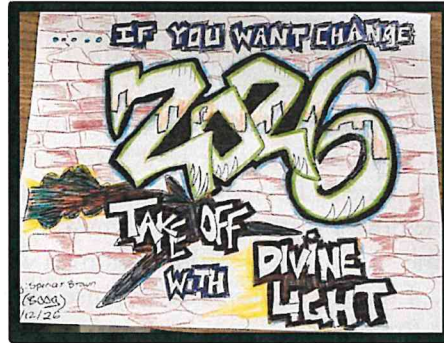




Picture by Spencer



Divine Light Behavioral Health Client Newsletter

Issue 008

March 22, 2026

We celebrate our clients...



Hello, my name is Brian. I'm from Annapolis, Maryland. My life story begins at Talbert Spring Elementary School in Columbia, Maryland. My most vivid memory of school was being told to stand with my arms in the air while holding large phone books in my hands. You see, I did not know how to do the right thing. When I turned 15 years old, I was introduced to alcohol by some friends. At first, it was fun and we drank every day before school. We had people going to the store for us the each day. When I was 17 years old, I robbed my first liquor store. I just wanted to drink some alcohol. I drank every day until I was 45 years old. Thankfully, I found Divine Light. Divine Light has forever changed my life. They gave me love, respect and a listening ear. I now have peace of mind. The staff is loyal, honest, and helpful. We support each other here. They give you the nourishment needed to get your life together. **Brian**



I came from humble beginnings in Gilmore Projects. I was raised with my brothers and sisters by my single mom. My mother, who was my rock, was very religious, strong, committed and determined to raise us the best way she could. I was first introduced to Heroin and Cocaine as an adult while I worked as a professional barber. I was active in my addiction for several years. I eventually came to Divine Light due to the suggestion of a co-worker. I have been a client of Divine Light twice. The first time, I was not ready to change. The second time, after suffering many trials and tribulations, I surrendered completely. I was ready to change. Divine Light saved me from myself. My life is now different. I am clean, sober and ready to live a good life. Thank you Divine Light for putting my pieces back together. **Jowana**



My name is Sheila Miller. I will be 65 years young on **March 22nd**. I graduated from Southern High School. In high school, I was a pom pom girl. At age 22, I got married to a great man, however, he passed away. Theatrical dance has been a large part of my life and I excelled in both theater and drama. However, my life took a turn, and I got hooked on drugs. A friend invited me to Divine Light. At first, I did it for him. I relapsed and God sat me down for a hard look at myself. Now I know I must get and stay clean for me. I am now a stronger woman with a glow. I have a new walk and goals. I thank God for it all because Divine Light saved my life. **Sheila aka Lady Purple.**

Happy Birthday!!!!



I Put My Hat On

When I was young, I would always eat at our table. I was a fat boy. That is the real reason I was mentally unstable. By the time I was a teenager, I loved to drink and get high. If someone said to you that I was the same child you would have called them a lie. I thought about the street life. In fact I'm kind of a sponsor. To get my life together, it is most certainly a great honor. I walked around with no coat without taking a shower. Now I know that if you give in, God will give you the power. When I see myself slipping, I'll know that is something I should immediately act on. When I got my head together, I zipped up my jacket and put my hat on. **Oliver**

Did you know?

The 5 stages of change:

- Precontemplation (not ready) - Unaware or under aware there is a problem. Or just do not want to.
 - Contemplation (getting ready) - Individuals are aware that a problem exists but have not made a commitment.
 - Preparation (ready) - Intent to take action within the next month. Small behavioral steps in the past year.
 - Action (making changes) - making specific modifications to their lifestyles, behaviors, or environments to overcome their problems.
 - Maintenance (staying on track) - Have sustained new behaviors for a while and are working to prevent relapse.
-



Jesus Christ is my savior, heavenly father and creator. Please give me the might to make it through the day and night. Help me do everything right. I know you will never give up on me. You make all the difference in my life. You continue to bless me as I encounter the people in this world. As I live my life, I feel your protection and love surround me. You help me to treat my fellow man with compassion. **Diana**

Spotlight on Divine Light Staff...

