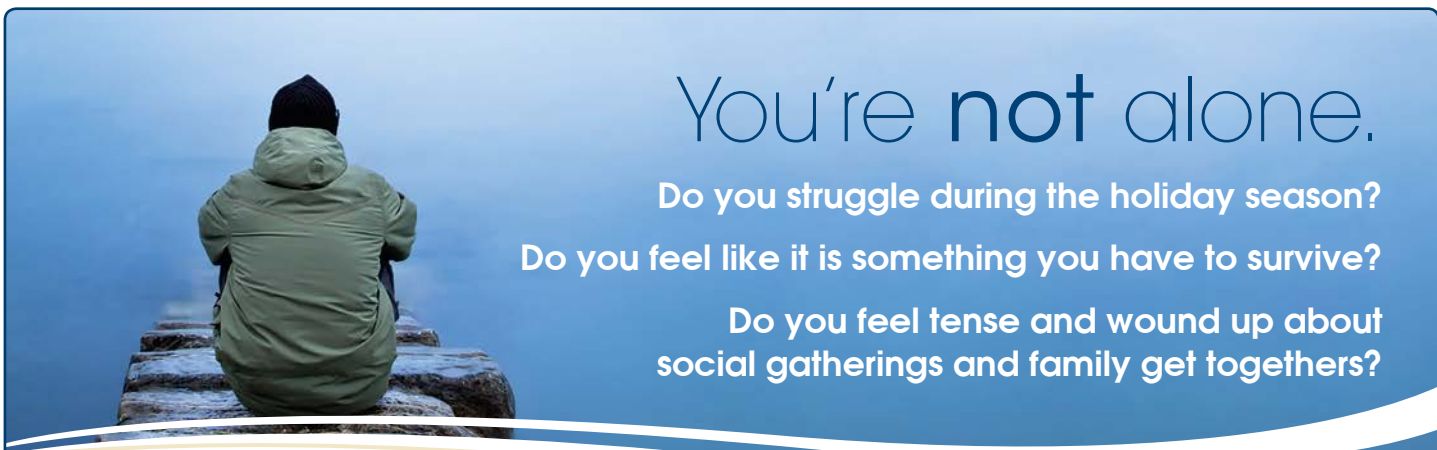
The feelings are more likely a symptom of an unacknowledged or unresolved problem. It could be something that has happened in the past or that is happening today. It could also be something internal such as your thoughts or beliefs or something external relating to your family or your relationships (or a combination of both.)

Accessing professional help is a demonstration of bravery and wisdom and can help someone to raise their head out of the dark fog they feel they are trapped in or to find solace from their anxious thoughts, feelings and behaviours. These options can help sufferers to make small steps forward again and to begin to transform their lives.

Please reach out and call South Pacific Private on 1800 063 332, visit our website at www.southpacificprivate.com.au or email us at info@southpacificprivate.com.au for support.

South Pacific Private is running a full program over the holidays if you need to access support.

"It is important to recognise and accept that the 'bad' feelings are not the real problem."



You're **not** alone.

Do you struggle during the holiday season?

Do you feel like it is something you have to survive?

Do you feel tense and wound up about social gatherings and family get togethers?

Sometimes, the holiday season can be a cause of great stress, anxiety and pressure. **South Pacific Private** wants you to know that if you feel this way, **you're not alone.** South Pacific Private is here to help you. We are available every hour of every day. If you need to reach out, call **1800 063 332.**



www.southpacificprivate.com.au

The Christmas Challenge

At South Pacific Private we believe that entering treatment is the greatest gift we can give ourselves, so you are well ahead in the Christmas spirit of giving! We understand however that Christmas can be a difficult time of year for people in early Recovery, and we would like to reassure you that we are here over Christmas and New Year to help you through if you have the need. **South Pacific Private is available 24 hours a day, every day of the year.**

There are many strategies that can help us to make Christmas the special, beautiful, poignant and joyous experience that it has the potential to be! Below is a list of strategies/ideas that can really make a difference to how you can choose to create a Christmas full of meaning in Recovery.

The 12 Challenges of Christmas

1. Plan ahead

What would your ideal Christmas look like? What do you need to do to create a great Christmas?

2. Have a proactive attitude

How are you going to set yourself up to make this Christmas work for you? What attitude adjustments are needed? (Yours, not others, since we can only change ourselves!)

