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October 2021 Newsletter

#### New Vitae Wellness Foundation Hosts Guest Speaker Jeff Gould

New Vitae Wellness Foundation was honored to welcome Mr. Jeff Gould on June 24, 2021, as a guest speaker. Gould is an author, blogger, and humorist who brings his personal perspective to conversations focused on homelessness, addiction, and traumatic brain injury (TBI). We thank everyone in the community who participated in this event and invite those who were unable to attend to review the conversation [here](#).



#### New Vitae Returns to the Shore: Celebrating Our 36th Year Visiting Cape May

New Vitae Wellness and Recovery residents and staff look forward to our annual Cape May trip each year. As a result of the COVID-19 pandemic, the 2020 trip had to be cancelled to ensure everyone's safety. However, we were pleased to be able to return to visit the shore earlier this summer. Our team was able to enjoy a trolley tour, play miniature golf, and visit the beach! Read more and see a few of our photos [here](#).

#### Summer Fun at New Vitae Wellness and Recovery

Our residents and staff continue to enjoy a variety of activities designed to increase socialization and celebrate the summer months. From our RTFA programs in Philadelphia to Quakertown House and a surprise for the entire company to celebrate New Vitae's Founder's Day, [learn more](#) about what we've been doing over the summer!



#### The Link Between Traumatic Brain Injury and Substance Abuse

Traumatic brain injuries (TBI's) and substance abuse both can result in challenges with cognition and decision-making, disruptions in the performance of daily tasks, and one's experience of emotional health. Experiencing both of these diagnoses at the same time can significantly amplify these and other challenges. Learn more about the [link between TBI and substance abuse](#).

#### Achieving Recovery After an Overdose

New Vitae Wellness and Recovery commemorated the month of September as National Recovery Month, participating in various activities that highlighted the challenges and commitment associated with recovery following substance abuse. [Learn more](#) about supporting recovery following the trauma associated with overdose.



#### Employee Feature: KATIE BROWN

Katie always knew that she wanted to work with people to improve others' lives and offer meaningful support. After taking a psychology course in high school, Katie ultimately attended Kutztown University and completed a Bachelor's degree in Psychology. Looking ahead, she plans to enroll in additional education to receive a Master's degree in either business administration or psychology.

In her spare time, Katie loves to travel and experience new cultures. She is also an avid reader who prefers a good true crime book over watching TV. She loves to spend time with her daughter, family, and friends. She also enjoys baking and visiting amusement parks, festivals, and the beach.

Katie started at New Vitae in 2006 as a Mentor, working directly with residents in order to assist with the achievement of goals related to more independent living. She acknowledges a desire to find ways to further help the residents she was assisting. Her skills soon resulted in her promotion to a Care Coordinator position and, later, the supervisor of the Care Coordination staff at Quakertown House. Katie moved into the Director of Social Services position at Quakertown House before participating in additional training to ultimately secure the position of Administrator of Quakertown House. As Administrator, Katie hopes to continue in the tradition of making Quakertown House one of the best places to live, work, and visit.

Learn more about the executive team at New Vitae [here](#).



#### New Vitae Wellness and Recovery: Young Adult Supports

Tailored to the needs of adults aged 18 to 25, our Young Adult Services program supports the process of growth and achievements that yield greater independence. Our transitional services emphasize personal responsibility and the value of healthy social support. We are able to combine a progressive residential support system with holistic behavioral health care services. Several young adults have attended college or career training, obtained and maintained employment, or achieved other personalized goals while growing their independent living skills. Learn more about our Young Adult Services [here](#).



#### Did You Know?

October 8 is Depression Screening Day. It is a day to check in on friends, family, and any loved ones who have been diagnosed with depression. It also can be a great day to check in with yourself – especially during these difficult times – and **consider additional assistance if you believe you are experiencing signs of depression, including:**

- **Trouble concentrating**
- **Fatigue**
- **Feelings of hopelessness/helplessness**
- **Restlessness**
- **Changes in eating habits (eating too much or avoiding eating)**
- **Persistent sadness or empty feelings**
- **Ideas of suicide**

Please don't be afraid to reach out for help and support.

Do you know someone who could benefit from the supportive services at New Vitae?

Please contact our admissions department at [610-928-5200](tel:610-928-5200)

for additional information or review our website at [www.newvitaewellness.com](http://www.newvitaewellness.com).



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