

# 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 the United Way of Fairfield County and the Ohio Department of Alcohol and Drug Addiction Services.



## Tour de Cause



**July 17, 2010**  
**Bicycle Tour of**  
**Fairfield County**  
**Covered Bridges**

In December 2009, Ron and Chris Burris, Dan and Carrie Peters, and Bret Navin formed The Lancaster Cause to help address the local drug problem. The group is working directly with the Recovery Center and the Fairfield County ADAMH Board to educate and bring awareness to this serious problem. The statistics are telling:

- According to the Ohio Department of Health, drug overdoses claimed 1,458 lives in 2008. Drug overdose deaths have exceeded automobile crash deaths and is currently the number one cause of accidental death in Ohio.
- Heroin use among adolescents and young adults starts with the abuse of prescription opiates. The 2008 Fairfield County Youth Survey reveals that 23% of all 12th graders had used someone else's prescription drug at some point in their life and 7% of seniors had used illegal prescription drugs within the past month.
- Nationally, more teens say that prescription drugs are easier to buy than beer.
- Between 2002 and 2008 there was a 775% increase in the number of persons seeking treatment for heroin and opiate addiction in Fairfield County.
- The Fairfield County Sheriff's Office estimates that 52% of all 2008 jail days were accounted for by heroin and opiate addicts. The cumulative cost of these days to the taxpayers of Fairfield County was \$2.5 Million.

The committee has grown and is now raising funds to address the issue head on. The Lancaster Cause is now organizing a July 17 bicycle tour through Fairfield County. This tour will feature Fairfield County's covered bridges and varying distances.

**Family Fun Ride (10 miles)** Lancaster Bike Trail. Pass the John Bright II Covered Bridge and go through the McCleery Covered Bridge on your way to the historic Fox Trail. Turn around at Olivedale Senior Center with snacks and water.

**Nature Ride (35 miles)** After riding through historic Carroll, you'll have a water and snack break at Lockville, site of one of the last Old Columbus Lateral Canal locks, and the Hartman II Covered Bridge. (Portable restrooms will be available.) Come through the Rock Mill Covered Bridge on your way back into Lancaster. Snacks provided.

**Metric Century (62 miles)** Split from the 34 mile group after Rock Mill. You'll have lunch at Amanda High School. (Portable restrooms available.) On your way to the famous Revenge Road Hill, see three bridges and then ride back to OU-L.

**Century (100 miles)** See eleven covered bridges, ride past the famous Weldon's Ice Cream shop, have lunch at Amanda High School, ride up Revenge Road Hill and on to the real hills of Fairfield County, before returning to OU-L.

The day will end when we join The Lancaster Cause for an after ride party featuring food from Christy's Pizza. For more information about The Lancaster Cause or to register for Tour de Cause, visit [www.tourdecause.org](http://www.tourdecause.org).

## Underage Drinking: The Surgeon General's Call to Action U.S. Surgeon General

In most cases drinking under the age of 21 is illegal. Yet, children and teens still drink. It's time to change that picture. It's a long-term project for parents, schools, local groups, community leaders, and other concerned adults. It's a project that should start when children are young and continue through the teen years.

### **Did you know?**

- In any month, more youth are drinking than are smoking cigarettes or using marijuana.
- As they grow older, the chance that young people will use alcohol grows. Approximately 10% of 12-year-olds say they have used alcohol at least once. By age 13, that number doubles. And by age 15, around 50% have had at least one drink.
- The greatest influence on young people's decisions to begin drinking is the world they live in, which includes their families, friends, schools, the larger community and society as a whole.
- Alcohol use by young people is often made possible by adults.

### **Why is Underage Drinking a Problem?**

**So many young people drink.** Many more young people use alcohol than tobacco or illegal drugs. By age 18, more than 70% of teens have had at least one drink.

**When young people drink, they drink a lot at one time.** Teens drink less often than adults. But when teens do drink, they drink more than adults do. On average, young people have about 5 drinks on a single occasion. This binge drinking is very dangerous and can lead to serious problems and even death.

**Early drinking can cause later alcohol problems.** Of adults who started drinking before age 15, around 40% say they have the signs of alcohol dependence. That rate is four times higher than for adults who didn't drink until they were age 21.

**Alcohol can have a special appeal for young people.** The teen years are a time of adventure, challenges, and taking risks. Alcohol can be one of the risks young people take. Most people don't know how alcohol affects a teen's body and behavior. They don't realize that alcohol can affect young people in different ways from adults. And they don't realize that underage drinkers can also harm people other than themselves.

### **The Results of Underage Drinking Can be Grave. Underage alcohol use:**

**Is a major cause of death from injuries among young people.** Each year, approximately 5,000 people under the age of 21 die as a result of underage drinking; (Approximately 1,900 deaths from motor vehicle crashes, 1,600 as a result of homicides, 300 from suicide, as well as hundreds from other injuries such as falls, burns, and drownings.)

**Increases the risk of carrying out, or being a victim of, a physical or sexual assault.**

**Can affect the body in many ways.** The effects of alcohol range from hangovers to death from alcohol poisoning.

**Can lead to other problems.** These may include bad grades in school, run-ins with the law, and other drug use.

**Affects how well a young person judges risk and makes sound decisions.** For example, after drinking, a teen may see nothing wrong with driving a car or riding with a driver who has been drinking.

**Plays a role in risky sexual activity.** This can increase the chance of teen pregnancy and sexually transmitted diseases (STDs), including HIV, the virus that causes AIDS.

**Can harm the growing brain, especially when teens drink a lot.** Today we know that the brain continues to develop from birth through the teen years into the mid-20s.

