

Care Star Recovery and Wellness

Care Star Recovery and Wellness: Your Journey to Holistic Wellbeing

Are you feeling overwhelmed, burned out, or just plain stuck? Do you crave a life filled with more joy, energy, and purpose? At Care Star Recovery and Wellness, we believe that true wellbeing is a holistic journey, encompassing mind, body, and spirit. This comprehensive guide dives deep into the Care Star approach, exploring the services we offer, the philosophy behind our methods, and how we can help you achieve lasting transformation. We'll cover everything from our personalized recovery programs to the supportive community we cultivate, ensuring you understand how Care Star can be your partner in achieving a healthier, happier you.

Understanding the Care Star Approach: More Than Just Recovery

Care Star Recovery and Wellness isn't just another rehab center or wellness retreat. We offer a unique, integrated approach that transcends traditional models. We recognize that recovery and wellness are deeply intertwined, and lasting change requires addressing all facets of a person's life. Our philosophy rests on three core pillars:

1. **Personalized Care:** We understand that everyone's journey is unique. We don't believe in a "one-size-fits-all" approach. Instead, we work closely with each individual to create a customized treatment plan that addresses their specific needs and goals. This includes thorough assessments, individualized therapy sessions, and a flexible program structure designed for optimal success.
1. **Holistic Wellbeing:** True healing goes beyond addressing addiction or mental health challenges. We integrate various therapeutic modalities, including mindfulness practices, nutrition counseling, fitness programs, and creative arts therapy, to promote overall wellbeing. This holistic approach fosters emotional resilience, physical strength, and spiritual growth.
1. **Supportive Community:** Recovery and wellness journeys are often challenging. At Care Star, we foster a supportive and compassionate community where individuals feel safe, understood, and empowered. We believe the strength of connection plays a crucial role in long-term success. Our

community extends beyond the walls of our facility, providing ongoing support and resources even after completion of a program.

Care Star's Comprehensive Services: Tailored to Your Needs

Care Star offers a wide range of services designed to support your journey to holistic wellbeing. These include:

Addiction Treatment: We provide evidence-based addiction treatment for various substances, including alcohol, opioids, and stimulants. Our programs incorporate detoxification, individual and group therapy, medication-assisted treatment (where appropriate), and relapse prevention strategies.

Mental Health Services: We offer comprehensive mental health services addressing conditions like depression, anxiety, PTSD, and trauma. Our experienced therapists utilize various modalities, including cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and trauma-informed care.

Wellness Programs: Beyond recovery, we offer a range of wellness programs designed to promote lasting wellbeing. These include mindfulness workshops, yoga and meditation classes, healthy cooking demonstrations, and fitness programs tailored to individual needs and abilities.

Aftercare Planning: We understand that recovery is an ongoing process. Our dedicated team assists clients in developing comprehensive aftercare plans that include ongoing therapy, support groups, and strategies for maintaining long-term sobriety and wellness.

The Care Star Difference: A Commitment to Excellence

What sets Care Star apart is our unwavering commitment to excellence. We employ highly skilled and compassionate professionals dedicated to providing the highest quality care. Our facilities are comfortable and welcoming, providing a supportive environment conducive to healing. We regularly assess and update our programs to ensure they remain at the forefront of effective treatment and wellness strategies. Our focus is always on empowering individuals to take control of their lives and achieve their full potential.

Building Your Foundation for Lasting Wellness with Care Star

Embarking on a journey to recovery and wellness is a significant step. At Care Star, we are dedicated to walking alongside you every step of the way. We provide the tools, support, and resources you need to achieve lasting transformation. We believe in your strength and resilience, and we are committed to helping you unlock your full potential for a life filled with joy, purpose, and lasting wellbeing.

Conclusion:

Care Star Recovery and Wellness offers a unique and comprehensive approach to achieving holistic wellbeing. By combining personalized care, a holistic philosophy, and a supportive community, we empower individuals to overcome challenges and build a foundation for a healthier, happier future. If you're ready to embark on your journey to lasting wellbeing, we invite you to contact us today.

