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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.

Hard Times For All Of Us

It's no secret that Ohio's economy is struggling in the wake of the national recession, and it was a disappointing and stressful end to the year for many folks in our community. Like many of you, we at CRC have had to tighten our belts as we face significant cuts in funding from the state. Attempting to balance the budget, Gov. Strickland recently announced further cuts to state agencies, resulting in a total reduction of 10.5% in funding for the Ohio Department of Alcohol and Drug Addiction Services. While ODADAS was able to absorb some of these cuts, reductions to the current allocations totaling 4.47% were passed on to the local level.



Even more distressing are the bleak projections for 2009, in which Gov. Strickland estimates that a 25% across the board cut may be necessary to balance the two year budget cycle beginning on July 1. While the governor emphasized that this is his "worst case scenario", he recently pressed President Obama for more federal assistance to Ohio. ODADAS Director Angela Cornelius Dawson stated that she wants "Ohioans to have an honest understanding of the budget climate we face and the next steps that may need to occur", as she outlined potential reductions to prevention services and the loss of alcohol and drug treatment services to over 10,000 consumers.

At CRC, I am working closely with our community partners to minimize the impact of the state cuts to our consumers, and to provide the best, most comprehensive services possible during these hard economic times. I pledge to continue exploring ways CRC can help ease the burden for our clients as well. In an effort to reduce costs internally and help the environment as well, we are offering our printed newsletter via email. If you are interested in receiving an eNewsletter, please email us at newsletter@recoveryctr.org.

Involvement with the criminal justice system can be the critical point for intervention with addicts. It is rare that an addict has a "light bulb moment" and says, 'This is crazy, I need to stop.' and then, seeks treatment. More often, involvement with the court or probation and the possibility of going to jail or prison creates an opportunity to break through an addict's defense systems and confront the denial. I support CRC's continued collaboration with the criminal justice system in Clermont County to take advantage of this "reachable moment". I am pleased to announce that CRC will provide enhanced services to the Clermont County DUI Court through a grant to the Clermont County Mental Health & Recovery Board from the Health Foundation of Greater Cincinnati. Look for more details on p. 3.

Each new year brings the promise of renewal and the hope of better days ahead. As we enter 2009, the CRC staff and I wish you health and prosperity in the months ahead.

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



News In Brief

TV Guide "Not Cute"

The Coalition for a Drug Free Cincinnati has released a series of 30-second public service announcements focusing on the dangers of underage drinking. The campaign, "There's Nothing Cute About Underage Drinking", currently airs on local TV stations. Executive Director Holly J. Molony said, "Many parents do not see the harm in allowing their kids to drink, as long as they are in what they consider a 'safe' environment. We hope that by helping parents visualize their children in a bar with a drink in their hand, they realize the potential immediate and lifelong consequences of underage drinking and the need to act." In contrast, The Center on Alcohol Marketing and Youth reported in 2006 and 2007, the alcohol industry did not fund any "responsibility messages" about underage drinking on television. CAMY estimated that between 2001-2007, youth ages 12-20 were 22 times more likely to see an alcohol product ad than a safety message warning of the dangers of underage drinking or drinking and driving. Also, SAMHSA reported that 6% of underage drinkers report they were given alcohol by a parent or guardian in the past month, and that adults (21 or older) provided free alcohol to more than 40% of the underage drinkers.

The alcohol industry needs to fund "responsibility messages" about underage drinking.

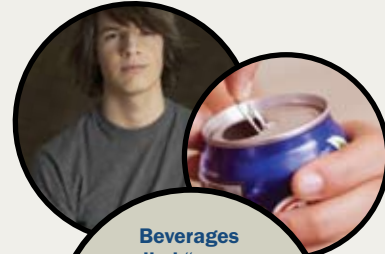


www.drugfreecincinnati.org/notcute
www.oas.samhsa.gov/underage2k8/toc.htm
www.camy.org

Energy Drink or "Alco-pop"?

Can You Tell The Difference?

Recent media references to "Joe Six-Pack" illustrate how pervasive and accepted the use of alcohol has become in the US. Just as drinking now is seen as a "normal" part of American life, the use of other substances (including prescription drugs and natural products) to enhance the "quality of life" has gained greater acceptance as well, as evidenced by the proliferation of ads promoting these products and huge increases in sales. Beverages called "energy drinks" containing large amounts of stimulants appeared on the market in recent years with sales now totaling over \$3.2 billion.



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Of particular concern are the so called "alco-pops" — sweet tasting, brightly colored malt beverages combined with stimulants including caffeine, guarana, taurine, and ginseng — which appeal to teenage drinkers.



