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CLERMONT RECOVERY CENTER, INC.

News & Views

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Dates To Remember

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.

Teamwork Is Key



It's been said, "it takes a village to raise a child". At CRC, we know it takes a community to address the problems of alcohol and drug addiction. We are proud of our collaborations with other county organizations such as the Mental Health & Recovery Board, law enforcement agencies, the Clermont County courts, and other health and social service agencies. And, we understand the value of looking at the same problems from different perspectives, as we join with our community partners to balance multiple needs and shrinking resources, or weigh the benefits of recovery for individuals and their families against concerns for public safety. From our point of view, addiction is a serious, complicated, and treatable health issue, and we are pleased to see a mandate for assessment and treatment included in the tougher DUI sanctions aimed at improving public safety. Details of the new law are on p. 2.

In order to more effectively address addiction in conjunction with other health problems and strengthen our ties with the local medical community, we are pleased to welcome Dr. Marc Whitsett to our staff as a medical consultant. Other new members have joined our team – meet them all on p. 3. The strength of our staff comes from their diverse backgrounds, training and collective expertise. We will celebrate the dedication and commitment of the entire CRC staff on Addiction Professionals Day, September 20. While our clients may have similar issues, we understand that effective treatment cannot be "one size fits all". CRC now offers a new day time IOP group in addition to other specialized treatment groups.

Summer weather is still with us, and you will find tips for enjoying outdoor activities safely on p. 3. But, September – Recovery Month – is almost here. This year's theme seeks to put real faces on addiction and recovery, and to address the stigma individuals with addiction encounter as they attempt to rebuild their lives. Look for more information and local activities on our website. Election activities will be in full swing again soon. Information on how to register to vote is on p. 2. We encourage you to learn about the issues, and then to vote on Election Day.

And, we're glad to have you on our team. If you have questions or comments for us, please contact me or Barbara Adams Marin, our Communications Coordinator, at 735.8100. Perhaps you are interested in being more involved – CRC is looking for new members for our volunteer Board of Directors, and we'd like to hear from you. Remember, it takes a community, and we're all in it together.

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



September
Is Recovery
Month

**Addiction
Professionals Day
Is September 20**

News in Brief

September—National Alcohol & Addiction Recovery Month

“Join the Voices for Recovery: Real People, Real Recovery”

Recovery Month activities will celebrate the impact that real people and real recovery stories have in helping everyone understand

addiction as a chronic disease that can be effectively treated. When people with substance use disorders, their families and treatment providers share the success stories, it empowers others to take the necessary steps towards recovery and a renewed life. By raising

awareness and educating the public, the campaign also hopes to reduce the stigma faced by many with addictions as they seek to return to the community as contributing members. If you would like to share your story, contact Barbara at CRC to learn how you can participate.

www.recoverymonth.gov

“Join the Voices for Recovery: Real People, Real Recovery”

“Not In My House”

A New Website for Parents:

www.drugfree.org/notinmyhouse

The Partnership for a Drug-Free America has joined with Abbott Pharmaceuticals to educate parents about the abuse of prescription drugs by teens. The new website offers information on adolescent slang and culture related to prescription drugs and signs of potential Rx drug abuse, as well as tips on restricting access to Rx medications and how to talk to teens. The 2006 National Survey on Drug Use and Health reported that the misuse of prescription drugs is second only to marijuana as the nation's most prevalent drug problem. According to the NSDUH study, 9% of youths aged 12-17 in the Clermont County region used pain relievers non-medically in the past year. More than half of teens who reported abusing prescription medications said they got the drugs at home, or from a parent, relative or friend.

Data: The NSDUH Report: www.oas.samsha.gov/substatereports



Controversy Over Tobacco Funds in Ohio

Ten years ago, the landmark settlement between state governments and tobacco companies was good news for efforts to curb smoking. However, there is growing disappointment among public health advocates as more states use the settlement dollars for other purposes. This spring, Gov. Ted Strickland seized \$230 million from the Ohio Tobacco Prevention Foundation to pay for an economic stimulus package and state lawmakers then shut down the tobacco-prevention charity. In June, a judge released \$7.9 million to support the Ohio Quits smoking cessation hotline and \$2.1 million to fund a new tobacco-prevention grant program. However, grants to community and school groups for healthy lifestyle programs, anti-smoking media campaigns, and smoking addiction research are at risk due to loss of funding. The foundation has challenged the governor's order in court.

Source: www.jointogether.org/news/funding/trends/2008.html

Legislative News

From Columbus—Stricter Penalties for Drunken Driving Signed by Gov. Strickland



Tighter sanctions for repeat OVI/OMWI offenders take effect September 30 in Ohio. Driving under the influence continues to be a major problem locally. SAMHSA reported that between 2004-2006, 15.7 % of Ohioans age 18 and older drove under the influence of alcohol at least once in the past year. The SAMHSA report also shows that nearly 1 in 20 adult drivers in Ohio drove under the influence illicit drugs or prescription drugs used non-medically. These figures are comparable to national statistics. In addition, data released by the National Highway Traffic Safety Administration reported that drivers with a measurable blood alcohol concentration at the time of a fatal crash were 4-8 times more likely to have had a conviction for driving while intoxicated within the past three years than drivers who had not been drinking.



