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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.

Addiction Can Be Treated



The treatment of addiction is, at its core, the overcoming of a physical disease. At Clermont Recovery Center, we focus on treating that disease, as well as helping to improve or eliminate other factors that can exacerbate the problem. We recognize the basis of addiction and recognize that it is something that can be treated, just like heart disease or diabetes.

But often the health insurance industry does not see things this way. Those seeking treatment for mental illness or addiction often find they are second-class citizens when it comes to insurance coverage. They may pay their premiums like everyone else, but are forced to justify the need for addiction or mental health services.

The insurance parity issue hits home for us when clients with insurance arrive at CRC seeking treatment, only to discover that, according to their insurance companies, they are not "sick enough". These clients are often abusing alcohol or drugs or in the early stages of addiction, and require less intensive levels of treatment. They are amazed to learn that, the insurance they have paid for will not cover the recommended level of treatment. Such decisions fly in the face of best practice and common sense. In no other part of health care are providers expected to wait for a problem to get worse before intervening. Insurance coverage also varies considerably from one company or plan to the next. Confusion and disappointment can delay clients receiving needed services. This gap in coverage also places an undue burden on the public sector, which must pick up the tab, thus subsidizing profits for insurance companies at the expense of the taxpayer and the uninsured in our community.

This reality has prompted federal legislators to seek passage of the Paul Wellstone Mental Health and Addiction Equity Act. If enacted, the bill would force health insurance companies to treat mental illness and addictions like any other physical disease, without discrimination or barriers to care. Read more about insurance parity and the series of national hearings discussing the issue on page 3 in this issue.

I'd also like to take this opportunity to say congratulations to Jim Ehrenfels, our lead intensive outpatient coordinator, who has been promoted to supervisor. Jim has been with us for 13 years and his work is invaluable to CRC's mission. Read more about Jim and his role in the Drug-Free Workplace program in our People Profile.

Also in this issue, find information about keeping kids safe and avoiding drug use during the summer months. Mixing drugs or alcohol with summer activities like swimming and boating can have deadly results.

Be safe this summer and keep your children safe, too!

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



News in Brief:

Pass on this “Rite of Passage”

With graduations and summertime activities on tap for the coming weeks, parents should take a stand on what they expect from young people in regards to alcohol use. It should be understood that “getting wasted” is not a rite of passage, says the Ohio Department of Alcohol and Drug Addiction Services. Alcohol is the drug most frequently used by teenagers. It is consumed more often than all illicit drugs combined and is the drug most likely to be associated with injury or death, high-risk behavior and unwanted pregnancy.

Teens do listen to what parents say and they do need to talk to their teens about alcohol and other drug use. To download a parent’s guide and to learn more, please visit: www.family.samhsa.gov/stop.

“Spykes” Sparks Concern

After repeated outcry from parents, advocacy groups and legislators, Anheuser-Busch has pulled its “Spykes” energy drinks from the market.

Sold in pocket-sized bottles – containing 12 percent alcohol, Spykes was marketed as an additive for beer and alcoholic beverages. But critics saw the product’s bright packaging and fruity flavors as a blatant attempt to market the product to children, specifically teenage girls.

Former Ohio First Lady Hope Taft, who has a long track record in youth drug prevention, wrote a letter to Anheuser-Busch urging them to pull the product from the market.

“It is colorful, flavorful and comes in small, easy-to-conceal sizes, just the qualities today’s teenagers are looking for,” she wrote.

Critics of the product heralded Anheuser-Busch’s decision to pull the product as a victory for advocacy. Special credit goes to the 29 states’ Attorneys General who blasted the drink for failing to meet federal labeling regulations, according to the Marin Institute, an alcohol industry watchdog. Leaders in anti-drug campaigns across the country wrote letters to Anheuser-Busch, which announced the product’s withdrawal at the end of May.

Bill Seeks Insurance Parity

A number of federal legislators gathered on May 2 to rally support for the Paul Wellstone Mental Health and Addiction Equity Act, legislation that will even the playing field for those seeking insurance coverage for mental health and addiction care.

Representatives Patrick Kennedy (D-RI) and Jim Ramstad (R-MN) were joined by House Speaker Nancy Pelosi, House Leaders and more than a dozen House colleagues including David Wellstone, the son of the late Senator Paul Wellstone. Senator Wellstone championed the rights of people struggling with addiction and mental health to the same health care as others.

Over the past few months, Representatives Kennedy and Ramstad have joined with other members of Congress to host 14 informal field hearings across the country in their campaign to ensure mental health and addiction equity. They presented Speaker Pelosi and House leaders with a report from those hearings, “Ending Insurance Discrimination: Fairness and Equality for Americans with Mental Health and Addictive Disorders.”