FAQs:

1. What insurance plans do you accept? We accept a wide range of insurance plans. Please contact our admissions team to verify your coverage.
1. What is the length of your programs? Program lengths vary depending on individual needs and goals. We work with each client to develop a customized treatment plan with a defined timeframe.
1. Do you offer residential and outpatient services? Yes, we offer both residential and outpatient programs to cater to diverse needs and preferences.
1. What types of therapy are offered? We offer a wide range of therapeutic modalities, including CBT, DBT, trauma-informed therapy, and more. Our therapists are skilled in tailoring their approach to meet individual needs.
1. What support is available after I complete a program? We provide comprehensive aftercare planning, including referrals to ongoing therapy, support groups, and relapse prevention strategies. We are committed to supporting you long after you leave our care.

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care star recovery and wellness: Mental Health, Service User Involvement and Recovery

Jenny Weinstein, 2010 Written cooperatively by service users and academics, this book conveys a vital connection between recovery and involvement, offering a framework of values and helpful strategies to promote meaningful user participation.

care star recovery and wellness: Responsibilisation at the Margins of Welfare Services

Kirsi Juhila, Suvi Raitakari, Christopher Hall, 2016-11-10 The impetus for this book is the shift in welfare policy in Western Europe from state responsibilities to individual and community responsibilities. The book examines the ways in which policies associated with advanced liberalism and New Public Management can be identified as influencing professional practices to promote personalisation, participation, empowerment, recovery and resilience. In examining the concept of 'responsibilisation' from the point of view of both the 'responsibilised client and welfare worker', the book breaks from the traditional literature to demonstrate how responsibilities are negotiated during multi-professional care planning meetings, home visits, staff meetings, focus groups and interviews with different stakeholders. The settings examined in the book can be described as on the 'margins of welfare' - mental health, substance abuse, homelessness services and probation work, where the rights and responsibilities of clients and workers are uncertain and constantly under review. Each chapter approaches the management of responsibilities from a particular angle by combining responsibilisation theory and discourse analysis to examine everyday encounters. Taken together, the chapters paint a comprehensive picture of the responsibilisation practices at the margins of welfare services and provide an extensive discussion of the implications for policy and practice. Drawing upon both the governmentality literature and everyday encounters, the book provides a broad approach to a key topic. It will therefore be a valuable resource for social policy, public administration, social work and human service researchers and students, and social and health care professionals.

care star recovery and wellness: Drunk Yoga Eli Walker, 2019-01-15

The OFFICIAL Drunk Yoga book by the rebel behind the viral phenomenon! The Drunk Yoga craze is taking over... not even your bookshelf is safe! The official Drunk Yoga book includes 50 fun (and funny!) variations on traditional yoga poses including: Merlot-sana Vino-yasa WERK-Sasana Shot-a-runga Sip-da-Vino-sana Malbec-asana Bottle-konasana and so much more! In addition, you'll learn the Drunk Yoga rules (so you don't make any pour decisions), partner activities (so you won't have to drink alone), hilarious fun facts, crazy stories from real Drunk Yoga classes, poems, drawings, and other fun surprises! Full of wine, yoga, jokes, and joy, Drunk Yoga is for the experienced yogi, the average barfly, the social butterfly, and the wallflower who needs a few sips of liquid courage. It's about wine. And yoga. And not taking yourself too seriously. Already a huge hit for bachelor and bachelorette parties, birthday celebrations, and even office and team-building activities, this official book is founder Eli Walker's newest way to bring Drunk Yoga to you, wherever you are. Drink wine. Do yoga. Be happy.

care star recovery and wellness: Facilitated Growth Michelle-K Cummings, Diane Sherman,

2017-08-23

care star recovery and wellness: Medical and Health Information Directory, 2010

care star recovery and wellness: Essential Values-Based Practice K. W. M. Fulford, Ed