3. Take opportunities

Accept invitations, volunteer, go to meetings, enjoy solitude, or work if that works for you.

4. Embrace spiritual concepts

What spiritual concepts can you bring into Christmas: generosity, compassion, acceptance, surrender, abundance, the 12 Promises of AA.

5. Maintain a therapeutic focus

How do my Christmas issues relate to my core issues? How would someone who is anti-dependent be likely to approach Christmas? Someone who has low self-esteem? Someone who feels compelled to create the perfect Christmas?

6. Practice boundaries!

Say "yes" when you mean "yes", and "no" when you mean "no". Focus on self-containment and self-protection.

7. Own your reality

Take the opportunity to tune in and explore your own values, beliefs, wants, needs and attitudes about the meaning and purpose of Christmas. Respect the same for others.

8. Embrace your inner child!

Explore how the different ego states (Wounded Child, Adult Adapted Child and Functional Adult) see and experience Christmas.

9. Enjoy giving and receiving

Give with generosity of spirit and receive with humility and gratitude.

10. Be creative

Organise an online Christmas via Skype or an "orphan's Christmas gathering".

11. Do something different

Travel somewhere new, volunteer, learn a new skill or spend it with a family of choice. It's important to think ahead.

12. Honour the moment

Reflect on Christmases of the past, consider Christmases of the future, then let go and just focus on being present this Christmas.

**South Pacific Private is available 24/7.
Please call us on 1800 063 332
if you need support or email
info@southpacificprivate.com.au**

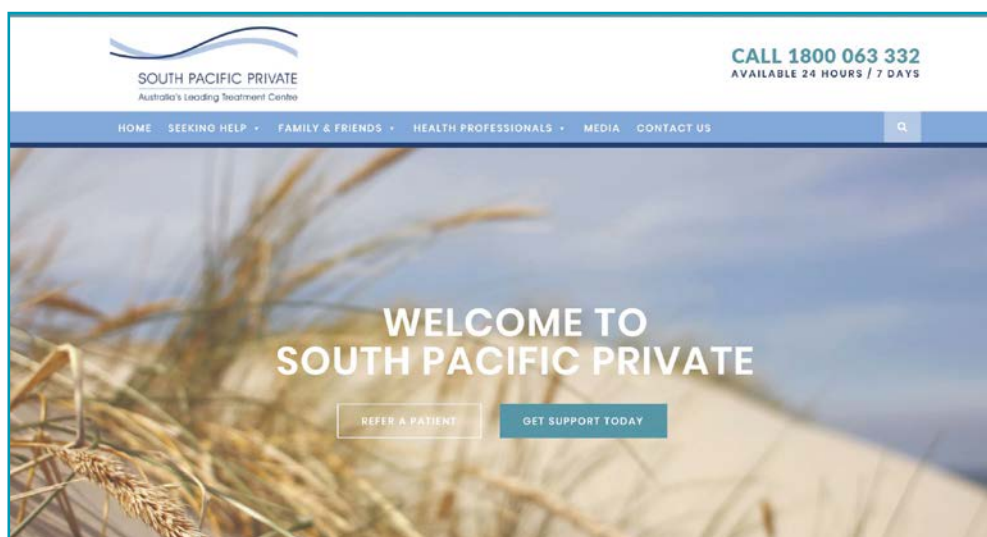
South Pacific Private has a New Website

South Pacific Private is delighted to announce our newly upgraded and refreshed website.

In 2018 we reached out for feedback from professionals, patients, alumni and staff to ask for their input on what they'd like to see on our website and what would be valuable for them.


Incorporating and considering all that feedback, we worked closely with a local web developer and have refreshed and revised our website with a new look, feel and content. We feel this new website really encompasses our vision, values and mission and are delighted with how it has evolved.

This project was driven by a desire to make our website more accessible, more engaging and easier to navigate. On our home page we now have three easy entry-points for different users as well as quick access to individual self-assessments which can be completed to determine whether a problem exists. There is an entire section dedicated to 'seeking help' for individuals and for 'family & friends' for carers and loved ones seeking more information.




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Our Stories



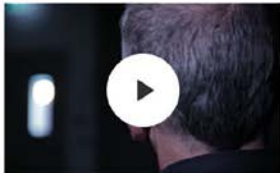
JOHN'S STORY

"When I first came into the hospital, I didn't know how ill I was. My thinking was backwards. My drinking was causing all my problems. The team gently helped me to understand... and allowed me to begin to heal."




