



KeyStone ECU Honors Its 20th Anniversary with a Celebratory 2014 Alumni Reunion!

The KeyStone ECU alumni reunion is right around the corner! This year will be extra special, as we are celebrating 20 years of providing quality compassion sexual addiction treatment. The ECU is excited to have been a part of the field of sexual addiction's history and its future and one the longest standing treatment facilities.



One of our favorite times of the year is to celebrate the recovery of those who had the courage to take the step of coming to treatment to learn how to manage their behaviors and become the person they were always worthy of being. This year's celebration will be extra special and we hope that you will attend! Each year, we strive to add more programming to better help you and your loved ones in your recovery.

"This year, we will have specialized programming for couples and spouses/partners and other specialized programming for those who need a back to basics amongst the other exciting workshops offered."

This year, we have more opportunities than ever. We already have many special guests who are leaders in this field who have created workshops designed especially with your needs in mind. This year, we will have specialized programming for couples and spouses/partners and other specialized pro-

gramming for those who need a back to basics amongst the other exciting workshops offered.

We will continue to add to the curriculum, so stay tuned to the website for more details. If you, or your clinician, wants to present, please contact us as soon as possible.

This year, we also want to honor those we considered our extended family. We have a network of many amazing outpatient clinicians who help our alumni before and after their experience at the ECU. This year, our alumni reunion includes you. We hope that you will come and share this inspirational weekend. Besides seeing the power that happens when our alumni come together, you will see our home and have special presentations just for you (CEUs available).

"We will continue to add to the curriculum, so stay tuned to the website for more details."

Last year's alumni reunion was marked with truly special presentations. We were truly honored and humbled to start off

our event. Dr. Mark Laaser has worked with so many clients who struggle with sex addiction and to hear him share his story and our field's history was awe-inspiring (and he did it without notes!).

That was just the beginning, we had many other leaders in our field presenting and supporting our alumni. Cara Tripodi, coauthor of *Intimate Treason*, spoke about her book and the help that is out there for spouses and partners of sex addicts. As many of you know personally, there is too little attention in our field on spouses healing. Ms. Tripodi has coauthored the first book of its kind to aid spouses in their recovery and her willingness to speak to the alumni and partners on the beginnings of healing was well received. Dr. Sonnee Weedn spoke about spirituality and addiction and her unique take on spirituality was peppered with real life exercises to aid us in getting in touch with our spiritual sides. Mavis Humes Baird was another guest speaker. She spoke on the emotional body and her interactive way of helping people heal continues to be amazing. I know that everyone who presented put their heart and soul into this event, and I cannot thank the staff and volunteers enough for making the event special. 2014 is positioned to be as awe-inspiring!

A Letter from Our Director –Mary Deitch, JD, Psy.D.

Hello All and Happy New Year!!

The ECU hasn't checked in a while with you and we have a lot to share! For those who missed it, we are celebrating our 20th anniversary! As the current Director of the ECU, this is an unbelievable experience that I don't have the right words for. I have been with the ECU for over 10

celebrate this milestone in not only our history, but that of sex addiction. Sex addiction is still a newer issue, but we as a field are learning more each day. We hope to continue to do this work for another 20 years. Please stay tuned for more information about what we will be planning for this year's Alumni celebration! We have taken in much of the feedback over

still do not believe that sex addiction can be problematic! I heard from more than one person that this was not something that they believed in. I was saddened and initially frustrated by this. However, I was able to work to educate, as was Michael, on the importance of understanding how one can misuse sex to meet other needs and how devastating this disease is to clients and their families. We worked hard to educate on the impact this disease and how the misuse of sex can lead to trouble with relationships, problems at work and shame and isolation.

“I continue to work with a brilliant, compassionate staff who all show up daily hoping to help make changes for others.”

years now. I have worked with and been mentored by so many amazing people that I cannot begin to express my gratitude. I have seen over a thousand willing people walk through our doors to begin a journey of recovery and leave changed and excited about the possibilities. I continue to work with a brilliant, compassionate staff who all show up daily hoping to help make changes for others.

