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CLERMONT RECOVERY CENTER, INC.

News & Views

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Recovery Is A Life Changing Event

How often do we think of recovery from an addiction as a positive experience—one that restores order and sanity to a life filled with chaos and dysfunction? If only recovery were that simple. While it is true that recovery from an addiction can bring many benefits, recovery is also a major life changing event. Before a person's physical health and mental well-being can be restored, there are painful emotional experiences and challenging realities to face as the havoc wreaked by addiction is cleared away.



As with other major changes, such as job loss, major illness, divorce or the death of a loved one, recovering from an addiction also involves significant losses that leave a big empty hole and trigger the grief process. For addicts, grief emerges in response to letting go of unhealthy personal relationships and the rituals associated with drug use, and importantly from the loss of their relationship with the substance itself. They will miss the distraction, relief, escape or intense high their drug of choice offered. The new sober lifestyle may seem alien and uncomfortable at first. On the road to recovery, addicts can experience all the stages of grief: denial, anger, bargaining, and depression before arriving at acceptance and the chance to know joy. I invite you to experience one woman's journey and read her farewell to her "best friend, Jack" on p. 2.

This issue coincides with activities marking both Alcohol Awareness Month and Mental Health Month. It is not unusual for the diseases of addiction and mental illness to be connected. CRC offers a special group for clients who are dually diagnosed, and we are working with our community partners to explore ways to best meet their needs. To learn more about these problems and the resources available in Clermont County, I encourage you to participate in events this spring, such as the Town Hall Meeting on underage drinking or the NAMI Walk to promote mental health awareness.

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

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**April is
National Alcohol
Awareness Month
May is
Mental Health Month**

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.

News In Brief

Non-Medical Use of Prescription Pain Relievers

SAMHSA's 2007 National Survey on Drug Use and Health show that 1.5 million young adults aged 18-25 and 3 million adults over age 26 report abusing a prescription pain reliever such as hydrocodone, oxycodone, or morphine within the past month. The Ohio Substance Abuse Monitoring Network (OSAM) confirms rising levels of abuse of these medications in rural Ohio, especially among young Caucasians aged 16-25. In some rural counties, illicit use of prescription pain relievers and other prescription drugs was rated as a major problem among juveniles, surpassed only by abuse of alcohol and marijuana. Coinciding with these trends in prescription drug abuse are increasing levels of heroin availability across the state. Heroin use among young Caucasians aged 16-30 is rising, and often follows abuse of opioid pain relievers. CRC has seen increases in both the abuse of prescription pain medications and heroin over the past year.

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Sources: OSAM-O-GRAM available on the ODADAS website: www.odadas.stateoh.us. The full NSDUH Report, "Trends in Nonmedical use of Prescription pain Relievers: 2002-2007" is available from the Office of Applied Studies at SAMHSA.

Drug Overdoses "Epidemic" in Ohio

According to information from the Ohio Department of Health, the leading cause of accidental deaths is no longer traffic crashes. Unintentional poisonings, usually the result of accidental drug overdoses, out-paced traffic fatalities in both 2006 and 2007. While some deaths are due to illegal drugs like heroin, most deaths result from abuse of prescription drugs. Health officials called drug overdoses "an epidemic in Ohio" and criticized state budget cuts for alcohol, drug and mental health treatment programs.

Source: Ohio Health Policy Review www.healthpolicyreview.org/dailireview/2009/04/drug-overdose-now-no-1-cause-of-...

Raising the Tax on Raising a Glass

California, New York and Massachusetts are considering raising taxes on alcohol as a way to fund prevention and treatment services. Supporters offer evidence that higher taxes also reduce problems, especially among underage drinkers. Ohio has not changed the tax on beer or wine since 1993, and its tax rate ranks 23rd in the nation. Ohio taxes on beer at 18 cents per gallon and wine at 30 cents per gallon are 62% and 38% of the national average respectively. Ohio does not dedicate any revenue from taxes on alcohol for addiction treatment.

Sources: www.jointogether.org/keyissues/taxes/ohio and www.jointogether.org/news/features/2009/states-serving-up-alcohol.html



A Farewell to "Jack Daniels"

April is National Alcohol Awareness Month. Here is one woman's farewell to her "best friend, Jack Daniels". The writer successfully completed a traditional outpatient program for women at CRC.

Dear Jack,

Well, it is time to say goodbye. We have had a long and complicated history. I fell in love with you when I was very young and have loved you for a long time. You became my full-time lover after Rusty was killed, and you were a faithful lover, I must admit. You kept me warm and fuzzy, and hid the truth from me, so that I did not have to face the loneliness all by myself. But now I cannot and do not love you as I once did.

