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CLERMONT RECOVERY CENTER, INC.

News & Views

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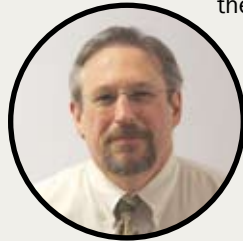
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"You've Got Drugs"

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.

Reflections & Resolutions

A new year is a time of reflections and resolutions for individuals and organizations alike.

CRC had a special opportunity to examine every aspect of the organization during the recent CARF survey, completed in December. I am pleased to report that CRC received a 3 year accreditation from CARF for its Prevention, Adolescent Treatment, and Adult Treatment programs. CRC's Prevention programs were rated "exemplary" for the creative and enthusiastic efforts that go "way beyond to help the kids" and to enhance the lives of parents. CARF accreditation is important recognition of high quality services, and I congratulate the CRC staff on this significant accomplishment.



While the CARF team was on site for only three days, we spent months preparing for the visit, learning not only what we do well, but also areas we need to improve. CRC will continue to analyze the results of our self-study and the comments from the CARF team in order to better serve the community. It was also a year of transitions and significant restructuring, and CRC is poised to meet the challenges that lie ahead. I invite you to read CRC's inaugural *Report to the Community 2007* for a more in-depth look at our agency's programs and financial picture. The report, included with this issue of *News & Views*, also introduces CRC's dedicated team of highly qualified professionals.

Among the challenges facing CRC is the growing number of clients needing treatment for prescription drug addictions. Working with these clients requires collaboration with physicians and other agencies to develop appropriate treatment plans, and CRC has established effective partnerships with other health care providers, to enhance the quality of overall care for our clients. While this practice reflects CRC's commitment to individualized treatment and quality care, it is often a time consuming and labor intensive process. CRC will continue to look at ways to reduce the longer waiting lists.

More information on the problem of prescription drug abuse and the role of "rogue" Internet pharmacies is included in *News & Views*. The DEA estimates that 95% of online pharmaceutical sales are controlled substances, such as pain medications, tranquilizers, and stimulants, compared with just 11% of sales in "brick and mortar" stores. While Federal regulations have not kept pace with Internet sales and marketing technologies currently, Congress is considering new legislation. Also, be sure to read the tips for disposing of unused or out-dated medications. Best wishes for a healthy and happy 2008!

A handwritten signature in black ink, reading "Steven M. Goldsberry, LISW, LICDC".

Steven M. Goldsberry, LISW, LICDC

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



News in Brief:

Tina Lytle – Winner of the 2007 Ida Kennard Award

Tina Lytle is this year's recipient of the Ida Kennard Distinguished Service Award given by the Clermont Mental Health & Recovery Board at its annual dinner on October 29, 2007. Tina is the Director of Resident Services for the Thomaston Woods Apartments in Amelia. In nominating her, Jenny Weaver, Prevention Coordinator at CRC, cited Tina's efforts to improve the lives of the residents in the Thomaston Woods community through her support of prevention services and her positive involvement with the children and their families. Tina's efforts go far beyond her job description, and her spirit, enthusiasm and commitment are greatly appreciated.

Congratulations Tina – and Thank You!
Pictured above, from left to right: Jenny Weaver, Prevention Coordinator at CRC, and Tina Lytle.



Help for Soldiers and their Families

Recent research conducted at the Walter Reed Army Institute of Research suggests symptoms of addiction and depression may be worse months after soldiers arrive home. Initial screening of troops returning to the US found that 17% showed symptoms of post-traumatic stress disorder, depression or relationship issues. When researchers screened these troops again six months later, about 33% of the soldiers studied reported problems. The study also noted that too few were referred to treatment for their mental health or addiction problems. Information about the variety of resources available to veterans in Ohio may be obtained from the Ohio VA Medical Facility in Cincinnati (513.861.3100), the VA Center Readjustment Counseling Service (513.763.3500), the OHIOCARES program with the Ohio National Guard (800.761.0868), or by calling CRC (735.8100).