In short, my life personally has been changed in so many ways by this experience. I am a part of a facility that is one of the longest leaders in the field of sexual addiction. I now have the challenge of honoring those that came before me, those that are currently striving to maintain an unsurpassed treatment experience and those that will come after me. To say the least, I am humbled and awestruck. I am grateful that I am allowed the opportunity to be a part of this and so many people's lives and journeys and express gratitude to those who trust me with this responsibility.

We have been working with sexual addiction for two decades. I cannot say that we are the oldest facility in the country, but we are close! This year we plan to

each year and strive to improve this experience every year. For this year, we are already planning on having, amongst the other workshops, two tracks of special programming. One track will be specifically for those who find themselves in need of going back to basics, and the other track will be specifically for spouses and partners and work as a couple. There will be many other workshop offerings as well. We are working really hard on creating exceptional programming for this year.

We have also been doing a lot of educational events! I had traveled more in 2013 than ever, which shows how much this type of information is in demand. I presented on the importance of doing cognitive testing with physicians who are presenting for assessment. I also presented on the basics of sexual addiction, an intensive on working with sexual addiction and co-presented with Michael Morton on the importance of understanding and utilizing trauma methodologies when working with couples as well as engaging in discussions of healthy sexuality. Most presentations were well-received. However, I was stunned to find that there are clinicians in this world who

However, there were still those who just did not want to believe in this. These reactions, while frustrating and confusing to me, gave me greater resolve to continue the work that we do at KeyStone and continue to aid those who are doing research in this field. I believe that our clients, past, present and future, deserve to have the best care possible and to be treated by others with dignity and respect for their journey. We at the ECU have always worked to provide care that remembers first and foremost we are working with other humans whose stories humble us daily. We work to provide quality care that improves and moves with science. I know that I may be preaching to the choir here, but wanted to get current about our resolve to maintain the highest level of care and work to improve our field.

I look forward to celebrating 20 years of ECU with you and will continue to be honored by the opportunity. If you have ideas for this year's alumni, please call or email. If you are a clinician and want to present, please email or call, the more the merrier. I hope everyone has a safe and happy new year!

–Mary

KeyStone Center

Extended Care Unit (ECU)

WINTER 2014

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The KeyStone Center ECU Is Celebrating Its 20th Anniversary!

We can't believe that it's been 20 years already! Patrick Carnes, PhD, developed the KeyStone ECU program when it opened its doors in 1994, establishing KeyStone as a pioneer in the residential treatment of clients who struggle with Sexual Addiction. Fast-forward 20 years later, and the KeyStone ECU hosts a number of clinicians who have been working at the ECU and in the field of SA for decades! We are always working to improve on the program and contribute to the advancement of Sex Addiction treatment.

KeyStone has contributed to and conducted research in hypersexuality, withdrawal and the cognitive functioning of sexual addiction. Since its inception, the KeyStone Center ECU's treatment team has adapted Carnes' wisdom to address the emotional, intellectual, and relational needs of the people who pass through our doors while incorporating all the knowledge we have gained in treating this population over the past 20 years. We continue to strive to ensure that the program has the most up-to-date therapeutic tools that are founded in research. We hope to continue to be the premier provider for quality, cutting-edge, compassionate sexual addiction treatment for years to come.

The Courage to Heal; Expecting the Unexpected

Michael Morton, LMFT (Family Therapist at the KeyStone ECU)

The primary goal of family therapy is the facilitation of a healing dialogue. The purpose of diffusing reactivity among family members and couples is to develop a supportive environment for ongoing recovery. We at KeyStone are conscious of the betrayal of trust and broken hopes and dreams as a consequence of the developing stage and the crises of discovery in the sexual addiction process. An extremely difficult variable is the ongoing realization of, and tolerance for, ongoing discovery and the frequent lapses in emotional sobriety if not addictive behaviors. Family therapists witness the pain of family members and spouses in the struggle for acceptance and discernment in moving forward with or without the addicted individual. We have learned to appreciate the ongoing rules for a constructive rather than a destructive engagement if family and spouses can muster the residual trust to commit to a tried and effective path respecting both individual and couple's needs.