CATH'S STORY

"I hated my guts and thought I was everyone's problem. I didn't know what a normal life was. I didn't know how I would cope with the program, but I knew I had a choice, and my choice was to do something."



PETER'S STORY

"I am nearly 8.5 years clean, but when I entered South Pacific Private, I was in despair and at rock-bottom. I admitted when I was in a very dark place and was brought back to life by the team and the program."



LORRAINE'S STORY

"Unless you treat the whole family, you never get to the root of the disease. South Pacific Private began as a result of my family's story. We were depressed and isolated, and that's where our journey began."

[MORE STORIES](#)

There are also new testimonials and video content from both staff and alumni to enhance the user's experience. These are accessible via most of the pages on the site.

Finally, we have a new blog that features current information and opinion pieces that you might enjoy or find useful. The blog is entirely searchable. Just visit 'media' from the home page or navigation bar on the site.

We hope that you find this upgrade as comprehensive and valuable as we believe you will.

If you would like to reach out for support or to follow up on an enquiry please contact the Client Care Team on 1800 063 332 or email info@southpacificprivate.com.au

Meeting the CACA Committee

Did you know that we have a committee called the Consumer and Carer Committee (CACA)?

South Pacific Private's Consumer & Carer Advisory Committee (CACA) comprises of past consumers and their carers/family members. The members of the committee have lived experience of addiction and mental illness and have sought treatment at South Pacific Private. The carers on our committee have first-hand experience of being a family member whose loved one was also engaged in care at the hospital.



The meaningful and active contribution of the committee enables the hospital to ensure that our services remain proactive and effective. The committee are engaged in an advisory position across all levels of management and all aspects of our program, policies, procedures and content.

The committee are actively engaged in:

- Making decisions for service planning
- Developing and feeding back on models of care
- Measuring all aspects of service and evaluating systems of care
- Safety, quality & governance issues

Patient-centred care in the form of consumer and carer participation is fundamental to building effective working relationships, underpinning strong governance and driving better services. South Pacific Private is wholly supportive of finding innovative ways to ensure our clients are at the heart of what we do.

The Committee enables South Pacific Private to get direct and transparent feedback and input about treatment and community service provision as well as safety and governance issues. The hospital recognises the unique position this group has to provide constructive and valuable comment on the strengths and weaknesses of mental health services delivered.

What is the value of this participation to our consumers and their carers?

Participation means joint problem solving, decision-making and responsibility as it occurs at all levels of mental health service delivery. At South Pacific Private Committee members advise on strategic decision-making as well as on more operational and procedural matters. This means that the patient experience is always at the heart of the design and assessment of our programs and that, in all instances, consumers have had an opportunity to be involved in the provision of their own care.

How does this involvement help you as a consumer?

- Ensures that your rights as a consumer are respected and recognised
- Ensures consumers have a voice concerning their personal recovery and medical treatment
- Raises and discusses concerns as regards aspects of the care provided
- Suggests ideas for improvement and innovation specific to services provided
- Ensures transparency and governance is upheld as regards suggestions, feedback, compliments and complaints received

Invitation to participate as a consumer or carer

In 2019 South Pacific Private is launching two new initiatives! Both of these initiatives are consumer and carer focused and we'd love to invite you to participate. Your involvement in our processes and governance is incredibly valuable and we look forward to the opportunity to work together.

- **In January 2019 South Pacific Private will be launching the follow-up survey to our 2015 'Life in Recovery Survey'.** In 2015 we surveyed the lives of people in Recovery from their addictions and extrapolated trends and evidence from their experiences. In 2019, we'd like to adapt this research to the families of those individuals in Recovery and will be launching our 'Families in Recovery' survey. Any carer or family member who has a member of their family in Recovery from an addiction is welcome to participate in our survey. If you would like to participate in the research please email registrations@southpacificprivate.com.au
- **In the new year, South Pacific Private will be hosting a focus group for family members and carers.** The aim of this focus group will be to hear directly from family members about their experience in relation to treatment. We are committed to continuous improvement at the hospital and seek to better understand the needs of family members throughout the whole journey of admission, treatment and Recovery. If you would like to be part of this focus group series please email registrations@southpacificprivate.com.au. (Please note that numbers are limited)

We look forward to hearing from you and wish you a happy holiday season!

