



the recovery center

# Turning Points

**the recovery center**  
1856 Cedar Hill Road  
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(740) 687-4500

## Our Mission

To ensure the effective and efficient delivery of alcohol, drug addiction and mental health prevention, intervention and treatment services to promote the health and safety of the residents of Fairfield County.

## Our Vision

To create a learning organization for behavioral healthcare services which promotes understanding, supports growth and fosters healing for clients, staff and community.

## Board of Directors

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Marc Grodner, Executive Director  
Trisha Saunders, Associate Director  
Don Stegman, Finance Director  
Gary Williams, Clinical Director  
Doug Blair, Treatment Services Coordinator

The Recovery Center is an independent contract agency of the Fairfield County ADAMH Board and is also funded by United Way of Fairfield County and the Ohio Department of Alcohol and Drug Addiction Services.



## From the Director's Chair by Marc Grodner

The Recovery Center is participating in the 17th annual *National Alcohol and Drug Addiction Recovery Month*, a nationwide initiative every September supported by the Substance Abuse and Mental Health Services Administration of the U.S. Department of Health and Human Services. This year's theme is *Join the Voices for Recovery: Build a Stronger, Healthier Community*.

Up to 74 percent of Americans say that addiction to alcohol has had an impact on them at some point in their lives, whether it's their own addiction or that of a family member or friend. This is an increase from a similar study in 2004, in which 63 percent of Americans said that addiction to alcohol or other drugs has had some impact on their lives.

However, most addicts face stigma and discrimination which create barriers to getting the treatment they need. Accord-

ing to the *2004 National Survey on Drug Use and Health: National Findings*, 21.6 percent of the 1.2 million people who felt they needed treatment but did not receive it said it was due to the associated stigma. In another survey, 40 percent of people in recovery said they thought embarrassment or shame was their biggest obstacle to receiving treatment, and 19 percent were afraid of being fired or discriminated against if they entered treatment.

Imagine being afraid of being fired from your job because you have a disease! Yet all of the research sponsored by the National Institute on Drug Abuse confirms that addiction to alcohol and other drugs is a disease that is chronic, progressive and, if not treated, often times fatal just like other chronic illness like diabetes or heart disease. As long as people view substance abuse as a personal moral choice rather than a biophysical illness, stigma and shame will

remain barriers to treatment and recovery.

The Recovery Center works everyday to teach people how to spot the signs of substance abuse among family, friends, and coworkers, to inform people of the importance of treatment, and to encourage people to share their personal stories of addiction and recovery.

You can help to build a healthier community right here in Fairfield County by participating in *National Alcohol and Drug Addiction Recovery Month*. You can learn about the disease of addiction and help break down barriers to recovery. It is important for everyone to understand the harmful effects of stigma and discrimination on people who are seeking treatment. We owe it to our neighbors and friends to reach out, confront addiction, offer hope, support treatment and encourage recovery. It requires everyone's help to build a stronger, healthier community.

## Nine of Ten Web Sites Do Not Require a Prescription



**“Despite three years of CASA reports, Congressional hearings, and increased attention in the press to the abuse of controlled prescription drugs, these drugs continue to be as easy to buy over the Internet as candy.”**

**- Bo Dietl**

For the third year in a row, the number of Web sites selling controlled prescription drugs like OxyContin, Vicodin, Xanax, Valium and Ritalin has increased, according to a new White Paper released by The National Center on Addiction and Substance Abuse (CASA) at Columbia University and Beau Dietl & Associates (BDA).

*“You’ve Got Drugs!”* Prescription Drug Pushers on the *Internet: 2006 Update* reveals that nine of 10 (89 percent) of those Web sites selling controlled prescription drugs do not require prescriptions. Of those sites not requiring prescriptions, 30 percent advertised that no prescription was needed, 60 percent offered “online consultations” and 10 percent made no mention of a prescription.

“Any child can get, without a prescription, highly addictive controlled substances like OxyContin, Valium and Ritalin from Internet drug pushers,” said Joseph A. Califano, Jr., CASA’s chairman and president and former

U.S. Secretary of Health, Education and Welfare. “The trend of teen ‘pharming parties’ will continue to increase as long as these drugs are so easy to obtain.”

“Despite three years of CASA reports, Congressional hearings, and increased attention in the press to the abuse of controlled prescription drugs, these drugs continue to be as easy to buy over the Internet as candy,” said Bo Dietl, chairman of Beau Dietl & Associates. “It is deplorable that we have no controls to limit the sale of these drugs to children. Kids today are Internet savvy and any eight year-old can order medicine on the FDA’s Import Alert list or the DEA’s Controlled Substances list as easily as they can order an iTunes; all they have to do is punch in their parents’ credit card number.”