Kaeria



Let us welcome Kaeria, one of our newest Medtechs with Divine Light. Kaeria, a Pisces, has 3 kids and 2 grandchildren. Kaeria is a natural born nurturer. She cared for her son after he was shot and critically injured. Kaeria has never faced addiction herself, however, her mother suffered from the disease. When Kaeria's mother came home from jail after 16 years, she was not only in active addiction, but she also had multiple scleroses. Kaeria was her primary care giver for five years before she passed away. Kaeria's employment history includes caring for nursing home patients for over 20 years. She has recently come to Divine Light because she wanted to branch out her skills to caring for individuals who suffer from addiction and mental illness. Kaeria is a big hearted, nonjudgemental, straightforward caregiver. Welcome aboard Kaeria!! We look forward to being cared for by you.

Darlene



Darlene is a true treasure. She has survived a previous life of active addiction. However, she conquered her disease and now stands victorious! Darlene, Residential Aid for Divine Light, has a loving and caring heart. She treats clients with respect and goodwill. Darlene has helped me several times when I needed assistance moving around the building with my walker. I have also witnessed Darlene giving herself to other clients when they needed help or someone to talk to. Darlene is a true asset to Divine Light. Thank you for all that you do.

Sample Relapse Prevention Plan. Do you have a plan to protect you from relapsing?

Relapse Prevention Plan

Page 1 – “Knowing yourself”
(Fill out both pages ahead of time, checking the boxes that apply.)

1. WHAT ARE THE WARNING SIGNS THAT USUALLY SUGGEST YOU'RE AT RISK FOR RELAPSE?

<input type="checkbox"/> Over-confidence, no need for treatment	<input type="checkbox"/> Feeling stressed and overwhelmed
<input type="checkbox"/> Start romanticizing past drug use	<input type="checkbox"/> Starting to lie to people I care about
<input type="checkbox"/> Believe “I can drink/use a small amount”	<input type="checkbox"/> Becoming defensive around drug use
<input type="checkbox"/> Isolating, irritability, cockiness	<input type="checkbox"/> Loss of interest in hobbies/activities
<input type="checkbox"/> Feeling unable to cope	<input type="checkbox"/> Obsessing with pills and medications
<input type="checkbox"/> Other warning signs:	

2. WHAT ARE YOUR TRIGGERS? WHAT TYPICALLY CAUSES YOU TO HAVE CRAVINGS TO USE?

<input type="checkbox"/> Loneliness, frustration, exhaustion	<input type="checkbox"/> Relationship problems
<input type="checkbox"/> Depression, anxiety, or mania	<input type="checkbox"/> Things going too well
<input type="checkbox"/> Situations where drug is available	<input type="checkbox"/> Situations where I used to use/drink
<input type="checkbox"/> Social isolation	<input type="checkbox"/> Hunger and boredom
<input type="checkbox"/> Other triggers:	

3. REASONS TO STAY IN RECOVERY:
What bad things could happen if you relapse? (What consequence are you trying to avoid?)

<input type="checkbox"/> Hurt family and friends/let everyone down	<input type="checkbox"/> Become homeless
<input type="checkbox"/> Relapse after long period in recovery	<input type="checkbox"/> Lose custody of my kid(s)
<input type="checkbox"/> Hate myself afterwards	<input type="checkbox"/> Legal problems/jail or prison
<input type="checkbox"/> Health problems	<input type="checkbox"/> Potentially die
<input type="checkbox"/> Experience bad effects of drug	<input type="checkbox"/> Potentially hurt or kill somebody else
<input type="checkbox"/> One more problem with using/drinking:	
<input type="checkbox"/> A second problem with using/drinking	

What are your hopes and aspirations for your future in recovery? What are the benefits of staying clean and sober?

