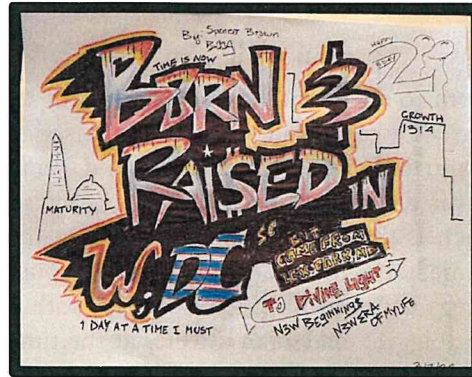


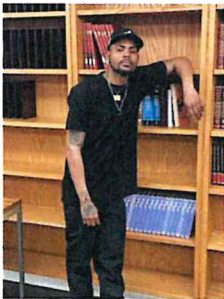


Picture by Spencer

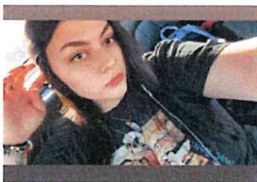


# Divine Light Behavioral Health Client Newsletter Issue 007 March 8, 2026

## We celebrate our clients...



My name is Spencer Brown. Born and raised in Washington, D.C. on 3/12/1994. I graduated from high school at McKinley Technical School. I worked hard and tried to play football for Marshal University in West Virginia. When that did not pan out, my life spiraled out of control with a lot of ups and downs. Until that point, my life revolved around school and football. This lasted throughout my formative years. I thank God every day that I am still here today to see 32 years old. I want to get my life back on track for myself, family, children, and my beautiful spouse, Nicole. God has a plan for me. **Spencer**



### Hope for the Dopehead

*Hope for the Dopehead.* It's not an easy task. They do not take advice. They eat pills instead of snacks. *Hope for the Dopehead.* You try and you try. The more they deflect. The more you scream and cry. *Hope for the Dopehead.* Patience waning thin. You are giving up and they will not give in. *Cope with the Dopehead.* You give into their whims. You compromise with their wants. You co-sign their sins. *Cope with the Dopehead.* You continue to aid. Sacrifice your freedom, becoming their drug maid. *Nope to the Dopehead.* You swear as you do. You have become a violent riot; they call you a snob. *Nope to the Dopehead.* You finally leave. They will not break the chains, and you need to be free. *Hope for the Dopehead.* They have shed their old shells. They listen to advice, no longer need to yell. *Hope for the Dopehead.* They've spread their wings and you watch them soar. *Hope for the Dopehead.* They suffer no more. Addiction shut its window and recovery has opened the door. **Jasmine**



Born to an alcoholic mother and drug addicted father in 1963. I was raised by my grandmother who passed away at the age of 102, in 2024. I graduated high school in 1981 and went directly into the military (USMC). I was discharged in 1986. During my service, I have traveled to places such as the west pacific, Mediterranean and Japan. After my discharge, I came home to find employment. I could not get a job, so I started selling drugs with my cousin and uncle. Both my cousin and uncle were two of the biggest dealers in the city at the time. By 1987, I was completely addicted to heroin and cocaine. Even though I worked for my family and they were well respected, I still found myself getting robbed on the streets. I was targeted by the "stick up" boys. I had a fascination with them and eventually became one. I was in too deep. I traveled back and forth to New York with my crew to pick up drug shipments. Eventually that came to an end, and I was back on the street, homeless and hopelessly addicted to drugs. Most recently my younger brother and I got together and found ourselves in trouble for the distribution of Heroin. We were both indicted for this crime. I served 20 years with the State and 10 years with the Feds. When I was released, I sought drug abuse treatment at Gardenzia. That was the beginning of my journey to sobriety. I found myself beginning to grow up and accept change in my life. Now that I am 50 years old, my life is completely changed for the better. I have a sponsor, a network, attend meetings, and found my way to Divine Light. Divine Light truly helped me put my life back together again. **Kevin**

## Spotlight on Divine Light Staff...

### **Ms. Gwen, Divine Light Staff**

Ms. Gwen, a therapist with Divine Light, has over “30 years” of sobriety. Each day, she encourages others to reach for sobriety. She strives each day to support and encourage others. Ms. Gwen once said, “I know that it looks bleak and hopeless in addiction; but every day you wake up on the physical plain, there is hope”.

Ms. Gwen provides a “trauma group” to the Divine Light clients who have experienced difficult times at some point in their life. Through her careful tutelage, she encourages the clients to “empty” their “mental baggage” and allow themselves to finally be free from persecution, guilt and remorse. I have participated in one of the Trauma Sessions and found the experience to be both helpful and hopeful. I no longer carry around guilt for things that happened in my past. I am now free to work on my addiction.

Ms. Gwen’s favorite quote is...“He who has a ‘why’ to live can bear almost any ‘how’”  
Friedrich Nietzsche.