Other findings in the report include: 1) Benzodiazepines (e.g., Xanax and Valium) are the most frequently offered controlled prescription drug, sold on 84 percent of the Web sites; 2) The total number of sites selling opioids and benzodiazepines has increased while the number selling stimulants has declined over the past three years; 3) Of those sites (11 percent) that claim they require a prescrip-

tion, 70 percent only require that a prescription be faxed, allowing a customer to forge prescriptions or fax the same prescription to several Internet pharmacies; 4) Of those sites selling controlled prescription drugs (185), two were Verified Internet Pharmacy Practice Sites, certified by The National Association of Boards of Pharmacy.

As a result of its findings and to protect our nation’s public health and that of our children, CASA has made two recommendations. First, a tightening of federal laws would prohibit Internet sale or purchase of drugs without an original prescription issued by a licensed DEA-certified physician, licensed in the state of purchase, based on physical examination or evaluation. Second, internet search engines, financial institutions and shipping companies should collaborate with the federal government to establish a national clearinghouse to identify and shut down illegal Internet pharmacies.

(Source: *New CASA White Paper Reveals: Number of Web Sites Selling Controlled Prescription Drugs Up for Third Straight Year; Nine of Ten Sites Do Not Require Any Prescription*; June 19, 2006.)

## Community Collaborates around Treatment

The Recovery Center and the Decorative Arts Center are working together to improve treatment outcomes through a new program titled "Women's Community Discovery Group".

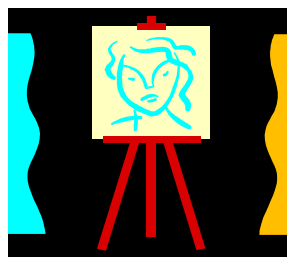
Some clients find that art and counseling works better for them than traditional treatment, which is highly dependent upon verbal interactions between clients and counselors.

This six-session project is currently offered to the Women's Intensive Out-

patient (IOP) group at the Recovery Center.

The first class involves a visit to the Recovery Center by the Decorative Arts Center of Ohio Director of Education, to introduce the program to the Women's IOP group. This includes a short hands-on session of creating a print block and card inspired by nature. The second interaction comes within a week then once every other month. Subsequent sessions take place at the Decorative Arts Center of Ohio, 145 East Main Street and tie

in with existing exhibitions as well as specific needs expressed by Recovery Center staff. Participants view the exhibition center or grounds prior to a hands-on event in the Wendell Center for Education (Art Garage). Upcoming themes include book sand journals, ceramics, masks and chairs.



**"Over the last five years, methamphetamine lab busts in Ohio have increased tenfold, from 36 busts in 2000 to 371 in 2005."**

## Fighting Methamphetamine Production and Use

On February 9, Governor Bob Taft signed into law Senate Bill 53, which changed state law to regulate pseudophedrine sales to fight the production, use and distribution of methamphetamine ("Meth") in Ohio.

"Meth is destroying the lives of too many Ohioans, and our penalties against those who make this drug must be severe," Taft said. "This bill sends a clear message to anyone who is involved in making or distributing meth to think twice. You will be caught. You will be prosecuted. And you will go to prison."

SB 53 will regulate the sale of drugs in which the

sole active ingredient is pseudophedrine, a product commonly used to manufacture meth. The bill requires ID proving the buyer is over 18, limits the amount that can be bought, and requires that it be stored behind the counter. SB 53 gives pharmacies new tools to prevent the abuse of decongestant pills, and it strengthens law enforcement efforts to combat meth labs by increasing penalties for manufacturing meth and possessing the chemicals needed to produce it.

The Governor signed SB 53 in Chillicothe at Henderson Pharmacy Services, which has long carried pseudophedrine

behind the counter.

Over the last five years, meth lab busts in Ohio have increased tenfold, from 36 busts in 2000 to 371 in 2005. During the same time period, the Ohio Department of Alcohol and Drug Addiction Services (ODADAS) has seen treatment for amphetamine addiction quadruple.

SB 53 went into effect 90 days it was signed and filed with the Secretary of State.

*(Source: Emerging Trends from the State of Ohio Office of Criminal Justice Services, January 2006)*

## September is National Recovery Month

Each September, The Recovery Center with support from The U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA) implement the local National Alcohol and Drug Addiction Recovery Month Campaign.

The month is set aside to help communities 1) rec-

ognize the strides made in treatment; 2) educate the public that substance use disorders are a treatable public health problem that affects us all and 3) encourage community support for those in need of treatment and people in recovery.

In conjunction with this effort, Ohio Citizen Advocates for Chemical Dependency Prevention

& Treatment plans to launch a stigma reduction campaign themed “Real Life– Real Results”. This effort will focus on positive stories from people in recovery.

For more information on National Recovery Month or to volunteer, contact the Recovery Center at (740) 687-4500 or Ohio Citizen Advocates at (888) 486-2462.