(Source: www.jointogether.org – a resource for news coverage, resources and advocacy tools related to drug and alcohol policy, prevention and treatment.)

Medication Use Safety Training – a MUST for Seniors™

Prescription drug abuse among the aging population is increasing, in part because seniors often have more health issues, see a doctor more frequently, and receive more prescriptions than other age groups. The National Council on Patient Information and Education sponsors the MUST for Seniors™ program designed to promote safe and appropriate medication use for older adults. The program seeks to educate older adults about medication misuse, recognizing and managing common side effects, and knowing how to avoid medication errors. The MUST for Seniors™ program is available on line at www.mustforseniors.org.

Update on Rx Drug Abuse



The problem of prescription drug abuse isn't going away. Nationwide, the DEA estimated that 25-30% of the overall drug problem involves prescription drugs, making abuse of "medicines" second only to marijuana and cocaine. NIDA reported that approximately 50% of all emergency room visits for drug related problems are connected to prescription drug misuse or accidental overdose. A high percentage of CRC clients have abused prescription medications and the number diagnosed with addictions to prescribed drugs has increased.

Often, prescription drugs are perceived to be safer than "street drugs" because they are obtained from doctors and pharmacies, not "dealers". However, Rx drugs are strong, pure substances with potentially serious side effects, including impairment, dependence, addiction, even death. "Doubling up", cutting or crushing tablets, and using for longer than necessary can lead unwittingly to dependence on medications. Pharmaceutical manufacturers have developed ways to reduce the potential for abuse, such as extended release or crush-resistant products and mixing active ingredients so that these cannot be extracted for abuse. Combining prescription medications with alcohol, marijuana or other drugs is especially dangerous.

Prescription drugs can be less expensive and easier to get than illegal drugs. According to SAMHSA Administrator Terry Cline, PhD, "Most prescription drug abusers say they get access to these drugs through a friend or relative." Sharing medications may seem harmless, but only a health professional should decide what the best and safest treatment is. Most people do not realize that giving medications to family or friends is illegal, and considered a felony offense, just like selling drugs to someone else. Other illegal activities include forging or altering prescriptions and "doctor shopping".

The 2006 Monitoring the Future Study of teen drug abuse indicates the abuse of Rx drugs is increasing. As many as one out of ten 12th graders report abusing narcotic pain relievers during the past year, and 6.4 % of all students reported some non-medicinal use of prescription drugs. Young people report it is easier to obtain Rx drugs than to risk buying illegal drugs on the street, and 52 % believe that prescription pain killers are "available everywhere". Up to 17 % of adults over 60 may be affected by prescription abuse. Older adults have more health problems than the general population, and often have multiple treatment providers. Problems associated with aging can make managing medications challenging, and rates of non-compliance with directions are high among senior citizens.



Individuals often fail to recognize potential risks of dependence with prescription drugs. Effective communication between health care professionals is vital to safe and appropriate treatment when prescription drugs are involved. CRC seeks to collaborate with physicians to share information and develop treatment plans that consider medical, mental health and addiction issues together.

Citations: 1] CASA White Paper "You've got Drugs" (NIDA community Drug Alert Bulletin NIH Publication #05-5580, September 2005, www.drugabuse.gov/drugpages/prescription.html). 2] NIDA Notes/vol 21 no. 2 Meeting Reviews Progress on Prescription Opioid Misuse

Proper Disposal of Prescription Drugs

- Remove unused, unneeded or expired Rx drugs from their original containers and throw in the trash.
- Flush Rx drugs down the toilet only if the label or patient information specifically states this is safe.
- Mix Rx drugs with an undesirable substance such as, used coffee grounds

- or kitty litter, and place in a non-descript container in the trash to discourage drug diversion.
- Support community take-back programs that allow the public to bring unused Rx drugs to a central location for proper disposal.

Source: www.theantidrug.com/druginfo.