These drinks sold under brand names such as, "Sparks", "Steel Reserve" or "Joose", contain 6-9% alcohol, (making them stronger than beer — 4%), as well as 400 mg of caffeine (more than 2 cups of coffee) plus other stimulants which mask the effects of alcohol. Labeled "a serious energy drink" and selling for about \$2 a can, ads for "Sparks" promote the connection between alcohol and partying or fun with slogans like, "say hello to a night of fun" or "you can sleep when you're 30". Reviewers on the internet report, "You are feeling pretty good for less than a fiver." Details of the ingredients are listed in the fine print on the side of the can, which can be confusing to store clerks and parents, making it easier for those under 21 to buy and consume these products.

The alcohol industry was accused of deliberately creating brand confusion to blur the distinction between alcoholic and non-alcoholic energy drinks. Attorney generals from 29 states and the Center for Science in the Public Interest filed a lawsuit alleging that the drinks violated the consumer protection statutes by making misleading health related statements and failing to disclose potential consequences of combining alcohol and stimulants, as well as marketing directly to those under 21. Pressure led Anheuser-Busch to pull its "Bud-E" and "Tilt" brands earlier this year. In December, the Wall Street Journal reported that MillerCoors announced it will stop producing alcohol beverages containing stimulants, and re-formulate its top-selling "Sparks" brand.

MillerCoors also agreed to end some marketing strategies that appeared to be aimed at underage drinkers, including content on the Sparks website. David Rosenbloom of Join Together hailed the settlement's marketing reforms, saying, "We hope that this settlement will really lead to the end of the company's efforts to sell alco-pops to underage audiences with youth-oriented marketing strategies." While the action by these major manufacturers is encouraging, there are still over 200 varieties of "alco-pops" on the market.

Sources: www.jointogether.org, www.marininstitute.org, www.drinkersworld.com, Toledo Blade: August 13, 2007, and Columbus Dispatch: August 15, 2007.

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Maine's Attorney General Steve Rowe said, "[Alco-pops] are popular with young people who wrongly believe that the caffeine will counteract the intoxicating effects of the alcohol." Zach, an internet reviewer, described feeling "like you can go run five miles, so the drunk feeling you get from this is pretty cool". The higher alcohol levels in these drinks are masked by the stimulants, thus, drinkers may not feel impaired even when their BAC is high. Dr. Marie Claire O'Brien of the Wake Forest University-Baptist Medical Center suggests that the "staggered effect" of the substances allows young people to be "wide awake drunk". Because they drink more without passing out and still feel alert, young people often take dangerous risks after consuming "Alco-pops". Doctors in the country's emergency departments are concerned because they see an increase in the number of patients under age 21 with alcohol poisoning.

Legislative News from Columbus, OH

State legislators have sent HB 215 to Gov. Strickland for his signature. The bill will add Salvia Divinorum and its derivative,

Salvinorin A, to the list of Schedule I Controlled Substances, ranking this hallucinogenic herb with marijuana and hashish.



Source: Ohio Association of County Behavioral Health Authorities "Up to the Minute" e-news, December 24, 2008

CRC Spotlight

Tina Gullet, Supervisor, Support Staff

With CRC:

5-1/2 years

Job Description:

Supervise support staff, answer phones, schedule appointments, prepare group rosters and check-in clients, and several other miscellaneous duties too numerous to mention.



On her Job:

I enjoy my job—it is very fulfilling and rewarding. I think it is great to see changes in the clients after they start treatment.

On CRC:

CRC is a great place to work. My co-workers care about their jobs, the clients and their co-workers.

What others say:

"I'm amazed at the number of clients who Tina knows by name. As the first person many clients encounter, Tina's warmth, kindness, and empathic presence is often the beginning of the healing process."
— Harv Stricklin, Adult Counselor

"Tina is the glue that holds us all together."
— Janet Monk, Women's Outreach Specialist

"Tina treats everyone as an individual, making them feel comfortable and welcome at CRC."
— Tammy Collins, Support Staff

"Tina is our encyclopedia; if you need to know something, anything – ask Tina."
— Doris Sigel, Adult Counselor

The DUI Court Program

The DUI Court Program is a rigorous, three-phase program to address addiction and public safety for multiple OVI offenders. Started in FY 2005 with funding from the Ohio Department of Public Safety in cooperation with the Ohio Supreme Court and ODADAS, the DUI Court Program is now a highly respected collaborative effort in Clermont County.