BEACHWOOD RECOVERY HOUSE – A HOLIDAY HAVEN IN A SEASON OF TRIGGERS

For many, this time of year is all about connection and relationships. But for others, it is a time of year that usually means we cannot hide or avoid the many expectations placed upon us. This is especially true for those of us in Recovery.

Are you in the early stages of your Recovery and feeling nervous about the approaching holiday season?

If you are – you might be concerned about maintaining your Recovery during this emotional and sometimes difficult time of year. There are many milestones to contend with; your first Christmas, your first new year and the first time you navigate larger family get-togethers as a clean and sober person.

In recovery, there is no quick fix for addictions and mood disorders. Continuing Care is a key component to your early recovery and your continued recovery, to be without it would be like baking a Christmas cake without any flour. Engagement in longer term services, like Beachwood Recovery house, is an essential component to getting and staying well.

Beachwood Recovery House is a wonderful place to effectively learn how to change unhealthy behaviours. We educate, nurture, and help clients process developmental trauma. The house provides an environment for clients to continue their Recovery journey in a safe space and to see the ongoing possibility of a life free from addictions and mood disorders. This can be a life-saver, literally.

Have you ever gone to a conference for work or school and spent time listening to experts providing insight into better, smarter and new ways to do things? You learn great techniques and leave feeling empowered, refreshed and better at your job. You're given handouts filled with brilliant information that you're expected to take home and review on a regular basis to stay "fresh". The parallel can be the same when we are in early Recovery and feel empowered and ready for the next step in our life.

And yet, despite all of that, we are still vulnerable and often we can be more exposed and more vulnerable at this time of year more than any other.

What can happen when you leave that conference, after you have put the books and handouts on the shelf? All too often you revert to your old behaviours quickly. You forget what you learned that week in training.

Why did this happen? **Because you never really practiced those newly learned critical skills and behaviours.** To get really good at anything you need to practice. Skills and tools can only develop and become newly formed behaviours if we continue to practice them in our daily lives.

That's why Beachwood is such a critical component of a Recovery journey for any newly Recovering person.

Beachwood can be a safe haven for you – to continue to practice those new skills, or to come back to treatment and re-connect with your Recovery plan. It's a safe, supported environment staffed by a compassionate and experienced team. It's not just a place where you come to do day programs, it's so much more. Following inpatient treatment, transitional living can provide you with vital support, support you may not have even realised you needed. Why?

Here are just some of the reasons our clinical team recommends Beachwood Recovery House:

- It gives clients more time in a therapeutic environment that is focused on offering a program that is both holistic and serves to transition back into 'the real world'. Our residents still feel part of a recovery community and can gain so much more insight from group therapy and support from peers.
- Professional Support is available to our residents 24/7. The Beachwood Recovery House team are passionate about recovery but also understand the vulnerability of those early stages. We aim to reinforce and promote good recovery behaviours, whilst giving residents the opportunity to practice recovery skills in the real world.
- Beachwood Recovery House provides each resident with a key worker who give 1:1 support on a regular basis and help our residents to keep on mastering the skills and tools they have learnt and are still learning. They are also there to support continuing care planning for when residents leave Beachwood.

At Beachwood we are looking forward to providing our residents with a great holiday program that is safe, supportive and fun. Recovery is a gift and we wish to share this with you and help you to make a great start to your 2018.

If you need support, reach out **1800 063 332**
or email **beachwood@southpacificprivate.com.au**

Addressing the Realities of Rehab

Making an Informed Choice

On his popular show, Last Week Tonight, John Oliver delivered a scathing report on the dangers on unaccredited and unregulated addiction treatment centres.

Talking specifically about the landscape in America he cited the current situation where there are literally thousands of treatment centres operating in an unregulated environment. One of the key messages he emphatically shared was the importance of seeking qualified advice from a practicing professional before being 'sold' into a treatment centre that is not regulated and not evidence-based in the care that it delivers.

He strongly urged people suffering to visit their GP or an addiction professional first and to take that first step towards understanding options available before committing to a large payment for admission to a treatment centre where there are no clear statistics available regarding outcomes for its patients.

As John said 'so much about battling addiction is really hard. Getting clean is hard. Staying clean is hard, but getting good evidence-based trustworthy help shouldn't be.'

