



the recovery center

# Turning Points

## September is National Alcohol and Drug Addiction Recovery Month

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



## Why Recovery Month? [www.recoverymonth.gov](http://www.recoverymonth.gov)

More than 23 million people aged 12 or older in the United States are currently facing a substance use disorder. Four million of those with substance use disorder have made the courageous choice to seek out the treatment they need and embark on a path of recovery. We need to recognize the achievements of those who seek treatment services, celebrate their successes, and find help for those in need.

Treatment and long-term recovery from substance use disorders can offer a renewed life. These disorders also take a toll on their families and communities. The staggering increase in opiate use in our community has led to better recovery results, but comes with higher personal and monetary costs. It is critical to offer people and their families the treatment and recovery support they need for substance use disorders so they may lead more productive and fulfilling lives.

Research shows that substance use disorders are treatable medical conditions. Treatment for substance use disorders is just as effective as that of other chronic conditions, such as high blood pressure, asthma, and diabetes. By educating our community members that substance use disorders are a treatable health care problem and by treating them like other chronic diseases, we can improve the quality of life in our community.

Studies have consistently found that individualized treatment is essential for people to be successful in their path of recovery. By offering a forum where individuals can share their real stories of long-term recovery, we can inspire others in need to ask for help and improve their own lives, the lives of their families, and the community as a whole.

The Recovery Center urges Fairfield County to join us in celebrating National Alcohol and other Drug Addiction

Recovery Month. This year's Recovery Month theme, "*Join the Voices for Recovery: Together We Learn, Together We Heal*," encourages us all to learn how to help those suffering from substance use disorders and their families receive treatment so our community can continue to benefit from their contributions.

*The Recovery Month effort aims to promote the societal benefits of alcohol and drug use disorder treatment, laud the contributions of treatment providers, and promote the message that recovery from alcohol and drug use disorders in all its forms is possible. It is sponsored nationally through the U.S. Department of Health and Human Services, the Substance Abuse and Mental Health Services Administration or the Center for Substance Abuse Treatment.*

National Alcohol  
& Drug Addiction  
*Recovery Month*

## Voices for Recovery: How Recovery Changed My Life by a person in recovery



Before recovery, life for me was waking up to put a needle in my arm or pills in my mouth just so I could face the day. If I didn't have drugs, I would be sick. If I didn't have money, I would lie, steal, beg, borrow and manipulate anyone to get what I needed.

I gave up trying to keep my house, I lived with other addicts or dealers. I never knew where I was going to sleep, eat or bathe. All my life was gone. Every memory I had was gone. I really lost it all, kids, cars, house and everything in it. I let my car get repossessed, I lost my job (or should I say jobs). I would work long enough to get a paycheck, then quit or get fired.

Most importantly, I lost my family. No one would talk to me, or let me stay with them. They had no trust in me. Their doors shut on me for a long time.

I was in and out of jail for thefts. Jail is a cold, dark place. Even after my first (of over 10) arrest, and knowing how bad jail was, my addiction consumed me.

Last but not least, my addiction took something I may never get back or will spend the rest of my life getting back. My

kids. The emotional pain I've caused them will take a lifetime to heal. God, I love them, I've always loved them. My addiction took center stage. When they left, I stayed high to not want, need or miss them. I stayed high not to feel anything.

I've hurt everyone I've come in contact with. My health went down hill. I was very unstable in all aspects. I truly stopped believing in anything good. I lost my sense of self worth. I lost me to addiction. I no longer craved love, affection, family or friends. My addiction consumed my mind, body, soul and spirit.

Recovery is giving me back my life piece by piece. I can now say I am an addict and accept it.

I was in jail facing a lot of time behind bars when I got an offer to participate in Drug Court. I couldn't believe someone cared enough to even try to help save my life instead of letting me waste away in jail.

My first day in Drug Court was in a blue jumpsuit with handcuffs and shackles. For the first time in my life, I didn't feel judged. I sat there for three hours and watched and listened to people just

like me talk about their life and their addiction. Everyone was treated with respect.