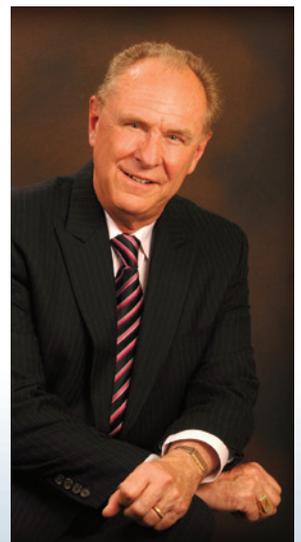
The family program at KeyStone endeavors to address the needs of spouses and families implementing an evermore intense process both in content and time both in preparation for meeting at the ECU and in the time dedicated to those meetings. It has become of equal importance to engage significant others in disclosure, boundaries work, and a commitment to continuing care. We believe the possibilities for understanding and healing are one of the key factors in our process. We believe the crediting of spouses and family members as well as giving them a voice in the process is critical if the addicted individual is to begin the difficult path out of the shadows. The movement from shame to grace entails the willingness to risk transparency in the act of "cleaning house" and removing the barriers to intimacy and integrity. This is most important, respecting those to whom the addict is most involved within the family context and current commitments outside the realm of work and therapy and the recovery fellowships.

In order to better support the family and spouse, we have listened to family members and spouses and continued to work on a more inclusive process respectful of the needs for all engaged in the recovery both as individuals and the family and couples. We hope to see significant others at the upcoming reunion and are preparing a track designed for the specific needs as reported by spouses in the previous year's feedback and recommendations.

Dr. Patrick Carnes Congratulates KeyStone on Providing Treatment for 20 Years!

"KeyStone Memories – From the very beginning, KeyStone was envisioned to be an extended residence experience for sex addicts. It was the right size house to create strong, focused small communities for people dedicated to recovery. I always loved the house itself, and then it grew on me as to how it fostered community. One of the ways I knew this early was the reunions and how people would return to the "house." It really mattered to get together and then how that grew that we would fill the whole lawn. For years, KeyStone established its reputation for a place to deepen one's recovery, and has been an essential component to the continuum of care for sex addicts. Congratulations on a wonderful milestone."

—Dr. Patrick Carnes



locking doors

KeyStone ECU Is Working with Active Duty Military and Tricare

The KeyStone Center ECU has always been your resource for understanding, identifying, and treating problematic sexual behavior. Our facility is now a nationally-recognized provider for active duty military as well. We support service members in obtaining referral authorization, planning and conducting their individualized treatment, and engaging in ongoing collaboration with military leadership. KeyStone understands the specialized needs of serving this community. KeyStone will work to return military personnel to active duty as swiftly as possible while deliver the communication required throughout a client's admission, treatment, and discharge process.

Walter Reed Medical Center's Major Robert P. Duprey Jr. Discusses the Treatment of Active Duty Military at KeyStone

"We chose the KeyStone facility for a particular case where we needed a facility able to treat the full spectrum of psychiatric care in addition to their specialty area addressing impulse control disorders with compulsive sexual

behavior and prior sexual trauma. Not only did our referral receive care for their comorbid depression, anxiety, impulse control disorder (compulsive sexual behavior), his trauma and PTSD in conjunction with substance abuse and cutting self-injurious behaviors were addressed as well. While many patients in general have comorbidities, it is almost commonplace for military patients to have comorbid psychiatric, substance abuse, and trauma (sexual and/or combat) conditions. For some military patients, their escape and avoidance strategies characteristic to their PTSD is not only drugs and alcohol, but also includes deviant and/or compulsive sexual behaviors to include obsessive use of pornography, rape, and prostitutes. The KeyStone program worked real well for our referral with his unique multiple comorbid needs. Dr. Deitch was kept the us informed of the referral's progress and included us and the service members unit in the discharge plan. Placing this individual at the KeyStone program was relatively routine when compared to placement at any other facility. The

only barrier was a general lack of the terminology "sexual addiction," within the Military community and the Tricare. However, this term is not a diagnosis, but more a lay description to much deeper psychopathology. Once the individual's military unit and the Tricare understood that their compulsive sexual behavior was a symptom manifesting from deeper psychological trauma and psycho-pathology, the stigma of being labeled as an "addiction," and "addict" (thus not authorized by Tricare to treat), was reduced and he received wonderful care. Impulse control disorders manifesting with substance abuse, cutting self-injury, and compulsive sexual behavior as an overall avoidance symptom in PTSD is real phenomena for Military patients with combat exposure."