South Pacific Private couldn't agree more.

An admission to South Pacific Private is always accompanied by a referral from a GP or a Psychiatrists who has recommended South Pacific Private as an appropriate care option. We absolutely advocate that clients reach out as a first step to a treating professional to find out what options are available for them. One size does not fit all and it's incredibly important that clients and their families get the support they need intuitive to your personal circumstances.

John Oliver stated, *'Rehab should never be seen as a quick fix, it's often the first step in a lifetime of Recovery.'* At South Pacific Private we mirror this ethos and would never promise that a treatment episode here will 'fix' everything. We engage in conversations with clients over a number of weeks to determine their plan for the future which includes how they will keep themselves safe, what they will do when they leave treatment to reduce their change of relapse and the importance of ongoing long-term engagement in care.

Addiction and mental health concerns can tear apart families and relationships and can place huge pressure on the family unit as well as the individual who is suffering. As a result, South Pacific Private created the following list of recommendations for clients and families who to ensure they have transparent advice on how to connect with an accredited service.

- If you are looking for a hospital that can support you or a family member in crisis you can start by searching on Google. A number of options will be listed and it's important to determine whether they are appropriate and suitable for you or a loved one.
- Look on the website of a chosen service and search for whether they are licensed by the Department of Health (for the relevant state). Look on the website of a chosen service and search for what standards they are accredited for. Legislation and compliance varies from state to state and across the health and community sectors.
- Find out whether the service is supported by the major health funds. Major health funds contract to accredited services. As a consumer this means you can be assured of the high standards of this service. If a service is contracted to a health fund, consumers are able to access treatment through their personal private health fund cover without the requirement to 'pay out of pocket'.
- Whether you believe that the service is accredited or not – we recommend you still call the service and ask them if that is the case (it is especially important to ask if you could not find this information on the website).
- Once you have begun the enquiry process – it's also important to find out whether you might be able to access cover from your health fund to access services. If you have psychiatric cover as part of your private health fund, then it's possible that your treatment will be covered.
- Services with accreditation and health fund support are able to conduct a health fund check in the moment and can advise you

immediately of the cost of treatment. This means that you will have an accurate number for the cost of treatment that won't waver and, besides from any incidentals during treatment; you won't be hit with any surprise bills down the line.

- If you aren't sure whether you are covered with your health fund and can't remember the details of the policy – simply call your health fund and check.
- Ask the tough questions in the call to the service and find out costs, timelines, waiting periods upfront so that you can make a qualified and informed decision.

South Pacific Private is a registered Acute Care Psychiatric Hospital, fully licensed by the NSW Department of Health and is accredited by the Australian Council on Health Care Standards (ACHS).

South Pacific Private have several robust measures in place, including participation in the nation-wide Health of the Nation Outcome Scale. (HoNOS). Results indicate that our outcomes are comparable to other hospitals in terms of symptomatic improvement but superior in terms of psycho-social and long-term recovery. The hospital has also maintained accreditation with the Australian Council of Healthcare Standards since 1994 and actively maintains a comprehensive Quality Improvement Plan promoting effective governance and continuous improvement practices.

Remember – services that are fully accredited and licensed can offer treatment for mental health and addiction concerns that are affordable and not crippling for families in crisis. We are lucky enough in Australia to be supported when we are in crisis and services exist in all states to support you and your family in their time of need.

BOOK REVIEW

In the Realm of Hungry Ghosts Close Encounters with Addiction

Dr. Gabor Maté

Review by Gael Seymore, Day Program Manager, South Pacific Private

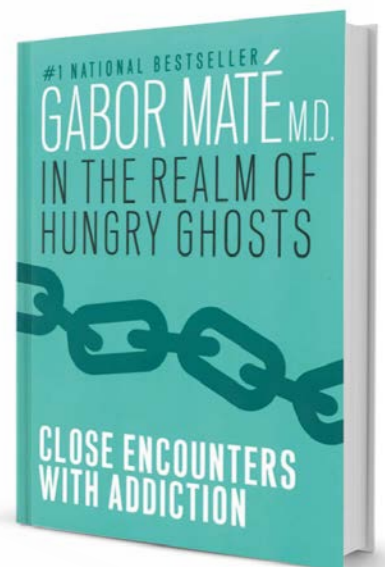
This was a book I just couldn't put down – especially given how closely it relates to the trauma-focused treatment we offer at SPP.

