

JOIN THE VOICES FOR RECOVERY NOW MORE THAN EVER!



Recovery Works!

Across the country there are millions of stories of recovery from substance abuse and addiction, and they are as individual as the people who tell them. However, they all have something in common – the positive effect that long-term recovery has on people's lives. Lives being restored. Families being rebuilt. New stability. New hope.

Inside this publication you will hear one of these stories. You may dispel some myths about substance abuse and addiction and the people who fall victim to them. You will learn how a person can start the road to recovery and about treatment options and where to reach out for help for yourself or someone you care about.

Take the First Step – Reach Out for Help!

Treatment for substance misuse is proven to work. It is critical to take the first step by receiving a professional assessment and gaining access to the array of treatment options available in our community. These are two important resources:



DURHAM CENTER ACCESS

(919) 560-7100 or toll - free (800) 510-9132

Durham Center Access, a service of The Durham Center, offers screening, evaluation, crisis stabilization, detox and crisis residential services. Durham County citizens can call Durham Center Access 24 hours a day, 7 days a week to receive a professional substance abuse screening and to learn more about the kinds of services that are appropriate for them.

DURHAM NETWORK OF CARE

WWW.DURHAMNETWORKOFCARE.ORG

Network of Care is an online resource that provides a database of providers offering the comprehensive array of substance addiction and recovery services offered in Durham and the surrounding areas.

JOIN THE VOICES FOR

SEPTEMBER 2010

National Alcohol
& Drug Addiction
Recovery Month

RECOVERY

NOW MORE
THAN EVER!

Really Living the Good Life Now

A Recovery Story

I grew up in an upper-class Durham family. I married and had three beautiful boys. My husband made plenty of money, we had a nice home and a condo at the beach, we traveled often, I drove a nice car, we sent the kids to private schools. To an outsider looking in, I was living “the good life,” but I had a secret. I had become addicted to prescription pain killers. I “doctor shopped” and was able to get all I wanted. Still, I was able to maintain my lifestyle, at least until age 43 when my husband had an affair and left me. That’s when my life started to spiral out of control. Before long I’d gone through my savings and couldn’t even pay my utility bills. More drinking, more pills, cocaine, methadone. I was suicidal. My car insurance lapsed and eventually I went to jail for repeatedly driving without it.

During those 63 days in jail, I detoxed. After jail I started individual and group therapy. It was tough at first because I was still not fully motivated, but finally something clicked for me and I put my heart into taking my life back. I stayed in regular therapy for a year and a half and still have periodic sessions. I’m now in long-term recovery, which means I haven’t used alcohol or drugs for over two years. Long-term recovery has restored stability and hope to my life. It has enabled me to have a job I love and to have new friends who support my recovery. It has allowed me to become a mother that my sons can trust and count on again. I’ve returned to my church. My quality of life has returned and I truly cherish and enjoy every day now.

My message is that addiction can happen to anyone. And, more importantly, you can achieve long-term recovery. Long-term recovery has made my life and the lives of millions of others like me better. If you need help, there is help for you right here in Durham. Please reach out for it.



Closing the Revolving Door

by Peter Baker, Substance Abuse Specialist, The Durham Center

About 75% of the people in prisons across our county are there for committing crimes that were the result of a substance abuse-related issue. If we don’t address their core behavioral healthcare issues, we will continue to see unacceptable numbers of repeat offenders. What is the solution?

Nationally, the court system has adopted an approach, called therapeutic jurisprudence, which effectively works to reduce the incidence of re-incarceration, saving taxpayer money and changing lives for the better. Drug Treatment Courts have been effective in beginning to resolve this dilemma.

In Durham County, Drug Treatment Courts use teams of court and community professionals to help ensure that offenders who are addicted to drugs and/or alcohol receive the intensive treatment they need to become healthy, law-abiding and productive family and community members.

Adult Drug Treatment Court works with non-violent repeat offenders facing jail time, while Juvenile Court works with non-violent juveniles whose drug and/or alcohol use is negatively impacting their lives at home, in school and in the community. Family Court serves parents in jeopardy of having their kids removed from the home because of substance abuse. These courts and the treatment they offer can be accessed through attorneys that represent you, a family member, or a loved one.

In the past, incarceration, probation and fines were the only alternatives. But Drug Treatment Courts have embraced the need for treatment. They serve as the “watchdog” to ensure that offenders follow through on this court-ordered treatment option, and they can impose active jail time for non-compliance. In addition to treatment options that cater to court-ordered consumers, non-incarcerated offenders can take advantage of the variety of services and supports available in the community to all citizens.

With these options, offenders with addictions can access the treatment and support that can close the revolving door to prison and help put them on the road to recovery. For more information about Drug Treatment Court, call (919) 564-7210 or visit www.nccourts.org/County/Durham/Programs/Drug.

Myth

Addicts are immoral people lacking the willpower to quit using.

Fact

Addiction to alcohol and drugs is a chronic disease, just like diabetes. No one sets out to become an addict or chooses to stay addicted.

Myth

There is little hope once one is addicted.

Fact

There are numerous treatment options available, including various therapies and medications. There is great hope for recovery!

Alcohol and Drug Abuse Screening Tool

This simple screening tool can help you determine if you may have a problem with substance abuse. Check "yes" or "no" in response to each statement.