My love for you got me arrested the night of my son's wedding. I was, as they say, "drunk as a skunk", and the Union Township Police did me a favor by catching me. When I got to court, Judge Hermann did me another favor and sent me to jail for three days, to Camp Allyn, for four days, and made me put a "Blow and Go" on my car. I realized that even though you were a faithful lover, I had been using you as a crutch for many long years, and you were not what I needed in my life.

I must admit that I miss you at times. I miss your taste and the warm glow that you gave me on lonely nights. Most of all, I miss your mellow voice telling me that I was OK and that everything was going to be better the next day. My family does not miss you at all. I can truthfully say that they hated you when our love affair was strongest because you made me stay away from them when I should have asked for help. You made my stupid pride rise so high, I truly believed that I could handle everything about my sad, lonely life with just you to guide me. But I was so wrong.

I am not going to say that it has been easy for me to be without you, but I can be alone now without being lonely. I can be with my family and not need you to make me feel included. I can laugh without you, play without you, and love without you. I take each day as it comes without turning to you for misguided assistance and affection that was a poor substitute for love.

Every day I pray to God for strength to continue my life without you and every Sunday I thank God for another week without you. As time goes by, I am sure there will be days when I will want to revive our affair, but that is not possible, Jack. That would be the end of me, and I am not ready to face the end just yet. So goodbye, my love. May we never meet again.

Not loving you today,

J

So goodbye, my love. May we never meet again.



To protect the identity of our client, this is not her actual picture.

“Drink responsibly” – What Does That Mean?

“Rethinking Drinking” is a new interactive website created by the National Institute of Alcohol Abuse and Alcoholism to help users define their drinking patterns, understand what “drink responsibly” means, and develop strategies for avoiding alcohol-related problems. Users can enter daily and weekly drinking amounts to determine how their consumption compares with “low risk” limits. The site also has a drink size chart and a content calculator to help determine a “standard” drink. “Rethinking Drinking” presents strategies to “space and pace” drinks, help identify external situations that may provoke drinking, and develop refusal and other coping skills. “Rethinking Drinking” is part of an effort to increase understanding of the array of alcohol related disorders and redefine the way terms such as “abuse” and “dependence” are used.

www.rethinkingdrinking.niaaa.nih.gov

Legislative News from Columbus, OH

- 1 Testifying before the Human Services Subcommittee of the House Finance Committee, the Ohio Association of County Behavioral Health Authorities (OACBHA), executive directors from the county mental health and addiction services boards, providers, and others expressed grave concern over proposed cuts to the budget for behavioral health services.

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The advocates emphasized the severe impact additional cuts will have at the local level, especially when the need for services is projected to increase due to the stress of economic uncertainty and rising unemployment. In a media statement, OACBHA affirmed the value of investing in treatment, citing a central Ohio study that concluded every \$1 spent on alcohol and other drug treatment results in an economic benefit of \$11 in savings to health care and criminal justice costs, as well as employment gains.

Source: www.oacbha.org e-newsletter, March 18, 2009 and April 1, 2009

- 2 Governor Strickland signed a measure repealing the Uniform Individual Accident and Sickness Policy Provision Law (UPPL) that allowed insurers to deny health coverage to individuals injured while under the influence of alcohol. Advocates of addiction screening and brief intervention programs lobbied for the repeal because they believe the UPPL laws deter doctors from screening patients out of fear their health care claims will be denied. ODADAS Director Angela Cornelius Dawson commented, “[the repeal] takes you one step closer to eliminating the stigma that surrounds the disease of addiction and it will help ensure all injured Ohioans receive timely and appropriate medical care.” Ohio became the 15th state to repeal the UPPL laws.

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Source: www.jointogether.org/news/headlines/inthenews/2009/ohio-legislature-repeals-uppl...1/22/2009

- 3 Judge David Fais of the Franklin County, Ohio Court of Common Pleas placed an injunction on the diversion of funds from the 1998 tobacco settlement. He stated Governor Strickland and the legislature acted illegally when they sought to take back \$230 million placed in an endowment fund for programs to reduce tobacco use. Judge Fais found that the decision to seize the tobacco settlement funds and reduce or eliminate tobacco prevention programs would cause profound harm to the health of the state’s citizens. The Ohio Tobacco Prevention Foundation’s programs have a strong record of success reducing smoking among middle and high school students. The lawsuit brought by the American Legacy Foundation will be decided in a trial starting April 14.



Source: www.news.yahoo.com/s/usnw/20090210/pl_usnw/ohio_ruling...2/11/2009

- 4 The Ohio Prosecutors Association backs a plan to eliminate some mandatory prison sentences for trafficking and possession of chemicals for the manufacture of drugs. Also, the plan would give judges greater flexibility to send second time drug offenders to drug treatment rather than back to prison. Possession or trafficking of a kilogram of powder cocaine and 20 kilograms of marijuana still would result in a mandatory prison sentence.

Source: *Columbus Dispatch*, March 24, 2009.