Partnering with the Clermont County Mental Health & Recovery Board, additional funds were obtained from the Health Foundation of Greater Cincinnati to enhance the services provided by CRC to the DUI Court Program. In October 2008, a three year grant was awarded to expedite the screening and assessment process and speed up entry into treatment. The grant also supports continuing care and family treatment groups, as well as additional case management in key life areas such as medical or mental health services, education or job skills, and employment. Services under the Health Foundation Enhancement Grant begin in January 2009.

According to Judge James A. Shriver, "DUI Court is changing the lives of individuals. The formation of a family treatment group through the Health Foundation Grant will help to further establish an additional foundation of stability and sobriety for both DUI Court participants and their family members. The emphasis on family involvement in the substance abuse treatment process provides a holistic approach to the disease of addiction." This sentiment was echoed by Mental Health & Recovery Board Executive Director Karen Scherra, who stated that "the ongoing partnership between the Court and the treatment system provides opportunities for those with alcohol and drug problems to achieve recovery and improve their family, employment and community relationships."

Key Components of the DUI Court Program include:

- Frequent and regular appearances before the judge.
- Close supervision by probation.
- Coordinated treatment and case management services.
- Mandatory periodic alcohol and drug testing.
- The use of incentives, graduated sanctions and other rehabilitative services which are reduced gradually as the individual demonstrates sobriety and responsible behavior.

Judge James A. Shriver, Clermont County Municipal Court

Our DUI Court Treatment Team

- 1] Lisa Smith, Case Management.
- 2] Jessica Denney, Assessments and Michael Jones, Counselor.
- 3] Judy Geese, Counselor.

CRC provided treatment services to 27 clients. Although fewer new clients were engaged than expected, 88% of the participants met all treatment targets in the areas of abstinence, education or employment and criminal justice. This number far exceeded the goal of 38% meeting the targets.

Profile of
DUI Court
Participants

Predominantly
male (87%).

Alcohol
is the primary
drug of choice. 57%
report sing another
drug regularly, 85%
of other drug use
is marijuana.

Average
number of
alcohol or drug
charges is 5.4
charges per
participant.

Share Your Thoughts About Alcohol And Other Drug Addiction Issues

President Obama is seeking your input on health care. Share your ideas, concerns, or suggestions by visiting: www.change.gov/agenda/health_care_agenda/

An Ounce of Prevention

Risks and Consequences

by Jenny Weaver, MPH, Coordinator of Prevention Services



Taking risks is part of growing up. Children may take risks by letting someone know they disagree with them or by introducing themselves to someone they don't know. As adults, sometimes we take these skills for granted. For example, we forget how hard it was to go to a school dance. We risked that no one would ask us to dance or someone would make fun of us. For children, these are big risks.

Adults can help young people to take healthy risks. It's important to do so because youth who don't grow and learn with positive challenging opportunities will look for other risks to take. If not guided toward healthy risks, some kids turn to alcohol, tobacco, and other illegal drugs to show that they can handle risky behavior. A desire to feel grown up, combined with media messages that promote use, can encourage this.

By stating and enforcing clear rules about substance use, you can ensure your child is less likely to view use as an acceptable risk.

Action Steps:

- 1 Establish the clear message that you do not want them to use tobacco, alcohol, and illegal drugs.
- 2 Help your child practice resisting peer pressure.
- 3 Help your child gain the skills to feel comfortable in social situations.
- 4 Teach your child to analyze media messages.

A great resource for information is "Keeping Youth Drug Free," a parents' guide to how to talk with children about substance use. It is available at no cost from the National Clearinghouse for Alcohol and other Drug Information. <http://ncadistore.samhsa.gov/catalog>



February

Focus is on Children of Alcoholics
Website for COA Teens:
www.nacoa.macrovol.com

Teens talk about the reality of living with alcoholic parents – visit this powerful new blog developed by NACoA's Cleveland Affiliate
Recovery Resources: www.shoutinginside.com

March

National Social Worker's Month
Building on Strengths
www.socialworkers.org

National Caffeine Awareness Month
www.caffeineawareness.org

15-21 – National Inhalants & Poisons Awareness Week

www.inhalants.org
Drug & Poison Information Center
513.613.5111 (24 hrs) or 800.222.1222

April

National Alcohol Awareness Month
www.ncadi.samhsa.gov/seasonal/aprilalcohol
Alcoholics Anonymous: www.aa.org
Al-Anon: www.al-anon.alateen.org
National Association for Children of Alcoholics: www.nacoa.org
Adult Children of Alcoholics: www.adultchildren.org



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