Peile, Heidi Carroll, 2012-03-01 This book will help clinicians acquire and develop the processes and skills of values-based practice. The aim of most patient-clinician consultations is to improve health outcomes. Often they succeed, and patients are satisfied and empowered. However, some

consultations are unsatisfactory and result in failure to improve health outcomes and dissatisfaction on the part of patients, carers or clinicians. When consultations fail to achieve the desired results, the cause is not usually a failure of evidence-based practice. Today's clinicians are trained in evidence-based medicine, educated, updated and appraised. The most likely reason why things go wrong is a failure of values-based practice – not ascertaining the relevant values perspectives and acting on them in a coherent and purposeful manner. If you rehearse and practise the elements of values-based practice detailed in this book, you will find your consultations more personally rewarding and your patients are likely to derive more benefit.

care star recovery and wellness: A Practical Guide to Delivering Personalisation Helen Sanderson, Jaimee Lewis, 2012 This is the comprehensive guide to delivering personalisation in health and social care using person centred approaches. It covers what personalisation and person centred approaches are, the different elements involved, and how to carry it out with all those receiving care and support, from people with disabilities to people at the end of life.

care star recovery and wellness: Mental Health Policy and Practice Jon Glasby, Jerry Tew, 2015-04-22 This highly regarded book offers a clear and considered guide to modern mental health policy and practice. Building on the success of previous editions, this third edition provides: - An up-to-date overview of the changes to mental health policy and practice as they apply to a broad range of mental health services, from primary care and forensic mental health issues - A focus on mental health specific issues in the context of broader health and social care reforms, including the reform of primary care, the impact of austerity and the personalisation agenda - A greater exploration of what interagency working means: it goes beyond issues with health and social services and explores the everyday services that are essential to everyone - A range of case studies, reflection and analyses, followed by engaging exercises and suggestions for further reading This book is designed for students of social work, social policy, nursing and health taking courses on mental health policy and practice. It also serves as an important update for practitioners in the field. New to this Edition: - Highlights key changes and developments for today's students and practitioners - Explores the implications for future practice

care star recovery and wellness: Creek's Occupational Therapy and Mental Health Wendy Bryant, Jon Fieldhouse, Katrina Bannigan, 2014-06-17 Now in its fifth edition, this seminal textbook for occupational therapy students and practitioners has retained the comprehensive detail of previous editions with significant updates, including the recovery approach informed by a social perspective. Emerging settings for practice are explored and many more service users have been involved as authors, writing commentaries on 14 chapters. All chapters are revised and there are also new chapters, such as mental health and wellbeing, professional accountability, intersectionality, green care and working with marginalized populations. Chapter 11 is written by two people who have received occupational therapy, examining different perspectives on the experience of using services. This edition is divided into clear sections, exploring theory and practice issues in detail. The first section covers the historical, theoretical and philosophical basis for occupational therapy in the promotion of mental health and wellbeing. The second section examines the occupational therapy process, followed by a third section on ensuring quality in contemporary practice. The fourth section offers insights into issues arising from the changing contexts for occupational therapy including an analysis of the implications for occupational therapy education. The fifth section has eight chapters on specific occupations that can be applied across the varied settings which are covered in the sixth and final section. Occupational Therapy and Mental Health is essential reading for students and practitioners across all areas of health and/or social care, in statutory, private or third (voluntary) sectors, and in institutional and community-based settings. - Presents different theories and approaches - Outlines the occupational therapy process - Discusses the implications of a wide range of practice contexts - Describes a broad range of techniques used by occupational therapists - Provides many different perspectives through service user commentaries - Coverage of trust as part of professional accountability, leadership, green care, ethical practice using a principled approach - Additional and extended service user commentaries - An editorial team

selected and mentored by the retired editors, Jennifer Creek and Lesley Lougher

care star recovery and wellness: A Collaborative Approach to Eating Disorders June Alexander, Janet Treasure, 2013-03-01 While many aspects of eating disorders remain a mystery, there is growing evidence that collaboration is an essential element for treatment success. This book emphasises and explains the importance of family involvement as part of a unified team approach towards treatment and recovery. A Collaborative Approach to Eating Disorders draws on up-to-date evidence based research as well as case studies and clinical vignettes to illustrate the seriousness of eating disorders and the impact on both the sufferer and their loved ones. Areas of discussion include: current research including genetic factors, socio-cultural influences and early intervention clinical applications such as family based dialectical and cognitive behavioural treatments treatment developments for both adolescents and adults with a range of eating disorders building collaborative alliances at all levels for treatment and ongoing recovery. With contributions from key international figures in the field, this book will be a valuable resource for students and mental health professionals including family doctors, clinicians, nurses, family therapists, dieticians and social workers.

