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CLERMONT RECOVERY CENTER, INC.

News & Views

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Thank You For A Successful Fall Festival & Anniversary Event!

As temperatures turned colder and the leaves began to fall, our ancestors made it a point to pause this time of year and give thanks for the season's bountiful harvest. Here at the Clermont Recovery Center, we feel akin to those ancestors and feel grateful for so many things.

We'd like to say thank you to our community, who supports our work in many ways. More than 150 people came to our 30th anniversary Open House and Fall Festival October 28, making it a wonderful event. Many of those attending were children, who enjoyed our Wizard of Oz-themed presentations. Each station featured a character from the story, and how that character related to stages of recovery. For example, the "Scarecrow" station explained the role the mind plays in treatment and recovery and the "Tin Man" display provided insight into the role of emotions in the process. This was our way to reach out to the community and educate them, shedding light on a subject many people believe is very scary. As our vice-president Jill Gomez said, "We're celebrating the season by un-frightening people!"

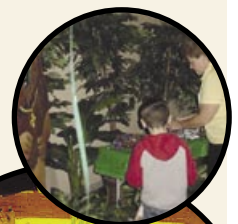
Thank you to our CRC staff, who decorated all of the larger rooms and did an astounding job. Thank you also to State Senator Tom Neihaus, who stopped by and presented an Ohio Senate proclamation of recognition to the agency for its 30 years of service. See photo above.

One of our primary goals is to educate the people of Clermont County on the realities of mental illness and substance abuse in our community, and provide pathways to wellness. This Open House was one way we've tried to reach those goals.

Finally, we'd like to say thanks to our many dedicated professionals at the Clermont Recovery Center for their passion and commitment to helping others, and to our clients who work daily on wellness and recovery. It is for you we have worked for 30 years and it is for you we will continue to serve.

Sincerely,

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



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Clermont Recovery Center, Inc. is a not-for-profit drug and alcohol prevention and treatment agency funded in part by the Clermont County Mental Health and Recovery Board.

News in Brief: CRC Adolescent Treatments Services Assist 25% More

Families in 2005



The Clermont Recovery Center served 180 families in 2005, an increase of 25 percent over last year, according to a report to Clermont County Mental Health and Recovery Board.

Other year end statistics:

- 144 families received Multi-Dimensional Family Therapy services
- 83 percent of 120 surveyed rated services good or excellent
- 90 percent of the same 120 reported abstinence or reduction in substance use
- 70 percent reported improvement in family relationships while in treatment
- 88 percent reported being enrolled in school
- 2,921 prevention surveys were completed in FY 2005. 95 percent “would recommend the program or service to others” and 95 percent rated services as “excellent” or “good.”

Study Shows Meth a Growing Crisis



Every week, news outlets report stories about illicit drug labs located in surprising places – local hotels, suburban homes, even cars and minivans. It’s all indicative of the growing crisis of methamphetamine abuse.

Methamphetamine is an addictive stimulant drug that strongly activates certain systems in the brain, and has a high potential for abuse and addiction. Initially, abuse was limited to a few urban areas in Hawaii and the West. Now, parts of the South and Midwest are experiencing increased incidences of this abuse and the crimes that surround it, according to the National Institute of Drug Abuse. And because the drug is man-made from household-type chemicals, meth labs are popping up in all sorts of places.

Between January and June 2005, the Ohio Substance Abuse Monitoring Network conducted an investigation on methamphetamine abuse to provide the Ohio Department of Alcohol and Drug Addiction Services with data needed to form policy and intervention. The study also provided a preliminary epidemiologic description of pathways to, and patterns of, methamphetamine abuse, the drug’s perceived availability, its negative consequences and treatment experiences. Locally, CRC has experienced a doubling in adult admissions with diagnoses of amphetamine dependence in 2005.

Street methamphetamine:

“speed,” “meth,” “chalk”.

Methamphetamine hydrochloride:

“ice,” “crystal,” “glass,” “tina”.

Regional Epidemiologists conducted audio-taped interviews with a total of 83 individuals in Akron (18), Cincinnati (19), Cleveland (8), Columbus (7), Dayton (17), Toledo (4), Youngstown (8), and the rural southeast (5) who had self-reported a recent history of methamphetamine abuse.

