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CLERMONT RECOVERY CENTER, INC.

News & Views

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Clermont Recovery Center, Inc. is a not-for-profit drug and alcohol prevention and treatment agency. The agency programs are accredited by ODADAS, ODMH and CARF and funded in part by ODADAS, Clermont County Mental Health & Recovery Board and numerous other sources.

Taking It All In

Clermont Recovery Center seeks to educate the community about the risks of abusing alcohol and other drugs. Unfortunately, these are not the only messages everyone hears. Alcohol and pharmaceutical advertising is everywhere these days – on television, radio and the internet, in movies and magazines, at music and sporting events, and on billboards, race cars, and clothing.



The alcohol industry spends about \$2 billion each year on ads that not only normalize the use of alcohol, but also glamorize drinking by portraying alcohol use as fun, mature and sophisticated. Alcohol use is linked with athletic skills, social popularity, attractiveness to the opposite sex and economic success – in short, with happiness. What these ads fail to show are the serious risks and devastating consequences often associated with the misuse of alcohol.

Much of this advertising is aimed at women and teenage girls, especially through the marketing of a new genre of drinks that are fizzy, sweet, brightly colored and mask the flavor of alcohol. Consumers mistakenly conclude these drinks are “safer”, but they contain 5-7% alcohol, the same as beer. Recent studies have shown that the use of alcohol by females has become more similar to that of males. In fact, young women are more likely to engage in binge drinking, and differences in the way the female body processes alcohol make girls and women more susceptible to alcohol poisoning and other health problems, such as liver and heart disease. Read about the problems associated with drinking during pregnancy on p. 3, as well as the ways CRC seeks to meet the special needs of women through the Women's Outreach program on p. 2.



CRC supports the efforts of Ohio Attorney General Marc Dann and officials in 28 other states, who have called for greater regulation of the alcohol industries' advertisements. Of special concern are those ads suggesting that the drink can produce health benefits, such as those alcoholic beverages enhanced with caffeine and other stimulants that claim to boost energy.

“Ask your doctor if ... is right for you.” Research reported in the most recent issue of the New England Journal of Medicine noted a 330% increase in advertising spending by pharmaceutical companies in the past decade. At the same time, the sale of narcotic painkillers is up 90% due to changes in pain management philosophies and an aging population, as well as increased marketing of these drugs.

CRC is concerned about the large number of clients seeking treatment for alcohol and other drug problems, who are also dependent on prescription medications. We want to collaborate with local physicians to address this growing problem. I invite doctors to call me at 513.735.8100 for more information on ways to become involved with these efforts. I look forward to hearing from you.

Steven M. Goldsberry, LISW, LICDC
President & CEO, Clermont Recovery Center

News in Brief:

Help for Families and Friends

Addiction is a family disease affecting not only the person who is alcoholic or drug dependent, but friends and family members as well.

“Paying attention to those 4 or 5 people, as well as their addicted family member will increase the likelihood of a successful recovery,” according to the Charles Curie of SAMHSA. Recognizing the importance of this support, CRC offers a Family and Friends Group on Thursdays 6-9 pm.

CRC is able to offer child care on a limited basis. Children between the ages of 6 weeks and 11 years old are eligible for care while parents are in groups or individual sessions. Services are available on a first come, first serve basis, and reservations are required at least 24 hours in advance. More information about these services may be obtained by calling CRC at 513.735.8100.

“Think Outside the Stigma”

For the past six months, The Ohio Statewide Stigma Reduction Steering Committee and Edward Howard have developed this campaign to change the public’s understanding of addiction and mental illness. Barbara Adams Marin, Communications Coordinator at CRC, who served on the committee said, “Addiction and mental illnesses hurt, and so does the stigma associated with these problems. Addiction and mental illnesses are brain diseases that can affect anyone. These problems don’t discriminate, and neither should we.” The official kick-off for the campaign is October 30, when core groups will meet with legislators in Columbus.

National Medicine Abuse Awareness Month

August was National Medicine Abuse Awareness Month, highlighting a growing problem among young people. All medicines, even those sold “over the counter” such as cough syrup, can be abused if they are:

- used for a purpose other than the intended use
- not taken according to the directions
- used in combination with other medications, foods, or alcohol

The abuse of prescription pain medications and tranquilizers is of special concern in Clermont County. CRC is working with local doctors to confirm the need for these prescriptions, and to ensure proper monitoring and coordinated treatment for clients with abuse or addiction problems who are also taking these medications.

Women’s Outreach Program

“I’m not a miracle worker, but I’ll try my best.” That’s the message Janet Monk gives to clients. A counselor with CRC’s Women’s Outreach Program, Janet helps women eliminate barriers to their recovery and connect to needed resources. She stays in contact with clients, collaborates with probation officers, and works with the drug education program at the Clermont County Jail. Janet may also be found at the Business and Workforce Resource Center providing information on addiction, depression and stress, budgeting and job seeking.

