At the Heart of Wellness

Message from Maria

June 2019

What We Have Learned About Pain

Pain is defined by Merriam Webster as a “basic bodily sensation that is induced by a noxious stimulus, is received by naked nerve endings, is associated with actual or potential tissue damage, is characterized by physical discomfort (such as pricking, throbbing, or aching), and typically leads to evasive action”. Beneath that it also states that pain is “mental or emotional distress or suffering”. Many patients at the McCall Center for Behavioral Health and at substance abuse clinics around the county report feeling pain, oftentimes described as depression or feeling like they are in a fog and have no energy or ambition to do anything. Pain is difficult to treat as it is subject to interpretation, often times the person diagnosing the pain cannot see it, feel it, or even measure it with scientific accuracy. Even when working with the patient, pain is difficult to diagnose and treat, what may feel like the “most pain ever felt in the world” to one patient can be identified as “not so bad” to another. So how do we treat pain especially when the source of the pain isn’t obvious to the naked eye. Often we have to look deeper into the person and try to find the root cause of the pain, did the person experience trauma as a child, PTSD as an adult, do they have an undiagnosed mental illness that is causing them to feel this way? Most importantly we try to find a balance between how to treat the “pain”, find relief and avoid addiction.

Not why the addiction, but why the pain.

— Gabor Mate —
know you know but is so hard to accept and DO – we need to do the opposite of what our instinct may be telling us to do. In a therapy practice called Dialectal Behavioral Therapy, or DBT, the opposite action skill is a deliberate attempt to act OPPOSITE of your emotional urge; this works well when your emotions are causing you more harm than good. So, if you’re feeling sad or depressed, you may find that you isolate and disconnect from the world. (If you’re a regular reader of our newsletter – you see where this is going!) Next time you find yourself there, please, reach out...make a connection. That’s where the healing starts – in those relationships.

More to come. But, for now, please check out this link for an outstanding talk by Glennon Doyle. If your instinct is to do that later – do the OPPOSITE and click now! I promise you’ll be happy you did.

Happy Independence Day – be safe and well!

My best to you,
Maria

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McCall's Heart

The McCall Center for Behavioral Health is fortunate to have a remarkable group of staff members who are dedicated to our clients, our community and our agency. Beginning this past January, and continuing throughout the year, we will be featuring a staff member. We know how amazing our staff is and we think it is important for you, our readers, to get to know a little bit about them as well. For McCall staff this is not just a job, they love this agency, believe in its mission, have hope for their clients (even when those clients feel lost and hopeless) and know that their work is critically important to turn the tide of the ravages of addiction toward the journey of health. Our staff are the HEART of McCall and this month we are featuring Joe Richardson.

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Make a difference in someone's life and support McCall today.

Our mission is to provide comprehensive integrated substance abuse...
and mental health treatment to help people lead healthier and more productive lives.

Your donation will directly support our prevention, recovery and community programs and help us provide clients with the support they need regardless of their ability to pay. Click here to donate today!

Hometown: Hamden, Connecticut

Position: 3rd shift monitor and House Manager for sober living

My favorite quote: “You reap what you sow in this life.”

What I love about my job: The best part of my job is being able to have meaningful connections with our clients.