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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.

## "The Best of Times, The Worst of Times"



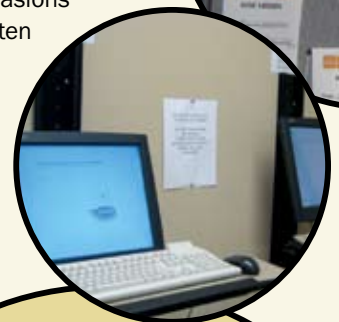
As we head into cooler weather and approach the holiday season, I look back on the challenges of a hot, dry summer with sky-rocketing gasoline and food prices and an autumn colored by wind storms and economic insecurity. We are keenly aware of the difficulties these events created especially for our clients and their families. In an effort to help with the cost of getting to and from services,

CRC began an incentive program for clients who regularly attend scheduled appointments and treatment groups. Also, to encourage clients to support each other's recovery, the lobby now has an old-fashioned ride board where clients can post requests or offers to share rides to and from the agency. We hope these efforts, along with our assistance for public transportation, sliding fee scale and other payment options, may help ease the burden for those seeking help from us. There is a small silver lining to the economic cloud hanging over us – insurance parity for addiction and mental health services was signed into law as part of the rescue legislation passed by Congress. Details are on p. 2.

Looking to the future, CRC has invested in new technology to upgrade the telephone system and switch to electronic medical records. Electronic records can ensure accuracy, streamline paperwork, and allow ready access to the most current information. For those waiting in the lobby, we have installed a flat screen television to provide current information on a wide range of topics pertaining to health, wellness, safety, and parenting skills.

The busy holiday season is just ahead. While these special occasions can be happy times to celebrate with family and friends, too often the holidays also are filled with stress, worry, and fatigue. This issue's "Ounce of Prevention" offers some tips to help keep this year's holidays enjoyable and hassle free. Everyone at CRC joins me in thanking you for your continued interest and support of our work to prevent and treat addiction. Best wishes for a holiday season filled with joy and peace.

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



**December Is National  
Drunk & Drugged Driving  
Prevention Month**

# Legislative News

## Parity Passes as Part of the Emergency Economic Stabilization Act

After nearly twelve years of effort, the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008 became law. Earlier this year, the House and Senate each passed separate versions of legislation aimed at eliminating insurance discrimination for people in need of addiction or mental health treatment. After a compromise between the two bills was worked out, the legislation became mired in a stand-off over funding. With time running out, it seemed unlikely that the funding differences could be settled before the end of the congressional session. Unexpectedly, the parity legislation became part of the funding package in the financial stabilization bill approved by Congress and signed by President Bush on October 3, 2008.

The new law represents a major step towards ending arbitrary and discriminatory restrictions on mental health and addiction coverage. Private insurance paid for just 10% of the addiction treatment provided in 2003, resulting in higher costs for the public sector. Numerous studies have shown that providing coverage for addiction treatment does not significantly raise insurance premiums and is associated with long-term health care savings. Senators Sherrod Brown and George Voinovich, as well as Rep. Jean Schmidt, all voted in favor of the legislation.

### Key provisions include:

- **Health plans that provide mental health or substance use disorder benefits must set the same financial requirements (deductibles, co-pays, coinsurance, etc.) and treatment limitations (frequency of treatment, days of coverage, lifetime limits, etc.) for those disorders that apply to other medical and surgical conditions.**
- **Out of network benefits for mental health or substance use disorders must match those provided for medical or surgical benefits.**
- **Stronger state versions of parity laws are protected.**
- **Plans must provide customers with the terms of the medical necessity criteria and reasons for denials.**
- **The Government Accountability Office will monitor coverage rates, excluded diagnoses, and costs to guard against unfair medical management.**

Source: NAADAC, [capwiz.com/naadac/issues/alert/?alertid=11436441](http://capwiz.com/naadac/issues/alert/?alertid=11436441)

# Alcohol & Drug Use: Trends Among Youth



Although the 2007 *Monitoring the Future Study* of teen drug use reported a gradual decline in illicit drug use by American teens overall, data from the National Survey on Drug Use and Health showed an increase in the abuse of prescription drugs. Misuse of prescription pain relievers was cited as a growing public health problem nationally, with 4.9% of the population age 12 and over stating they had abused pain relievers in the past year. The only other illicit drug with a greater prevalence of use in the past year was marijuana. Groups with the highest increase were young people aged 18-25, followed by youth age 12-17. Results for the local sub-state region (includes Clermont, Brown and Warren/Clinton counties) and for Ohio is shown in the table below.