Major Robert P. Duprey Jr.
MSN, MA, APRN-RX, PMHNP-BC,
MAJ, AN

Walter Reed Medical Center,
Bethesda, MD

Want to Submit an Article?

The ECU newsletter is distributed to outside clinicians, alumni, potential admissions and all those curious about sex addiction. If you are reading this newsletter, you are eligible to write your own story or article. Interested in sharing something in our next newsletter?

We would love to hear from you!

Please contact us at 1-800-733-6840
or email Steven Bocchinfuso at:
steven.bocchinfuso@uhsinc.com

Upcoming Speaking Engagements

The KeyStone ECU staff has been requested to speak at a number of 2014 events. These requests are currently being reviewed.

Please visit:

www.keystonecenterecu.net/news&events.html
to learn about all of our 2014 speaking engagements as more information becomes available.

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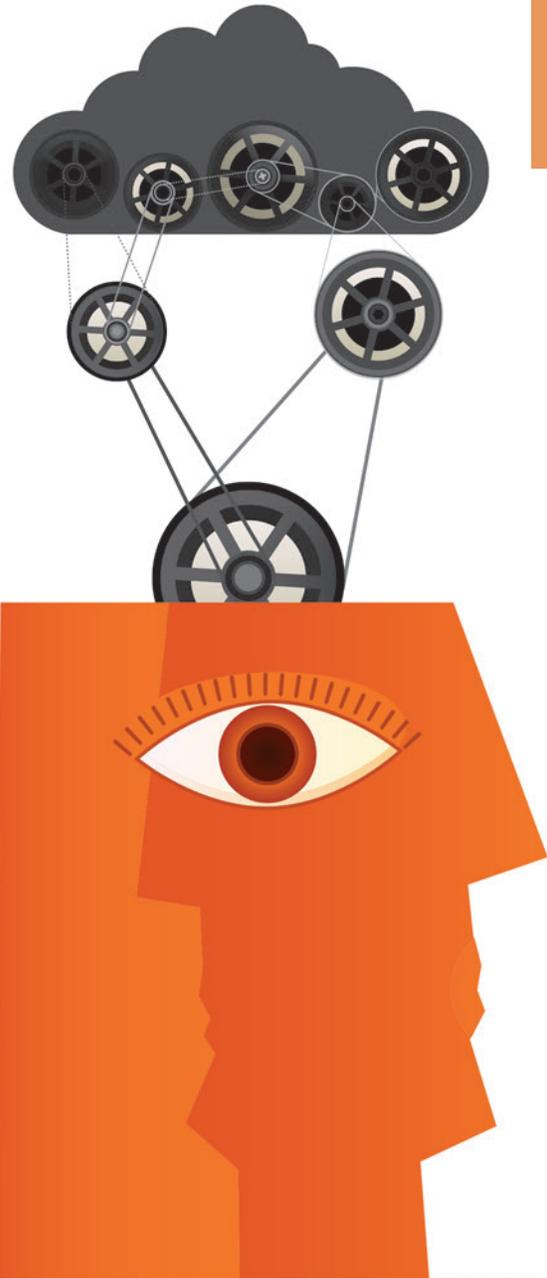
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KeyStone ECU Alumni Speaks Out about SA Recovery and Dealing with a Dual Diagnosis

Dealing with My Dual Diagnosis: Learning to Manage an Addiction and Bipolar Disorder

For those of us with a dual diagnosis, half measures become dangerous. Sobriety demands dealing with both.



It was after 3 am when I looked at the clock; I was awake again. This unwanted nightly routine continued through the spring and early summer of 2012. I'd sleep for three or four hours and be awake until daybreak, when I'd pass out for another hour or two. Whether my continued insomnia was triggered by anxiety or depression no longer mattered. I was stuck in an unwanted cycle that was making my daily life increasingly unbearable.

My job was certainly one cause. While I was at KeyStone, new management transformed my work environment into one that was increasingly high pressure. I returned to a massive new project with overly ambitious deadlines. On many nights, I brought work home to meet project deadlines, while attending 90 meetings in 90 days, and trying to deal with the marital wreckage caused by my addictive behavior. To further complicate matters, I got a new manager that I frequently bumped heads with.