The majority of the participants were men and 83 percent were white, which fits the traditional profile for methamphetamine abuse, according to the National Institute of Drug Abuse. Participants ranged in age from 19 to 57 years; over half of the participants were between the ages of 19 and 29. Just over 70 percent of the participants were in recovery (some of them were interviewed in substance abuse treatment centers or correctional facilities). Almost 50 percent considered methamphetamine their primary drug of abuse. More than a third reported using the drug for two or less years. All participants, except six individuals interviewed in Cleveland, reported methamphetamine abuse within the past 12 months. About 30 percent of the participants reported using it within the past month. Intranasal inhalation and/or smoking were the most common routes of methamphetamine administration at the time of the last use. About 15 percent reported injecting the drug.

At this time, the most effective treatment for methamphetamine addiction is cognitive behavioral interventions. These approaches are designed to help modify the patient’s thinking, expectancies and behaviors and to increase skills in coping with various life stressors. Meth recovery support groups also appear to be effective adjuncts to behavioral interventions that can lead to long-term drug-free recovery. There are currently no particular pharmacological treatments for dependence on amphetamines or amphetamine-like drugs.

CRC, Coalition to Help Homeless

There are more than 1,000 homeless people living in Clermont County. Like you, many local public service agencies did not know this number until the Clermont County Affordable Housing Coalition conducted a study of homelessness this summer.

“These homeless are ‘transparent,’” said Rick Rotundo, member of the Coalition. “No one really sees them. This is a case of the haves and the have-nots. For one reason or another, many people don’t really want to see or think about the poor and homeless.”

The Coalition — made up of several agencies including CRC — has a goal to help these and other low-income families find affordable

housing. This includes involvement in Habitat for Humanity, Rotundo said. Habitat homes have already been built in Felicity and New Richmond. The group also writes grants and seeks federal funding to bring in new low-income housing facilities to the area.

The formation of the coalition built lines of communication that were sorely needed, Rotundo said. “So many of these groups didn’t know what the other agencies were doing, even if they were right around the corner. “These meetings force these agencies to get together and talk,” he said. “We can utilize existing resources and point people in the right direction.”

For more information, contact the CRC at 513.735.8100.



CRC Spotlight

Sarah Sacksteder, Clinician

“We get positive feedback [about her] all the time in our surveys from families,” said Jonathon League, CRC’s director of adolescent services. “Sarah’s name is always mentioned.”

A Drug Court liaison and counselor with Multi-Dimensional Family Therapy, Sacksteder works intensively with her clients, who number about 12 to 14 in any given week.

Through MDFT, it’s not just the teens who get her attention. Sessions are holistic in nature, held at CRC or in the client’s home, with his or her family, with a parole officer or teacher or other persons involved in the teen’s life. This kind of broad focus is needed for younger substance abusers, Sacksteder said.

“It’s a struggle to keep teens clean,” she said. “Results happen more slowly; it takes them a while to decide to be abstinent. It’s challenging but rewarding work.”

Sacksteder holds a master’s degree in counseling and a Professional Counselor’s license. She came to CRC after graduate school, where she had decided she needed to work with those seeking treatment for addictions and alcohol abuse. “When you work with these people... you can see results,” she said.

As Sacksteder’s supervisor, League sees first-hand her passion for her job and her desire to do more. “She’s just an all-around great clinician,” League said. “She has a great attitude and is a real team player. She will pitch in whenever we need her.”

Sacksteder said atmosphere at CRC makes her job even more enjoyable. “It’s a great work environment. We have excellent supervision, and there’s positive morale,” she said. “The biggest reason I’ve stayed here is that my co-workers are good people to work with.”

Coping with Holiday Stress

The holiday season is upon us, bringing with it company parties, nights out with friends and family get-togethers. This time of year presents special challenges to those coping with addictions and alcohol abuse problems.



Quite frequently, holiday stress can have you feeling that you’re at the end of your rope. “In November and December, we are faced with things that we don’t deal with any other time of the year,” said Jill Gomez, vice president of CRC. “We’re overwhelmed with food and drink, managing our time, and dealing with family issues. Often, we end up struggling with chronic stress.”