U.S. Department of Health and Human Services. *The Surgeon General's Call to Action To Prevent and Reduce Underage Drinking: A Guide to Action for Families*. U.S. Department of Health and Human Services, Office of the Surgeon General, 2007.

## 10 Steps to Help Your Child Say “No” National Institute on Alcohol Abuse & Alcoholism

- **Talk with your child about alcohol and other drugs.** You can help change ideas your child may have that “everybody drinks, smokes, or uses other drugs.”
- **Learn to really listen to your child.** Your child is more likely to talk with you when you give verbal and nonverbal cues that show you are listening.
- **Help your child feel good about him/herself.** Your child will feel good when you praise efforts, as well as accomplishments, and when you correct by criticizing the action rather than the child.
- **Help your child develop strong values.** A strong value system can give your child the courage to say “No” rather than listen to friends.
- **Be a good role model or example.** Your habits and attitudes may strongly influence your child’s ideas about alcohol, tobacco and other drugs.
- **Help your child deal with peer pressure.** A child who has been taught to be gentle and loving may need your “permission” to say “No” to negative peer pressure.
- **Make family rules.** It’s helpful when you make specific family rules about your child not using alcohol or other drugs or smoking cigarettes. Limits must be clear, reasonable and spelled out in advance.
- **Encourage healthy, creative activities.** Hobbies, school events, and other activities may prevent your child from using alcohol, tobacco, or other drugs out of boredom.
- **Team up with other parents.** You can join other parents in support groups that will reinforce the guidance you provide at home.
- **Know what to do if you suspect a problem.** You can learn to recognize the telltale signs of alcohol, tobacco and other drug use and get help.

Source: National Institute on Alcohol Abuse and Alcoholism, 1993. Article Reviewed: 2003.

## Parents who Host Lose the Most Drug-Free Action Alliance

### What parents should know:

- As a parent, you cannot give alcohol to your teen’s friends under the age of 21 under any circumstance, even in your own home, even with their parent’s permission.
- You cannot knowingly allow a person under 21, other than your own child, to remain in your home or on your property while consuming or possessing alcohol.

### If you break the law:

- You could face a maximum sentence of six months in jail and/or a \$1,000 fine.
- Others can sue you if you give alcohol to anyone under 21, and they, in turn, hurt someone, hurt themselves or damage property.
- Officers can take any alcohol, money or property used in committing the offense.

### Things you can do as a parent:

- Refuse to supply alcohol to anyone under 21.
- Be at home when your teen has a party.
- Make sure that alcohol is not brought into your home or property by your teen’s friends.
- Talk to other parents about not providing alcohol at other events your child will be attending.
- Create alcohol-free opportunities and activities in your home so teens will feel welcome.
- Report underage drinking to local law enforcement.



Parents who Host Lose the Most is a program of Drug-Free Action Alliance with the support of the Ohio Department of Alcohol and Drug Addiction Services. 6185 Huntley Rd, Suite P; Columbus, Ohio 43229; (614) 540-9985.

## Marijuana as Medicine: Not a Legislative or Voter Decision Drug-Free Action Alliance



*Columbus, Ohio* - Efforts are currently being discussed to legalize marijuana as medicine in the state of Ohio.

Drug-Free Action Alliance and the Alcohol and Drug Abuse Prevention Association of Ohio (ADAPAO) do not support the legalization of marijuana as medicine based on legislative or voter initiative. Rather, marijuana should be subject to the same research, consideration and study as any other potential medicine, under the standards of the U.S. Food and Drug Administration (FDA).

There is some research that indicates marijuana may help decrease nausea, stimulate appetite and decrease pain. However, the research is limited, and the FDA, along with most national medical associations (including the American Medical Association, American Academy of Pediatrics, National Institutes of Health, Institute of Medicine, American Cancer Society, National Cancer Institute and the National Multiple Sclerosis Society) does not support smoked marijuana as medicine.

Leading medical organizations note that safer treatment options exist. And in fact, a synthetic version of marijuana (Marinol) is already approved under the guide-

lines of the FDA.

Marijuana is classified as a *Schedule I* drug, which means it has high potential for abuse, has no currently accepted medical use and lacks accepted safety for use under medical supervision. In the interest of public health and safety, more research is needed on identifying the chemicals within marijuana with any medical benefits, the associated health and safety risks, appropriate dosage levels and safe methods of reaching the intended user.

Voter or legislative initiative does not meet the scientific standards for approval of medicine. Consideration of marijuana as medicine should be treated with the same

logical, rational approach as any other drug that has demonstrated health and safety risks. Anything less puts the safety and health of the general public at risk.

For the *Drug-Free Action Alliance Marijuana as Medicine Position Paper* in full please visit [www.DrugFreeActionAlliance.org](http://www.DrugFreeActionAlliance.org).

*Drug-Free Action Alliance is a private, non-profit organization that provides leadership to promote safe and drug free communities throughout Ohio. Programs and initiatives include Ohio Center for Coalition Excellence, Ohio College Initiative to Reduce High-Risk Drinking, Parent's Who Host, Lose the Most: Don't be a party to teenage drinking, Know! and Drug Free 24/7.*

### Underage Drinking: Fast Facts

- **Most young people who start drinking before age 21 do so when they are about 13-14 years old. Start talking to kids early and keep talking about not drinking.**
- **Youth with histories of behavior problems (i.e. delinquent activity, impulsive actions, and difficulty controlling responses) are more likely to use alcohol than other young people. The same is true for those who have an unusually strong desire for new experiences and sensations and for those with histories of family conflict and stress, and/or alcohol problems.**
- **When parents "bargain" with their kids (i.e. "drink but don't drive"; "drink, but only a small amount"; "only drink in our home"), teens are more likely to drink more and make riskier drinking decisions.**