Ohio's new law mandates blood, breath or urine tests for anyone with two or more OVI/OMWI offenses, and officers may employ “any reasonable means” to obtain a sample. Watercraft OVI offenses and other municipal or out of state violations that are equivalent to Ohio's OVMI law will now be counted as prior offenses and considered when imposing penalties. All convicted repeat OVI offenders must equip their vehicles with ignition interlock devices during the period of suspension. Some convicted offenders may be required to wear electronic monitoring devices that measure alcohol in the body (SCRAM) as well. In addition, the new law creates a public registry of offenders convicted of five or more OVI/OMWI offenses within 20 years with the Ohio Dept. of Public Safety.

Importantly, all offenders now must undergo an alcohol and drug abuse assessment and follow treatment recommendations. Studies show that access to treatment services in conjunction with appropriate community controls, including alcohol monitoring technology, can be effective in reducing drunken driving and highway fatalities associated with alcohol or drugs. Our next issue will feature a close-up look at how Clermont County's DUI Court—the first in the state—addresses this problem.

Sources: For the full text of the legislation, visit www.legislature.state.oh.us See also ODADAS Legislative Update, June 2008. For the SAMHSA report, go to www.samhsa.gov/newsroom/advisories/0804223939.aspx. CESAR from NHTSA, “Alcohol-Impaired Driving,” Traffic Safety Facts 2006 Data, March 2008. www.nhtsa.gov

Exercise Your Freedom: VOTE!

Confusion continues about whether individuals convicted of drug offenses can vote in Ohio. The basic answer is, yes – unless you are still in jail or prison for a felony, or the court has ruled that you cannot vote.

You may register to vote if you: 1] are a US citizen, 2] will be 18 years old by election day, 3] have been an Ohio resident for at least 30 days prior to election day.

Voter registration forms are available at libraries, Bureau of Motor Vehicle offices, Clermont County Board of Elections and other county locations. To register, you will need identification. The deadline to register to vote in the coming November elections is October 6, 2008. Contact Ohio Citizen Advocates at 800.229.1285 for help. Remember, “your vote is your voice”.

Source: Ohio Citizen Advocates, www.oca-ohio.org



Did You Know... The Risks of Combining Alcohol with Summer Fun

- Laws regarding operating a vehicle under the influence of alcohol or drugs also apply to boats, water skis, or other watercraft. (ORC 1547.11 & ORC 1547.111)
- Alcohol is a contributing factor in about 1/3 of all boating fatalities, and in up to 80% of all boating accidents according to the National Transportation Safety Board.
- Alcohol is a factor in 38% of all drowning deaths and in 40-50% of diving injuries.
- Impairment from alcohol use occurs at levels well below the legal limit of intoxication (0.08 BAC). Poor judgment and the loss of inhibitions are noticeable at BAC of 0.02 (or 1 drink in one hour), and at BAC of 0.05 (about 2.5 drinks in one hour), there is a loss of small muscle control and a slower reaction time. Impaired individuals take more risks and can misjudge swimming distances, water depth, or their ability to operate a boat safely.
- Alcohol is a diuretic and promotes dehydration, thus concentrating alcohol in the body more quickly. Combined with sweating in the hot sun, it may take only 1/3 the usual amount of alcohol to get the same effect.



Protect yourself with safe choices. Drink plenty of non-alcoholic fluids in hot weather, especially when engaging in exercise or sports. Consider the risks of combining alcohol with your recreational activities. Choose designated drivers for your car, boat or jet ski. Remember to wear sunscreen and approved life jackets, too. Don't let alcohol or drugs spoil your fun in the sun!

Source: www.ncadd.org and www.niaaa.nih.gov

CRC Spotlight

Jason Maurath, IOP Counselor

With CRC:

Since February 2007

Job Description:

Counselor for the specialized Intensive Outpatient group connected to Clermont Common Pleas Court and funded by the Health Foundation of Greater Cincinnati.

On His Job:

The favorite part of my day is always group. I have always been the biggest supporter of the power of group and being able to witness that on a daily basis is always amazing.

On CRC:

I enjoy the wide variety of treatment options available. I feel that all the counselors at CRC have a great passion for their jobs and the clients.

What others say:

"Jason has a great sense of humor."

— Jim Ehrenfels, Counselor.

"Jason is always ready and willing to help."

— LaRae Roach and Beth Schleuter, Counselors.

"Jason has earned respect not only from the staff, but also from his IOP clients."

— Tammy Walters, Medical Records.