There are people who care enough to help all of us, offer us support and guidance. I couldn't tell you how many times I have tried on my own and how many really good reasons I had to quit. I soon realized, I didn't control addiction, it controlled me. I now have the structure and awareness of my disease and how to manage it without using. I'll always be an addict. The difference is I now have the tools, knowledge, resources and support not to use.

I have learned how to open up and feel things again. And even though it's not always good feelings and most often, it's pain I feel, I'm just grateful I feel anything now.

Recovery has helped me discover who I am. My priorities have changed a great deal. I want a house, a car, a good job, a career and my kids.

I still struggle everyday to remain sober. People, places and things trigger me often. Now I acknowledge what those triggers are, so I choose to stay away from them. Recovery has changed my life.

## Myths and Facts [www.recoverymonth.gov](http://www.recoverymonth.gov)

**Myth:** The public's attitudes toward people with substance use disorders have no effect on whether they get help.

**Fact:** Some of the top reasons people gave during the years 2004 through 2007 for not receiving treatment for alcohol or illicit drug dependence included worries about possible negative effects on one's job (11.6 percent) and concerns that receiving treatment might cause others to have a negative opinion of the person (11.11 percent) <sup>1</sup>

**Myth:** Alcohol and other drug addiction is a personal choice, a character flaw.

**Fact:** Drug addiction is a brain disease. Each drug changes how the brain functions in a specific way and these changes have a powerful influence on all aspects of a person's behavior. A person's drug use can go from voluntary to compulsive—making alcohol or drugs the greatest motivator in his or her existence. <sup>1</sup>

**Myth:** This problem only happens among less-educated people.

**Fact:** Among adults aged 18 or older, the rate of past-month alcohol use in 2007 increased with higher levels of education. Young adults aged 18 to 22 enrolled full-time in college were more likely than part-time college students and people not currently enrolled in college to use alcohol in the past month, binge drink, and drink heavily. <sup>2</sup>

**Myth:** The only reason people with a substance use disorder do not get help is because they do not want to stop.

**Fact:** While some people do avoid treatment because they are in denial about their addiction, many make an effort to get help. During 2004 through 2007, many people did not receive specialty treatment because they:

- Had no health coverage and could not afford the cost of treatment (35.9 percent)
- Had no transportation and getting to treatment was inconvenient (10.5 percent)
- Did not know where to go for treatment (6.9 percent) <sup>3</sup>

**Myth:** If you have an alcohol or other drug problem, you are probably unemployed.

**Fact:** More than three-quarters of the estimated 17.4 million current illicit drug users aged 18 or older in 2007 (13.1 million people) were employed either full or part time. <sup>2</sup>

**Source:** [www.recoverymonth.gov](http://www.recoverymonth.gov); <sup>1</sup> Myths About Drug Abuse & Treatment, The Partnership for Drug-Free America: [http://www.drugfree.org/Intervention/WhereStart/13\\_Myths\\_About\\_Drug\\_Abuse](http://www.drugfree.org/Intervention/WhereStart/13_Myths_About_Drug_Abuse). <sup>2</sup> Results from the 2008 National Survey on Drug Use and Health; National Findings, pp 27, 34. ; <sup>3</sup> Results from the 2008 National Survey on Drug Use and Health; National Findings, p. 82.

## Budget Happenings

If you have been listening to the news at all recently, you probably know about the enormous budget cuts across Ohio. Libraries, nursing homes, assisted living, and hospitals are just some of the entities passed the burden of the state budget crisis.

Budget reductions in Substance Abuse (30% decrease) and Mental Health (15% decrease)

will affect Ohioans well into the future. This decrease will affect Fairfield County's alcohol and other drug treatment, domestic violence and mental health system.

Fairfield County Social Service agencies have pulled together to make needed financial changes amidst growing need.

In an effort to make ends

meet, The Recovery Center has already made numerous changes. Public education campaigns such as Recovery Month, Red Ribbon and Alcohol Awareness Month, will change drastically. Treatment services will continue with an even longer waiting list. Every effort will be made to continue serving our community the best we can with limited resources.