The National Survey on Drug Use and Health (NSDUH) (percentage reporting use)	Sub-state Region Age 12-17	Ohio Age 12-17	Sub-state Region Age 18-25	Ohio Age 18-25
Any illicit drug use in past month	10.88%	9.92%	19.91%	19.62%
Marijuana use in past month	8.48%	6.97%	15.95%	16.59%
Use of illicit drugs (not marijuana)	5.38%	4.86%	9.14%	8.24%
Marijuana use in past year	14.42%	13.61%	15.95%	16.59%
Non-medical use of pain relievers in past year	9.03%	7.26%	14.81%	13.79%

The National Center on Addiction and Substance Abuse (Columbia University) reported that, for the first time, more teens said prescription drugs were easier to buy than beer. Almost half the teens (46%) said painkillers are the most commonly abused prescription drug among teens. When asked where they get their drugs, 65 % said from friends, home, parents or the medicine cabinet. Only 9% reported buying the drugs on the street.



Alcohol continues to be widely used and abused in Ohio by underage drinkers. Slightly more than 30% of Ohio youth aged 12-20 reported drinking alcohol in the past month, and over 21% of Ohio youth aged 12-20 reported binge drinking in the past month. The Student Drug Use Survey reported that 21.7% of 7-12th graders in Clermont County stated they drank alcohol on a regular basis in the past month. The average student had his/her first drink before age 13, and 1 of 16 underage drinkers state they were given alcohol by a parent or guardian in the past month.

The Ohio Substance Abuse Monitoring Network recently confirmed that prescription drug abuse in combination with alcohol abuse is on the rise among Ohio youth. OSAMN also reported no significant change in marijuana use, citing marijuana as the most commonly abused illicit drug among adolescents with consistently high levels of use statewide.

Sources: NSDUH Survey results: [www.oas.samhsa.gov](http://www.oas.samhsa.gov); National Survey of American Attitudes on Substance Abuse XIII: Teens and Parents, [www.casacolumbia.org](http://www.casacolumbia.org); SAMHSA Report on Underage Drinking, [www.oas.samhsa.gov/underage2k8/toc.htm](http://www.oas.samhsa.gov/underage2k8/toc.htm); Ohio Substance Abuse Monitoring Network, [www.med.wright.edu/citar/osam.html](http://www.med.wright.edu/citar/osam.html); [www.drugfreecincinnati.org/uploadedFiles/Survey](http://www.drugfreecincinnati.org/uploadedFiles/Survey)

# An Ounce of Prevention Celebrating the Holidays

by Jenny Weaver, MPH, Coordinator of Prevention Services



A few years ago, I was doing some prevention work with a group of first graders. At that age, you talk about what's healthy to put in your body and what's not. One little boy proudly told me, "My Mommy told me it was never OK to use drugs because they're bad for you." I smiled and said how great it was they'd talked about that. He said, "Yep, it's never OK to use drugs...except on New Years Eve."

Did the boy's Mom mean to imply that substance use was necessary for a big celebration? Probably not. But, from a very early age, kids see and hear what goes on in their families, and this forms the basis for their later decisions around substance use.

While the holidays are filled with lots of joys and stressors, these special occasions can also be times to reinforce prevention messages given year round. Here are some ideas for the holiday season:

- Avoid making alcohol the focus of family and social events. Have fun with music, games, and conversation.
- If you plan to serve alcoholic beverages, also offer plenty of non-alcoholic choices as well. Make sure alcoholic drinks are not available to young people.
- The holidays are a great time for establishing traditions. On Thanksgiving, have everyone go around and share what they're thankful for – serious or silly!

Traditions strengthen family bonds. Strong family connectedness makes talking about tough issues, like substance use, a little easier.

- If your teens or college aged kids will be going out with friends, make it clear that you expect them not to use drugs or alcohol.
- For more ideas, visit SAMHSA's Healthy Holidays web site at: [ncadi.samhsa.gov/seasonal/healthyholiday/host.aspx](http://ncadi.samhsa.gov/seasonal/healthyholiday/host.aspx)



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**November**

**4 – Election Day**  
"Your vote is your voice."

**5 – Wellness Fair**  
UC Clermont College, 10:00 am-2:00 pm in the student lounge. For more information, contact Sharmar Willmore at 513-732-5296 or [willmose@email.uc.edu](mailto:willmose@email.uc.edu)

**20 – Great American Smoke-Out**  
Sponsored by The American Cancer Society, call 800-227-2345 for local information on quitlines.

