



the recovery center

Turning Points

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



Think Outside the Stigma: The Disease ODADAS

Alcohol and other drug addictions and mental illnesses are brain diseases. • Alcohol and other drug addictions and mental illnesses can affect anyone. • Alcohol and other drug addictions and mental illnesses are treatable. • Individuals with brain diseases should not be discriminated against.

Despite pervasive scientific evidence that addiction is a disease, numerous public opinion polls tell us that people simply aren't buying it. For example, a 2005 poll conducted by Hart Research and Coldwater Corporation found that 49% of adults view addiction to alcohol and other drugs as primarily due to a disease, while 34% view it primarily as a personal or moral weakness, and 14% view it as both equally.

Overwhelming evidence indicates that addiction is a disease. Over time, continued use of alcohol or other drugs changes one's brain chemistry and what once may have been voluntary, becomes compulsive and uncontrollable. Every type of drug, from alcohol to heroin, has its own mechanisms for changing how the brain functions. Regardless of the addiction, the effects on the brain are similar. The cells and molecules that make up the part of

the brain that regulates mood, memory processes and motor skills such as walking and talking are all affected.

Several characteristics of addiction that distinguish it from abuse include:

- 1) Physical dependence. Withdrawal symptoms can only be relieved by more alcohol/other drugs.
- 2) Physiological tolerance. More alcohol/drugs are needed to produce the same "high".
- 3) Difficulty controlling the amount consumed.
- 4) Strong cravings that can lead to relapse if one tries to abstain.
- 5) Progressive and predictable stages.
- 6) Fatal, if not treated.

Recognition that addiction is a disease is critical to the success of treatment. While it is certainly possible for an addicted person to stop using alcohol or other drugs on their own, it is very unlikely that they will be able to remain drug-free.

It is important to note that treatment is only the first step in the recovery process. There are a number of triggers that can cause an individual to relapse, and may even require him or her to reenter treatment. This is not unusual and should not be viewed as failure. Because addiction is a chronic disorder (one that continues over a long time and often can be managed), recovery from this illness is a life-long process.

Outside traditional treatment, one can take additional steps to lead a happier, more productive and responsible life. Working with the faith-based community, involving themselves in a 12-step program, and/or other supports can help make long-term recovery possible.

Source: *Behavioral Health: Developing a Better Understanding*, Vol. Three, Issue III; Ohio Association of County Behavioral Health Authorities.

Exploring Myths about Drug Abuse Alan Leshner, Ph.D.

think outside the



Myth: Drug addiction is voluntary behavior.

A person starts out as an occasional drug user, and that is a voluntary decision. But as times passes, something happens, and that person goes from being a voluntary drug user to being a compulsive drug user. Why? Because over time, continued use of addictive drugs changes your brain -- at times in dramatic, toxic ways, at others in more subtle ways, but virtually always in ways that result in compulsive and even uncontrollable drug use.

Myth: More than anything else, drug addiction is a character flaw.

Drug addiction is a brain disease. Every type of drug of abuse has its own individual mechanism for changing how the brain functions. But regardless of which drug a person is addicted to, many of the effects it has on the brain are similar: they range from changes in the molecules and cells that make up the brain, to mood changes, to changes in memory processes and in such motor skills as walking and talking. And these changes

have a huge influence on all aspects of a person's behavior. The drug becomes the single most powerful motivator in a drug abuser's existence. He or she will do almost anything for the drug. This comes about because drug use has changed the individual's brain and its functioning in critical ways.

Myth: You have to want drug treatment for it to be effective.

Virtually no one wants drug treatment. Two of the primary reasons people seek drug treatment are because the court ordered them to do so, or because loved ones urged them to seek treatment. Many scientific studies have shown convincingly that those who enter drug treatment programs in which they face "high pressure" to confront and attempt to surmount their addiction do comparatively better in treatment, regardless of the reason they sought treatment in the first place.

Myth: Treatment for drug addiction should be a one-shot deal.

