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At NorthStar Regional, our purpose is to help those struggling with mental health or substance use disorders move forward in hope.

*The NorthStar Beacon is published by NorthStar Regional, 102 East Second Street, Chaska MN 55318
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northstarregional.com*

Energy Drains

by Hal Baumchen, PsyD, LP, LADC, President of NorthStar Regional

“Vampire” Appliances

We have a limited amount of emotional energy. Getting more energy is probably more difficult than carefully using what you have. I want to talk to you today about emotional situations that drain our energy. We are unaware of this depleting process which diminishes our physical and psychological resources.

This unseen lessening of emotional strength is like what happens with appliances that are constantly using small amounts of electricity all day, every day. These “vampire” appliances in your home include the television, cable or satellite box, cell phone chargers, DVD players, computers, printers, and game consoles.

Emotional Energy Reserves

Although we all have some emotional energy, the amount each person has varies widely. We spend our emotional energy in various ways when we care, love, create, advise, counsel, and laugh. These are, in my opinion, good investments of energy.

On the other hand, certain situations lead to ongoing resentment, anger, bitterness, worry, sadness, grief, depression, despair, and hopelessness. Like the “vampire” appliances, there is a constant unseen drain on our reserves when we stay in that negative, emotionally-charged situation.

When that happens, your limited emotional energy is not being invested wisely, it's being ruthlessly stolen from you. Slowly over time the bitterness, resentment, and despair are sapping life from us. We are leaking positivity and our reserves are being drained.

Eliminating the “Vampires”

In the world of electronic devices, the solution for this is to unplug the appliance to eliminate the needless energy drain. To limit the emotional energy drain, we must first recognize that most emotional expenditures are under our control.

Take an inventory of your emotional states. Are you angry or bitter much of the time? Do

Online Resources from NorthStar Regional & Journey to Recovery

NorthStar Regional produces educational material on mental health and co-occurring disorder topics which are available online.

NorthStar Compass & Inspiration

The NorthStar *Compass* and *Inspiration* publications were written by Dr. Hal Baumchen. The *Compass* series offers a foundation-level look at a variety of mental health issues. The *Compass* series includes topics such as:

- Dealing with Grief
- Help for Your Family
- Improving the Quality of your Marriage
- Overcoming Depression
- Rebuilding Trust



The *Inspiration* series touches on different mental health topics from a Christian perspective. Some of the *Inspiration* topics:

- Building One Another Up
- Christian Foundations
- Establishing Your Identity
- Facing the Death of a Loved One
- The Power of Forgiveness

The NorthStar *Compass* and *Inspiration* publications are free resources we encourage you to use. To view the complete list of topics, visit northstarregional.com/publications.

Journey to Recovery

Journey to Recovery is the publishing division of NorthStar Regional. At JourneyToRecovery.com you'll find treatment materials and resources specifically designed as a client-ready

toolkit for treating mental health difficulties and co-occurring mental health & substance use disorders.

At the Journey to Recovery website you can also sign up for Dr. Hal's free Insight for the Journey daily email meditation. Insight for the Journey is designed to inspire and encourage. Whether you are a clinician or a client, you'll find recovery support on a wide variety of relevant topics!



Visit northstarregional.com/resources/journey-to-recovery for more information.

Energy Drains continued from pg 1

you find yourself brooding over slights and hurts? Has worry become a way of life? Quit blaming other people and unfavorable situations for your emotional responses.

Developing frustration tolerance and better emotional regulation skills is possible with practice. Keep short accounts, resolving interpersonal issues quickly. Determine to work down slights, overcome rejections, and eliminate negative mental activity.

Limit your exposure to people that drain you and develop relationships with people who build you up. As you do, you'll increase your emotional energy reserves that make a strong recovery possible.



Dr. Hal Baumchen is the president and clinical director of NorthStar Regional. A licensed psychologist and licensed alcohol and drug counselor with over 30 years of counseling experience, he is the author of the Journey to Recovery curriculum series.

New Admissions Hub!

In order to provide better service to our referral sources, NorthStar Regional has consolidated our admissions for residential and co-occurring intensive outpatient programs at a central location.



Annabel

If you regularly refer clients to either our men's residential treatment center or women's residential treatment center, you've probably spoken with Melissa or Annabel. That will not change, since Annabel and Melissa will be staffing the new admissions hub.



Melissa

What *will* change is how you contact them. To make a referral for men's or women's residential treatment or co-occurring IOP or IOP with lodging in Chaska or Chanhassen, or to inquire about sober housing, call 952-297-8665 or send an email to admissions@northstarregional.com. Assessments can be faxed to 763-225-4470.

Referrals for treatment at our **Maple Grove office** can still be made by calling 763-898-3838.

Admissions at a Glance

Contact Info:

- Phone: 952-297-8665
- Fax: 763-225-4470
- Email: admissions@northstarregional.com

Referrals for:

- Men's residential
- Women's residential
- Chanhassen and Chaska IOP and IOP with lodging
- Sober homes

NSR's March Shining Star

The NorthStar Regional Shining Star Employee of the Month program recognizes exceptional service by NSR staff members to the organization and to our clients. Employees are nominated by their managers, and the Shining Star for each month is then chosen by the management team.