Whether it's the intimate case studies, the scientific evidence relative to trauma, stress and the biology of addictions, the vulnerability and authenticity shared by the author relative to his own addictions, or the conclusions with which he sums up a life-time of his own professional observations, this book is a compassionate must-read for anyone interested in understanding the impact of childhood trauma and how it relates to addictive behaviours as an adult.

Maté writes descriptively, with a beautiful combination of grace, empathy and hope, on a huge topic that spans generations. While offering no quick or easy solutions, Dr. Maté concludes:

"The prevention of substance abuse needs to begin in the crib, and even before then, in the social recognition that nothing is more important for the future of our culture than the way children develop. Children who are emotionally well nurtured and brought up in stable communities do not need to become addicts."

This powerful, moving and humbling book is highly recommended to anyone interested in learning more about where/how addiction begins, how to view addiction with the empathy it so deserves, and how/ why addiction is a family disease and not isolated to one member of the family alone. The personal life stories shared by Dr. Gabor Maté reach right into his heart and mind and will stay with me – and I hope you too – for a long time to come. Dr. Gabor Maté has also recently recorded a podcast with Russell Brand as part of his 'Under the Skin' series which I highly recommend if you wish to hear personally from Gabor. It's an insightful and sometimes thought-provoking discussion which offers interesting perspectives from both.



RECIPES FOR RECOVERY AT SOUTH PACIFIC PRIVATE

In order to maintain a healthy recovery from an addiction you must pay attention to several things including your emotional, mental, and physical health; this includes your nutritional intake. By eating healthily, you are giving your body the essential vitamins and minerals that it requires.

Most people in Recovery aren't thinking about eating well in their early days of sobriety, which is why at South Pacific Private we ensure that nutritional balance and healthy nourishment are an essential part of the treatment at the hospital.

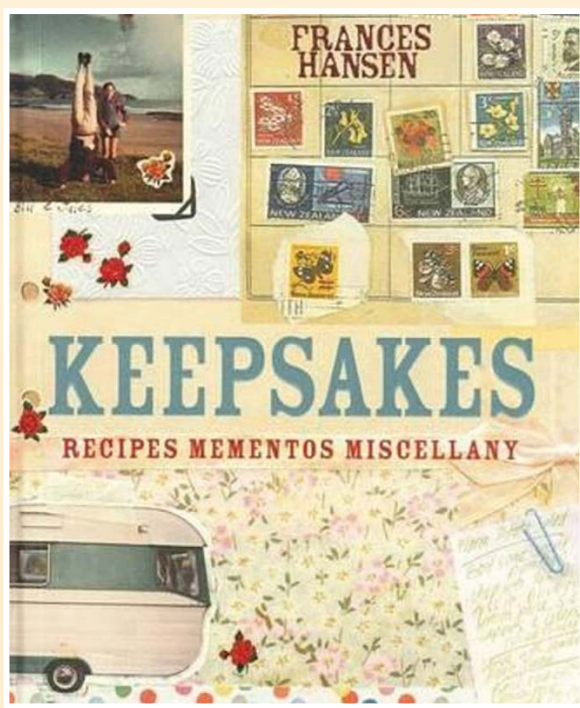
Claire Barber, CEO at South Pacific Private recently commented *"The food provided for clients at South Pacific Private is nutritionally balanced and carefully prepared, taking into account all dietary needs. We often receive compliments from clients regarding the quality of the food. We are committed to ensuring that they receive the best all-around care including moderate exercise in the form of beach walks and yoga as well as healthy food designed to help their bodies to begin to recover. We believe investment in physical as well as mental health is crucial on the path to wellbeing and Recovery."*

The Wood family founded South Pacific Private 25 years ago and since that time have been committed to the Recovery of their clients and their client's families. South Pacific Private approaches Recovery from a holistic viewpoint combining therapy with educational lectures, mindfulness and well-being. We have been smoke-free since 2008 and sugar-free since 2016.

Several members of the Wood Family, including Fleur Wood and Frances Hansen, are published authors and have created beautiful recipe books which contain lovely, hearty recipes. The Wood family wanted to share some of these recipes with you as a support for your ongoing Recovery but also as simply beautiful nourishing food choices for your everyday. Eating well and having a balanced, mindful approach to nutrition is as important at the point of detox and throughout early Recovery, as it is for a long-term sustainable healthy relationship with food.