care star recovery and wellness: Stories in Mental Health, 2e Debra Nizette, Margaret McAllister, Peta Marks, 2021-02-01 Stories in Mental Health 2nd edition is an insightful collection of personal stories from a range of mental health consumers, carers and mental health nurse clinicians who openly share their experiences. Through listening and observing, this extraordinary resource offers nursing students and health professionals a unique perspective on what it is like to live with a mental health disorder, care for a family member with a mental health disorder or work within various mental healthcare settings. Available as a print or eBook, this valuable resource builds empathy and understanding and provides examples of innovative approaches to care with a focus on reflection, inquiry and action. The teaching and learning strategies assist in developing skills, attitudes and appropriate responses when working in a range of mental healthcare settings. Most importantly, Stories in Mental Health provides a much-needed consumer voice to mental healthcare. All videos embedded within the eBook Part 1 Behind the scenes provides an overview of the structure of, and how to use, the resource. Part 2 Setting the scene provides the foundational concepts for practice and includes seven video and audio stories that reinforce the concepts underpinning the treatment of mental illness. Part 3 Stories from consumers, carers and clinicians presents 22 video and audio stories to provide insight into a range of mental health issues. Reflection, inquiry and action provide the framework for the teaching and learning strategies for each story. Weblinks and references are included for further reading and research. Transcripts of all interviews are included in the back of the book An eBook included in all print purchases

care star recovery and wellness: Rewired Erica Spiegelman, 2015-04-28 A counselor at one of the most innovative and renowned drug and alcohol treatment centers in the world introduces an empowering approach to addiction recovery that addresses the whole self—mind, body, and spirit This “useful and practical perspective on what you can do to recover from [addiction]” can replace or supplement 12-step programs—at any stage in your recovery (Allen Berger, Ph.D., author of 12 Stupid Things That Mess Up Recovery) Rewired is a new, breakthrough approach to fighting addiction and self-damaging behavior by acknowledging our personal power to bring ourselves back from the brink. Centered on the concept of self-actualization, Rewired will guide you towards not only physical sobriety, but a mental, emotional, and spiritual sobriety by learning to identify key principles within yourself, including authenticity, honesty, gratitude, and understanding a need for solitude. Rewired addresses the whole self; just as addiction affects every part of one’s life, so too must its treatment. By helping us to build a healthy space to support our own recovery, we can rewrite the negative behaviors that result in addiction. Usable in conjunction with or in place of 12-step programs, Rewired allows for a more holistic approach, helping to create a personalized treatment plan that is right for you. Each section in Rewired includes: • Personal anecdotes from the author’s own struggles with alcoholism and addiction • Inspiring true success stories of patients overcoming their addictions • Questions to engage you into finding what is missing from your

recovery • Positive affirmations and intentions to guide and motivate With all the variables, both physical and emotional, that play into overcoming addiction, Rewired enables us to stay strong and positive as we progress on the path to recovery. Rewired teaches patience and compassion, the two cornerstones of a new, humanist approach to curing addiction. Remember, addicts are not broken people that need to be fixed—they just have a few crossed wires.

care star recovery and wellness: *Cheap Bastard's® Guide to Austin* Kristin Finan, 2011-09-01 Cheap Bastard's Guide to Austin details endless free and inexpensive opportunities available in the Lone Star State's capital city from theater, concerts, and museums to wine tastings, yoga classes, haircuts, and massages—for native and visiting cheapskates alike. Written in a fun, humorous tone, this unique guide offers sound advice on how to live the good life on the cheap!

