



# Support Systems Homes

## *Eye on Recovery Newsletter*

Spring 2011 Issue



*Honorable Judge Lawrence Terry (ret.), Bob Norton, Dona Norton and Jeffrey Janoff, General Counsel, at the Support Systems Homes 20<sup>th</sup> anniversary celebration*

## Support Systems Homes Celebrates 20 Years in Business!

2011 represents a significant milestone for Support Systems Homes – it marks our 20<sup>th</sup> year in business. Support Systems was incorporated in March of 1991 with the goal of providing affordable, high quality recovery services to those in need. From humble beginnings, with just one sober living home, Support Systems has grown into a treatment provider that offers a complete continuum of care - from detoxification and residential treatment to day treatment, outpatient treatment, family programs, lifetime aftercare and a network of sober living homes throughout Santa Clara County.

To celebrate this 20 year milestone, Support Systems Homes threw a surprise anniversary lunch for founder Bob Norton. Celebrants included current staff, former staff that were pivotal in the company's development and success, and stakeholders that have provided invaluable support over the years.

The enthusiastic turnout for this gathering highlighted how far Support Systems has come and the impact our services have had on the community.

After the guests mingled and ate, Bob was honored with a plaque commemorating his work in the field of substance abuse treatment.

Support Systems Homes is immensely proud of the reputation it has built in the community, and of leading the charge to address substance abuse treatment in Santa Clara County over 20 years ago. Many other programs that came after Support Systems Homes used us as a model for structuring their own treatment programs. We have no doubt that the next 20 years will bring us the opportunity to grow, learn, and help thousands more people overcome their struggles with addiction.



## Annual Alumni Barbecue August 13

Summer's almost here, so mark your calendars - August 13<sup>th</sup> is Support Systems' Annual Alumni Barbecue! All former clients and their families are invited to join us at John D. Morgan Park in Campbell from 10am-3pm. There will be games, prizes, activities for kids and lots of great food - and fun in the sun! Contact Lynn Johnson at 408-370-9688 for further information



## SSH Attends "Moment of Change" Intervention Conference

In April, Support Systems Homes' Executive Director, Jennifer Dooley and Clinical Director, Laurie Palomo traveled to Palm Desert to attend an annual event entitled, "The Moment of Change: Intervention Approaches for Professionals." Hosted by Foundations Recovery Network and Southworth Associates, this conference is designed to "provide professionals with an opportunity to  
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## Intervention Conference (cont'd)

explore the specific issues surrounding the intervention process as well as disease concepts, family participation and practical business considerations..."

Both SSH directors took this opportunity to attend classes on the latest, most cutting edge intervention philosophies and treatment styles. Jennifer and Laurie also networked with other attendees, conference exhibitors and interventionists, providing them information on our programs for possible future referral to Support Systems Homes. They also explored the potential for SSH to be featured on a recovery-themed television show.

## Employee Spotlight



**Richard Perez, Facility Coordinator, Fleming**

Support Systems Homes would like to show appreciation for Richard's job performance, positive attitude, and commitment to his job.

"Richard goes above and beyond in his work and is always willing to help," says Laurie Palomo, Clinical Director.

## Fitness Myth-Busters

By James Redmond

### 1. Women get bulky from lifting weights

Women very seldom get big, bulky muscles because they don't produce enough testosterone. So ladies, go ahead and lift weights.

### 2. Fresh fruits and vegetables are better than frozen ones

With shipping and storage, fresh fruit can often sit around for up to two weeks before hitting your supermarket. During that time, it can lose significant amounts of nutrients, especially vitamin C. Frozen fruits and vegetables are picked and frozen at their peak.

### 3. Machines are safer than free weights.

The machine forces you into a plane of motion that is not natural and robs you of the opportunity to develop your stabilizing muscles.

### 4. You need supplements to get in good shape

Most supplements are useless. The few I recommend are a good multi-vitamin, an omega-3, and maybe a protein powder if you're not getting enough protein from your diet.

### 5. Long slow running is the best way to lose weight

The reality is, cranking your metabolism into a fat burning furnace takes pushing yourself to an exertion level that is uncomfortable.

### 6. Crunches will get rid of belly fat

In a very broad sense, getting rid of fat is a simple factor of expending more calories than you take in.

### 7. Stretching before exercise is crucial

Stretching before exercise can destabilize muscles making them

less prepared for strenuous exercise.

### 8. Vegetarian diets are healthier than meat-inclusive diets

Sure eating lots of vegetables is healthy. But in general, cutting out an entire food group is a bad idea. Meat is a key source of iron, which keeps your energy level up and produces enzymes that fight infection.

***Always consult your physician before starting an exercise plan.***



*James Redmond has been "clean and serene for 17 years" and is a long-time SSH House Manager. He also works for the City of Campbell, Department of Recreation and Parks as an Aquatics Specialist. His duties include: Triathlon Coach, Swim coach, lifeguard instructor, pool manager, and fitness instructor. He has participated in 4 ironman races, 8 marathons, climbed Mt. Shasta and swam from Alcatraz to San Francisco.*

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