



Comprehensive Recovery for Women

*The Personal Story of Jacqueline Dawes,
Founder and Owner of Brookhaven Retreat, LLC*



My story began 'across the pond' in England, where I was a successful developer of assisted living facilities. I was married and had two beautiful children, a son and a daughter. I had it all. Then one horrible day my daughter went to a nightclub, and my whole world crashed. We lost her the next day to a medical reaction to the drug *Ecstasy*. One year later, my husband left, and I began to unravel as well. But I came back. I found a new beginning here in the States. *Brookhaven Retreat, LLC (Brookhaven Retreat)* is a powerful testimony to the good that can come out of pain, the strength that comes from having been broken.

I am Jacqueline Dawes, founder of *Brookhaven Retreat*. *Brookhaven Retreat* is a unique residential treatment center for women with emotional and addictive issues, nestled in the foothills of the Great Smoky Mountains, outside of Knoxville, Tennessee.

Brookhaven Retreat is unique not just because of the exquisite natural beauty of our surroundings, the outstanding clinical and professional staff or even the comprehensive, contemporary and holistic approach we use. We are unique because I have lived through the issues we are now privileged to treat other women for. I helped design what I believe is one of the most effective approaches to recovery for women in the country. We are one of the few fully licensed dual-diagnosis facilities in the country.

I know what the women who come to *Brookhaven Retreat* are going through, and I know the road to emotional, spiritual and physical recovery is possible. I am living proof, and if I can do it, others can too.

Enclosed you will find information about *Brookhaven Retreat*, our facilities, treatment philosophy and services. We offer individualized treatment programs that are tailored to each client's specific needs and that enhance each client's ability to feel understood without judgment, insecurity or shame. If you would like more information on *Brookhaven Retreat*, or to hear more about my story, please contact me. We are here to help and to provide an environment that delivers much needed safety, love and camaraderie to women. I look forward to speaking with you.

Warm regards,

Jacqueline A. Dawes

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Brookhaven Retreat, LLC



Brookhaven Retreat, LLC (Brookhaven Retreat) is a unique, voluntary residential treatment facility especially designed to help women overcome emotional or addiction challenges.

Nestled on 48 secluded acres in the foothills of the Smoky Mountains, we draw upon the serenity of these surroundings to offer modern, holistic care with compassion and respect. *Brookhaven Retreat* is an accredited, dual-diagnosis, private residential treatment center featuring on-site diagnosis by our highly trained multidisciplinary team of licensed therapists, psychiatrists, nurse practitioners and nurses.

Women with “emotional breakage” often can’t feel safety, confidence or love. Nor do they truly experience meaningful relationships with others. Such women go through the motions that society requires for being “normal,” yet never feel complete. Instead of feeling loved and accepted, women with an emotional breakage often feel empty and alone, causing them to continue their maladaptive behaviors.

In order to stop feelings of emptiness and worthlessness, some women turn to addictive activities to make the feelings go away. Addictive behaviors include substance abuse including alcohol, recreational and prescription drug abuse but also may include excessive shopping, working, exercising, gambling, surfing the internet, playing video games, eating or sexual activity.