Each hearing featured three or more panels of witnesses, including representatives from business and insurance, mental health and medical treatment providers, state and local government officials from all three branches and mental health and addiction consumers and their families testifying before members of Congress.



Over and over, witnesses described the feelings of betrayal and hopelessness they and their family members experienced upon learning that when they needed it, their insurance was not there. When people are denied access to the care they need or their family members need, even though they have insurance and pay their premiums like everybody else, they feel like second-class citizens. They see equity legislation as more than a way to reduce barriers to care. They see it as a civil rights bill that declares that they are entitled to the same opportunities as everyone else.

After the series of hearings, the report concluded:

- 1 Parity is critical as a statement of equality.
- 2 Equity is cost-effective.
- 3 Legislation must be carefully crafted to limit loopholes.
- 4 Strong enforcement is vital.
- 5 Equalizing benefits is only part of the solution.

A vote on the bill is pending.

For additional information, please visit: www.patrickkennedy.house.gov. Transcripts of the proceedings may be obtained online at www.equitycampaign.net or by contacting the offices of Representatives Kennedy or Ramstad.

Your Teen Can Have a Drug-Free Summer

Summer can be a risky time for teens. Nationwide, more teens try marijuana for the first time in the summer months than any other time of the year. Each day in June, July and August, approximately 6,100 young people try marijuana for the first time; that’s 38% more per day than during the rest of the year.

Marijuana is especially risky for teens because their bodies and brains are still developing. We know from research that marijuana can be addictive, and can lead to a number of behavioral problems, as well as mental and physical health issues.

According to a study conducted by the Substance Abuse and Mental Health Services Administration (SAMHSA). For more information, visit www.medicampaign.org/newsroom.



Expedited Treatment Thanks to Grant Program

Clients referred from the Clermont County court system are receiving more beneficial sentencing and are getting into treatment faster thanks to a grant program funded by the following Clermont County entities: the Common Pleas Court, the Health Foundation and the Mental Health and Recovery Board.

This program helps expedite a process that sometimes hindered people from getting much needed addiction treatment ordered by the court system. Mary Gibson, grant coordinator, is now able to do intake appointments and assessments at the common pleas court or even at the jail, cutting down the time these important meetings take by a few weeks. Gibson runs through a battery of tests that looks at several factors in the client's life to see if high-risk offenders are amenable to treatment.

"Most of these clients are awaiting sentencing and the results of the assessment go to the pre-sentencing investigator," Gibson said. "The information then goes to the judge, who is able to review it before handing down a sentence." That means a sentence may be more effective and will reduce the likelihood of re-offending.

Gibson, a licensed independent social worker, works in mental health services at University Hospital when she's not working for CRC. She said this grant program is a great tool in helping people beat addiction.

"The big benefit is that there isn't a delay getting into treatment," she said. "Too often, if left to themselves, clients would schedule then cancel intake and assessment appointments a number of times, which would lead to five or six months passing before they would start receiving their court-ordered treatment."

continued on page 4

CRC Spotlight

**Jim Ehrenfels, Clinical Supervisor
for Intensive Outpatient Services**

With CRC:

Since 1993

Job description:

Lead group sessions and meets with individual clients, seeking the roots of addiction problems.

On his job:

"I'm excited about my job. The work is challenging and rewarding. I would love to have before and after photos of clients who have gone through our program to show how they have changed. I live near the Cincinnati airport, and I've made that 70 mile round trip for 13 years, so I must love it!"

On CRC:

"I love the clients and I love the people I work with. The difference [for clients] after six weeks, after they get the stuff out of their system, their whole life changes. It is a privilege to watch people grow."

What others say:

"Congratulations to Jim on becoming a Licensed Chemical Dependency Counselor [LICDC] and on his recent promotion to Clinical Supervisor for Intensive Outpatient Services. This will allow him to treat a much wider group of clients." – Steve Goldsberry, CEO and President, CRC



Our S-U-M-M-E-R Drug-Free Checklist

Set Rules. Have you set clear rules to let your teen know that marijuana use is unacceptable? Two-thirds of kids say that upsetting their parents or losing the respect of family and friends is one of the main reasons they don't smoke marijuana or use other drugs. Set limits with clear consequences for breaking them; praise and reward good behavior.

Understand And Communicate. Have you talked to your teen recently about the harmful physical, mental, and social effects of marijuana and other illicit drugs on young users? Young people who learn about the risks of drugs at home are up to 50 percent less likely to try drugs than their peers who learn nothing from their parents. Look for teachable moments in everyday life to keep the conversation ongoing.

