



# SANTA ANITA FAMILY SERVICE

Community Service Since 1951

716 N. Citrus Avenue  
Covina, California 91723  
(626) 966-1755  
Fax (626) 859-0999

May 22, 2006

To Whom It May Concern:

It is my pleasure to recommend Mr. Chris Suchanek to you. Mr. Suchanek initiated his internship at Santa Anita Family Service (SAFS) during the winter 2006 semester at Mount San Antonio College. As a Chemical Dependency Program intern, Mr. Suchanek had the opportunity to counsel clients overcoming issues related to addiction and overall recovery. He worked with his clients in various capacities by helping to develop client treatment plans, providing recovery and 12 Step Guidance Counseling, and facilitating psycho-educational services designed to promote relapse prevention.

In his work with clients, Mr. Suchanek employed several useful interventions including creative and appropriate counseling techniques with resistant clients. Mr. Suchanek had the opportunity to co-facilitate a Proposition 36 counseling/therapy group with a staff member. He then took sole responsibility for facilitating this group for several weeks. Proposition 36 clients are a specific population, which are court mandated and required to undergo intensive outpatient treatment. These clients often present for treatment with numerous stressors and may be overwhelming for some interns. Mr. Suchanek approached this task with ease and appeared to affect the clients positively. I have been especially impressed with his ability to build rapport with clients. He has a natural comfort working with the chemical dependency population, and his treatment strategies demonstrate his effectiveness.

One case stands out in particular, as the client has difficulty trusting people. He expressed initial concerns about working with Mr. Suchanek individually. However, Mr. Suchanek was not deterred by the client's resistance. Mr. Suchanek enthusiastically welcomed the challenge and presented his efforts with the client and progress in staff meetings during weekly case conferencing. Eventually, the client began to look forward to his sessions with Mr. Suchanek, reporting very personal issues. Through the course of treatment, Mr. Suchanek became concerned that his client may be experiencing issues related to dual diagnosis. He methodically helped the client remain focused on issues related to recovery, while facilitating the appropriate referral process to assure continuity of care.

Regarding character, Mr. Suchanek has a positive attitude and very pleasant personality. He is bright, insightful, humble, and comfortable taking direction. He has a relaxed and approachable style of communication which compliments his overall relational and professional style of interacting. When given assignments, he completes them efficiently. He makes excellent use of his supervision, always being prepared, asking questions, and looking for guidance, as it relates to treating his clients capably. When I initially interviewed Mr. Suchanek, it became evident that he was gifted in many areas of his life. In addition, he brought work experience and educational accomplishment to our agency. Yet, he maintained the delicate balance of being a student and a teacher, by blending the roles maturely.

I am extremely comfortable recommending Mr. Suchanek to you. His rare optimism will be appreciated. I am assured that he will be an asset in any capacity. I would be happy to add further comments or answer any questions that you may have. Please call (626) 359-9358 ext. 26 or (626) 966-1755.

Respectfully,

Eileen S. Mac Dougall, Psy.D.  
Chemical Dependency Program Director  
Clinical Supervisor

## COUNSELING PROGRAMS

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Monrovia, CA 91016  
(626) 359-9358  
Fax (626) 358-7647

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603 S. Myrtle Ave.  
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(626) 358-1185  
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## SENIOR PROGRAMS

324 S. Mission Dr.  
San Gabriel, CA 91776  
(626) 308-2122

740 N. Dalton Ave.  
Azusa, CA 91702  
(626) 969-7176