Our recently launched blog series, Recipes for Recovery, can be found on our website here www.southpacificprivate.com.au/media where a range of recipes are available for different dietary needs and for different seasons. All of the recipes included are from the Wood family and are aimed at supporting Recovery but also healthy eating generally.

The recipe we have shared on the following page is from Frances Hansen, director at South Pacific Private and is from her featured recipe book, "Keepsakes, Mementoes and Miscellany" which is available for purchase on Amazon.

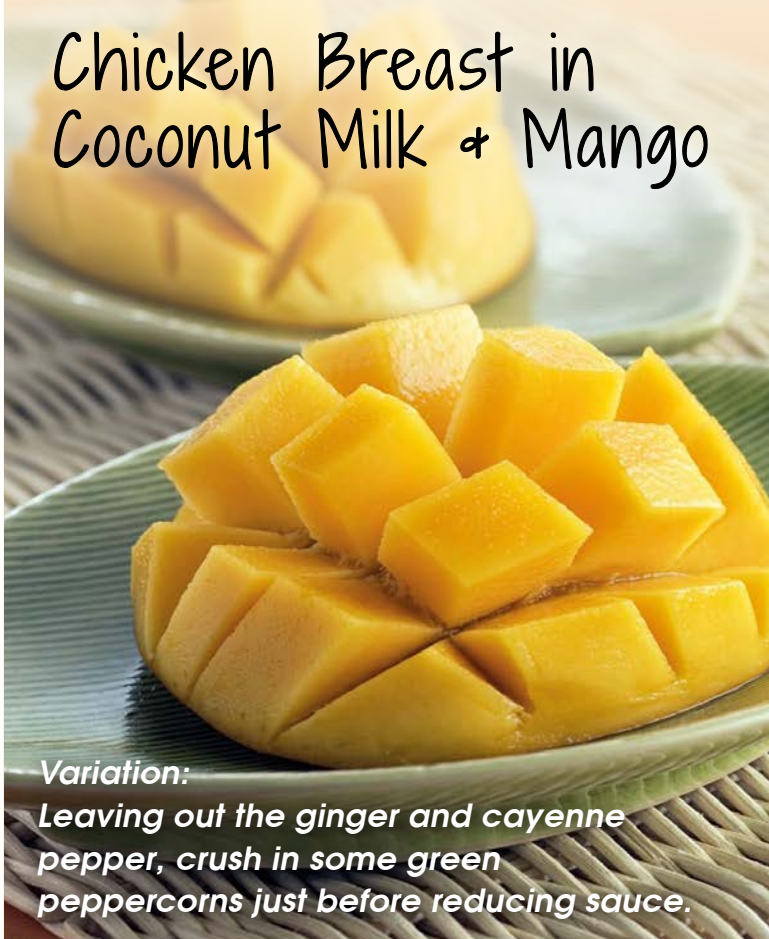


BOOK GIVE AWAY!

South Pacific Private is giving away 5 copies of this book to the first 5 readers who share their favourite christmas recipe with us at registrations@southpacificprivate.com.au before the 4th of January 2019. Happy Christmas!

Wood Family Recipes for Recovery

Chicken Breast in Coconut Milk & Mango



Variation:

Leaving out the ginger and cayenne pepper, crush in some green peppercorns just before reducing sauce.

Ingredients:

- 4 pieces of de-boned chicken breast
- 1-2 limes, (depending on size)
- 1 greenish mango (not too ripe)
- 100ml thick coconut milk or coconut cream
- 1 tbsp sunflower oil
- 2 spring onions
- 1 pinch ground ginger and/or cayenne pepper salt & pepper

Method:

- Cut each piece of breast in 1/2 lengthwise & season with plenty of salt and pepper, juice & zest of lime, ginger/ cayenne pepper
- Peel and slice mango, reserving juice.
- Mix 1tbsp of coconut cream & sunflower oil into frypan, snip in spring onions and sauté for 1-2 mins, stirring all the while, add chicken and cook for about 2 mins on each side.
- Add remaining coconut cream, mango slices and any mango juice. Cover pan and simmer gently for about 8 mins, turning chicken over halfway through.
- Transfer chicken and mango to warmed plates, boil sauce to reduce, adjust seasoning, pour reduced sauce over chicken & mango, serve with rice & something green.