“Think Outside the Stigma”

Ohio has a new statewide message aimed at reducing the stigma faced by many citizens coping with drug addiction and mental illness. The campaign, “Think Outside the Stigma” was rolled out as part of a Legislative Day hosted by the Ohio Department of Alcohol and Drug Addiction Services in Columbus on October 30, 2007.

Tom Coderre, National Field Director for “Faces and Voices of Recovery” and ODADAS Director Angela Cornelius stressed that alcohol and other drug addictions and mental illnesses are treatable brain diseases that can affect anyone. Individuals with addiction and mental illness can and do recover, and should not be discriminated against. Members of the community in recovery, state legislators, representatives of county mental health and addiction services boards, staff from provider agencies and other advocates were on hand to echo their statements. Thousands of Ohioans are afraid to seek the treatment they need and deserve because of the stigma they face. Director Cornelius remarked, “No one chooses to have diabetes, heart disease, cancer, or a host of other diseases and thus, no one chooses to have an addiction. When Ohio reduces the stigma associated with substance abuse and mental illness, individuals can receive the services they need to live full and productive lives. The bottom line is that treatment works, people recover, and Ohioans are worth the investment.”

Attending the event were Karen Scherra, Executive Director of the Clermont County Mental Health and Recovery Board, Barbara Adams Marin, Communications Coordinator at CRC and a member of the state-wide stigma reduction task force, and Monika Carrington from Amelia. They discussed this important issue with area legislators, Rep. Joe Uecker, Rep. Danny R. Bubb, and Sen. Tom Niehaus.



From left:
Monika Carrington
from Amelia, Donna
Conley, director of Ohio
Citizen Advocates,
Rep. Tom Coderre,
Barbara Adams Marin,
communications
coordinator at CRC
and Karen Scherra,
executive director of
the CCMHRB.

CRC Spotlight

Barbara Adams Marin,
Communications Coordinator

With CRC:

Since May 2007

Job Description:

I wear two hats at CRC. My administrative responsibilities include preparing the quarterly newsletter and press releases, representing CRC on state and local committees and at community events, and monitoring quality assurance and corporate compliance. On the clinical side, I collaborate with local health care professionals about prescription medications, lead the SARRP group, assess clients, and meet with clients individually.

On Her Job:

I enjoy using my teaching, counseling, and communication skills to make a difference for individuals and the community, and to help make CRC the best it can be. As a passionate advocate for those who need treatment, I embrace opportunities to inform the community and to fight the stigma associated with addictions.

On CRC:

Belief in the dignity of each individual and the importance of personal growth guides this agency. I am fortunate to work with creative, flexible and supportive colleagues who are committed to providing quality care. I love coming to work everyday!

What others say:

“Barbara is always willing to listen,” comments Cathy McClain, MA, PCC, SC, CRC Clinical Supervisor. “She is passionate about helping people. Co-workers quickly recognize her respect of the individual and how this impacts the clients and CRC as an organization.”



Legislative News From Columbus, OH

Reps. Ted Celeste and John Peterson introduced a comprehensive insurance parity bill – HB 384, known as the Equal Access Bill. This bill would require the same insurance coverage for the treatment of addiction and mental illnesses as is provided for other chronic illnesses, and would also eliminate the discriminatory practices of higher co-pays and limits on the type of services and length of treatment. The Equal Access Bill boasts 23 co-sponsors and is headed to formal hearings in the House. Pending federal legislation does not prohibit states from enacting their own, stricter requirements.

Also under consideration is House Bill 80, which would require state agencies to award contracts for public improvements to companies participating in a specified drug-free workplace program.

The Ohio Senate has passed SB 171 increasing the penalties for repeat DUI offenders, and the bill is now under consideration in the House. The bill includes incarceration, fines, and alcohol monitoring ignition locks or bracelets. Part of the bill provides mandatory blood alcohol tests for drivers with two or more drug/alcohol convictions, and would hold law enforcement officials immune from civil or criminal liability in the use of “any reasonable means necessary” to administer those tests. The bill also includes a public accessible database of all DUI offenders having five or more DUI convictions.

