



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.

Board of Directors

Robert J. Sprouse, M.D., Chair
Professor Brian Hoyt, Vice Chair
Anne Crutchman, MSW
Traci Mason, MBA, OCPS I
Brooke Taley, BBA
Professor Linda Trautman

Executive Staff

Trisha Saunders,
Interim Executive Director
Don Stegman, Finance Director
Gary Williams, Clinical Director

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.



Addiction Happens in the Best of Families

An estimated one in four U.S. children is exposed to a family alcohol problem, and countless others are affected by familial drug abuse. These young people are at increased risk of a range of problems, including physical illness, emotional disturbances, behavior problems, lower educational performance, and susceptibility to alcoholism or other drug addiction later in life.

Millions of Americans misuse or are dependent upon alcohol or other drugs. Most of them have families who suffer the consequences, often serious, of living with this illness. If there is alcohol or drug dependence in your family, remember you are not alone.

Children in families currently 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.

This is why the National Association for Children of Alcoholics (NACoA) and its affiliates promote Children of Alcoholics Week 2008 from Sunday, February 10 through Saturday, February 16.

Dependence on alcohol and other drugs is a serious national public health problem. It is prevalent among rich and poor, in all regions of the country, and all ethnic and social groups.

Most individuals who abuse alcohol or drugs have jobs and are productive members of society creating a false hope in the family that "it's not that bad."

The problem is that addiction tends to worsen over time, hurting both the addicted person and all the family members. It is especially damaging to young children and adolescents.

People with this illness really may believe that they drink normally or that "everyone" takes

drugs. These false beliefs are called denial; this denial is a part of the illness.

Alcohol and other drug dependence disorders are medical conditions that can be effectively treated. Millions of Americans and their families are in healthy recovery from this disease.

Treatment can occur in a variety of settings, in many different forms and for different lengths of time. Stopping the alcohol or drug use is the first step to recovery, and most people need help to stop. Just as with other diseases, often a person with alcohol or other drug dependence will need treatment provided by professionals.

Sources: www.nacoa.com

"Alcohol and Drug Addiction Happens in the Best of Families . . . And it Hurts"
U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, www.samhsa.gov.

Parents Must Model Responsible Drinking

“What parents may not realize is that children say that parental disapproval of underage drinking is the key reason they have chosen not to drink.”

**- Charles Curie,
SAMHSA Administrator**

Former U.S. Surgeon General Kenneth Moritsugu said that the fact that he did not drink alcohol until after age 21 had a lot to do with the good role models provided by his parents, the *New Mexican* reported September 26.

Moritsugu, in promoting his *Call to Action to Prevent and Reduce Underage Drinking*, said his father drank the occasional glass of beer, while his mother limited her drinking to a rare glass of wine.

"My parents were my role models," he said. "It's exactly the message that we're trying to get out into the community - that parents and adults need to model responsible drinking, when it is appropriate and when it is legal. But also be respectful of the fact that the science tells us increasingly that underage drinking is dangerous to our youth, (and) is also dangerous to our community."

Moritsugu discouraged parents from serving

alcohol to their underage children at home, even though it is legal to do so. "I think that we send our kids a mixed message when we say on one hand, 'No, you can't drink; you shouldn't drink.' On the other hand we say, 'You can drink at home,'" he said. "Our youth are looking for a clear and unequivocal message -- and we need to be consistent if we're going to get that message across."

Source: *JoinTogether Direct Weekly News Roundup*, October 18, 2007)

Drinking and Driving

Key Lime Punch

½ gallon lime or raspberry sherbet, softened
1 liter ginger ale
2 cups lemon-lime soda
2 cups grapefruit or citrus soda

Just before serving, place sherbet in a punch bowl. Add ginger ale and soda. Stir until sherbet is almost dissolved. Serves 18.