We would love to hear from you if you cook this recipe – please feel free to share photos on your Instagram and tag us #southpacificprivate

Keep in Touch

Recovery is a journey, not a destination.

We support you 100% as you navigate your way through.



TWITTER

Did you know you can follow us on Twitter or LinkedIn? Simply look for us under these accounts: @SPPprivate_ www.linkedin.com/company/south-pacific-private



WEBSITE

Our website is an excellent way for you to access alumni resources and keep up to date with what's going on at SPP. Visit us at www.southpacificprivate.com.au



ALUMNI

Our workshops and webinars are a great way to help strengthen your recovery.



FACEBOOK

SPP are on Facebook! You can like us at PacificRecovery a page dedicated to Recovery



INSTAGRAM

Follow us on Instagram at www.instagram.com/southpacificprivate/

It's a New Year to be Perfectly Imperfect

EVERY NEW YEAR BRINGS NEW OPPORTUNITIES FOR CHANGE AND GROWTH.

For many people – those in recovery included – this often takes the form of New Year's resolutions. However, we all know that many resolutions don't last past the first few days ... *Why is that?*

Perhaps it's because when it comes to setting goals for the New Year, many people think too far ahead, use very broad resolutions, or set themselves unattainable goals that they don't really believe they can achieve. This makes the goals hard to achieve and defeats the purpose.

So why not take a lesson from addiction recovery and make your resolutions for recovery achievable **'one day at a time'**? After all, we are all perfectly imperfect and accept that it's ok to be human and to make mistakes. **Perhaps if we start with bite-sized attainable resolutions we might find ourselves succeeding more often and more motivated to continue...**

Small and specific goals have a better chance of surviving one whole year and beyond. And luckily, small and specific goals fit right in with how recovery works.

GETTING STARTED – A JOURNEY OF 1000 MILES BEGINS WITH A SINGLE STEP

The hardest part of achieving anything is always taking that first step. This applies whether you are studying for exams, packing for a holiday, or beginning your recovery journey. Things always seem more insurmountable upfront. Perhaps it's fair to say that's because they are harder at first... because you are changing your habits. Change is never easy and old habits die hard, as the saying goes. Especially hard, if these habits have been your comfort zone and companion for many years.

So where can we begin?

And how do we remain focused on our goals?

First, just because it's not the 1st January doesn't mean you are exempt and have to wait another year. The time for change is now and if you want to resolve to resolve, well, today is as good a day as any.

We suggest you might begin by writing down your resolutions for recovery, and also write down why they are important to you. This latter part is really important – because each resolution will have meaning and context as a result. It also reminds us to reflect on why it's a resolution in the first place

and whether it's something specific and attainable (remember – think: small and specific).

Once you've committed pen to paper, there are some other things you can do to help yourself remain accountable:

Post the paper somewhere obvious. Somewhere you walk past regularly and where it won't fall off and get knocked under a cupboard gathering dust.

- Tell others about it – tell them what you are doing and why. This is one of the best ways to remain accountable.
- Ask others to ask you about them – setting yourself up for talking about your goals regularly means that it's a continuous discussion and not just a one-off decision that slides out of memory or action.
- Don't be too hard on yourself – if you stumble, pick yourself back up and don't shame yourself in the process. If you smoke one cigarette or miss one meditation - you don't need to give up. Re-connect with your goals and why you made the resolution initially.
- Take time to reflect and express gratitude. Perhaps take a moment to consider about how far you have already come and be grateful for that journey.
- Remember the serenity prayer and grant yourself the serenity to accept the things you cannot change, courage to change the things you can and the wisdom to know the difference.

The New Year is a time to rediscover the joy that can be found around every unexpected corner and to live a life beyond our wildest dreams. Perhaps these small and bite-sized resolutions are the first step towards those dreams. This year, choose resolutions that can aid you on your path and that you can achieve, one day at a time.

From all at South Pacific Private – a very happy New Year. Don't forget – if ever you need to reach out – we are here. 1800 063 332. info@southpacificprivate.com.au

"Make New Year's goals. Dig within, and discover what you would like to have happen in your life this year."

Melody Beattie, *The Language of Letting Go: Daily Meditations on Co-dependency*