

Clermont Recovery Center, Inc.
1088 Wasserman Way, Suite C
Batavia, Ohio 45103
Phone: 513.735.8100
Fax: 513.735.8103
www.recoveryctr.org

CLERMONT RECOVERY CENTER, INC.

News & Views

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Dates to Remember

Mental Health Matters Levy Defeated...



On November 8, Clermont County voters defeated the Mental Health Levy. The levy provides funding for mental health and substance abuse services to children, adolescents and adults in our community. The County has had a mental health levy for twenty years, and the levy funds have allowed considerable growth in the array of services provided.

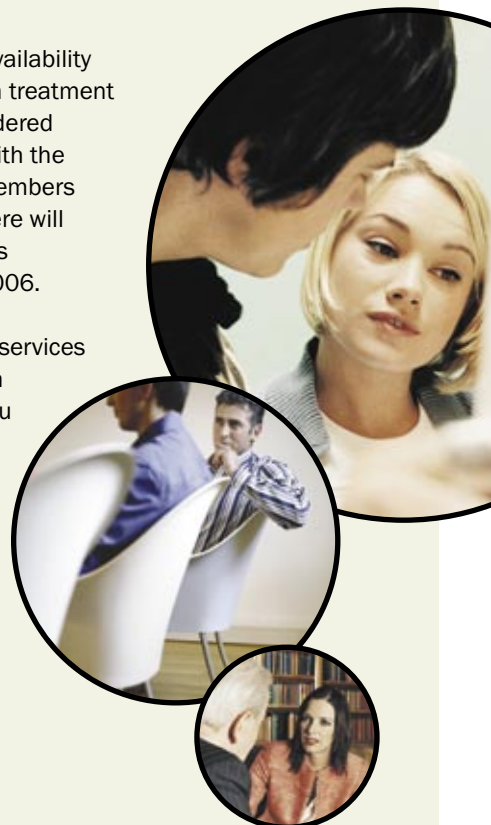
Clermont Recovery Center [CRC], along with our "sister" agencies, Child Focus Inc. and Clermont Counseling Center, are greatly affected by this vote. CRC is working with our local planning authority, the Clermont County Mental Health & Recovery Board, to assure that the downsizing that must now occur addresses the lack of funds while preserving the system in the most sensible manner. This is a difficult task, especially in light of the fact that funds cut three years ago due to state allocation reductions have not been replaced.

Clermont Recovery Center anticipates major cuts in the availability of adult treatment services and prevention efforts. Cuts in treatment services will likely result in capacity reduction for court-ordered participants and long waiting lists. Our agency will work with the Mental Health & Recovery Board and other community members to assure delivery of services to those in critical need. There will be further information available as the planning process is completed prior to the new fiscal year beginning July 1, 2006.

CRC will continue to innovate and provide "best practice" services in spite of this funding setback. We look forward with both trepidation and hope regarding this challenge, and ask you to join us in educating County residents about the impact of the levy failure and assisting with efforts to convince voters to return local funding to these very important community support systems.

Sincerely,

Steven M. Goldsberry, LISW, CCDCIII-E
President & CEO, Clermont Recovery Center



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: Growing Need

The need for drug and alcohol prevention, intervention and treatment in the community continues to grow.

At CRC, there were 239 adults on the waiting lists for assessment and treatment at the end of 2005, compared to 137 waiting for services at the same time the previous year. Approximately 161 were waiting for an assessment and 78 for treatment following assessment. Treatment slots are currently at capacity.

The Mental Health Care America monthly client surveys continue to reflect positive results.

October, 2005, surveys show that “the majority of respondents would recommend Clermont Recovery Center, Inc. to others” and the majority (86 percent) felt that they had very good or excellent overall care. CRC’s greatest strength was identified as staff interactions with clients. Clients report “staff is very concerned, professional, helpful and courteous.” Most areas of personal therapy are rated “very good.” Particularly strong is “availability of staff to talk with clients.”

Radio Talk Show

A nightly addiction-related talk show, “Recovery: Coast to Coast,” is now available nationally. The show originates at KLFE-1590 AM in Seattle. It runs from 10 p.m. to midnight and is available via streaming audio at www.recoverycoasttocoast.org. The show features in-studio interviews as well as listener call-ins and testimonials from people in recovery. “On Demand” and iPodcast versions of the show will be available in the future.

Quest for Sobriety

CRC’s Day Treatment Helps Teens Recover

When bad choices evolve into an addiction that threatens the health and future of a teen, an expedient and effective solution is the difference between a path to recovery and a life-long struggle. Very often, CRC’s Day Treatment program is that solution.

“We believe every adolescent can change their behavior...”

Cross Roads to Recovery, is CRC’s most intensive program. Many clients are referred from the courts, some are self-referred and still others are referred from their schools. All undergo a thorough five-day-per-week program designed to help them with their addiction, improve social skills and teach them to make better choices. And since this is the last step before a residential treatment center, there is a strong desire for success.

Jonathon League, director of adolescent services, says much is expected of these teens, ages 13 to 18. Day Treatment includes several hours of academic instruction, in cooperation with the client’s home school or through CRC’s own curriculum. Therapy groups are scheduled in between academics.

“They are also required to attend a three-hour family group session every Monday, as well as self-help groups and each has a therapist assigned to them,” he explains. “The commitment is about 25 hours per week for eight to 12 weeks.”

Day Treatment uses references to cars and driving as the titles for recovery sessions. “Tune Up” is the name of the fitness group and physical activities session. “Road Rage” is a session on anger management skills and stress relief. During “Pit Stop” on Fridays, clients identify sober goals before heading home for the weekend.