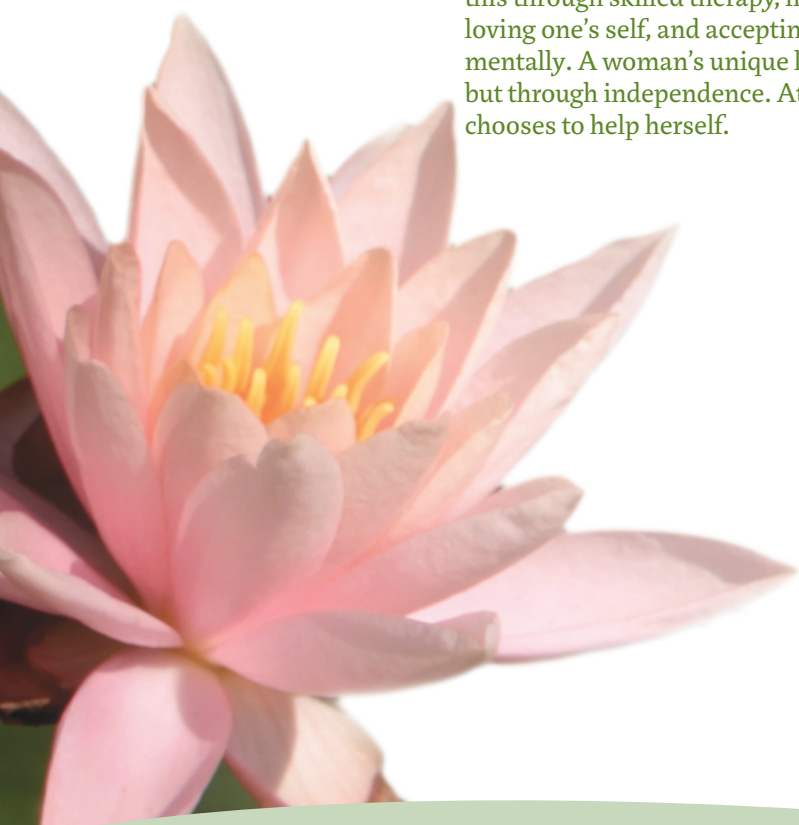
None of these behaviors can fill the void, and will only act to destroy her further. During the addiction, the woman typically cannot see or feel the consequences of her actions, but knows she wants the pain to stop. However, women often do not ask for help because of the shame they feel and because they think they should be able to stop on their own. The shadow of addiction and substance abuse is dark and threatening.

Helen Keller said, *“Keep your face in the sunshine and you cannot see the shadow.”*

Our mission at *Brookhaven Retreat* is to give each woman the tools she needs to feel safe, accepted, complete, self confident, valuable and comfortable in her own skin. We accomplish this through skilled therapy, life coaching and medical management. Healing comes from loving one’s self, and accepting and resolving issues physically, emotionally, spiritually and mentally. A woman’s unique life journey of newfound balance is created not with dependence, but through independence. At *Brookhaven Retreat* we are determined to help every woman who chooses to help herself.



“Nothing in life is to be feared. It is only to be understood.”
~ Marie Curie



What to Expect



While each client's daily schedule may vary, typical activities at *Brookhaven Retreat* may include:

Contemplation

This group takes place with a care-provider team and helps identify specific, objective and measurable goals, as well as evaluating progress toward daily goals.

Morning Goals Group

This occurs with a core team and close care providers and helps identify specific, objective and measurable goals, as well as evaluating progress toward daily goals.

Community Meeting

This meeting includes the *Brookhaven Retreat* founder and director and addresses community concerns, requests or needs.

Process Group

Group therapy works through interpersonal, relational and social struggles. It develops communication and relationship skills, provides shared identity and an allegiance of peers, a community of concern/ understanding and fosters appropriate attitudes and behaviors. Each woman will participate in her process group twice daily with the same therapist.

Therapeutic Assignments

Assignments are given by a licensed therapist on a regular basis to address specific needs developed in the treatment plan goals. Therapeutic assignments help define alternative needs and behaviors as well as practicing new behaviors.

Journaling

Journaling promotes private self-regulation and self-awareness and is suggested as a daily activity to allow clients to begin to identify their feelings, express them and resolve them privately.

Dialectical Behavior Therapy (DBT) Skills Groups

The DBT skills groups are comprised of four different modules that target healthy coping skills. These groups include a variety of skills in each of the following categories; mindfulness, emotion regulation, distress tolerance and interpersonal effectiveness.

Specialty Groups

These groups are designed to help prepare and assist clients in being able to practice new skills and plan for their future life. Specialty groups cover a wide range of topics and activities such as healthy habits, self-esteem, boundaries, grief and loss, parenting and substance abuse.

Individual Therapy

We address emotional trauma and addiction through the healing power of love and acceptance in a non-punitive environment. *Brookhaven Retreat's* progressive therapies work to address the root causes of addiction and destructive behaviors rather than just treating symptoms. During individual therapy, clients are able to discuss anything and everything that is on their minds. It is a time to embrace individual development and exploration with a licensed primary therapist.

Family Therapy

During family therapy, clients and their loved ones examine how addiction and/or mental health problems have affected their relationships.