<input type="checkbox"/> Make people who care about me proud	<input type="checkbox"/> Be clean for a month, a year, five years...
<input type="checkbox"/> Recognize I've overcome so much	<input type="checkbox"/> Be healthy and clear-minded
<input type="checkbox"/> Get my self-esteem back	<input type="checkbox"/> Stay out of jail or prison/get off probation
<input type="checkbox"/> Be a good parent	<input type="checkbox"/> Find a job
<input type="checkbox"/> Go back to school	<input type="checkbox"/> Find my own place
<input type="checkbox"/> Travel, grow, learn, thrive	<input type="checkbox"/> In time have people trust me again
<input type="checkbox"/> A dream I can only achieve if clean/sober:	

Relapse Prevention Plan

Page 2 - "Protecting yourself"
Emergency mode -- when you're tempted to
relapse, do the following:

4. PROTECT YOURSELF AGAINST CRAVINGS. MAKE THINGS SAFER: GO TO TWELVE-STEP MEETING!!

- | | |
|---|---|
| <input type="checkbox"/> Identify and remove trigger | <input type="checkbox"/> Remind yourself you're in recovery |
| <input type="checkbox"/> Call trusted friend or sponsor | <input type="checkbox"/> Avoid former hang-outs/using friends |
| <input type="checkbox"/> Go somewhere where there's no access | <input type="checkbox"/> Talk to therapist, priest, doctor |
| <input type="checkbox"/> Limit access to money | <input type="checkbox"/> If unsafe, go to an emergency room |
| <input type="checkbox"/> Other: | <input type="checkbox"/> Other: |

5. USE SURVIVAL STRATEGIES TO FORTIFY YOURSELF.

- | | |
|---|--|
| <input type="checkbox"/> ***Review page one*** | <input type="checkbox"/> Call someone you trust |
| <input type="checkbox"/> Keep a <u>gratitude</u> list | <input type="checkbox"/> Problem-solve stressors/ <u>think differently</u> |
| <input type="checkbox"/> Journal or write a meaningful letter | <input type="checkbox"/> <u>Change behavior</u> /do something different |
| <input type="checkbox"/> Pray or go to church | <input type="checkbox"/> Make a list of your strengths |
| <input type="checkbox"/> Do something useful | <input type="checkbox"/> Meditate/do <u>mindfulness</u> exercises |
| <input type="checkbox"/> Eat healthy and exercise | <input type="checkbox"/> Relax those muscles/get a massage |
| <input type="checkbox"/> Adapt to situations you can't change | <input type="checkbox"/> Other: |

6. FOCUS ON HEALTHY BEHAVIORS/DISTRACTION:

- | | |
|--|---|
| <input type="checkbox"/> Search Facebook for sober/clean friends | <input type="checkbox"/> Google "funny pictures" |
| <input type="checkbox"/> Plan your future | <input type="checkbox"/> Volunteer to help somebody |
| <input type="checkbox"/> Go hiking | <input type="checkbox"/> Listen to music |
| <input type="checkbox"/> Watch a TV show or good movie | <input type="checkbox"/> Visit a bookstore |
| <input type="checkbox"/> Go to church | <input type="checkbox"/> Go for a walk/take your dog for a walk |
| <input type="checkbox"/> Play with a pet | <input type="checkbox"/> Go to a theater/movie |
| <input type="checkbox"/> Go to the zoo | <input type="checkbox"/> Join a book club or writers' support group |
| <input type="checkbox"/> Draw a maze | <input type="checkbox"/> Color in a coloring book |
| <input type="checkbox"/> Read a comedy or comic book | <input type="checkbox"/> Paint, draw, or doodle a picture |
| <input type="checkbox"/> Write in a <u>journal</u> | <input type="checkbox"/> Play a musical instrument (or learn how) |
| <input type="checkbox"/> Go roller skating or hiking | <input type="checkbox"/> Do a puzzle or brainteaser |
| <input type="checkbox"/> Talk about physics, latest events, stars... | <input type="checkbox"/> Write a letter of forgiveness |
| <input type="checkbox"/> Check out this <u>Fun List</u> | Check out <u>150+ fun things to do</u> |

Your ideas:

7. CRAVINGS WON'T GO AWAY? Repeat above process. But if you're losing the battle, call SAMHSA's national crisis/relapse prevention hotline at **1.800.662.4357**.