care star recovery and wellness: *Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1954* , 2003

care star recovery and wellness: *The Joyous Recovery* Lundy Bancroft, 2019-05-03 The Joyous Recovery : A New Approach to Emotional Healing and Wellness is a path back to yourself... Lundy Bancroft reveals where healing comes from -- including crucial pieces that current approaches to recovery are missing. You'll learn: why self-help so often fails, including why fighting to improve your attitude and outlook doesn't work. Why healing doesn't need to be drudgery, and instead can be a joyful process with rapid benefits. How to harness the cyclical nature of healing to rocket your progress forward. How to tap into the power of your emotional immune system, your body's natural plan to keep you psychologically well. You'll also be introduced to the exciting power of the Peak Living Network, a peer support system that is free of charge and open to all. The Joyous Recovery is an approach to emotional healing unlike anything you've encountered before. And it works. -- Back cover.

care star recovery and wellness: *Guidance on community mental health services* , 2021-06-10

care star recovery and wellness: *Mental Health Nursing at a Glance* Grahame Smith, 2014-11-24 Everything you need to know about Mental Health Nursing...at a Glance! From the publishers of the market-leading at a Glance series comes the perfect companion for study and revision for pre-registration mental health nursing students. This brand new nursing title is the perfect accompaniment for pre-registration nursing courses, and is the revision aid that you have been waiting for! Divided into three sections, this book first explores the essential clinical skills needed by nurses, using the NMC Essential Skills Clusters as an organising framework. The second section goes on to look at common disorders and approaches. The third section then discusses the leadership and organisational skills required by nurses, again derived from the NMC standards. Key features: Breaks down complex aspects of mental health care in an accessible and un-intimidating way The perfect revision and consolidation textbook Linked closely with the NMC standards for pre-registration nursing education, and the essential skills clusters framework Explores a broad range of mental health disorders, from care of children right up to care of older people Looks at mental health nursing in all settings, including acute, forensic and community Highly visual colour presentation Includes boxes, summary boxes, reflective opportunities and case studies to improve the learning experience

care star recovery and wellness: *The Art And Science Of Mental Health Nursing: Principles And Practice* Norman, Ian, Ryrie, Iain, 2013-04-01 A comprehensive core student text which combines theoretical foundations of mental health nursing with practical skills and interventions.

care star recovery and wellness: *Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1986* , 2001

care star recovery and wellness: *The Art and Science of Mental Health Nursing* Ian Norman, 2013-04-01 This comprehensive nursing text has been fully and extensively updated for this third edition, and offers students a complete guide to the art and science of mental health nursing. The book combines theory and practice to look in-depth at: Different 'types' of mental health problems ; Different therapeutic interventions ; The practical tools of nursing such as risk, assessment, problem solving ; Key themes such as ethics, law and professional issues.

care star recovery and wellness: 100 Interactive Activities Carol A. Butler, MS Ed Butler, 2001-01-01 This book includes 14 topics and 100 interactive activities with reproducible worksheets for mental health and substance abuse recovery programs.

care star recovery and wellness: *Case Management from an Empowerment Perspective, Fourth Edition* Patricia Spindel, 2020-12-29 Written for case managers working in health and human services, this practical guide addresses the need for more progressive and compassionate ways of working with others. Introducing innovative strategies for working with people that challenge the status quo, the book reconsiders old forms of social casework in favour of empowerment approaches that incorporate individual systemic advocacy. Patricia Spindel covers the history of case management, traditional approaches and their critiques, barriers to an empowerment approach, the ethical issues of labelling, stereotyping, stigmatization and pathologizing, and key empowerment philosophies and the research that supports them. This guide provides concrete methods that will help readers put principles of empowerment philosophy into practice. With practical case studies and questions for reflection featured throughout the chapters, it is well suited for human services, social services, and social work programs in colleges and universities in Canada. FEATURES: - Offers a practical how to for developing an empowerment plan and deals with common issues in practice, such as projection, countertransference, and transference - Includes core concepts of empowerment and methodology for building individual and community capacity and competence - Provides students with case studies from the field and questions to encourage reflection

care star recovery and wellness: *Social Inclusion and Mental Health* Jed Boardman, 2010-06 This book examines how psychiatrists and mental health workers can facilitate the social inclusion of people with mental health disorders.