Psychiatric Consultation

Our physicians are highly trained and offer more than just a pharmacological intervention. We feel that the expertise of the physician goes outside a standard medication management approach and therefore you may see our psychiatrists participating or leading groups and/or working on projects with our clients.

Spirituality Group

On the weekends, clients can participate in spirituality groups, which may assist them in being able to have comfort and peace when aspects of life are out of control.

Recreational Therapy

These activities help clients identify alternative expressions of feelings through healthy leisure activities, and relaxation. Recreational therapy assists both in goal-directed thinking as well as teaching leisure time skills. Clients are encouraged to identify leisure activities that they will continue as a means of healthy living upon discharge.

Admissions Process

Brookhaven Retreat addresses mental disorders, emotional trauma and addiction with care and compassion in a non-punitive environment. Each woman who comes to *Brookhaven Retreat* receives a customized, unique plan tailored especially for her recovery needs.

We are proud of our program and the treatment we provide, and we welcome questions as you begin searching for a treatment center. Admission specialists are available daily to provide information about *Brookhaven Retreat*, as well as specific information about the focus and approach of our programs.

All calls are kept confidential, and an admission specialist may ask several questions about the kind of treatment you or your loved one may need, as well as background information.

We can answer questions about fees as well as discuss placement availability and can assist with other issues such as transportation arrangements or other specific services.

For more information and to begin the road to recovery, call **1.877.817.3422** today.

Schedule

At *Brookhaven Retreat*, we strongly believe that the road to recovery does not exist solely within the walls of a counseling room. The non-locked, voluntary environment allows for a wide variety of activities that target the relational, social, physical, emotional, mental and spiritual needs of each woman who comes through our doors.

The grounds at *Brookhaven Retreat* offer clients the ability to take part in a variety of outdoor activities such as:



equine-assisted therapy ~ gardening ~ ropes course
hiking & walking ~ team sports ~ sand volleyball ~ horseshoes
softball ~ badminton ~ nature trails ~ fire pit

Clients at *Brookhaven Retreat* are also introduced to a variety of other activities that help stimulate their minds and spirits, while teaching skills that may have been lost to their addictions:

contemplation ~ self-esteem & confidence rebuilding
life appreciation ~ nutrition
physical wellness ~ physical restoration ~ relationship building
spiritual development ~ financial management ~ journaling
arts & crafts ~ music & movement ~ life re-alignment

Each client has a unique, tailored plan designed specifically for her road to recovery and may include any or all of these activities.

"Life is a succession of moments. To live each one is to succeed."
~ Corita Kent



Specialized Treatment for Women

Women are fundamentally different from men. *Brookhaven Retreat* is a clinical program tailored to the unique struggles and makeup of a woman. We feel that it is crucial to acknowledge the different life experience and emotional perspective of women which influences not only the mental health and addiction problems that develop in women but how these issues respond to treatment.

At *Brookhaven Retreat*, we often see women at a point of transition in their life – whether it is a young adult struggling with relationships and the transition to independence, a new mother adjusting to the demands of child care, or a more mature woman experiencing divorce, an empty nest, retirement or grief and loss. The roles of women within society have different and often conflicting demands. The inherent nurturing nature of women leads to difficulties in the setting of boundaries and in balancing care for others with care for self. Unique to women too are hormonal issues that require an awareness and sensitive touch. Whether it is premenstrual mood changes, postpartum depression or menopausal concerns these hormonal shifts can cause a great deal of emotional distress and need adequate attention. Women find the closeness of our small female community an open place to explore such concerns.



Confidentiality, privacy and safety within a community of women also creates a haven that allows sensitive disclosures to take place. Husbands, fathers and partners often feel more secure having their loved one in an all female facility. For many women some types of disclosures are impossible to make in a coed setting. Such issues might include incest, sexual abuse, rape, violence, abandonment, abortions, and inability to self-forgive. One of the truths we believe is that secrets and lies keep women sick. Misguided loyalty causes many women to stay within those secrets and lies. *Brookhaven Retreat* is a place to let these things go and be put to rest for a healing closure to take place. Our experience has been that when both therapeutic staff and clients are female the judgment and shame that so many women experience is removed leading to a more complete exploration of such issues and a full resolution and healing.

