

# TURNING POINT

Transforming Lives, Strengthening Communities

Presiding Judge Joy Malek Oldfield

## Turning Point Times

April 2025



April Plenary Session at The Oriana House Coffee House

Our plenary session for the month of April focused on detaching with love. "Detach with love" is a core principle of the Al-Anon program, meaning that family members must relinquish their loved ones' problems and allow them to experience the consequences associated with their drinking or drug use, which enables the loved one to learn from their mistakes. Detachment with love also entails being responsible for one's own recovery and making decisions without ulterior motives or the desire to control others.

### Examples of Detaching with Love

- Focus on what you can control.
- Respond do not react.
- Respond in a new way.
- Allow others to make their own decisions, good or bad.
- Do not take responsibility for other people's behavior.
- Do not give unsolicited advice or tell others what they should do.
- Do not obsess about other's problems.
- Do not work harder to solve their problems than they are.
- Set emotional boundaries by letting others know how to treat you.
- Be sure your expectations are realistic.
- Do something for yourself and notice what you need.



Presenters  
Jan Quinn and Megan Maxwell



Presenter Angela Brooks

Let's Connect on Socials



@SummitcountyTPP



@Summit County Turning Point Program

# Turning Point Trends



## Team Member Spotlight: Angela Brooks



### *What made you choose your career?*

I consider myself lucky in that I've always aspired to be a counselor. I started working at Oriana House in 2014 as a caseworker while I was working towards my Masters in Clinical Mental Health Counseling. What started out as just a job to get experience helped me find and develop my passion for justice-involved individuals with mental health and substance use disorders.

### *What is the hardest part about being a counselor?*

This has varied at different points of my career. I consistently have to separate the work I do with clients and the choices they make. While it would be great to take credit for their successes, I know that their struggles and poor choices are not my responsibility.

### *How long have you been working for Turning Point?*

Since November 2024

### *What made you want to get involved in Turning Point?*

Turning Point is a wonderful example of what can happen for clients when the criminal justice system and treatment come together. I was always impressed with the program throughout my time at Oriana House and enjoyed counseling clients that were involved. When I was given the opportunity for a dual-diagnosis treatment position with Turning Point, I jumped at the chance! The collaboration with everyone on the team with the common goal of moving our clients to independence and recovery has been a highlight in my career thus far.

### *Any fun facts about Angela?*

Even though I'm slower than a turtle in molasses, I love running in races. I enjoy being with a group of people all trying to run their best race. I've participated in countless 5ks, less 10ks, and two half marathons. One day I'd love to complete a marathon, but it's not on my immediate to-do list.

## Daily Dose of Joy



We often think of January 1 as our time for resolutions. At least I know I do! The beginning of every year is always filled with resolutions for me - mostly centered on wellness. But having just returned from a warmer climate for a week, where I was active every day, I am hoping to change that mindset and "spring" into Spring! There is certainly a link between exercise and recovery from addiction. Science tells us that exercise promotes physical healing, boosts your immunity and assists in your sleep patterns. And sleep is like oxygen - we need it to live a healthy life!

But what else can exercise offer someone in recovery? First, a regular exercise regiment can assist in creating structure and productivity. Harnessing your motivation into discipline starts to cause you to feel productive and accountable - all wonderful things for recovery. Second, we know that recovery from addiction creates periods of irritability, depression and anxiety - all things exercise can help alleviate! We also know that when you feel good, you start caring more about your appearance, and when you look good then you continue to feel good. That healthy cycle can promote self-confidence and improve your self esteem - something all our participants need given the trauma they've endured. Finally, my hope is that creating these healthy routines will help our participants meet other healthy, goal-oriented people to include in their circle of sober support.

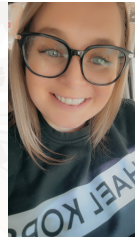
In Turning Point, we have so many healthy options for our participants to engage in and thrive. Some examples include weekly involvement with Running 2B Well, monthly yoga with Attorney Julie Toth or at Tyler's Redemption Place, or using the Y-Strong passes the Akron Area YMCA graciously provides our members. What other ideas do you have to "spring" into Spring? Let's all do our part to create a healthy lifestyle full of "joy"-ful activity!



## TURNING POINT

## Meet the Turning Point Alumni Coordinators!

### Meet Jamie Posten



My sobriety date is June 29, 2020. I graduated from the Turning Point Program in September 2022. I was in the program for four years and during that time, I tried to do it my way until I surrendered and accepted the help everyone gave me. Turning Point helped me grow into the woman, mother, and friend I was supposed to be. Now, I am a case manager at Skypoint Recovery, giving back what was so freely given to me.

### Meet Ben Rich



My sobriety date is April 6, 2022. I graduated from the Turning Point Program in June 2023. I often used my mental health diagnosis as an excuse and justification to keep using. I let depression, anxiety and PTSD become my identity. When I finally forgave myself and let go of the things that hurt me, I could start receiving healing with deep enough roots to encourage change in my life. I started taking suggestions and trying a different way, doing all the things I never have done before. Treatment, AA and the 12-steps is the last thing I tried and the only thing that worked. I always knew my purpose was to help other people through my experience, but I never knew what that was supposed to look like. Recovery has made that vision clear and provided a space for me to be of service and to offer inspiration and hope.

*A special thank you to the OneOhio Recovery Foundation for making this alumni group possible and providing us with all the necessary resources to build a stronger, healthier community. The Turning Point Program is proud to utilize OneOhio Recovery Foundation's grant dollars to make a positive impact in our community! Together, we're providing hope to Ohioans and working to save lives.*



## Where connections blossom and events flourish!

For more information regarding the alumni group, please direct inquiries to Ben at 330-328-5656 or Jamie at 740-213-3253. The next alumni outing is May 9, 2025 at 6:00pm at Apollo 3 Bowling Center.