As difficult as life seemed, I was thankful for my continuing sobriety. I stayed connected to my Higher Power, used the tools KeyStone provided, and regularly saw my sponsor, and my CSAT therapist.

I knew that I had bipolar disorder—and took my daily meds without fail. But it took months to learn that the insomnia, increasing anxiety, and darkening depression were being caused by something deeper. I have what's called a dual diagnosis or a co-occurring disorder. With my addiction under control, my bipolar symptoms were flaring up and becoming more of a problem.

Addictions and mental health disorders are often tightly intertwined. There's no shortage of information linking mental health issues and addiction or alcoholism. The National Institutes of Health estimates that as many as six in 10 substance abusers have at least one mental health disorder. Not surprisingly, the Sexual Recovery Institute says researchers and practitioners report that sex addicts show signs of serious depression, ADHD, anxiety, bipolar and mood disorders.

According to one federal agency spokesman, "If both disorders are not treated, the chances of recovery are poor. If half of the dual diagnosis goes untreated, both sides usually get worse and additional complications usually arise."

In search of a solution, I saw my MD and had blood work done. Visiting a nutritionist provided temporary relief from the constant daytime exhaustion. One of my meds was at least part of the problem, he said. Not only was it storing up and releasing the increasing amounts of melatonin I took in my nightly pursuit of sleep, it was depleting a digestive enzyme that created energy from food. Discontinuing the melatonin, taking an enzyme supplement, and starting a regimen of vitamins bolstered my energy.

The results were short lived. Less than six weeks later, the insomnia slowly returned, affecting my concentration at work and my mood. By early summer, my wife was driving me the hour-plus commute to the office when I couldn't telecommute. By early July, I was physically and emotionally exhausted.



Did You Know?

The KeyStone Center ECU has been hosting annual Alumni Reunions to every client who has passed through our doors. Over 100 Attendees continue to join us every spring to participate in workshops geared towards relapse prevention, healthy sexuality, the celebration of recovery and fellowship.

Over the years, KeyStone has made contributions to a number of organizations including the Federation of State Physician Health Programs (FSPHP), The International Institute for Trauma and Addiction Professionals (IITAP), the entire Certified Sex Addiction Therapist (CSAT) community, The Society for the Advancement of Sexual Health (SASH), the American Psychological Association (APA), The Association for the Treatment of Sexual Abusers (ATSA), the American Association of Sexuality Educators Counselors and Therapists (AASECT), the Commission on Lawyer Assistance Programs (COLAP), the Cape Cod Symposium on Addictive Disorders (CCSAD), the West Coast Symposiums on Addictive Disorders (WCSAD), and more! Our contributions to these organizations include partnerships, sponsorships, and a great number of continuing education presentations at national events.

KeyStone prides itself on advancing the field of Sexual Addiction. Our efforts on this front are ongoing and include participation in the Hyper-sexuality field trials at UCLA and participation in research to reformulate the Sexual Dependency Inventory (Patrick Carnes, IITAP and Bradley Green, University of Southern Mississippi). The KeyStone ECU has also participated in independent research addressing the cognitive functioning of sex addicts, attachment styles and sexual addiction withdrawal.

The KeyStone Center ECU has previously hosted IITAP's CSAT Training Modules 1 through 4. In celebration of our 20th anniversary, we are hosting these trainings once again throughout 2014!

The KeyStone Center ECU's clinical staff fields multitudes of requests, from various media outlets, to provide expertise on the field and treatment of Sexual Compulsivity. News programs and publications from all across the country have cited the KeyStone ECU and its contributing staff.

The KeyStone Center ECU has continued to evolve and grow in the years since its inception. Originally designed as an "after care" center for patients at sister inpatient facilities, the KeyStone ECU grew to become a primary residential facility for sexual addiction treatment and recovery. The milieu is filled with its own rich history, which in turn embraces and honors the history of all who enter our mansion.

The KeyStone Center ECU offers Professional Assessment Center (PAC). This is a three day outpatient service available to professionals and others who are uncertain if their sexual behaviors are compulsive in nature. The PAC is a multi-disciplinary program that is intended to help clarify diagnostic questions regarding sexual symptoms.