### **Ms. Charlese, Divine Light Staff**

Ms. Charlese, the Med-Tech at building 1200, is a significant role model, and she has inspired me to be honest and true to myself. She gives from the heart and expects nothing in return. She will help anyone and she knows her stuff when it comes to fashion. She goes out of her way even if she does not want to and has a smile on her face always. Building 1200 is a better place because of her.

**Sheila M.**

I would love to give a shoutout to the Med-Tech, Ms. Charlese. Ms. Charlese is genuinely caring, kind, and giving. She really cares about the ladies in building 1200. She is a wonderful example of strength, resilience, and selflessness. Her journey has inspired me to go for my dreams of being in the medical field and to help others. I hope to be as much of a blessing to others as she has been to me. I feel motivated to positively impact others just like she has positively impacted the ladies here at building 1200. I am forever grateful for her and her heart of gold. Thank you so much, Ms. Charlese, for all that you do. **Olivia M.**



## Are you ready for IOP...?

- Do you know your triggers and how to counteract them with coping skills?
- Remember your past and keep it in the forefront.
- Don't forget to keep prayer in your daily routine.
- Don't pick up and it won't get in you.
- Do your ADLs (activities of daily living) each day
- Go to NA/AA meetings. Remember to have 90 meetings in 90 days.
- Remain focused. Change people, places, and things.
- Stay in tune with your mental health. Stay on top of your daily medications.
- Learn how to suppress your cravings.
- Tell on your addiction. When things get too tough, tell someone. Secrets keep you sick.

The following companies can assist you when you get to IOP.

- Franciscan Center  
101 W 23rd St, Baltimore, MD 21218  
Phone: 410-467-5340  
Provides assistance for low-income Baltimore city residents, including a soup kitchen, emergency food and clothing and other services. Also operates the St. Elizabeth school. Helps individuals get their Maryland birth certificates and IDs. Records, Licenses, and Permits
- Daniel Carl Torsch Foundation  
9712 Ste 205 Belair Rd  
Nottingham, MD 21236  
Phone: 1 (410) 513-4892  
Email: [dctfoundationinc@gmail.com](mailto:dctfoundationinc@gmail.com)  
Provides the following services:
  - Peer Support
    - Peer support is giving encouragement and assistance in achieving recovery. Our peers offer emotional support, share knowledge, and connect people with resources and communities of support.
  - Case Management
    - Case Management is a process of assessment, planning, care coordination, monitoring, and evaluation of options and resources to meet an individual's specific needs.
  - Family Peer support

- These support services offer personalized care and assist clients and their families in understanding of services, utilizing referrals and applying recommendations from other professionals.
  - Harm Reduction training
    - Harm reduction is not a law, position, or way of life, but rather a group of ideas and intercessions that focus on reducing the harms connected with drug use and ineffective marginalized drug policies. By providing a community of care, it is with the hope to minimize negative consequences and save lives.
  - Overdose Response and Awareness Training
  - Naloxone Training and Distribution
  - Good Samaritan Training
  - Syringe Services
  - Special programs:
    - In patient treatment and recovery housing funding
    - Gently used computer equipment for recovery service providers
    - Essential needs when funding allows clothing, food, hygiene kits, wound care kits, blankets, tents, bus passes
  - Paul's Place, Inc:
    - <http://www.paulsplaceoutreach.org>
    - 1118 Ward St, Baltimore, MD 21230
    - Open · Closes 2 PM
    - (410) 625-0775
    - Paul's Place began as a soup kitchen in the basement of a Southwest Baltimore church nearly 40 years ago. It has expanded into a community outreach center that serves more than 75,000 hot lunches a year and offers more than 20 programs, including: job training, case management services, employment and housing assistance, and nursing and recovery support.
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<b>Pisces</b>	You don't have to have all the facts first, do you? On Monday, don't be afraid to act even if you don't have all the answers. You don't want to miss this opportunity, and you can always sort out the details later. On Tuesday and Wednesday, look for problems in a partnership. You can cut down on conflicts by settling debts and past issues. Out with the old, in with the new! Starting on Thursday and on into the weekend, you'll need to make an extra effort to stand up for yourself, especially in any big legal or business matters. This weekend, trust in your own absurdly good luck.
<b>Aries</b>	Consider scheduling some physical activity for Monday, either a heavy workout or a long walk or run. You're going to be inundated by details, and an outlet for all that mental frustration could make the day pass more easily. On Tuesday and Wednesday, put the other guy first. You need to overcome your usual competitiveness (at least this once) if you want to get ahead. Starting on Thursday and on into the start of the weekend, expect some quiet time and deep thinking. You've got a lot on your mind, and a subliminal tide is swelling to help you sort things out. On Saturday and Sunday, seek out adventure!
<b>Taurus</b>	Monday should bring you nothing but fun and flirtation, because you're surrounded by friends and radiating charm. The excitement continues into Tuesday and Wednesday, although probably of a more mundane variety. Your usual work or home routine gets reshuffled by the introduction of something welcome and new. Indulge yourself, but don't overdo it. Starting on Thursday and on into the start of the weekend, expect your usual patience to be tested. Something has aroused your passions, and you might need to stop waiting and take action. On Saturday and Sunday, exercise caution if taking risks. Things aren't what they seem.
<b>Gemini</b>	This isn't like you! You're usually such a smooth-tongued communicator, but on Monday you'll have to work extra hard to make yourself clear (especially with family members and others close to you). On Tuesday and Wednesday, you'll get your silver tongue back, and others will line up just to get in on all the fun you're having. Don't be afraid to start something even if you have no intention of following through. Somebody else will pick up the ball. Starting on Thursday and on into the weekend, use your intelligence and insight to unearth hidden information. On Saturday and Sunday, you can guarantee a good time with some good old-fashioned teamwork.
<b>Cancer</b>	You're stealing the spotlight on Monday. Don't think others don't notice and admire your better qualities, and don't be surprised to find them flocking to your side to remind you. On Tuesday and Wednesday, you might find friction on the home front. You can still forge ahead on new projects, but try to listen to others (and maybe even include them in your plans) to soothe ruffled feelings. On Thursday and Friday, you might feel like your emotional world is being turned on its end. Don't overreact, though. Just lay low and let this phase pass. This weekend, do something for yourself and don't feel like you need to apologize.
<b>Leo</b>	As you start the week you can expect some unusual introversion on your part. Use Monday to take time out and reassess the big picture. Now is a great time for mapping out long-term strategies and plans. On Tuesday and Wednesday, your confidence and charisma will have everyone falling all over themselves to agree with you and just be with you! Let others in on the fun you're planning. Starting on Thursday and on into the weekend, you'll need to show some extra caution and look for hidden motivations. There's no need for paranoia, but you could definitely stand to get a better sense of the situation. This weekend, turn up the volume! Expect fiery feelings and well-nigh amazing adventure.