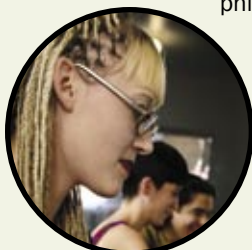
Through Cross Roads to Recovery, counselors at CRC focus on the client and the individuals around him or her — parents, guardians, teachers — and how this team of people will enable recovery. To that end, parental participation in the program is a requirement, which can present some challenges for our families.

“The goal of day treatment is to get these teens functioning in life again.”

“There seems to be a lack of parental involvement or the parents also have an addiction problem,” he said. “Each day we try to impress upon the teens that this is not a good choice for you, then they go home and see their parents using drugs or alcohol.”

But CRC’s Day Treatment emphasizes the positive. One of the program’s philosophies: “We believe every adolescent can change their behavior even when others might not be able to see their strengths. That’s what drives the program,” League said.

“The goal of Day Treatment is to get these teens functioning in life again,” he said. “And we have a high success rate. These kids realize they can move on with their lives.”



Potent Meth from Mexico

An article in the January 23rd issue of the New York Times informed its readers of a fact that CRC already knows:

Addictions have a death-grip on their victims.

The article, called “Potent Mexican Meth Floods In As States Curb Domestic Variety,” details the influx of Mexican-made crystal methamphetamine to areas where locally made drugs had been nearly eradicated.

And where users once risked being blown up by a cocktail of toxic chemicals in a home meth lab, they now are turning to burglary — sometimes while the residents are at home — to get the money to buy this highly potent Mexican version.

“As Congress prepares to restrict the sale of pseudoephedrine, the cold medicine ingredient that is used to make methamphetamine, officials [in Iowa] and in other states that have recently imposed similar restrictions caution they fall far short of a solution.

“You can’t legislate away demand,” said Betty Oldenkamp, secretary of human services in South Dakota.

That’s exactly what CRC faces each day in helping clients toward recovery — ***we can’t control the supply, we have to control the demand.*** That’s why we are so committed to our prevention and intervention efforts.

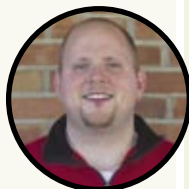
For more information, contact CRC at 513.735.8100.

CRC Spotlight

Joe Moran, Prevention Specialist

Qualifications:

B.A. in Health Promotion
from Morehead State
University
Past Health Educator
at Western Kentucky
University



With CRC:

Since March, 2005

Job Description:

- Kids Together support group for children living with an addicted parent.
- Coordinates the after-school prevention program at Monroe Woods.
- Mental health specialist for local elementary school.
- Helps kids from first graders to teenagers.

On his job:

“This job is very fulfilling. I get to teach and play at the same time, especially in the Kids Together group. They get to play games and just be kids, because they don’t always get to be kids at home.”

On CRC

“This is a great place to work. It’s a fun job. By serving youth through prevention, the Center is doing a great job at getting help to the people who need it.

What others say:

“Joe has been a great addition to CRC’s Prevention staff. The youth in his programs love working with him! His knowledge of effective prevention strategies, combined with his easygoing personality, make him ideal for working with many of the high-risk youth that our programs serve. He consistently gets positive feedback from program participants. In addition, he has developed a great rapport with CRC staff. Joe is a valuable member of our team.” — Jenny Weaver, Prevention Services Coordinator, CRC.

For the Greater Good

Clermont Recovery Center plays a leading role in helping people in and around our community navigate the path to wellness from alcohol and drug addiction. The Center has also willingly accepted responsibility for contributing to the improvement of our public health picture by developing and delivering products and services that raise awareness of addiction and prevention.

A recent study conducted by the “Join Together National Policy Panel on Addiction Treatment and Recovery” reinforced the critical need for the services CRC provides. The goal of the study was to compile information that would serve as a basis for revised public policies on drug and alcohol abuse and addiction.

More than 100 professionals representing the medical community, law enforcement agencies, local government, and treatment specialists contributed information for the study.



Study Highlights: *The problem is not isolated.*

- 1] **An estimated 18 million Americans abuse or are addicted to alcohol.**
- 2] **Approximately 12.8 million, or roughly 6 percent of our nation’s population age 12 and over have used illegal drugs within the last 30 days; 11 million have abused tranquilizers and other psychotropic drugs.**
- 3] **Nearly half of Americans report knowing someone with a substance abuse problem.**

The economic cost of addiction is staggering.

It is estimated that every man, woman and child in the United States pays nearly \$1,000 per year for unnecessary health care, extra law enforcement, auto crashes, crime and lost productivity resulting from substance abuse.

The emotional and psychological costs are immeasurable.

The overriding message of the study:

We are in the midst of an urgent national public health crisis.

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DATES TO REMEMBER

February

12-18 — National Children of Alcoholics Week

www.nacoa.org

March

National Social Worker's Month

The Power of Social Work: Pass it On.

19-25 — National Inhalants & Poisons Awareness Week

www.inhalants.org

April

Alcohol Awareness Month

www.ncadd.org

- 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

7-9 — Alcohol-Free Weekend

www.ncadd.org

For the Greater Good continued

The current public policy developed by local and national government is ineffective. The study emphasized the fact that existing current public policies tend to address substance abuse as a crime. Law enforcement agencies have to focus on locking up addicts and on blocking the flow of drugs across our borders. Our public policy also allows us to treat those dependent upon, or abusing alcohol and drugs as persons lacking responsibility. This enables us to ostracize them without accepting a role in responsibility for improving their condition or providing a cure.



The study concludes that we will see far greater success if we revise public policies to increase efforts to reduce the market for alcohol and drugs by providing programs of treatment and prevention while continuing to support traditional law enforcement efforts.