The KeyStone ECU recently began to offer outpatient services in Brookhaven, PA. Weekend workshops along with group sessions for individuals, partners and couples are currently available to all those in need. One of these OP programs is the *GRACE Program*, an IOP for clients struggling with Sexual Addiction. This is a nine-week program with rolling admission. The *GRACE Program* at the KeyStone ECU is committed to providing the highest quality "next" level of care treatment for clients with sexual addiction in a caring, supportive environment. The *GRACE Program* aims to accentuate, build and enhance the recovery of clients who have a basic understanding of their trauma, sexual addictive and other addictive behaviors while providing the tools necessary for sustained recovery and aiding clients in the meaningful life that they are worth living.

The KeyStone Center ECU's staff is committed to their work at KeyStone. Many members of our staff have not only worked in the field for decades, but many have worked for the ECU for over a decade! The experience and insights of these veterans in the field are unparalleled.

Alumni Podcast

Alumni Tell Their Stories of Recovery: Listen to our alumni share their stories of recovery. This is a great resource to share with your clients and peers! The KeyStone Center ECU invites you to listen to our ongoing Alumni Podcast series online. In this series, we sit down with a collection of our alumni and have them tell their stories of recovery in their own words. The result is a compelling group of individual stories that dive into the depths of struggling with Sex Addiction, exemplify the power of recovery, and prove to those seeking treatment that they are not alone. Visit this powerful alumni podcast series here: www.keystonecenterecu.net/alumni_stories.html.

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KeyStone ECU Alumni Speaks Out about SA Recovery and Dealing with a Dual Diagnosis

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Even the additional anti-anxiety med my psychiatrist provided wasn't helping. Emotionally and physically exhausted, I broke down in his office and was put on short-term disability.

I began attending an intensive outpatient program—which turned out to be a Godsend. There I was given my first real tools to manage my emotional life and deal with my bipolar disorder. For five hours a day, I learned how to cope with stressful situations and feelings with behavioral therapy techniques, to use mindfulness to stay in the moment, discovered practical ways to manage my explosive anger, and was given daily emotional support from my peers in meetings that encouraged constructive crosstalk.

I learned a simple way to track my emotional health—using a tool much like the personal craziness index—so I could recognize when my disorder was causing trouble. And an insightful therapist helped me see why certain women—like my new manager—caused me distress and how I could help myself in these situations.

The insights I gained were on the same level as those I'd learned at Keystone; in fact, I call my time in treatment "Keystone, part 2." My Higher Power used Keystone to pull me from the grip of addiction; at the treatment center, I learned skills to manage the precious new life my Higher Power gave me, skills I'd never learned from my dysfunctional family. Skills I didn't need as an addict.

More than six months after I crashed, I'm sleeping through the night again. At work, my productivity has returned and I'm enjoying a new sense of balance. Not that I've got it all down, but I'm making slow but steady progress.

I've learned the hard way that medication is only one tool for maintaining my mental health—it's not a silver bullet. What I eventually realized was my lack of rudimentary coping skills. Healthy coping skills. So I'm building a toolbox of skills to manage my mental health. For me, that means taking additional training in one of the therapies that gave me the most help during treatment.

What helped?

My meetings and my sponsor are outstanding supports. But they couldn't help me when my other disorder blew up. I needed resources like these:

Dialectical Behavior Therapy (DBT): DBT unlocked many doors for me. It showed me how to tolerate the many emotions I feel now that I'm sober, how to soothe myself by creating a "safe place," improve personal interactions, and even to be more mindful of life.

Cognitive Behavior Therapy (CBT): CBT explores the link between thoughts, behaviors, and emotions. By changing our thinking, it offers a path for dealing with problem people, situations, and events.

Wellness Recovery Action Plan: Developing a plan for myself helped me think about my emotional health. What did emotional balance look like? What signs could warn me of problems? What tools in my wellness toolbox could help me deal with them? And what were the signs of an impending crisis?

