

THE BOTTOM LINE

TRUST IN THE PROCESS



BREAKTHROUGH RECOVERY OUTREACH

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Happy Holidays from the Executive Director

This year has been one full of challenges and Breakthrough Recovery Outreach has continued to grow. We are actively pursuing alliances and partnerships that will allow more opportunities for our clients and families.

We completed our CARF survey and were very pleased with the initial results. We feel confident in what outcomes lie ahead. We are focused now on the upcoming year.

The Holiday Gala was a success. The room was filled with families of clients, previous clients, and staff. There was so much emotion expressed as clients shared what they were thankful for, and what goals they were currently working on.

I feel it is an honor and privilege to be acquainted with the many people who have remained committed to the mission and who have trusted and completed the program at Breakthrough Recovery Outreach.

2011 will bring more growth, and positive energy that will generate many more memories to further warm your hearts and support your loved ones throughout their recovery process.

Chris Jacobs
Executive Director



GEORGIA ASSOCIATION OF RECOVERY RESIDENCES

The Georgia Association of Recovery Residences (GARR) visited Breakthrough Recovery Outreach to perform an Audit.

The visit, which took place on November 18, 2010, is progressing towards a positive outcome.

The Auditors made very favorable comments during the visit indicating that the results will lead to Breakthrough Recovery Outreach Center achieving recognition as a Member.

GARR is a 501 C3 organization that

serves as a professional volunteer accrediting body for recovery residence organizations in the state of Georgia. GARR promotes professionalism and quality standards for recovery residences.

CLIENT CORNER :**Featuring :
The Young Adult Program****Highlights from a Client's Point of View**

Breakthrough Recovery Outreach has saved my life. I have learned skills that I can use to keep my life on the right path. I have been a resident at BRO in the Young Adult Program for about 3 and a half months and it has gotten better and better every day. When I first came in I was angry at the world and snapped at anyone and everyone that talked to me. For the first 5 weeks I was enrolled at Kaiser for the Partial Hospitalization Program and it really helped open my eyes. I slowly began opening up to my house mates and others in the program. Slowly I felt a bond forming.



You know it's funny, I think now we all might as well get along considering we are all here for the same thing. We are not here to just learn how to not pick up that first drink or drug but also how to manage our everyday emotions, how to communicate effectively and restore some order in our lives. The other big part is the Higher Power but I will talk about that later.

I personally think the most important part of this program is the house-mates. They really help you to grow. When you are having a bad day or in a bad mood they can see it. You are around them 24/7.

“When I was using, I covered up my anger, sadness, disappointment, frustration and all my emotions with drugs.”

The second most important part of the program is either the Group Sessions or Church. Group Sessions at Breakthrough have taught me that I can vocalize the way I am feeling. When I was using, I covered up my anger, sadness, disappointment, frustration, all my emotions with drugs. When you do that they build up until it overflows and you either get hurt or hurt someone else. Through Group Sessions and DBT classes I've learned that if someone or something bothers you and you get down... talk about it.

Through my Higher Power I can find serenity. I can be at peace with myself and others around me. If I'm nervous or anxious about something, I give it to GOD and ask for help.

All in all Breakthrough Recovery Outreach has taught me tools to avoid using drugs and alcohol. Most importantly I am learning how to live a healthy life mentally, physically, emotionally, and spiritually. When I came into this Program My life was unmanageable. I am in control now.



To finish this off, I would definitely recommend this Program to anyone who is experiencing a substance abuse problem. I'll also say that after coming into this program, I honestly believe everyone should be in a program that follows AA principles. It teaches us to not be selfish or self centered. It also teaches us how to take a self inventory and to look at the defect within yourself, before passing judgment on others.

Ben

Current Breakthrough Client

(Reprinted with permission from author)

BREAKTHROUGH RECOVERY EMPLOYEE OF THE YEAR

This year during the 4th Annual Holiday Gala, Robert Campbell was announced as Breakthrough Recovery Outreach's Employee of the Year. Robert, or "Bert" has been a Breakthrough Recovery employee since 2006. Bert serves as the Men's Coordinator and works an infinite shift, since he also resides on site and is available when needed by staff and /or residents. Mr. Jacobs, Executive Director for Breakthrough Recovery Outreach presented Bert with an Honorarium and Recognition Award.

Bert who is an Atlanta native is a Recovering Alcoholic with close to 5 years of Sober Living! Bert is a father of a beautiful 5 year old daughter and takes great pride in his new lifestyle. Bert who previously served for 21 years in the Textbook Industry as a Purchasing and Logistics Professionals states that he is "Enjoying His New Life"

Staff and Clients alike warmly congratulated Bert on his number of years sober, and his excellent work ethics and professionalism exemplified in the handling of his work responsibilities.

BREAKTHROUGH ANNUAL COAT DRIVE

Annually the Breakthrough staff and families conduct a Coat Drive to assist those who are less fortunate and to fill a need often times overlooked. The winter months are upon us, and although some of us have been fortunate in our lives to have more, we chose to focus upon fulfilling the needs of others. We are asking for donations' from our staff, families and the community to assist us as we observe this time of year with the focus on meeting the needs of others.

Throughout the entire month of December we will collect these donations and we will distribute to organizations which serve populations who will benefit most.

A.R. T. Advanced Recovery Therapy

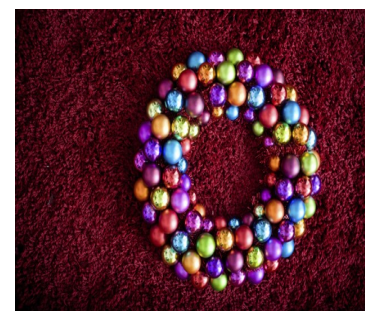
The Advance Recovery Therapy Group, A. R. T. is an Advanced Processing Group at Breakthrough Recovery Outreach. This group is lead by our Clinical Director, A.B. Kaplan, LPC, NCC.

A.R.T. was formed for those who have at least 6 months of sobriety, therapy and recovery. Specifically, it exists for those who are transitioning or have already transitioned back into the Community. BRO clients and independent community participants meet once a week on Monday for processing. If you or someone you know would like more information or would be interested in participating, please contact A.B. Kaplan at 770-493-7750 or by e-mail abkaplan@my-breakthrough.com.



SEASONS

GREETINGS



*Breakthrough Recovery Outreach
3648 Chamblee Tucker Road
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The mission of Breakthrough Recovery Outreach is to provide housing and treatment services for men and women in recovery from alcohol and drug addiction and to facilitate their responsibility and successful reentry into the community

STAFF TRAINING

Breakthrough Recovery Outreach provides staff with continuous trainings to ensure that our services remain competitive and applicable to our clients needs. In the month of November staff completed a Training conducted by Ellen Atkeson MS,LPC. The Training topic focus was on Eating Disorders and recognizing clients who are Dual Diagnosis. We at Breakthrough Recovery Outreach want to ensure that our clients needs are met therefore we take every available opportunity to train.

If you are interested in presenting a Training Topic or if you would like to be informed of our future training dates, please contact our Program Director, Michelle Cort at 770-493-7750 or by e-mail : mcort@my-breakthrough.com.