This winning Mocktail 2008 recipe was prepared by *Lancaster Eagle-Gazette*

It is no big surprise that Thanksgiving through New Year's Day we see many Drinking and Driving Crashes. The past four years have seen between 1,100 and 1,300 alcohol-related deaths in the U.S. alone.

With the Holiday's behind us, it is important to note that Drinking/Drugging crashes occur with great frequency on any day of the year. All weekends, Super Bowl

Sunday, St. Patrick's Day, Fourth of July and Halloween are areas of particular concern according to the National Highway Traffic Safety Administration (NHTSA).

NHTSA recommends these simple steps to help avoid jeopardizing one's safety or that of others:

1- Plan ahead, designate a driver who will not drink alcohol for the evening.

- 2- Use a Safe Rides program.
- 3- Report Drunk/Drugged driving to law enforcement.
- 4- Take all precautions to protect yourself against other drivers (seat belt, helmet, follow laws etc.).
- 5- Don't be afraid to take the keys, offer a ride or suggest a healthier alternative to a friend.

Sources:
www.stopimpaireddriving.org; NHTSA, 2007.

Safe Communities Holds Annual Mocktail Event

The Mocktail beverage contest is held each year in Fairfield County around the holidays. It is a project of the Safe Communities grant

through the Fairfield Department of Health. The purpose of the event is to remind adults to drive sober, offer non-alcoholic drink options at parties,

and designate a sober driver. Twelve agencies mixed non-alcoholic beverages at the 2008 event. The winning recipe appears at left.

Addiction and Depression Affects Soldiers



Soldiers returning from Iraq and Afghanistan report worse symptoms of addiction and depression months after they leave the combat zone than when they initially get home, the *New York Daily News* reported Nov. 13.

Initial screening tests conducted by the Army on returning troops found that 17 percent had signs of post-traumatic stress disorder, depression, and interpersonal conflict. But when researchers

screened troops again six months later, about a third of the 88,235 soldiers studied reported problems.

About 12 percent of active-duty soldiers and 15 percent of reservists had signs of alcoholism six months after returning from combat, but few were referred to treatment. "It's not unusual for a soldier's body to be revved up after returning from war, so it's not unusual to self-medicate with alcohol," said study author Charles Milliken of the Walter Reed Army Institute of Research. "The referral rate is too low right now."

"With some problems, such as relationships or if somebody lost a buddy

over there, it may be that they're busy enough in combat that they have no time to dwell on it much," said Milliken. "But now that they're back home, some of those things start to be on their mind more."

The study was published in the Nov. 14, 2007 issue of the *Journal of American Medical Association*.

Reference: Milliken, CS, Auchterlonie, JL, Hoge, CW. (2007) Longitudinal Assessment of Mental Health Problems Among Active and Reserve Component Soldiers Returning From the Iraq War. *JAMA*, 298(18): 2141-2148.

Source: *JoinTogether Direct Weekly News Roundup*, November 14, 2007

“Soldiers returning from Iraq and Afghanistan report worse symptoms of addiction and depression months after they leave the combat zone”

Rules for the Road

One of the most anticipated milestones in a teen's life is obtaining a driver's license. But with added freedom comes added challenges for parents. Young drivers are already at risk for car crashes due to the combination of driving inexperience and distractions, such as having additional passengers in the car, eating, and talking and texting on cell phones. In fact, traffic crashes are the leading cause of death for 15- to 20-year-olds. And alcohol and other drug use compounds

teens' crash risks.

Talk to your teen about the dangers of drugged, drunk and distracted driving as well as being in the car with another driver who is. Find more information at www.theantidrug.com/steerclear

Take action to keep your teen safe with these simple steps:

1. Set clear rules and enforce consequences against any drug or alco-

hol use at any time.

2. Know where your teen is going and what route he or she is using to get there.

3. Reinforce safe driving practices by driving together and being a good role model.

Source: *Rules for the Road; PaentingTips@TheAntiDrug.com* December 5, 2007