care star recovery and wellness: *Fentanyl Nation* Ryan Hampton, 2024-09-24 A passionate call to abandon ineffective drug-war policies, reframe addiction as a public health issue, and end the Fentanyl crisis. The American overdose crisis has reached record-breaking heights; preventable overdoses are now responsible for more annual deaths than traffic accidents, suicide, or gun violence. Fentanyl—a potent, inexpensive, and easy-to-manufacture synthetic opioid—has thoroughly contaminated the drug supply, and while it frequently makes front page news across the country, it remains poorly understood by policymakers and the public. Why, despite all of our efforts to raise awareness and billions of dollars of investments, does this emergency keep getting worse? In *Fentanyl Nation*, recovery advocate Ryan Hampton separates the facts from the fiction surrounding Fentanyl, and shows how overdose deaths are ultimately policy failures. Instead of investing in education, harm reduction, effective treatment, and recovery, we have doubled down on more police, more incarceration, and harsher penalties for those caught in the grip of addiction. Yet history has shown time and time again that it is impossible to arrest our way out of a public health crisis; the government used the same strategy to fight the crack-cocaine epidemic of the 80s and 90s, and it only resulted in racially disparate policing and the destruction of marginalized communities. This urgent and informative manifesto reveals how prejudice, discrimination, and stigma have been codified into our drug laws, and calls for a compassionate and evidence-based approach that would address the core causes of addiction and save countless lives. We can end this crisis, but only if we get out of our own way.

care star recovery and wellness: *The Uterine Departure* Elara Tremont, Are you considering a hysterectomy or simply curious about this common surgical procedure? Look no further than *The Uterine Departure: A Comprehensive Look at Hysterectomy*. This short read book provides a thorough examination of hysterectomy, covering everything from its history to its impact on women's health. In the introduction, you will gain a clear understanding of what a hysterectomy entails. Delve into the fascinating history of this procedure and discover why it matters in today's medical landscape. Explore the different types of hysterectomy, including total hysterectomy, partial hysterectomy, laparoscopic hysterectomy, and robotic hysterectomy. Understand the reasons why women undergo this surgery, such as uterine fibroids, endometriosis, pelvic inflammatory disease, abnormal uterine bleeding, and cancer. Preparing for a hysterectomy is crucial, and this book

provides valuable insights into the medical evaluation, pre-operative testing, medications, diet, exercise, and emotional preparation necessary for a successful procedure. Learn about the various anesthesia options and surgical techniques involved in a hysterectomy. Understand the risks and complications associated with the surgery and gain knowledge about the recovery time required. Post-operative care is essential, and this book offers guidance on managing pain and discomfort, as well as returning to daily activities. Additionally, it explores the benefits and risks of hormone replacement therapy (HRT) after a hysterectomy, providing a comprehensive overview of the different types of HRT available. Discover alternative treatments to hysterectomy, including medications, uterine artery embolization, endometrial ablation, and myomectomy. Understand the emotional effects of hysterectomy and find support through support groups. Explore the impact of hysterectomy on long-term health, including bone health, cardiovascular health, sexual health, and psychological health. If you are concerned about the impact of hysterectomy on fertility, this book provides valuable information on fertility preservation options, surrogacy, and adoption. It also delves into the cost of hysterectomy, insurance coverage, and government assistance programs. Legal issues surrounding hysterectomy, such as informed consent, medical malpractice, and discrimination, are also addressed. Gain insights into hysterectomy for cancer treatment and prevention, as well as recovery and follow-up care. Finally, explore the future of hysterectomy, including advancements in surgical techniques, emerging alternatives, and its role in women's healthcare.