Congratulations to the March 2020 Shining Star Employee of the Month, **Kelsey Duresky**! Kelsey is the Front Desk Administrator at NorthStar Regional's Maple Grove office.

Kelsey displays exemplary attitude and character, is a superb model of our mission, inspires others, and creates great camaraderie and team spirit.

She always presents herself in an exemplary manner with attitude, behavior, and professional demeanor. Even when she is faced with a change or transition that may seem challenging, she maintains a positive and supportive attitude which helps other staff not be negative or pessimistic.

Her example has been and continues to be one that inspires and challenges co-workers to also bring their best A-game



Maple Grove Program Director Brian Loots with Kelsey Duresky

every day, both with the services being provided to clients and with interactions that happen between staff members. She does this through her positive, professional attitude and spirit.

Thank you Kelsey for all that you do for NorthStar Regional!

Quality Support Makes Long-Term Recovery Possible



by Jason Vanderscoff, CEO

People entering treatment for alcohol and drug addiction are often coming from environments that allow — and even encourage — their addictive patterns. Frequently, clients do not have good emotional, spiritual, or relational support. They have very few people in their network who support their recovery or appreciate the efforts they are making to change their lifestyle. Creating or improving a support team can make a critical difference in long-term recovery success.

What's the Use?

A good support network is very useful in recovery, offering a wide variety of help including supplying useful information, accountability, overcoming discouragement, and providing friendship. This support system provides approval, a sense of belonging, and offers insight into the problems of everyday life. People who understand addiction and know your specific struggles can help you avoid relapse triggers and generate ideas to overcome common challenges.

AA Support

AA group meetings provide good support and accountability to encourage your recovery. In group, you will find people who have been sober and in recovery for 10, 20, 30 or more years, and they are willing and able to help in your recovery program. You will find camaraderie, encouragement, and belief in your ability to stay clean and sober. Groups vary, and it is important for you to find one that fits. You can usually



find groups in your community that meet during the day, evenings, and on weekends. Many treatment programs require attendance at AA meetings.

Get Connected

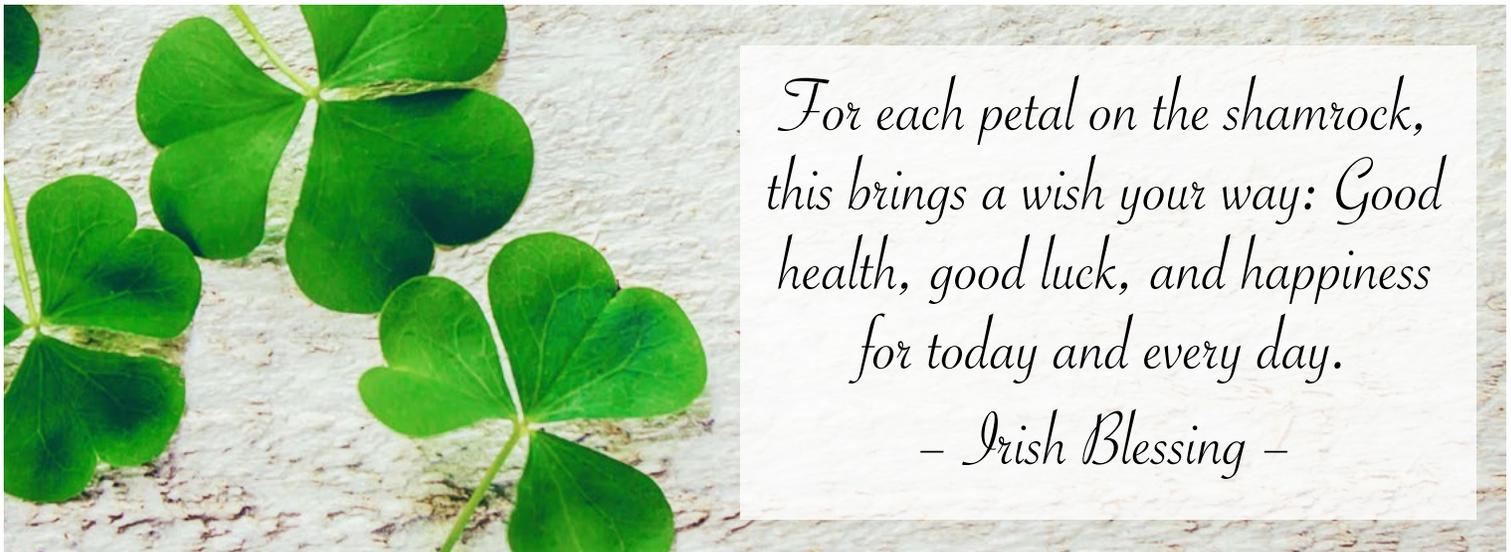
In addition to AA, there are numerous other sober activities and events that can help protect your recovery. However, it can be a difficult task to find people who have common interests and time available. As you develop new and supportive relationships, you may run into some dead ends. The goal is to expand your network so you have four or five contacts to support your recovery program. Be persistent; connection and fellowship are worth the effort and can have an enormous impact on your recovery.



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*For each petal on the shamrock,
this brings a wish your way: Good
health, good luck, and happiness
for today and every day.
– Irish Blessing –*

We would love to hear from you!

Pleased with your experience here at NorthStar Regional?



Or please feel free to give us a review on 