<b>Virgo</b>	You just couldn't ask for a better Monday. (How often can you say that?) The week begins with you at your super-organized, overachieving best. Whip all those schedules, budgets, and pesky little details into shape, and you'll be able to accomplish (or at least get a good start on) almost anything. Follow that energy into Tuesday and Wednesday with impulsiveness and unusually (for you) spontaneous decisions. Starting on Thursday and on into the weekend, expect your intellect and curiosity to get piqued. Now is a good time for heady thoughts and deep conversations. This weekend, try to go with the flow even if that means letting some of your responsibilities slip.
<b>Libra</b>	Monday could present extraordinary opportunities for communication. You can learn a lot (and have a lot of fun) just talking to people, both friends and soon to be friends. Just make sure you listen as much as you speak. On Tuesday and Wednesday, you're absolutely on fire, metaphorically, of course. All eyes are on you, and people can't get enough of your confidence and charm. Enjoy the attention and be open to romance. Starting on Thursday and on into the weekend, your thoughts could wander to material things. Now is a good time to reassess your possessions and take stock of budgets and finances. This weekend, expect to explore. You'll cover new ground and share new ideas.
<b>Scorpio</b>	It's all about the details on Monday. Provided you can navigate the many events and plans, you'll have a great day (and you might even learn a juicy secret or two). You'll be less interested in hanging out with friends on Tuesday and Wednesday, but you can put that unusual introversion to good use. Spend some time really mulling over anything that's been bugging you, and you could find some much-needed resolution. Starting on Thursday and on into the weekend, you'll be a people magnet. Others will seem magically drawn you because you radiate charisma and confidence. Later this weekend, forget yourself and get caught up in the moment.
<b>Sagittarius</b>	Monday could be a struggle as you find yourself butting heads with authority figures and juggling way too many details. Take a deep breath and relax, though, because your week will get much better. On Tuesday and Wednesday, you'll be universally loved, not just by friends but also by everyone you meet. Let your wishes be known. Starting on Thursday and on into the weekend, your mood might shift down a couple gears, into a more dreamy state. Indulge your imagination and enjoy the introversion. This weekend, you'll switch back to good old gregariousness, and you'll have the most fun in big, galumphing groups.
<b>Capricorn</b>	Engage your ambition on Monday. Map out big plans and take on daring ideas. You can accomplish a lot with the proper preparation. Tuesday and Wednesday are perfect days for starting new projects and tackling new challenges. You might not be a masterful communicator right now, but you've got plenty of energy to get things done on your own. Starting on Thursday and on into the weekend, you'll have an easy time handling decisions and details. Friends who admire your detached, objective take on things will gladly give you any help you need. This weekend, don't get hung up on the particulars. Trust your ability to persevere in accomplishing the seemingly impossible.
<b>Aquarius</b>	Exercise extreme caution on Monday! You need to make sure you know what (and whom) you're dealing with, especially in anything involving money or business. Look under the surface to find the facts. On Tuesday and Wednesday, try something new. Experience is an excellent teacher, and you could learn a lot from some novel activity. Connect with someone you normally wouldn't to get things started. Starting on Thursday and on into the weekend, you might feel yourself slowing down and getting lost in thought (especially about your career or other big-picture concerns). Give in to the introversion and seek out some privacy. This weekend, you'll find the most fun in big groups.