“Each case is demanding and unique,” says Janet, whose schedule might include taking a woman to Dress for Success as she prepares for a job interview, exploring options for housing assistance, or driving a woman to a doctor’s appointment. “Help with transportation is a big thing”, she says, “That’s why I have a lot of 100 mile days.” Her car becomes her office, where she and her clients spend time talking, developing relationships, and exploring issues and problems on a deeper level as she “just drives”.

Janet helps women eliminate barriers to their recovery and connect to needed resources.

One client, a former crack user and graduate of CRC, was pregnant and needed transportation to her doctor’s appointments. The client was at high risk to relapse, having lost her job while caring for her mother during the final stages of cancer. In the car, they would talk about loss and survival, along with the constant struggle and stress of living sober. The client told her there were times she could have gone back to crack, but she tried to keep it together for her baby. In addition to driving her to the doctor, Janet helped the client access the food pantry and find help to pay her rent. The connection with Janet and being able to “just talk” helped her.

Another client, an alcoholic in her 40s, needed transportation to CRC and meetings with her probation officer. While driving, they talked about changes in relationships, career options, spirituality, and sobriety. Janet noted there were a few occasions where there was a trace of alcohol, but she didn’t let it snowball. Gradually, the woman began “putting all the pieces together”. She lost weight, found a job, left her boyfriend, and joined a new church. Along the way, the woman began helping others with her craft work. During a time of many changes, including several different counselors, Janet provided a constant source of support for her recovery.

“The outcome isn’t always positive, but at the end of the day, you’ve made connections with people. A few people who have become sober and successful keep me going, hoping I’ll have a positive impact.” says Janet.



News from Washington, DC

Progress on Parity

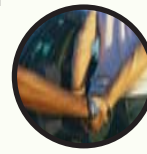
Important legislation ensuring that persons with addictions and mental illness have equal access to care has passed through congressional committees with major bipartisan support. *The Mental Health Parity Act of 2007 (S. 558)* and the *Paul Wellstone Mental Health and Addiction Equity Act of 2007 (HR 1424)* propose requiring group insurance providers to offer benefits for mental health and addiction services on the same terms as care for other diseases and would close loopholes that impose higher out of pocket costs and limits on access to services.

What's in a Name?

More than you might think, according to Sen. Joe Biden (D-Del.), sponsor of the *Recognizing Addiction as a Disease Act of 2007* which also passed through committee. This bill would change the names of federal research institutes to emphasize addiction as a preventable and treatable disease. The "National Institute on Drug Abuse" would become the "National Institute on Diseases of Addiction" (NIDA) and the "National Institute on Alcohol Abuse and Alcoholism" would be known as the "National Institute on Alcohol Disorders and Health". Sen. Biden hopes the names changes would also help to remove the stigma associated with addiction — a factor that often keeps people from seeking the help they need.

Dealing With Repeat DUI Offenders

Recent tragic events again placed the issue of driving under the influence of alcohol on the front pages of the newspapers, reminding the public of the huge cost to individuals, their families, and the entire community of mixing drinking and driving. These incidents also renewed the arguments about how to best deal with the problem of impaired drivers on our roads,



especially drivers repeatedly cited for

DUI. Clermont County Sheriff A. J.

"Tim" Rodenberg recognized the

importance of early intervention

and treatment for alcohol and

drug abuse, while at the same time

strictly enforcing laws to ensure public

safety. Working together, law enforcement

agencies, the courts, and treatment

providers can help to break through the

denial and stigma that often accompanies

alcohol problems and discourages

people from getting the help they need.

CRC successfully collaborates with law

enforcement and the courts, including the

DUI court, which can reduce the costly toll of

DUIs on individuals and the community.

CRC Spotlight

**Janet Monk, Women's
Outreach Specialist**

With CRC:

Since 2005

Job Description:

Provides alcohol and other drug education, outreach, case management services, training and consultation with the Women's Outreach Grant.

On her job:

"I have a degree in Fine Arts, but art is a very solitary profession, and I knew early on that I wanted to have more interaction with others. I have been in the field of drug prevention for over 30 years, mostly working in Clermont County where I also live."

On CRC:

"At CRC, I've learned so much, and I am now qualified as an Ohio Certified Prevention Specialist I. The employees are wonderful to work with, and I enjoy the clients as well. Every day is an adventure!"

What others say:

"Janet does an amazing job balancing all that the outreach position requires. The women she works with really seem to respond to her calming presence. Janet cares a lot about the people she works with, and it shows!" Jenny Weaver, Prevention Coordinator.



Not a Single Drop

Unfortunately, many women ignore the important warning label on alcoholic beverages about drinking during pregnancy, sometimes with devastating consequences for their unborn children. *Not a Single Drop* is a campaign to increase awareness of the risks associated with alcohol use during pregnancy. According to the campaign, the simple, but hard lesson to learn is: when mom drinks, baby drinks as well.