Table of Contents: Introduction What is a hysterectomy? Brief history of hysterectomy Why hysterectomy matters Types of Hysterectomy Total hysterectomy Partial hysterectomy Laparoscopic hysterectomy Robotic hysterectomy Reasons for Hysterectomy Uterine fibroids Endometriosis Pelvic inflammatory disease Abnormal uterine bleeding Cancer Preparing for Hysterectomy Medical evaluation Pre-operative testing Medications Diet and exercise Emotional preparation Hysterectomy Procedure Anesthesia options Surgical techniques Risks and complications Recovery time Recovery After Hysterectomy Hospital stay Managing pain and discomfort Post-operative care Returning to daily activities Hormone Replacement Therapy (HRT) After Hysterectomy What is HRT? Benefits of HRT Risks of HRT Types of HRT Alternative Treatments to Hysterectomy Medications Uterine artery embolization Endometrial ablation Myomectomy Coping with Hysterectomy Emotional effects Support groups Intimacy and sexuality after hysterectomy Long-Term Health After Hysterectomy Bone health Cardiovascular health Sexual health Psychological health Hysterectomy and Fertility Impact on fertility Fertility preservation options Surrogacy and adoption Cost and Insurance Coverage of Hysterectomy Cost of hysterectomy Insurance coverage Government assistance programs Legal Issues Surrounding Hysterectomy Informed consent Medical malpractice Discrimination Hysterectomy and Cancer Hysterectomy for cancer treatment Hysterectomy for cancer prevention Recovery and follow-up care The Future of Hysterectomy Advancements in surgical techniques Emerging alternatives to hysterectomy The role of hysterectomy in women's healthcare Conclusion The impact of hysterectomy on women's health The future of hysterectomy Final thoughts and recommendations.

care star recovery and wellness: *The Bloomsbury Handbook to the Medical-Environmental Humanities* Scott Slovic, Swarnalatha Rangarajan, Vidya Sarveswaran, 2022-07-28 Bringing together two parallel and occasionally intersecting disciplines - the environmental and medical humanities - this field-defining handbook reveals our ecological predicament to be a simultaneous threat to human health. The book: · Represents the first collection to bring the environmental humanities and medical humanities into conversation in a systematic way · Features contributions from a wide range of interdisciplinary perspectives including literary studies, environmental ethics and philosophy, cultural history and sociology · Adopts a truly global approach, examining contexts including, but not limited to, North America, the UK, Africa, Latin America, South Asia, Turkey and East Asia · Touches on issues and approaches such as narrative medicine, ecoprecarity, toxicity, mental health, and contaminated environments. Showcasing and surveying a rich spectrum of issues and methodologies, this book looks not only at where research currently is at the intersection of these two important fields, but also at where it is going.

care star recovery and wellness: Essentials of Mental Health Nursing Karen M. Wright, Mick McKeown, 2024-03-21 Are you studying mental health nursing and want a book that covers all you need to know? Look no further. As it says in the name, this is an essential text for students. Split into 5 parts, this book delves into the context of mental health, key concepts and debates, skills for care and therapeutic approaches, tailoring care to people with specific needs, and transition to practice. Updated to include more content from those with lived experience, this new edition also includes: - Voices of mental health service users and practitioners, giving you a real insight in the field - Critical thinking stop points and debates, allowing you to develop your wider skills and knowledge - Case studies to bring the content to life - Chapter summaries, so you know what the main takeaways are for each chapter - Further reading and useful websites, allowing you to do your own research The editors, Karen M. Wright and Mick McKeown come with a wealth of experience in mental health nursing. The variety of contributors also reflect different experiences in different contexts.

care star recovery and wellness: Rock to Recovery Wes Geer, Constance Scharff, 2021-07-07 Tens of thousands of Americans die from substance abuse and suicide each year. Millions more suffer from mental health disorders. Rock to Recovery -- an innovative, therapeutic music program serving more than one hundred addiction treatment and mental health facilities in the USA -- steps into the breach to offer participants help and hope. By writing, playing, and recording music as a group, non-musicians are able to build a community of support, find enthusiasm for treatment, and realize that recovery is possible. Veterans, trauma survivors, and those struggling with substance abuse or mental health issues can recover with connection. This book contains eighteen stories of people who have used Rock to Recovery's music program to live a better life. You too can use music to heal. Music Is the Medicine!

care star recovery and wellness: Creating Relationship Wellness Stephanie Wijkstrom, 2021 Mindfulness for your marriage is a tool book to be used by couples who want to gain the skill of relationship wellness. Each chapter offers evidence-based, and therapist verified techniques to gain insight into yourself and your partners world. Mindfulness for your marriage offers skills-based interventions that draw upon the fields of mindfulness and behavioral psychology, both recognized as pathways to enrichment. Each segment of this text builds upon the previous in an effort to lead the reader toward a mastery of relationship wellness. Divorce, separation, or disconnection do not always need to be the solution, a new approach to your problems will empower your path to reconnection. Prepare to break down specific methods of mindfulness and apply them during each chapter's exercises as you practice to enhance your relationship. Each segment ends with practical exercises to do together or independently. In this unique text, you are offered thoughtful meditations that make relationship improvement understandable and easy. The writer houses an intimate understanding of human emotions and connections that she intersects in a meaningful way. It is not necessary to wait to improve your love until it is ailing, but here and now, relationship enhancement is offered as a preventative strategy in the attainment of interconnected wellbeing.

