



LOMA LINDA  
UNIVERSITY

BEHAVIORAL  
MEDICINE CENTER

WINTER 2016

# Staying with SOBRIETY

## WE WANT TO HEAR FROM YOU

To inspire our readers and recognize your accomplishments, we would like to feature your story in one of our upcoming newsletters. Please send us a personal article or poem depicting your experience with addiction and/or alcoholism to:

**Elaine Coyazo**  
LLUBMC  
1710 Barton Road  
Redlands, CA 92373

## Holiday Coping Skills for Sobriety

*The holidays can be a time not only of great joy but also of great stress, and, for some of us, of great expectations. Sharpening your tools and reloading your toolkit at this time of year is a worthwhile effort for anyone, but particularly for those in early recovery. Here are some ideas for families in early recovery to cope with the challenges of the holidays.*

### Start a new tradition.

The holidays are often steeped in tradition, some good and some maybe not so good. As you enjoy a new lifestyle, consider starting a new tradition with your own family. Maybe a midnight mass was not an option before, but could be now. Perhaps your kids have been asking you for years to go play in the snow. Take advantage of your newfound sobriety and the opportunity to create new traditions and memories as you restore the relationships in your life. Consider service projects as well, like serving food at a shelter. This can be a great way to open a dialog about compassion with your children.

### Keep support people and phone numbers close by.

You never know when the blues or the stress might hit, so be prepared. If you have made some friends in Al-Anon, keep their numbers handy (or even better, enter them in advance into your phone). The first holiday season a family goes through after treatment can be the most difficult, often because of the anticipation and newness of the experience. So rely on those around you who have lived through it, and allow them to support you in your recovery.

*continued on page 2*

## In This Issue

Holiday Coping Skills for Sobriety	1
At a Glance	2
Sobriety Tool Box	3
Meet Our New Physician	4

### Increase your meetings.

Despite being extremely busy, now is probably not a great time to cut back on your meetings because you just can't squeeze them in. Try to do the opposite and get in an extra one. You never know when something you say will be just what another member needs to hear. Holiday gatherings can be great fun at this time, too, as clubs and regular meeting places often have potlucks or even meeting marathons. Podcasts and online meetings are also available for those who may be ill or traveling.

From our BMC family to yours, best wishes for a healthy, happy holiday!

**Jennifer Fuchs, MFT**

## At a Glance

### Recovering Alumni Association New Year's Eve Crazy Hat Party!

Saturday, December 31, 2016, 6:00 p.m. to midnight

\$5.00 per person

\$8.00 per couple

Come and enjoy fun, music, fellowship, dance contest and refreshments. Bring your favorite snack to share.

BMC Gymnasium  
1710 Barton Road, Redlands, CA 92373

For more information, call Tammy 909-277-0533.

### NA Convention "On Fire for Our Recovery"

Friday through Sunday January 27 – 29, 2017

Los Angeles Marriott Burbank Airport  
2500 North Hollywood Way, Burbank, CA 91505

For more information, call 818-843-6000.

### Magic in the Mountains Easy Does it Weekend at Camp Seely

Friday through Sunday, April 21 – 23, 2017

All for just \$98.00 per person

250 North Highway 138, Crestline, CA 92325

AA and Al-Anon retreat. Five great hot meals, meetings, dance, opportunity drawing and more.

For more information, visit [easydoesitweekend.org](http://easydoesitweekend.org)

### Recovery Celebration

Thursday, April 13, 2017, 5:30 – 7:00 p.m.

Loma Linda University Behavioral Medicine Center will honor those who completed treatment from August 2016 to February 2017. Join us for dinner and recovery speakers.

BMC Gymnasium  
1710 Barton Road, Redlands, CA 92373

For more information, call Elaine Coyazo 909-558-9200 ext. 34126.



# Sobriety Tool Box

*Everyone has “tools” that are used to deal with uncomfortable situations. Basically these are coping mechanisms, some of which are healthy and some are unhealthy. Drinking, using, yelling, eating or gossiping might make you think you are “handling” the situation, but will very likely end up making things worse. The more healthy tools you can add to your tool box, the better you can handle a situation and the easier it becomes to stay away from drinking, etc. Here are some basic ideas to get you started on your own tool box for sobriety.*

## Change Old Routines

Certain places, activities or times of the day become associated with drinking or using. It can be helpful to look at what you have paired with drinking or using and change many small things. For instance, rearrange your agenda, rearrange your furniture, drive home a different way, golf with sober friends, etc.

## Use the Serenity Prayer

Instead of just repeating the prayer, listen to it and utilize it. Are there things you can and need to change? Are there some things you cannot change and need to accept? Repeating this prayer in stressful moments has helped many with addictions.