Dual Diagnosis 12-step Groups: I've yet to attend one, but there are nation wide groups for people in recovery who have another disorder. They provide an opportunity to share about addictive issues, medication, and preventing a psychiatric relapse. Visit www.dualdiagnosis.org for info about the groups Dual Recovery Anonymous, Double Trouble in Recovery, Dual Disorders Anonymous, and Dual Diagnosis Anonymous.

Intensive Outpatient Program (IOP): An IOP offers a great opportunity to start learning another crucial aspect of self-care. The program I attended had day or evening programs and was covered by insurance (you might need a doctor's referral). Most of the friends I made in my treatment program had an addiction and another disorder. I knew I wasn't alone.

—KeyStone Center ECU Alumni

Podcast Series (from the ECU Clinical Staff)

In October of 2009, the Extended Care Unit began its ongoing podcast series. The series is geared towards clinicians, assistance professionals, sex addicts, family, partners and the spouses of sex addicts. We continue to add new podcasts throughout the year. To date, we address a variety of informative topics, including a multimedia presentation on our Professional Assessment Center, information regarding self care, defining sex addiction, art therapy and a discussion on healthy sexuality and intimacy. We invite you to join us online for this online series. Just log onto our home page and click on the "Presentations and Media" link (www.keystonecenterecu.net/media.html)!

Do you have a topic that you would like to hear discussed? If you have any suggestions for future podcasts, we would love to hear them. Please email your suggestions to Steven Bocchinfuso at: steven.bocchinfuso@uhsinc.com.



locking doors

KeyStone ECU Now Offers a Variety of Outpatient Services for Sex Addiction

In addition to the top-notch residential treatment KeyStone ECU has been known for over the past 20 years, we have recently begun to also offer a variety of outpatient services. The crown jewel of our outpatient programming is the *GRACE Program*, our locally-based, nine-week intensive outpatient program focused on helping addicts to make recovery a way of life. *GRACE* stands for *Growth. Resilience. Acceptance. Commitment. Empowerment.* And the program's mission is to help clients take all of the tools acquired in medium- to long-term treatment, and integrate them into their lives so that they can create a healthy, recovery-based lifestyle.

KeyStone ECU's outpatient services also include a mixture of short intensive programs/workshops and long-term ongoing therapeutic and supportive groups including:

(1) Intimacy and Healthy Sexuality for Couples

(2) Shame Resilience and Healing for Spouses/ Partners (Based on Dr. Brene Brown's Connections Course)

(3) Weekend Workshop for Spouses/Partners

(4) Therapeutic Support Group for Partners of Sex Addicts

(5) Alumni Refresher Workshops

Our goals with this extra programming are to help provide a bridge between residential treatment and outpatient treatment, and to offer more therapeutic support to spouses/partners of sex addicts.

To learn more or sign up for one of our outpatient programs, please visit www.keystonecenterecu.net/intensive-outpatient-program or contact **Tanisha M. Ranger, Director of Outpatient Programming.*

Tanisha M. Ranger

Psy.D., CSAT, CMAT

Director of Outpatient Services (KeyStone ECU), Supervisory Psychologist

Tanisha.ranger@uhsinc.com
1-800-733-6840

20th Anniversary Referefs Weekend

April 4 – 6th

(CEUs available)

*Space is limited so sign up today!



RSVP Contact: Chanelle.Smith@uhsinc.com

In Celebration of 20 years of providing treatment, we want to honor those we considered our extended family. We have a network of many amazing outpatient clinicians who help our alumni before and after their experience at the ECU. This year, our alumni reunion includes you! We hope that you will come and share this inspirational weekend.

- Special presentations just for you (CEUs available)
- Experience the KeyStone Alumni Reunion. See the power that happens when our alumni come together.

- Visit the KeyStone ECU house
- Complimentary food and beverages provided by KeyStone
- **Read more inside!**

Save the Date for the 2014 KeyStone ECU Alumni Reunion!

April 4 – 6th

See inside this newsletter for:

Hotel accommodations and registration form! Book your room and register today! (late fee after 3/21/14)

- 2 full days of workshops and group breakouts
- Special guest presenters
- Workshops for partners and spouses
- 2 full days with your friends from the ECU!
- Complimentary breakfast 4/4 and 4/5
- Complimentary lunch 4/4 and 4/5
- Complimentary dinner 4/4
- Complimentary ECU brunch 4/6