care star recovery and wellness: National Directory of Drug Abuse and Alcoholism Treatment and Prevention Programs , 1992

care star recovery and wellness: Kozier & Erb's Fundamentals of Nursing Australian Edition Audry Berman, Shirlee J. Snyder, Barbara Kozier, Glenora Lea Erb, Tracy Levett-Jones, Trudy Dwyer, Majella Hales, Nichole Harvey, Lorna Moxham, Tanya Park, Barbara Parker, Kerry Reid-Searl, David Stanley, 2014-12-01 Kozier and Erb's Fundamentals of Nursing prepares students for practice in a range of diverse clinical settings and help them understand what it means to be a competent professional nurse in the twenty-first century. This third Australian edition has once again undergone a rigorous review and writing process. Contemporary changes in the regulation of nursing are reflected in the chapters and the third edition continues to focus on the three core philosophies: Person-centred care, critical thinking and clinical reasoning and cultural safety. Students will develop the knowledge, critical thinking and clinical reasoning skills to deliver care for their patients in ways that signify respect, acceptance, empathy, connectedness, cultural sensitivity and genuine concern.

care star recovery and wellness: *Handbook of Recovery in Inpatient Psychiatry* Nirbhay N. Singh, Jack W. Barber, Scott Van Sant, 2016-09-14 This handbook provides a guide for individualized, responsive, and meaningful care to patients with severe mental illness. It begins with an overview of the foundational aspects of recovery – definitions and assessment, recovery principles, recovery research, and applications of recovery principles in inpatient psychiatry. Subsequent chapters offer in-depth analyses of provider competencies, the patient's role in personal choices and decision making, and the deeper healing goals of recovery. The handbook also offers detailed treatment modalities, including cognitive remediation, psychological and psychiatric services, nursing and occupational therapy services, peer support, and pharmacological treatment. Featured topics include: Sexuality and sexual health in the inpatient psychiatric setting. The power of stigma and the usage of SAMHSA (Substance Abuse and Mental Health Services Administration) principles to combat stigma. Legal advocacy. Self-advocacy and empowerment. Methods to enhance resilience and sustain recovery in inpatients. Common errors and solutions during the transformation to recovery-oriented systems. The Handbook of Recovery in Inpatient Psychiatry is a must-have resource for researchers, graduate students, clinicians, and related professionals/practitioners in psychology, psychiatry, social work, nursing, rehabilitation therapy, occupational therapy, physical therapy, and allied professionals in related mental health and medical disciplines.

care star recovery and wellness: Community Resources for Older Adults Robbyn R. Wacker, Karen A. Roberto, 2018-06-13 Community Resources for Older Adults provides comprehensive, up-to-date information on programs, services, and policies pertaining to older adults. Authors Robbyn R. Wacker and Karen A. Roberto build reader awareness of programs and discuss how to better understand help-seeking behavior, as well as explain ways to take advantage of the resources available to older adults. The substantially revised Fifth Edition includes new topics and updated research, tables, and figures to help answer key questions about the evolution and utilization of programs for older adults and the challenges that service providers face.

care star recovery and wellness: Departments of Labor, Health and Human Services, Education, and Related Agencies Appropriations for 2014: Top management challenges at the Departments of Labor, Health and Human Services, and Education: perspective from the Inspector General; regulatory approaches to foster economic growth; Secretary of Education; budget hearing: Department of Labor United States. Congress. House. Committee on Appropriations. Subcommittee on the Departments of Labor, Health and Human Services, Education, and Related Agencies, 2013

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Life blends down-to-earth instructional text with numerous examples of relevant situations and outcomes for students from all demographics.

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