Details of Ohio legislation may be found at: www.legislature.state.oh.us/bills.cfm



Legislative News Washington, D.C.

The Senate and House of Representatives have passed different versions of insurance parity legislation. The House version – The Paul Wellstone Mental Health and Addiction Equity Act of 2007 (HR 1424) – is more comprehensive, and has the support of nearly 60% of the House. Critics of the Senate bill say that it does not go far enough. Congress must work out the differences before heading for a vote.

Senators Jeff Sessions (R-Alabama) and Diane Feinstein (D-California) have introduced the Online Pharmacy Consumer Protection Act of 2007 (S. 980). The bill would prohibit the distribution of controlled substances over the Internet without an original, written prescription based on a doctor’s face to face examination and would require online pharmacies to register with the Attorney General. To track this bill, visit: www.govtrack.us.

A law requiring Medicaid prescriptions to be written on tamper-resistant prescription pads now will take effect in March 2008 in order to allow providers more time to prepare and to avoid disrupting patient care. The new prescription pads are designed to reduce the use of unauthorized, altered or counterfeit prescriptions.

“You’ve Got Drugs” – Prescriptions on the Internet

The Internet has transformed the way we shop, offering access to a variety of products and services from all over the world. Buying medications on-line may offer convenience, reduced costs and greater privacy, but there are significant safety risks as well. *Buyer beware!* The drugs may look the same, but actually may be contaminated, expired, or counterfeit substances that do not contain the type or exact amount of the drug stated.



Not surprisingly, the growth of the Internet has provided a new market for drug abuse as well. The number of sites advertising controlled substances increased 135% since last year. According to a study conducted by CASA in May 2007, there were 581 on-line pharmacies. The exact number is hard to pin down because these pharmacies come and go quickly. Some are “portals” – sites that don’t actually sell drugs, but direct the consumer to “anchor” sites that do. Suspect sites often advertise free samples or trial offers, and some may even send email reminders about refills.

Of the 187 identified “anchor” sites, 84 % did not require a prescription and half were located outside the US. At these “rogue” pharmacies anyone, including children, can obtain controlled substances over the Internet – no prescription or ID is necessary, only a good story and a credit card. A “diagnosis” is obtained over the telephone free of charge, or customers are referred to “script doctors” who charge to write a prescription before the on-line pharmacy fills it. Customers dependent on pain killers, sedatives, or stimulants can turn easily to online services for refills, eliminating the need for “doctor shopping” and the risk of getting caught. “Rogue pharmacies” also encourage forged or altered prescriptions and multiple-use as well.

Legitimate online pharmacies operate like traditional stores, and require a valid prescription from a doctor. Certification by the National Association of Boards of Pharmacy under the Verified Internet Pharmacy Practice Sites™ program ensures that an online pharmacy is reputable, and complies with all regulations to ensure consumer safety and best practice. Both Walgreen’s and CVS have received accreditation for their mail-order pharmacy services through VIPPS. New legislation to regulate the on-line sale of prescription drugs is being considered in Congress now.

March

National Social Work Month –

The Power of Social Work – Pass It On
www.socialworkers.org
www.mentalhealth.samhsa.gov

National Caffeine Awareness Month
www.caffeineawareness.org

16-22 – National Inhalants & Poisons

Awareness Week
www.inhalants.org
 Drug & Poison Information Center:
 513.636.5111 (24 hrs) or 800.222.1222

April

National Alcohol Awareness Month
www.ncadi.samhsa.gov/seasonal/aprilalcohol/

3 – Town Hall Meeting: “Think Outside the

Sigma 2008: Underage Drinking Prevention”
 6:30 PM, Union Township Civic Center,
 Queen City Room. For More info., please contact
 Jimmi McIntosh at 513.735.8300.

7 – National Alcohol Screening Day

To find local screenings, please visit:
www.recoveryctr.org.



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