

## TCC in the Media

*Kathy, I have been teaching TCC at an adolescent recovery program for about a year now and this pic is from an article in their newsletter. I'll try to attach the text of the article and the picture. The discussion you led at conference last year was very valuable for me in starting this class at Journeys (the recovery center). Thank you for your sharing.*

Rita Otis

### Tai Chi Chih helps recovering teens kick drug and alcohol addictions



Teens in the JOURNEYS program take a mental break from recovery through moving meditation called Tai Chi Chih, which helps teens reduce stress, heal and focus on getting sober.

"Tai Chi Chih taught me how to relax," said an 18-year-old client recovering from drug addiction. "I use the skills I've learned in the class a lot when I get upset. I try to go to a peaceful place and remember to control my emotions, breath, and think positively."

Offered every Thursday for an hour, Tai Chi Chih is a set of movements that focus on the development of energy. It's a non-violent form of meditation and physical motion. "Tai Chi Chih is a way for these kids to connect with their divine energy," said instructor Rita Otis. "The movements first allow the kids to relax. Once they're relaxed, it begins to heal their mind, body and spirit."

JOURNEYS combines drug and alcohol education, residential treatment and outpatient services to help adolescents beat their addictions. "When kids first get to JOURNEYS, they are tense and have difficulty concentrating," said Otis. "The class helps them focus mentally and slows down the mind. I definitely see a lot of changes in their day-to-day behavior after a few weeks."

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