“The body says what words cannot.”
~ Martha Graham

Mental Health

Twice as many women as men will develop depression during the course of their lifetime.



Despite the fact that depression is so common, stigma often stops women from addressing mental health problems. *Brookhaven Retreat* is a fully licensed residential mental health facility and provides state-of-the-art psychiatric care for women with mental health issues and specialize in the treatment and management of mood and anxiety disorders both with and without co-occurring substance abuse. We work with each patient to identify and diagnose mental health problems and to develop and execute both a short-term and long-term treatment plan. We also work with each client to establish appropriate follow-up care after discharge from *Brookhaven Retreat*. Mental health problems that need psychiatric diagnosis and care include:

- ~ Major Depression
- ~ Panic Disorder
- ~ Bipolar Disorder
- ~ Postpartum Depression
- ~ Generalized Anxiety Disorder
- ~ Premenstrual Dysphoric Disorder
- ~ Borderline Personality Disorder
- ~ Dependant Personality Disorder
- ~ Anorexia/Bulimia
- ~ Post Traumatic Stress Disorder

If you have a good and accurate diagnosis, and learn what it will take to manage it, then you can have a real life-plan.

If you understand your personality traits and behaviors, then you will give yourself freedom from your impulses.

If you can accept that postpartum depression is what you are suffering, with education and psychiatric care you will be able to enjoy your child.

Secrets and lies are often what keep women emotionally and mentally sick. Give yourself permission to learn how to let go.

Not understanding your mental health issues is like living in a cocoon – a very restricted and limited life. On the journey at *Brookhaven Retreat* we teach you to live within your bubble of safety by not fearing what you don't know and by learning what you need to be successful in your life.

Dual Diagnosis

Brookhaven Retreat is a fully licensed dual-diagnosis treatment center for emotional and mental health conditions as well as addiction. Rather than just treat symptoms, *Brookhaven Retreat's* progressive therapies work to address the root causes of mental health problems, addiction and destructive behaviors.



Many women have a combination of psychiatric illness and substance abuse. For treatment to be effective, both problems must be defined, treated and then managed appropriately. For some women, psychiatric symptoms may be substance-induced and will resolve with treatment of the addiction. For other women, both conditions exist independently. Integrated treatment is a means of actively combining a variety of modalities intended to address substance abuse and mental disorders in order to treat both disorders, related problems and the whole woman more effectively.

Women with co-occurring disorders often experience personal and social problems that give rise to specific life problems such as housing, legal or family matters. Solving such problems is part of the engagement in the program at *Brookhaven Retreat*, and remaining in treatment for an adequate length of time is essential to achieving behavioral change and life realignment. A woman's treatment may be complicated by legal issues, health status or other personal challenges, but these should not be barriers for receiving the care she needs and deserves. Being surrounded by other women who understand and share a similar journey allows *Brookhaven Retreat* clients to experience and develop healthy behaviors and relationships.

"When one door of happiness closes another opens; but often we look so long at the closed door that we do not see the one that has been opened for us."

~ Helen Keller

Always Wear Your Poncho®

A Comprehensive Life Re-Alignment Program



Treatment at *Brookhaven Retreat* continues long after the program is over and is the beginning of a lifelong journey. Medical staff and licensed professionals ensure that each woman is completely prepared for life when they leave. Clients are put on a two-year tracking system that offers support as they transition back into their real world routines.

One of the most extraordinary and unique programs available today, the *Poncho® Program* is our revolutionary treatment protection program to equip our clients for success. Like the clothing that bears its name, this *Poncho®* will also insulate and protect our clients from many of the elements of life's challenges. The ancient philosopher Confucius said, *"A journey of a thousand miles begins with a single step."*

We're confident that clients will find that the *Poncho® Program* provides a map back to safety, sanity and sobriety. That's why we call it a life re-alignment program. It was designed specifically for women to address the many aspects of life that are negatively impacted by those practicing substance abuse or experiencing devastating breakages in their mental health. It enables each woman to take back ownership of her life.

If carefully worked to completion, the *Poncho® Program* will provide each woman with every tool she needs to have a successful recovery and to build a future of which she can be proud. Getting well is hard, staying well is harder.



"How many cares one loses when one decides not to be something but to be someone." ~ Coco Chanel