	3	2	1		5	6	7	
	4				2		3	
	1	3	5		4	8	9	
	7	5	9		1			
	6		2		9			
	5	7	3		6	9	2	

	3	2	1		5	6	7	
	4				9		1	
	1	3	5		2	8	6	
	7	5	4		6			
	5		2		1			
	6	4	3		7	2	9	



Pisces	You may find yourself emotionally challenged today by a strong force demanding your attention, Pisces. Your hyperawareness to every situation might be driving you a bit crazy. Perhaps you just need to tone things down and relax. Enjoy rather than question the fun-loving energy of the day. The more you simply let loose and explore, the better off you'll be.
Aries	You have the opportunity to do some intense self-healing today, Aries, so you communicate more directly with your core self without the distractions of other people. Do what you can to hone in on the internal issues that require your attention. It's key that you learn how to address these issues yourself instead of relying on other people to take care of these needs for you today.
Taurus	You might be a bit confused with the mood of the day, Taurus, which fosters quick action and a sporadic approach to things. More than likely, this approach isn't exactly in line with your usual methodical protocol. Do what you can to merge with this energy in order to add a more spontaneous spark to your daily routine. Take a walk on the wild side today.
Gemini	Feel free to match your plaid pants with your paisley shirt today, Gemini. Accessorize with wild sneakers and a striped jacket. Let the oddball within you shine brightly! This is a terrific day for you, and you should feel free to express yourself openly and loudly to the world. You should experience a great deal of self-confidence. Take full advantage of it at this time.
Cancer	Feel free to enlist your own creativity today to solve any problem that may come your way, Cancer. Don't feel like you absolutely need to take a rational and methodical approach. This sort of frame of mind has already been tried. Now it's time to explore a more intuitive way to complete any task that you wish to tackle now. Exercise more of your sensitive nature.
Leo	The energy of the day is electric, and you could find yourself bouncing from task to task and person to person, Leo. Things are apt to happen when you least expect them, so be prepared for surprises. There's an element of genius to the day that might inspire you to be someone much greater than you ever thought you could be. Join with people who share your same zest for life.
Virgo	You might feel as if your heart is playing tricks on you today, Virgo. Perhaps you're coming up against a strong force that's causing you to doubt yourself in some way. Don't be conned by loud, obnoxious talk. Seek the true meaning behind the words. You'll find that most of your strength is internal. Be prepared for stubborn wills to make a powerful presence in your world today.
Libra	There is a great deal of unexpected communication coming your way today, Libra, but be careful about the people you trust. There's an element of fantasy factored into the picture. This might cause some disruption if you automatically accept everything at face value. Make sure you check your sources at least twice before proceeding. You'll be much better off if you prepare for the worst.
Scorpio	You may find that people aren't necessarily very sympathetic to your feelings today, Scorpio. It's quite possible that they're more responsive to facts and information than emotions. It could be that you need to enlist some sort of translator in order to get through to a person with whom you're trying to communicate. Don't hesitate to ask for more clarification on something if you need it.
Sagittarius	You may feel as if people have turned against you today and that they've suddenly lost interest in what you have to say, Sagittarius. Maybe this is a reflection of your own inability to truly listen to someone else talking. Look at the collective picture and open your eyes to the world around you. Get involved in the community instead of only focusing on you all the time.
Capricorn	Let your emotions play with your imagination today, and feel free to discuss your findings openly with others, Capricorn. Don't get caught up in so rational a frame of mind that you refuse to acknowledge any other way of viewing a current situation. Put away your analytical side in order to disclose a more abstract, intuitive perspective. Exercise that part of your brain that doesn't normally get used.

Aquarius	Trust that you have all the facts you need today, Aquarius. You should be feeling quite good, emotionally. Use this self-confidence to make great strides in whatever you want to accomplish. Have fun letting your mind drift to a fanciful world where it can explore your imaginative proclivities. Feel free to use your strong hold on facts as a base to take off into a highly creative and intuitive realm.
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