



the recovery center

Turning Points

the recovery center
1856 Cedar Hill Road
Lancaster, Ohio 43130
(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.

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From the Director's Chair by Marc Grodner

April is Alcohol Awareness Month. Did you know that alcohol kills approximately 100,000 Americans annually and is the third leading preventable cause of death in the United States? Alcohol abuse affects everyone, from growing teenagers to expectant mothers to senior citizens.

We should be especially concerned about alcohol abuse by teenagers. Youth who begin drinking before the age of 15 are four times more likely to develop alcohol dependence than those who wait until age 21. (ORN Preventing Childhood/Underage Drinking).

We know that alcohol is the single most used drug among Fairfield County youth. Nearly half of our children use alcohol by the time they are in high school. Eighty-four percent of Seniors and 78 percent of Sophomores say that it is very easy or somewhat easy to obtain (2006 Fairfield County Youth Behavior Survey).

For underage drinkers, consuming alcohol is not simply a matter of having a glass of wine with dinner. Teenagers usually have to plan their drinking ahead of time. They have to find a way to get it, pick a time to do it, and arrange a place to drink it. Consequently, the logistics of underage consumption lend themselves to drinking more alcohol at a given time or binge drinking.

Binge drinking is defined as five or more drinks on one occasion. One 12 ounce bottle of beer or wine cooler, one 5 ounce glass of wine, or 1.5 ounces of 80 proof distilled spirits are each considered one drink. Keep in mind too that different beers contain different levels of alcohol.

Drinking alcohol promotes risk-taking and sensation-seeking behavior among adolescents. It decreases inhibitions which can lead to unsafe activities. A Center for Disease Control study found that binge drinking

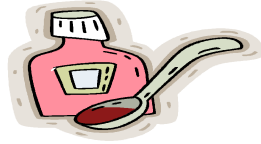
is responsible for almost half of the 100,000 alcohol-related deaths each year. Binge drinkers are 14 times more likely to drive than those who drank but not to excess and has also been linked to sexual assaults, domestic-violence, and other crimes.

Underage drinking is not just a matter of kids being kids — it's not legal, not healthy and not safe. If you are concerned about someone you know, please call The Recovery Center at (740) 687-4500 to speak to a Counselor.



(Marc Grodner is the Executive Director of The Recovery Center)

Teen Use of Over-the-Counter Cold Medicines Rising



Use of over-the-counter cough and cold medicines has become one of the fastest-growing drug abuse problems for youths in California and elsewhere, and much of the increase is being seen in the pre-teen population, the [Los Angeles Times](#) reported Dec. 5.

A study published in the December issue of the *Archives of Pediatrics and Adolescent Medicine* found that while abuse of the ingredient dextromethorphan (DXM) is most common among 15- and 16-year-olds in California, growth in DXM abuse is driven by the 9-to-17 age group. Use of DXM

is more popular among 12- and 13-year-olds than among 18-year-olds, according to the study, based on a review of 1,382 calls to the California Poison Control Center over six years.

"I did not expect 12-year-olds to be abusing it," said the study's senior author, Ilene B. Anderson, a toxicology management specialist for the state poison control system. She added that she believes abuse of DXM is vastly underreported. "If someone is abusing dextro and gets a high, they don't call us."

Dextromethorphan is found in products such as Coricidin HBP Cough & Cold and the cough medicine Robitussin. The latter product is the source of the slang term "robotripping"

to describe use of DXM to obtain a cheap high.

Use of large quantities of dextromethorphan can lead to elevated blood pressure and heartbeat, with some users becoming agitated and others lethargic. Possible life-threatening side effects include seizures and elevated body temperature.

The Consumer Healthcare Products Association, representing makers of over-the-counter medicines, is seeking to minimize misuse of the ingredient by pushing for federal legislation to ban online sales of pure DXM in powdered form and to close websites that encourage recreational use of the drug.