Like many other illnesses, drug addiction

typically is a chronic disorder. To be sure, some people can quit drug use "cold turkey," or they can quit after receiving treatment just one time at a rehabilitation facility. But most of those who abuse drugs require longer-term treatment and, in many instances, repeated treatments.

Myth: We should strive to find a "magic bullet" to treat all forms of drug abuse.

There is no "one size fits all" form of drug treatment, much less a magic bullet that suddenly will cure addiction. Different people have different drug abuse-related problems. And they respond very differently to similar forms of treatment, even when they're abusing the same drug. As a result, drug addicts need an array of treatments and services tailored to address their unique needs.

Source: *Exploring Myths about Drug Abuse*; By Alan I. Leshner, Ph.D., Former Director, National Institute on Drug Abuse, National Institutes of Health. Think Outside the Stigma Campaign, Ohio Department Alcohol and Drug Addiction Services (ODADAS); 2008.

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National Alcohol
& Drug Addiction
Recovery Month
SEPTEMBER 2008

Stigma and Addiction Ohio Association of County Behavioral Health Authorities

- ▶ **Almost 25 percent of people who needed treatment, but did not receive it, have cited reasons related to stigma.**
- ▶ **Nearly a quarter of people in recovery report that they personally have been denied a job, and 12 percent have been denied a promotion.**
- ▶ **Two-thirds of the recovery community believe it is important to convey to the public how shame and discrimination hinder the recovery process.**
- ▶ **Two-thirds of the general public believe that a stigma exists toward people in recovery from substance use disorder**

Source: *National Alcohol and Drug Addiction Recovery Month 2008: Real People Real Recovery Kit*; Substance Abuse and Mental Health Services Administration's (SAMHSA) Center for Substance Abuse Treatment (CSAT).

Alcohol and other Addiction Facts ODADAS

Approximately, 54 million Americans suffer from mental illnesses and 26 million from addictions with a significant number living with co-occurring mental illnesses and addictions. (Source: United States Department of Health and Human Services)

The American Medical Association and the National Institute on Drug Abuse and the National Institute on Alcohol Abuse and Addiction concur-addiction is a chemical change in the brain. (The Journal of the American Medical Association)

More than 2 million Ohioans-nearly one in five- experience some mental illness or emotional disturbance each

year. (Ohio Department of Mental Health)

Addiction and mental health disorders account for more than one-fifth of all lost days of productive life, far more than cardiovascular disease which ranks second. (Harvard School of Public Health)

For every dollar spent on prevention in Ohio, there is an economic savings of \$7 by reducing lost productivity, crime, child abuse/neglect and homelessness. (Source: Ohio Department of Alcohol and Drug Addiction Services Cost Effectiveness Study)

In 2005, an estimated 228,000 individuals needed, but did not receive treatment in Ohio for illicit drugs. In that

same year, an estimated 652,000 individuals needed, but did not receive treatment in Ohio for alcohol abuse. (Substance Abuse & Mental Health Services Administration, Office of Applied Studies, National Survey on Drug Use and Health)

22.2 million individuals in the United States have faced a substance use disorder in the past year. (National Alcohol & Drug Addiction Recovery Month)

Drug treatment is proven to cut drug use in half, reduce crime by 80 percent, and reduce arrests by 64 percent. The cost of drug treatment is 15 times less than the cost of locking up a person up for a drug-related crime. (Join Together)

Alcohol and other drug abuse cost Americans upwards of half a trillion dollars per year considering their combined medical, economic, criminal and social impact on communities. (National Institute on Drug Abuse)

An estimated twenty-three million people in the U.S. needed treatment for drugs or alcohol in 2005. Of these, only 2.3 million (10 percent) received treatment. (Partnership for a Drug Free America)

Source: *Fact Sheet*; Think Outside the Stigma Campaign, Ohio Department Alcohol and Drug Addiction Services (ODADAS); 2008.