Reported by: www.jointogether.org/news/headlines/inthenews/2009/ohio-prosecutors-propose...3/26/2009

CRC Spotlight

**Jonathan Trauth, MDFT Counselor in
the Adolescent Program**

With CRC:

Since June 12, 2007

Job Description:

Multi-Dimensional Family Therapy is a unique program that focuses on individual sobriety, as well as educational, vocational, and spiritual needs for adolescents and their families. The goal is to help adolescents develop independence, and self-reliance while achieving a sober life style.



On his Job:

The flexibility of MDFT and the opportunity to have frequent contact with clients is helpful. We can bring the services they need to them and can avoid delays in beginning the recovery process.

On CRC:

CRC is the most exciting place to work and learn!

What others say:

“Jon provides a safe, non-judgmental ear to his clients, allowing them to talk about their troubles, fears and hopes.”

— Tammy Collins, Support Staff

“Jon is very dedicated and conscientious. He cares about the work he does and wants to do it well.”

— Kathy Puckett, Fiscal Staff

“Jon is upbeat, optimistic and always has a smile and a positive word to say!”

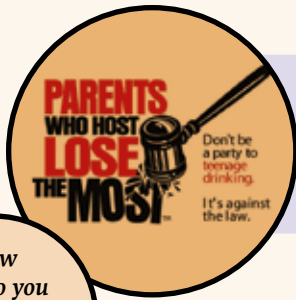
— Melissa Kaetzel, Prevention and Women’s Outreach Staff

News & Views Going Electronic

In an effort to cut costs, continue to inform the community, and go “green”, *News & Views* will soon be available electronically. We will continue to provide information regarding current alcohol and drug issues, research, and community concerns, as well as topics of interest locally and in Ohio. To receive our eNewsletter, please send your email address to: newsletter@recoveryctr.org.

An Ounce of Prevention

Is it ok for teens to drink at home as long as the parents give permission? Can teens drink at a party in your home as long as the parents take the car keys? How well do you know the laws regarding underage drinking and the consequences for "Parents Who Host"? Here are some facts compiled by the Drug Free Action Alliance to consider:



- **29% of teens and parents surveyed indicated they know of parents who host teen parties where alcohol is served**
- **25% of teens indicated they attended a party where alcohol was served in the past 2 months; parents thought the number was closer to 15%**
- **61% of teens said it is generally easy for them to get alcohol**

Source: Parents who Host, Lost the Most: Don't be a party to teenage drinking Evaluation report, January 2007

How well do you know the laws on underage drinking?

Studies by the Center on Alcohol Marketing and Youth and SAMHSA calculate that every day, 5,400 kids under age 16 have their first drink. Some research suggests that alcohol consumption by adolescents can result in brain damage and impaired intellectual development. Underage drinking cost Ohioans \$273 million in medical costs in 2005. We also know that adolescents drink less and have fewer alcohol-related problems when their parents use consistent discipline and set clear expectations. When drinking is delayed until age 21, a person's risk of serious alcohol problems is decreased by 70%.

Source: Parents who Host, Lose the Most: Underage Drinking Facts

High School graduation season accounts for the highest number of alcohol related underage accidents and deaths.



"Parents Who Host, Lose the Most" Town Hall Meeting, May 12th 6:00-8:00 pm

Soon it will be high school graduation season—a time to celebrate for sure, but also a time for the highest number of alcohol related underage accidents and deaths. Join the Clermont County Drug Free Coalition for a town hall discussion of underage drinking on May 12th from 6-8 pm at the Union Township Civic Center. What have you got to lose? Call 732.5400 for more information.



National Alcohol Awareness Month
 www.ncadi.samhsa.gov/seasonal/aprilalcohol
 • Alcoholics Anonymous: www.aa.org
 • Al-Anon: www.al-anon.alateen.org

April

Mental Health Month
 Mental Health Association of Southwest Ohio offers programs to help deal with the stress of tough economic times. For more information, call 513.721.2910.
 Other local contacts:
 Clermont Counseling Center
 513.947.7000 or www.clermontcounseling.org
 NAMI of Clermont County
 513.732.5419 or www.nami-cc.org

12 - "Parents Who Host Lose the Most"
 Information session and Town Hall Meeting about underage drinking.
 Union Township Civic Center, 4350 Alcholtz Rd.
 6:00-9:00 pm, Sponsored by the Clermont County Drug Free Coalition with support from the Drug Free Action Alliance. For more information call 732.5400.

16 - NAMI Wellness Walk/Kids Run
To promote mental health awareness
 Miami Meadows Park, 1546 St. Rt. 131, Milford
 Registration at 8:30 am-Walk/Kids Run at 9:30 am. For more information or to sign up, call the NAMI-CC office at 513.732.5419 or visit www.nami-cc.org

May

DATES TO REMEMBER