- I feel like my life would be better if I stopped drinking or using drugs. Yes No
- I have tried to stop drinking or using drugs and failed. Yes No
- I have missed days at work or school because of my drinking or drug use. Yes No
- I have had memory loss or a "blackout" after I've been drinking. Yes No
- I have received medical care because of my alcohol or drug use. Yes No
- I have had legal problems because of my drinking or drug use. Yes No
- My drinking or drug use causes problems in my personal relationships. Yes No
- I sometimes use alcohol or drugs while I'm by myself. Yes No
- I wish people would stop bothering me about my drinking or drug use. Yes No
- My family or friends have told me that I should cut down on my drinking or drug use. Yes No
- I sometimes need a drink in the morning to get started or to stop shaking. Yes No
- I drink or use drugs to help me relax or get my mind off problems. Yes No
- I think about dying or killing myself. Yes No

A "yes" answer to any of these questions could indicate a need for further evaluation.

If you answered "yes" to two or more of these questions it is recommended that you contact Durham Center Access at 560-7100 to schedule a substance abuse assessment.

If you answered "yes" to the last question, please contact Durham Center Access at 560-7100 for further evaluation or contact 911 for immediate assistance.

Myth

Addicts are all homeless people and skid-row bums.

Fact

Substance abuse and addiction cross all demographic boundaries. People of all kinds in all walks of life suffer from addiction.

Myth

If you are not a substance abuser, substance abuse can't touch your life.

Fact

For every addict, many other people are significantly impacted. Addiction may strike your spouse, child, parent, sibling, friend or coworker and affect you greatly.

An estimated 21,000 Durham County citizens are addicted to alcohol or drugs. Substance abuse costs Durham County over \$300 million a year in lost productivity, increased healthcare expenses, and crime and court costs.

Alcohol-related offenses are the biggest reason people are sent to prison.

Treatment for Substance Abuse:

A World of Options

There are many kinds of treatment for substance abuse and no single one is right for everyone. The best treatment programs are developed based on a thorough assessment of an individual's problems and often combine a variety of methods tailored to address each person's specific needs. Here are some of the most common treatments:

Detoxification allows the body to rid itself of a drug while managing the symptoms of withdrawal. It is often the first step in a substance abuse treatment program and should be followed by treatment with a behavioral-based therapy and/or medication, if available.

Inpatient Residential Treatment is an intensive 24 hours/day hospital/medical based program that generally lasts 5-14 days. It may be preceded by short term detoxification and is usually followed by outpatient treatment or time in a less-structured residential setting.

Therapeutic Communities are highly-structured programs in which individuals remain in a residential program typically for 6 to 24 months. The focus here is on the resocialization of the individual to a drug-free and crime-free lifestyle.

Halfway Houses are low-intensity residential facilities where residents learn socialization and independent living skills and are able to attend work, school, and substance abuse treatment appointments.

Outpatient Treatment encompasses a wide variety of programs for people who visit a clinic at regular intervals but do not stay overnight. Most involve individual or group counseling and programs consist of varied lengths of time and intensity.

Medications can help re-establish normal brain function and prevent relapse and diminish cravings throughout the treatment process. There are medications for heroin and tobacco addiction and new medications are being developed for treating addiction to cocaine, methamphetamine and marijuana.

Peer-Run Groups allow people to share their experiences, strength and hope with each other, provide a recovery process and support network that are linked together, and provide various kinds of support for individuals and often family members.

RECOVERY CELEBRATION

BLOCK PARTY

A community celebration of our friends & neighbors recovering from substance addiction



DELICIOUS FOOD, ENTERTAINMENT, & FUN FOR ALL AGES

INSPIRING STORIES OF RECOVERY

FRIDAY, SEPTEMBER 24, 4-7 PM

RAIN OR SHINE AT THE PAVILION AT DURHAM CENTRAL PARK
(Site of the Durham Farmers Market on Foster Street)

JOIN the VOICES of
RECOVERY:

**BUILD A STRONGER,
HEALTHIER DURHAM!**

Event Coordinator



This event is part of National Alcohol & Drug Addiction Recovery Month

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Treatment & Prevention Resources

Durham Center Access – (919) 560-7100 or toll-free (800) 510-9132 – To access treatment for adolescents and adults abusing alcohol or other substances.

Alcoholics Anonymous – (919) 286-9499
(Durham Number - Collect Calls Accepted)

www.aanc32.org – A support group of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Al-Anon Family Groups – (800) 243-4035 for English, (800) 251-5738

Espanol – A fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. Alcoholism is a family illness and changed attitudes can aid recovery.

Narcotics Anonymous – (919) 831-5321 – A support group of men and women recovering from addiction to narcotics.

DurhamTRY – (919) 491-7811 www.DurhamTRY.org

DurhamTRY Drug and Alcohol Free Community Coalition are local organizations working to increase community awareness and the number of conversations between parents/caregivers and their children about the link between underage alcohol use, substance abuse and risky behaviors.

Alcohol & Drug Council of NC – (800) 688-4232,
www.alcoholdrughelp.org

For information, referral, and prevention education.

Building Blocks for a Healthy Future

www.bblocks.samhsa.gov – A program to educate parents and caregivers about the basics of prevention for children ages 3 to 6.

Hablemos en Confianza – www.hablemos.samhsa.gov – Es su fuente de recursos bilingue.

Durham Center Access Crisis Facility

Durham Center Access operates a twenty-four hour a day facility for stabilization and short-term treatment of adults with mental health, developmental disability and substance abuse crises.

People experiencing a behavioral health crisis can come directly to Durham Center Access at 309 Crutchfield Street in Durham, near Durham Regional Hospital.

