



the recovery center

Turning Points

the recovery center
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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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Alcohol and Other Drug Addiction Recovery Month

Millions of people nationwide are plagued by the disease of addiction and can benefit from treatment. Treatment for substance use disorders has proven to be cost effective. As people embark on treatment and recovery, mental and physical health improves, and their employment and income level increases. In 2005, as many as 74 percent of Americans said that addiction to alcohol had some impact on them at some point in their lives, whether it was their own personal addiction, that of a friend or family member, or any other experience with addiction.

A substance use disorder involves the dependence on, or abuse of, alcohol and/or other drugs, including the nonmedical use of prescription drugs. Substance use disorders can affect people regardless of their age, race, ethnicity, class, employment status, or community. Like other chronic physical and mental disorders, substance use

disorders are medical conditions that can be treated effectively.

Based on 1990s' estimates, the total economic cost of the consequences of drug abuse, about \$180.9 billion in 2002, was equivalent, if not higher than:

- Heart disease: \$183.1 billion
- Cancer: \$96.1 billion
- Diabetes: \$98.2 billion
- Alzheimers disease: \$100 billion
- Stroke: \$43.3 billion

A major study published in 2000 in the *Journal of the American Medical Association* is one of several that demonstrate the effectiveness of treatment for substance use disorders. The study found that treatments for drug use disorders are just as effective as treatments for other chronic conditions, such as high blood pressure, asthma, and diabetes. Treatment is offered in different settings, and types of

treatment vary based on the substances misused, as well as a persons individual needs and characteristics. Treatment is offered in residential and outpatient programs and can include counseling or other behavioral therapy, family therapy, medication, or a combination of services.

Despite the positive outcomes stemming from the treatment of substance use disorders, treatment costs continue to hinder access for many of those in need. Combined data from 2004 and 2005 state that among people who needed treatment for a substance use disorder, didn't receive it at a specialty facility, and felt they needed it, 35 percent said they did not receive it because of cost and insurance barriers.

(Source: *Join the Voices for Recovery: Saving Lives, Saving Dollars Overview; Recovery Month Kit*; www.recoverymonth.gov; 2007)



Addiction Touches Everyone

Substance use disorders can take an enormous toll on individuals, as well as on families and the entire community.

Dependence on alcohol and/or other drugs can impact an individual's self-esteem, cause an inability to sustain meaningful relationships, serve as an obstacle to professional success, and increase personal health costs. Perhaps the most detrimental is the negative impact substance use disorders have on a person's self-worth and on relationships with his or her family and community. For example, people in the recovery community list embarrassment or shame as the second

most often cited obstacle to recovery.


Families with parents who have an alcohol and/or drug dependence experience a multitude of other social problems, including a higher risk of having children who misuse alcohol and/or drugs themselves. Children from these families are also more likely to have problems with delinquency, school performance, and emotional development, which could include aggressive behavior and hyperactivity.

Financially, substance use disorders can have negative effects on larger institutions, including lost productivity and

absences in the workforce, as well as increasing health care costs for other illnesses directly related to dependence or abuse.

Alcohol and other drug dependency costs us approximately 364 Billion dollars annually. These costs are associated with medical costs, lost earnings linked to premature death, lost productivity, motor vehicle crashes, disability, death, withdrawal from the workforce, crime, and other social consequences.

(Source: *Join the Voices for Recovery: Saving Lives, Saving Dollars Overview; Recovery Month Kit; www.recoverymonth.gov 2007*)



“Substance use disorders can take an enormous toll on individuals, as well as on families and the entire community.”

- Recovery Month Kit

Children Need Help Too

Children in families experiencing alcohol or other drug abuse need attention, guidance and support. They may be growing up in homes in which the problems are either denied or covered up.

These children need to have their experiences validated. They also need safe, reliable adults in whom to confide and who will support them, reassure them, and provide them with appropriate help for their age. They need to have fun and just be kids. Families with

alcohol and other drug problems usually have high levels of stress and confusion. High stress family environments are a risk factor for early and dangerous substance use, as well as mental and physical health problems.

It is important to talk honestly with children about what is happening in their family and to help them express their concerns and feelings. Children need to trust the adults in their lives and believe that they will support them.