**27-28 – CRC Closed for Thanksgiving**

**December**

**National Drunk & Drugged Driving Prevention Month**  
National Highway & Traffic Safety Admin.  
Contact Lt. Randy McElfresh, State Highway Patrol at 513-735-1510 or [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov)

**25 – CRC Closed for Christmas**

**January 2009**

**1 – CRC Closed for New Year's Day**

**HAPPY NEW YEAR!**

**DATES TO REMEMBER**

# Alcohol Poisoning. Do You Know the Signs?

Some people laugh at others who are drunk, or think it's funny when they pass out. Tragically, heavy drinking, especially binge drinking, can lead to alcohol poisoning—a potentially fatal condition. Alcohol depresses nerves that control involuntary actions such as breathing and the gag reflex. Someone who has consumed an excessive amount of alcohol may vomit and, then choke or asphyxiate. A person's blood alcohol concentration can continue to increase even after he or she passes out. The person may actually slip into a coma as the respiratory center of the brain is affected.



If you suspect alcohol overdose, don't be afraid to seek medical help—call 911. Do not wait for all the symptoms to be present!

Source: [www.collegedrinkingprevention.gov](http://www.collegedrinkingprevention.gov)

Know  
when to call  
911.

## Look for these signs:

- **Vomiting**
- **Seizures**
- **Mental confusion, stupor, coma or the person cannot be roused**
- **Slow breathing (fewer than 8 breaths per minute)**
- **Irregular breathing (10 seconds or more between breaths)**
- **Hypothermia (low body temperature), bluish skin color, paleness**

## CRC Spotlight

**Kathy Menard,**  
**Fiscal Staff Member**



### With CRC:

Since December 1999

### Job Description:

Accounts payable, payroll, collections, and posting client payments, plus new employee orientations and benefits enrollment.

### On Her Job:

I had decided that I wanted to go into social work—then I took an accounting class and that instantly changed everything. Working here gives me the best of both worlds.

### On CRC:

My first day at CRC I felt like I had “come home” and I still feel that way. I believe in what we do and I like that we always keep the welfare of our clients as a priority. I've made some wonderful friends while I've been here also.

### What others say:

“Kathy is the perfect ‘first impression’ for new employees.”

— Phyllis Suttles, Insurance Specialist

“She is dependable, reliable, pays great attention to detail, and has a kind word and smile for everyone.”

— Jim Ehrenfels, Counselor

“Kathy deals with every employee at CRC, yet [she] always remembers the details of my particular concerns.”

— Rochelle Jones, Prevention Specialist

## What's New at CRC

### Alcohol, Drugs, and Addiction 101

Teens face tough choices about alcohol and drugs. *Alcohol, Drugs, and Addiction 101* is a new program available free of charge to Clermont County schools as an addition to a health or wellness class. The two-part program aims to help teens be able to make good decisions and protect the things they value. Information presented includes: how alcohol and drugs affect the body and brain, how to deal with stress, peer pressure, and other problems without substances, and how to get help if they or someone they care about has a problem with drugs or alcohol. For more information, contact Melissa Kaetzel at 513.735-8125 or [Melissa@recoveryctr.org](mailto:Melissa@recoveryctr.org).

### Welcome!

CRC welcomes these new staff members! 1] Patricia Clark, Counselor; 2] Shannon Jordan, Counselor; and 3] Diane Potter, Support Staff.

### By the Numbers

Various surveys have reported that prescription drug abuse is on the rise across the nation. The estimated value of drugs seized in the Oct. 9, 2008 arrests of 61 persons in Clermont County illustrates these trends. The estimated value of all prescription drugs was \$197,005—three times greater than the value of all “street drugs” seized (\$61,975). Different prescription pain killers were valued at \$184,385, of which 37% was OxyContin® valued at \$68,920. Seven percent were sedatives such as Valium®, Xanax® or Klonopin® valued at \$12,620. Marijuana was valued at just \$25, but “black tar” heroin—a substitute for the stronger pain killers—was valued at \$61,300.

Source: *Milford-Miami Advertiser*, October 15, 2008.



### Out and About

Janet Monk, Prevention Specialist gets ready to share information about preventing prescription medication abuse at the Health and Safety Fair sponsored by Clermont Senior Services on October 17.