Food A big challenge during the holidays comes from the additional food choices, opportunities to overeat and celebrations that are centered around food that’s usually high fat and high calorie. The old diet mentality sets up unrealistic goals and says we must curb our urges to eat, drink and be merry. Of course, we inevitably end up eating what we want and then fall into the “guilt” mentality where we go for all-or-nothing thinking, Gomez said. “We say, I’ve already had these two cookies or this one drink, I might as well have some more. However the emphasis should be on making choices that reflect moderation,” Gomez stated.

Exercise Exercise can help you in a couple of ways during the holiday season. Exercise is helpful in relieving stress and maintaining a healthy weight as well. When your time is in demand, break from your rigid exercise schedule and get your exercise in varied ways. Walk in the morning before work, or in the evening with a friend. Don’t surrender that time for physical activity.

Alcohol “Some family get-togethers involve drinking,” Gomez said. “It is a difficult problem for those who are coping with alcoholism.” You know where the alcohol is, so be prepared. Gomez suggests trying a non-alcoholic beverage or “mocktail.” (See recipes on back cover). Even herbal teas can please. “There are so many drinks that don’t imitate alcoholic drinks, but are satisfying to the palate,” Gomez said.

Grief Emotions run high at this time of year. And if you are grieving over the loss of a loved one, a pet, or even a job, you cannot function at normal capacity. Decide what you can handle comfortably and let these needs be known to family, friends and relatives. And don’t be afraid to make changes that can make things less painful, things as simple as opening gifts at a different time, Gomez said. “It doesn’t make sense to pretend everything is the same when it is not,” she said.

Reflection Take time to reflect on what the holidays mean to you. Once you have determined what you truly want and need out of the holidays, it is much easier to let go of the perfect holiday scenario and let in a flexible, balanced lifestyle.

Check out www.aacincinnati.org for a calendar of AA-sponsored events including the Cincinnati Intergroup Alcañon, December 24-26.

DATES TO REMEMBER

November

National Drunk & Drugged Driving Month

17 — Great American Smokeout
www.cancer.org

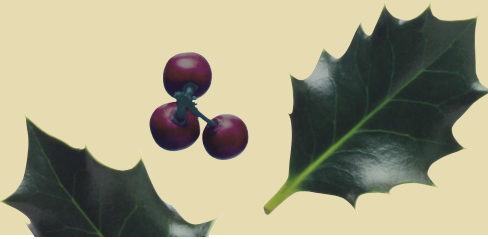
24 — Thanksgiving

December

24-26 — Cincinnati Intergroup Alcathon
www.aacincinnati.org

25 — Christmas

26 — Hanukkah/Kwanzaa Begins



Great American Smokeout®

CRC Participates in Great American Smokeout®

Clermont Recovery Center will participate in the 29th Annual Great American Smokeout® on Thursday, November 17th. This annual event, sponsored by the American Cancer Society, urges smokers to quit for just one day. After all, the benefits of quitting are immediate:

20 Minutes After Quitting, *your heart rate drops.*

12 Hours After Quitting, *carbon monoxide levels in your blood return to normal.*

Each year thousands use this event to stop smoking completely, and the health benefits continue:

2 Weeks to 3 Months After Quitting, *your heart attack risk begins to drop.*

1 to 9 Months After Quitting, *coughing and shortness of breath decrease.*

1 Year After Quitting, *your risk of heart disease is now half that of a smoker's.*

5 Years After Quitting, *your stroke risk is reduced to that of a nonsmoker's.*

10 Years After Quitting, *your lung cancer death rate is half that of a smoker's. Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.*

15 Years After Quitting, *your risk of heart disease is the same as someone who has never smoked.*

The Clermont Recovery Center's Tobacco Use Prevention and Intervention Program is entering its seventh year. CRC offers prevention programs to youth in grades K-12 in Clermont County Schools. For more information about the prevention of tobacco use or smoking cessation, please contact Jenny Weaver at 735-8100.

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Mocktail Recipes

Vienna Soother

In a cocktail shaker filled with ice, add 4 oz. cold strong coffee, 2 oz. cream, 1/4 oz. chocolate syrup and 1/2 tsp. cinnamon. Shake sharply and strain into tumbler. Top with whipped cream and shaved chocolate.

Tropical Spritzer

In a cocktail glass with ice, add 3 oz. mango juice and 3 oz. peach juice. Top with soda water and stir to mix. Garnish with star fruit.