Children living with alcohol or drug abuse in the family can benefit from participating in educational support groups in their school student assistance programs. Those age 11 and older can join Alateen groups, which meet in community settings and provide healthy connections with others coping with similar issues.

(*What is Substance Abuse Treatment? A Booklet for Families* - is available through SAMHSA's National Helpline 1-800-662-HELP.)

One-Third of Americans Has History of Alcohol Problems

More than 30 percent of Americans have met the criteria for an alcohol-use disorder sometime in their lives, according to a new report from the National Institute on Alcohol Abuse and Alcoholism (NIAAA).

Researchers who surveyed U.S. adults in 2001-02 found that of those who met the criteria for alcohol dependence, only 24.1 percent had received any type of treatment, and just 7 percent of those who met the criteria for alcohol abuse had received treatment.

Most of those surveyed developed alcohol problems in their early 20s but didn't get treatment until their early 30s, if at all. "A lost decade between AUD [alcohol-use disorder] onset and treatment leads to personal disability and societal damage," according to NIAAA Director Ting-Kai Li, M.D.

"Today's report signals the need for intensive efforts to educate professionals and the public to identify and address AUDs early in their course."

The conclusions were drawn from an analysis of the 2001-02 National Epidemiologic Survey on Alcohol and Related Conditions (NESARC) and appears in the July 2007 issue of the Archives of General Psychiatry.

(Source: *Join Together Direct Weekly News Roundup*, July 3, 2007)



**“More than 30 percent of Americans have met the criteria for alcohol-use disorder sometime in their lives”
- NIAAA**

Talking with Your Children Effectively



As soon as your child begins to talk, the questions come: “why is the grass green?” “What’s wrong with that man sitting in the park?” If you show your child that you’re ready to give answers at any time, even if the topics make you uncomfortable, you’ll forge a trusting relationship, and your child will feel comfortable coming to you with concerns because she knows you take her seriously.

Being a good listener also gives you insight into your child’s world. Your child will tell you about the sights and sounds that influence him everyday—he’s the expert about

fashion, music, TV, and movies that people his age follow. Ask him what music groups are popular and what their songs are about, what his friends like to do after school, what’s cool and what’s not and why. Encourage him with phrases such as “That’s interesting” or “I didn’t know that,” and by asking follow-up questions.

In these conversations, you can steer the talk to drug and why they’re harmful. If you can ingrain this information in your children well before they are faced with making difficult choices, experts say they’ll be more likely to avoid rather than use. In fact, teenagers who say they’ve learned a lot about the risks of

drugs from their parents are much less likely to try marijuana than those who say they learned nothing from them. You needn’t fear that by introducing the topic of drugs, you’re “putting ideas” into your children’s heads, any more than talking about traffic safety might make them want to jump in front of a car. You’re letting them know about potential dangers in their environment so that when they’re confronted with them, they’ll know what to do.

To introduce the topic, ask your child what he’s learned about drugs in school and what he thinks of them. He may even mention people who might be using them. If you hear something you

beer at a party), it is important not to react in any way that cuts off further discussion. Ask him why he thinks people use drugs. Discuss whether the risks are worth what people may get out of using them.. Even without addiction, experimentation is too great a gamble. One bad experience can change —or end— a life forever. If something interrupts your conversation, pick it up the next chance you get.

(Source: “*Growing Up Drug-Free*,” U.S. Department of Education, Office of Elementary and Secondary Education, Safe and Drug-Free Schools Program, 1998.)



Teachable Moments

A terrific way to begin numerous talks about ATOD (Alcohol, Tobacco and Other Drugs) with your child is through “Teachable Moments”.

Teachable Moments use the natural course-of-events to discuss tough subjects. For example, the next time your child discusses ATOD in health

class, try using it as a catalyst to really talk (and listen!) to him or her.

Other Teachable Moments include:

- mention of ATOD use in a song or on a video.
- concerns about a friend’s use.
- television or movie references to ATOD–
- walking past the tobacco

or alcohol aisles in the grocery store.

- commercials, t-shirts, billboards or other advertisements for ATOD.
- answering the numerous questions your child has about the tough issues.

The Recovery Center urges parents to approach such topics before they become concerns.