(Source: *Join Together Direct Weekly News Roundup, December 18, 2006*)

"... early-age drinking increases the risk of problem drinking later,"

Study Reinforces Findings on Risks of Youthful Drinking

A study of U.S. Marine Corps recruits adds further weight to previous findings that early-age drinking increases the risk of problem drinking later, *MedPage Today* reported December 5.

The study looked at 41,482 male recruits and found that those who had begun drinking at age 13 or earlier were 5.5 times more likely to be engaging in risky drinking. Other factors associated with risky

small-town community, enduring childhood sexual or emotional abuse, and experiencing alcohol abuse or mental illness in the household.

Researchers used three alcohol consumption questions on the Alcohol Use Disorders Identification Tests (AUDIT-C) to measure risky drinking. A total of 14.8% of the recruits were categorized as risky drinkers; 45.1% were non-risky drinkers and 40.2%

Be inversely associated with risky drinking included being married and attending religious services at least weekly.

Results were published in *Archives of Pediatrics and Adolescent Medicine*.

(Source: *Join Together Direct, Weekly News Roundup December 18, 2006*)



Alcohol Involved in One-Third of Suicides

A third of suicide victims in a recent study had alcohol in their system, and about 10 percent tested positive for other drugs, such as opiates, cocaine, marijuana, or amphetamines, according to researchers at the U.S. Centers for Disease Control and Prevention (CDC). The [Washington Times](#) reported Nov. 25 that the CDC said that the results "underscore the need to continue monitoring toxicology test results of suicide victims, which might

identify patterns of substance use that can help guide development of effective suicide interventions."

The study was based on data from 13 states collected as part of the National Violent Death Reporting System. The report did not determine how much alcohol or other drugs were in the bodies of suicide victims or whether they were intoxicated at the time of death. Not every suicide

victim was tested for alcohol or other drugs. The findings were published in the Nov. 24, 2006 issue of the [CDC's Morbidity & Morbidity Weekly Report](#).

Karch, D, Crosby, A, Simon, T. (2006) Toxicology Testing and Results for Suicide Victims --- 13 States, 2004. *MMWR Weekly*, 55(46): 1245-1248. (Source: Join Together Direct Weekly News Roundup, December 4, 2006)

Tobacco to Kill Twice as Many as AIDS- WHO Predicts

By 2015, 6.4 million people per year will die from tobacco-related illnesses, claiming twice as many victims as AIDS, the World Health Organiza-

tion (WHO) says. [Reuters](#) reported that the WHO estimated that smoking would cause 10 percent of all deaths worldwide by the middle

of the next decade. The report appears in the [Public Library of Science Medicine](#). (*JoinTogether Direct, December 4, 2006*)

“The Centers for Disease Control and Prevention (CDC) found that 45 percent of high-school students say they drink, and of these, 64 percent said that they are binge drinkers”

Most High School Drinkers Binge

A new study finds that high-school students who drink tend to drink heavily, and that young drinkers are more likely to be involved in other risky behaviors, as well, [All Headlines News](#) reported Jan. 3.

The study by researchers from the Centers for Disease Control and Prevention (CDC) found that 45 percent of high-school students say they drink, and of these, 64 percent said that they are binge

drinkers, consuming five or more alcoholic drinks at a sitting. Young drinkers also were more likely to engage in sexual behavior, smoke, and get involved in fights.

Binge drinkers were especially at risk of these behaviors. "Our study clearly shows that it's not just that students drink alcohol, but how much they drink that most strongly affects whether they experience other health and social prob-

lems," said researcher Jacqueline Miller, M.D.

The study appears in the January 2007 issue of the journal [Pediatrics](#).

R e f e r e n c e :
Miller, J. W., et al. (2007) Binge Drinking and Associated Health Risk Behaviors Among High School Students. *Pediatrics*, 119(1): 76-85.

(*JoinTogether weekly News*. January 16, 2007)