Alcohol use in pregnancy is linked to a wide range of disorders, including Fetal Alcohol Syndrome (FAS), a permanent condition resulting in growth deficiencies, a special pattern of facial features, and signs of central nervous system damage. FAS is not passed on genetically or restricted to races or ethnic groups. It is caused by drinking during pregnancy, and alcohol can affect the development of the fetus at all stages of pregnancy.

... when mom drinks, baby drinks as well.

Children do not "outgrow" FAS and they may need life-long support. In fact, those with FAS are at greater risk for secondary disabilities such as mental health issues, school or employment problems, legal problems including incarceration, inappropriate sexual behaviors, and alcohol and drug problems. It is estimated that as many as 114,000 Ohioans live with some form of Fetal Alcohol Syndrome Disorders (FASD). The total cost to Ohioans to treat FASD is about \$300 million per year. The tragedy is that these disorders are 100% preventable by abstaining from all alcohol during pregnancy. And, bottom line, there is no proven safe amount to consume.

For more information, please visit www.notasingledrop.org or call 800.788.7254.

September

National Alcohol & Drug Recovery Month
Join the Voices of Recovery –
Saving Lives, Saving Dollars.
www.recoverymonth.gov

3 – Labor Day

October

18 – Kick-off Event for Red-Ribbon Week
 Sponsored by The Drug Free Coalition
 Union Township Civic Center, 6:30-8:30 pm
 Contact Jimmi McIntosh at 513.735.8500

21 – Racing for Recovery: 6th Annual Halloween 5K, 10K & Fun Walk
 9:00 am, Lourdes College, Sylvania, OH
 Contact Todd Crandle at 419.824.84662
 or toll-free at 866.SOBERO1
www.racingforrecoveryhalf.com

22-26 – Red Ribbon Week Activities
 Contact Jimmi McIntosh at 513.735.8500

25 – UC Clermont Health Fair, 10 – 2 pm.
 Contact Sharman Willmore, Allied Health
 Director at: 513.732.5296 or email:
willmose@email.uc.edu.

30 – Kick-off for “Think Outside the Stigma” Campaign with Legislators in Columbus

31 – Happy Halloween!

November

6 – Election Day – Don’t forget to vote!

22 – Happy Thanksgiving!

Summer Fun with a Drug-free Focus



Thanks to a mini-grant from the Greater Cincinnati Foundation, “Summertime Kids” continued the after school prevention programs for about 42 Clermont County children. In addition to the regular groups, three weeks of fun activities with a drug-free theme were offered to all school-age children. CRC staff led activities and games to develop team work, self-control and communication skills. Building decision-making and anger-management skills, increasing the ability to work with others, and learning to resist peer pressure are important ways to increase the protective factors that keep kids away from alcohol and drugs. The ever-popular “Fear Factor” invited children to explore mystery foods wrapped up like special presents — illustrating the idea that something such as smoking cigarettes or drinking alcohol, might look good from the outside, but can turn “ugly” once into it. In addition, the children created an “anti-boredom book” by writing down the rules for the different games they learned. Discovering new interests and learning to solve the problem of boredom also helps kids stay drug-free. “Giving children in high-risk communities positive activities for their spare time is so important,” said Jenny Weaver, Prevention Coordinator for CRC.

Now it’s back to school for the CRC team of prevention specialists. In addition to working with students as part of the health curriculum, the prevention team holds evening programs for parents, family nights, and provides information to students to take home. Parents should be aware of the impact of their own words and actions on their children. “Kids are never too young for parents to talk with them about alcohol and other drugs in age appropriate ways,” according to Ms. Weaver. Additional information about any of CRC’s prevention, intervention or treatment programs may be obtained by calling 513.735.8100.


 Bringing Hope. Guiding To Wellness.
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The message of this year’s campaign, “Saving Lives, Saving Dollars”, is simple — substance abuse and additions affect millions of Americans, and treatment saves lives and is cost effective, benefiting individuals and communities alike. The Office of National Drug Control Policy estimates the total economic cost of the consequences of drug abuse in the US was about \$180.9 million in 2002 — equivalent or higher than the costs of heart disease, cancer, diabetes, stroke or Alzheimer’s disease. Columbia University’s report *Shovelling Up: The Impact of Substance Abuse on State Budgets*, reported that for every dollar states spend, only four cents was used to fund prevention and treatment programs. The remaining 96 cents paid for the impact of substance abuse on schools, Medicaid, child welfare, adult and juvenile justice systems, mental health and highway safety. Treatment costs 1.5 times less than incarcerating a person for a drug-related crime. Research indicates an economic return of \$ 7 for every dollar spent on treatment, and overall, substance abuse treatment saves taxpayers an estimated \$9.177 per person treated. Spreading the encouraging message that additions are treatable and recovery is possible is important to everyone. For more information, please visit the Recovery Month web site at www.recoverymonth.gov, or call 800.662.HELP.

September is National Alcohol and Drug Addiction Recovery Month