*“Exercise is one of the best tools to help with anxiety ...”*

## Be Grateful

Pay attention to the positive aspects of being sober – instead of missing drinking or using, start noticing how much better you feel and/or how much you accomplished this weekend. Try writing a gratitude list and include how much money you have saved being sober.

## Exercise

Even short exercise sessions can effectively distract drug or alcohol addicts, helping them to cope with cravings, as well as helping them to improve self-esteem. Exercise is one of the best tools to help with anxiety because you can burn the “energy” of anxiety in a healthy way. Exercise can also help reboot the body clock, helping people fall asleep and stay asleep more naturally.

## Reach Out to Others

You have most likely already heard about getting phone numbers of other recovering people and getting a

sponsor – now pick up the phone. You are much more likely to pick up the phone in a crisis if you are already in the habit of calling people when not in a crisis. And each call becomes easier.

## Have a Plan

Give yourself permission to say no to invitations if the situation is going to be uncomfortable or if you don't want to go. If you do decide to go, have a plan. Perhaps you can take a sober person with you for support. Be accountable to someone – your sponsor or someone who understands the situation. And have an exit plan.

## Get Active

Whenever you try to break a habit it is much easier to substitute a new activity rather than just not do the old habit. The most important is attending 12 step meetings and activities and join in – help set up chairs, make coffee or get on a committee for an event. Try other activities as well – restart an old hobby or talent, take a fun class, walk the dogs, etc.

## Eat or Drink Something

Do not let yourself get too hungry. Sometimes cravings for food are mistaken for cravings for other substances. You may even be somewhat malnourished by the time you get into recovery. So drink lots of water, try some juice or nibble on some snacks. The cravings may diminish or you can at least be distracted.

## Practice Mindfulness

Get in touch with your spiritual side by praying, meditating, spending some time in nature, playing with your pets or whatever helps you to be calm and present in the moment. What might initially feel like boredom may actually be serenity.

There are lots of healthy tools to choose from, but of course everyone is different and you will need to figure out what works for you. Talk to others about the “tools” that work for them. Ask around at a meeting or research on the internet, and pay attention to what works for you. If it works – keep doing it! If not, move on to the next tool and try again.

**Elaine Coyazo, CTRS**

# Meet Our New Physician

## Dr. Katia Stoletniy

Dr. Stoletniy, tell us a little bit about yourself.

I am very passionate about mental health. It all started with knowing I would be a physician since age six (that's what happens when everyone is a doctor in your family). I was blessed to attend medical school in Universidad Adventista del Plata in Argentina, where I was born and raised. I graduated in 2010. Came to the U.S. after that and did residency at Loma Linda University Medical Center. Training here has been amazing! It helped shape my professional outlook and definitely helped me grow personally and professionally. Working with my mentors I've learned the true meaning of service and practicing "whole person care" and seeing that in our staff has been key in my decision to stay and be part of the amazing team we have at Loma Linda. I love connecting with people and this job gives me the opportunity to truly do this and have an impact on people's lives. I also believe work and personal life balance, is key in wellbeing. I have a wonderful husband, a fun and energetic 20 month old baby and another one on the way. They bring meaning and joy to my life.

How did you become interested in substance use?

During residency I rotated through chemical dependency and became very interested on the topic. Working with my mentor, Dr. Whyte kept sparking the flame and soon I began to really love the idea of working in this field. I'm very interested on the link between human relationships and addictions, which fuels my craving for knowledge on these areas.

Why did you choose to work at Loma Linda University Behavioral Medicine Center?

Loma Linda University taught me the meaning of service. It is my hope to be able to add my grain of sand to the amazing work that is already being done. It is an honor to be able to serve along the amazing mentors I had through residency and continuing to learn from them.

You have been with Loma Linda University Behavioral Center for a couple of months now. How are you finding it so far and what do you hope to bring to our Substance Use Recovery & Wellness Program?

I couldn't be more excited to be here. The staff, the team, everyone is just amazing. My hope is to add my efforts to collaborate for the continued improvement of our programs that are already in place and taking shape and form as we speak.



*"Loma Linda University taught me the meaning of service."*



LOMA LINDA UNIVERSITY  
BEHAVIORAL MEDICINE CENTER

# Staying with Sobriety

Substance Use Recovery and Wellness Program  
1710 Barton Road  
Redlands, CA 92373

• Please write to the address below  
• if you wish to have your name  
• removed from the list to receive  
• announcements or notices  
• introducing new services, health  
• educational programs and events or  
• products of Loma Linda University  
• Behavioral Medicine Center. All  
• reasonable efforts will be taken to  
• ensure that your request is honored.

LLUMCMKTGBMC-089-1612183867

Promotional Services  
c/o Customer Care Center  
125 East Club Drive  
San Bernardino, CA 92408