Monitor Your Teen. Have you checked to see where your teen is, who he is with, and what he is doing? Teens who are not regularly monitored by their parents are four times more likely to use drugs. Check up on your teen to make sure they are where they say they are. Make sure you stay involved in your teen's life. Have you talked to your teen's coach, employer, and friends lately? Stay in touch with the adult supervisors of your child (camp counselors, coaches, employers) and have them inform you of any changes in your teen.

Engage Your Teen. Have you helped plan activities to keep your teen busy? Research shows that teens who are involved in constructive and adult-supervised activities are less likely to use drugs.

Make Time For Your Family. Have you planned a family activity with your teen in the coming weeks, such as going to the movies, taking a walk, or sharing a meal? Teens who spend time, talk and have a close relationship with their parents are much less likely to drink, take drugs or have sex.



– From National Youth Anti-Drug Media Campaign, www.mediacampaign.org

continued Expedited Treatment...

Gibson added, "There was just too much disconnect. Now if they don't show for an appointment, they must call their [probation officer]. And they don't want to do that."

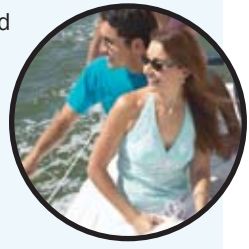
The program is set up in steps: Clients who are sentenced to this program face eight weeks of intensive outpatient therapy, then are stepped down to six weeks of two weekly visits, then six weeks of one weekly visit, then meetings with a counselor. Gibson also completes a mental health assessment and refers clients for additional services if needed.

This grant, which began in Oct. 2006, allowed Gibson to start to see clients in Jan. 2007. Since then, she has assessed 75 people, some of whom are now beginning to step down to the second phase of treatment.

"...Yes, I believe it's successful," she said. "The delay was a problem. Now we are getting a treatment plan set up and getting them into group." That's where the road to recovery begins.

Don't Let Alcohol Put a Chill on Your Summer!

CRC wants you to understand a few simple facts about alcohol and summer fun. The sunshine, warmth and long days of the coming season provide a wealth of opportunities for recreation and relaxation, but, when mixed with alcohol, these activities can turn dangerous and even deadly.



Alcohol consumption results in a gradual dulling of reactions of the brain and nervous system, turning normal situations into potentially dangerous ones. It causes a loss of inhibitions, which leads to aggressiveness, poor judgment and reckless movements in the water while boating, swimming or diving. It can cause faulty coordination and disorientation in the water, and impair a person's swallowing and breathing reflexes – both of which are essential to swimming.

The following statistics underscore the negative consequences of alcohol consumption:

- Drinking may be a factor in 80 percent of boating fatalities, says the National Transportation Safety Board. According to the National Safety Council, boating accidents are this country's second-largest cause of transportation injuries.
- According to the National Institute on Alcohol Abuse and Alcoholism, alcohol is involved in an estimated 38 percent of drowning deaths. 40 to 50 percent of all diving injury victims consume alcoholic beverages, according to the same report.

For heavy drinkers, alcohol consumption during the summer months can contribute to heat prostration. This dehydration also can increase your chances of having a stroke, particularly for individuals with high blood pressure. Hypoglycemia and heart rhythm irregularities are additional dangers of drinking on a hot, sunny day.

With so much fun to be had, why let alcohol put a chill on your summer?



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- June**
- 1 - New Richmond 2007 Concert Series
www.newrichmond.org
 - 3, 10, 17, 24 - Loveland Concerts in the Park
www.lovelandoh.com
 - 14 - Flag Day
 - 16 - Lovelands Amazing Race
www.lovelandsamazingrace.com
 - 16 - Ohio River Sweep
www.clermont2020.org
 - 16 - Raku At The Artisan Center
www.maplecreekartr.com
 - 17 - Loveland Concerts in the Park
www.lovelandoh.com
 - 22-24 - St. Veronica Annual Summer Festival
www.stveronica.org
- July**
- 1, 8, 15 - Loveland Concerts in the Park
www.lovelandoh.com
 - 4 - Independence Day
 - 13-14 - Midsummer at the Meadows
www.miamitwpoh.gov
 - 20-21 - Christmas In July Campout
www.dnr.state.oh.us/parks/parks/stoneck.htm
 - 21 - Raku & Everything Textile
At The Artisan Center
www.maplecreekartr.com
 - 22-28 - 158th Clermont County Fair
www.clermontcountyfair.org

DATES TO REMEMBER