



# COUNSELING NEWS

SUMMER 2019

## ALYSSA'S STORY

FROM YMCA CLIENT TO STAFF MEMBER

"I experienced addiction in my family from a very young age. My mom was an addict when I was growing up, but I didn't want anyone to know because I was afraid something would happen to her or that I would get taken away from her. I dealt with her addiction and took care of her until I started living with my dad full-time. When I was a junior in high school, I started experimenting with drugs and alcohol. One day at work, after complaining about some minor pain, a coworker gave me a Percocet. That was the first time in my life I felt like I was able to breathe, and all my anxiety had gone away. I started taking it multiple times a week, and my disease just progressed from there. I started stealing from my parents and from work. When my dad realized I was stealing, he sent me to an outpatient facility, but I wasn't ready to get clean. I was just trying to make my parents happy. I went to detox, but struggled to stay sober on my own when I was home, so I went to rehab. After 14 days in rehab, I got kicked out and I felt like I only had two options: go back to doing drugs or get clean. That's when I decided to go the YMCA.



I started attending meetings, got a sober support network, and met my counselor, Christine, who really helped me open up and talk about my problems. The biggest thing that helped me throughout my recovery process was the education my parents got about addiction through the Family Association group. Them being able to better understand my disease was a big contributor to my recovery. When I was ending my treatment process, I realized that I wanted to become a counselor and help others the way my counselor and all the staff at the YMCA helped me. I felt like that was my purpose in my life, so I started taking CASAC classes and interning at the Y.

I will now be the YMCA Counseling Service's first-ever Peer Engagement Specialist, which will enable me to utilize my own recovery experience to serve as a resource for individuals and families to help them stay engaged in treatment. I feel like my story will help a lot of people by showing them that someone going through the recovery experience can come out on the other side. On September 3rd, I celebrated 3 years of sobriety."

### YMCA COUNSELING SERVICE

South Shore Center, 3911 Richmond Avenue  
Staten Island, New York 10312 (718) 948-3232

North Shore Center, 285 Vanderbilt Avenue  
Staten Island, New York 10304 (718) 981-4382

**OPEN INTAKE HOURS**  
**\*NO APPOINTMENT**  
**NECESSARY\***

#### South Shore Center (3911 Richmond Avenue)

Monday 1:30PM – 3:30PM  
Wednesday 4:00PM – 6:00PM  
Friday 3:30PM – 5:30PM  
Saturday 10:30AM – 12:30PM

#### North Shore Center (285 Vanderbilt Avenue)

Tuesday 1:30PM – 3:30PM  
Thursday 4:00PM – 6:00PM

### WHO WE ARE

The YMCA Counseling Service is a comprehensive outpatient chemical dependency program providing prevention, treatment and recovery services to children, adolescents, adults and their families. It also serves as an immigrant resource center, providing vital services such as ESOL and Citizenship Preparation classes through its New Americans Welcome Center.

### OUR SERVICES

- ◆ Assessment Services
- ◆ Individual Counseling
- ◆ Group Counseling
- ◆ Family Therapy
- ◆ Psychiatric Services
- ◆ Addiction Medicine Management
- ◆ Immigrant Services

### ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

### QUESTIONS, COMMENTS OR IDEAS?

Contact Anna Bagliore, the editor, at [abagliore@ymcanyc.org](mailto:abagliore@ymcanyc.org).

## MEET OUR STAFF!

YMCA COUNSELING SERVICE CELEBRATES ANNUAL ALL-STAFF MEETING



On Friday, September 13th, the YMCA Counseling Service celebrated the **Annual All-Staff Meeting** with an afternoon of bowling at Rab's Country Lanes.

Staff members from our North Shore and South Shore centers came together to reflect on all that we've accomplished in the last year, learn new things about each other through icebreaker activities, and recognize employees who've gone the extra mile for our clients and our organization.

We'd like to thank our Culture Committee for planning an unforgettable All-Staff Meeting. We'd also like to thank our staff for attending this year's meeting and for all that they do throughout the year for our clients, our community, and each other.

## CELEBRATING RECOVERY NATIONWIDE



Each September, the nation celebrates Recovery Month, sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA). The YMCA Counseling Service is proud to serve as a resource for those on Staten Island seeking recovery. Not only do we work to combat addiction on Staten Island, but we also aim to reduce the stigma and misconceptions associated with addiction. For more information on how we can get you started on the road to recovery, please visit [ymcany.org/counseling](http://ymcany.org/counseling) or call 718-948-3232.

## THE Y IN OUR COMMUNITY

YMCA STAFF SPENDS SUMMER ENGAGING WITH OTHERS AT COMMUNITY EVENTS

This summer, we were excited to participate as vendors in several community events across Staten Island, including the **2nd Annual Health & Fitness Night** at Staten Island Yankee Stadium and **National Night Out Against Crime** at Midland Beach.

We also collaborated with Tackling Youth Substance Abuse to provide Narcan training and resources to the community on **International Overdose Awareness Day**. We also honored those we've lost to addiction at the **5th Annual Candlelight Vigil** at the South Beach Boardwalk.

These events truly allow us to interact with our community and spread the word about the programs and services we offer at the YMCA Counseling Service. We sincerely thank our staff members who've represented the Y at these events.



Grief Recovery After a Substance Passing

## UPCOMING EVENTS & RESOURCES

BEGINNING TUESDAY, OCTOBER 15TH

Have you lost a loved one due to substance misuse? The YMCA Counseling Service is proud to partner with GRASP, an organization that provides sources of help, compassion, and understanding in monthly group meetings. For more information, or to register, please contact Patty or Sue at 718-313-5733 or [StatenIslandGrasp@gmail.com](mailto:StatenIslandGrasp@gmail.com).