New Faces, New Roles at CRC

Welcome to our new staff, from top to bottom – 1] **Jen Price**, counselor; **Melissa Kozinn**, counselor for MDFT; **Lisa Smith**, case manager; **Beth Schleuter**, adult IOP counselor; and **David Elberfeld**, teacher in the Cross Roads Day Treatment Program. Not pictured are student interns Amanda Stratton from Xavier University and Shannon Jordan from Southern State Community College, who are currently working at CRC.

2] **Pat Neal** is now doing assessments at the Clermont County Jail and CCC for the specialized IOP program funded by the Health Foundation of Greater Cincinnati. **Mary Gibson** was promoted to clinical supervisor. Mary supervises the IOP and Step-Down programs and oversees the grant from the Health Foundation to work with Clermont Common Pleas Court.

3] **Dr. Marc Whitsett, MD** has joined CRC as a consultant on addiction and pain medication issues. Dr. Whitsett is Board Certified in Internal Medicine and is certified by the American Society of Addiction Medicine. He is the past medical director of the Deaconess Recovery Center and the former medical director of Drake Hospital's Occupational Health Program. Dr. Whitsett has served as an expert witness regarding chemical dependency issues for the Bureau of Worker's Compensation and he has assisted the Ohio State Medical Board regarding Health Professional assessment in issues of impairment. He continues to provide expert assistance regarding pain and addiction issues, including medication and drug utilization, for the BWC. Dr. Whitsett is currently an independent medical examiner with Disability and Occupational Consultants and a staff physician for Concentra Occupational Medicine.



CRC Goes to the Fair Rochelle Jones, Prevention Specialist, and David Elberfeld, teacher with the Day Treatment Program talk with visitors to the Clermont County Fair in July. CRC distributed information regarding alcohol and drug issues and mental health concerns at the Clermont County Mental Health & Recovery Board's booth.



An Ounce of Prevention

Clermont Youth Speak: How Young People View Life in Our Community

by Jenny Weaver, MPH, Coordinator of Prevention Services

I invite you to attend a special event that will reveal important information about young people in Clermont County. On Wednesday, September 17 from 6:30-8:30 pm, learn about how kids view their opportunities, choices, and support systems in our county. A variety of topics will be discussed, including health, how young people spend their time, their commitment to learning, and other positive behaviors. We will also look at areas of their lives that many youth report need improvement. The event will be held at UC Clermont College in Batavia.

Research has identified 40 key building blocks or "assets" that all young people need to grow up healthy, caring, and successful. Nationally, kids report having (on average) 19 of the 40 assets. The Asset Builders Alliance, funded by United Way, conducted the Search Institute's Attitudes and Behaviors (Assets) Survey in October 2007. The goal was to establish a baseline for our community – to identify areas that need our attention as a community and to celebrate our strengths. Almost 700 seventh and eleventh graders from Clermont County participated. Come and find out what Clermont County youth have to say!

Many organizations are involved in this project, including Clermont 20/20, The Mental Health Association of Southwest Ohio, the ASAP Center, Eastern Area YWCA, UWGC Easter Area, TRIO Programs, Boys and Girls Clubs, and CRC, among others.

Join the process! Be part of shaping how this will look in your neighborhood! For more information or to register, visit the Clermont 20/20 website www.clermont2020.org or contact Frankie Hughart at 513.753.9222.



Clermont Youth Speak: How Young People View Life in Our Community

**Wednesday, Sept. 17
6:30-8:30 pm**

**UC Clermont College
in Batavia**

- August**
- 13-29 – Over the Limit - Under Arrest**
Anti-drunk driving campaign throughout Clermont County. Sponsored by the State Highway Patrol.
- 30 – CRC Closed (for Labor Day weekend)**
- September**
- National Alcohol & Drug Addiction Recovery Month:**
"Join the Voices for Recovery: Real People, Real Recovery"
- 1 – Labor Day, CRC Closed**
- 10 – Candlelight Vigil for Suicide Prevention**
Contact Liz Atwell at 513.752.7040 or email: eatwell@afsp.org
- 17 – How Young People View Clermont County,**
6:30-8:30pm at UC Clermont College in Batavia.
For more information or to register, please visit: www.clermont2020.org or call Frankie Hughart at 513.753-9222.
- 20 – Addiction Professionals Day**
- 23 – Red Ribbon Event**
Union Township Civic Center, 6pm. Sponsored by the Clermont County Drug Free Coalition.
- October**
- 6 – Last Day to Register To Vote**
In the November Election. See "Exercise Your Freedom" VOTE, p. 2.
- 19 – "Out of the Darkness" Community Walk for Suicide Prevention**
Union Township's Veterans Memorial Park, 12 noon. For more information, call 513.752.7040 or email: eatwell@afsp.org. Hosted by the Clermont County Suicide Prevention Coalition.



CRC

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