



September 2024

As we step into September, we embrace two critical observances: National Recovery Month and Suicide Prevention Month. These dedicated times highlight the importance of mental health, celebrate the journey of recovery, and foster community support to prevent suicide. At the Brien Center, we are proud to stand with our community, offering support, resources, and a compassionate ear to those in need. Let's work together this month to foster hope, encourage recovery, and promote mental wellness. We are committed to being here for you.

Diana L. Knaebe

President and CEO, The Brien Center



September: A Time for Hope and Healing

National Recovery Month shines a spotlight on the resilience of individuals battling substance use disorders and mental health challenges. This month is a reminder of the strength found in recovery and the importance of support systems in overcoming addiction. At the Brien Center, we are committed to empowering those on their path to recovery. Our comprehensive programs provide not only treatment but also the hope and encouragement necessary to build a fulfilling life beyond addiction. From personalized counseling to group therapy and support groups, our services are designed to meet the unique needs of each individual.

Suicide Prevention Month is an opportunity to increase awareness and foster open conversations about mental health and suicide prevention. Every life is valuable, and it's crucial to understand that help is always available. The Brien Center offers a range of services aimed at preventing suicide and providing support to those in crisis. Our dedicated team of professionals are available for immediate assistance and long-term care, ensuring that no one has to face their struggles alone. We provide crisis intervention, counseling, and community outreach to offer hope and healing.

If you or someone you know needs support, please don't hesitate to contact us. We are here to help, and we believe in the power of recovery and the importance of prevention. Reach out to the Brien Center or visit our website to learn more about our services and how we can assist you or a loved one.

This September, let's come together to foster hope, promote healing, and support one another through recovery and prevention.

BRIEN CENTER EMERGENCY SERVICES

988

| SUICIDE & CRISIS
LIFELINE

988

| **LÍNEA DE
PREVENCIÓN DEL
SUICIDIO Y CRISIS**

Contact Information for Crisis Support

Brien Center Crisis Hotline: 800-252-0227

Available 24/7: Provides immediate support for those in crisis

988 Suicide & Crisis Lifeline: Phone Number: 988

Available 24/7: Connects individuals to trained counselors for support with emotional distress, suicidal thoughts, and mental health crises.

If you or someone you know is in need of immediate assistance, don't hesitate to reach out to these services. Help is available, and support is just a call away.



Employee Spotlight: Meet the Brien Team!

Welcome to this month's Employee Spotlight, where we take a moment to recognize and celebrate the outstanding individuals who make the Brien team exceptional! Our employees are the heart of our mission, and their dedication drive the success of our programs and services.

Travis McCarthy: Behavioral Health Clinician-Community Behavioral Health Center (CBHC) Travis holds a bachelor's degree in psychology and theatre from Merrimack College and earned his master's degree in clinical mental health counseling with a specialization in Drama Therapy from Lesley University. For those unfamiliar, drama therapy involves the intentional use of drama and theater processes to achieve therapeutic goals/objectives. This Fall, Travis will be facilitating two adult drama therapy groups: "*Empowerment through Drama*," focused on self-esteem and confidence building, and "*Open Drama Therapy*," providing a space for adults to address everyday stress through drama and playback techniques. Additionally, he will offer a youth version of the Empowerment Through Drama Group for participants aged 14-17. If you know anyone who may be interested in these groups, please direct them to the Brien Center CBHC for further information.

Travis McCarthy MA, RDT
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[Learn more about CBHC](#)

Thank you for reading our September edition! Together, let's celebrate recovery, support one another, and strengthen our community.

[Visit our Website](#)



Make A Positive Impact

Together, we can make every day a brighter day!

[Donate Today](#)

Keep in touch!



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Your courage, our care.



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