

RECOVERY



FIGHT ADDICTION FUEL RECOVERY

ADVOCATE

DR. NATALIE KIRILICHIN

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feature articles

FOUNDATION
FOR
RECOVERY

HIMS

SHE SHED



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365 Days A Year



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GREETINGS!

LETTER *from the* PUBLISHER/ EDITOR

SUMMERTIME! The time for travel, BBQ, outdoor events, and garden growing is here! We are proud to sail into summer with our second issue of Recovery Zone magazine. Our premiere issue was a huge hit with people in Recovery and the people who love and support them, and now we present Volume 1 Issue 2 with even more great ideas for living a life free from mood and mind altering substances, grounded in long-term Recovery!

This issue takes us out to Las Vegas, Nevada, up to Leesburg, Virginia and the District of Columbia, down to Key Biscayne, Florida and of course, again, right here, a little west of Downtown Atlanta, to Marietta, Georgia, home of the Davis Direction Foundation and THE ZONE!

I am beyond excited to introduce you to our Cover model and one of my dearest friends, Natalie Kirilichin, an amazing doctor who has a passion for working with, and for, people with Substance Use Disorder (SUD). Natalie is a well-respected emergency care doctor at George Washington University Hospital and offers care to the highest leaders in the land at Walter Reed National Military Medical Center, also known as the President's Hospital. Natalie will share her own journey of medical care over the past year as she found herself on the receiving end.

Getting inside your head is one of the most dangerous places a person with SUD can go, so with that in mind, we have chocked this issue full of great summertime ideas to keep you busy, outside, and having tons of fun.

Get ready to play in the dirt, build a garden she-shed, throw an amazing red, white and blue BBQ, or settle in with a great book or an amazing movie.

As always, let us know what you think of this issue at info@davisdirection.com and keep those submissions coming in for poetry, art, and prize-



winning FUN photos in recovery. We love to see the life of beautiful and successful long-term recovery in action, verse and color! Stay the course on your journey and know we are always, only a phone call or a visit away at THE ZONE. We will always be here to provide you with the resources and support you need to be safe, happy and healthy as you live a life out loud, for the whole world to see, free from Substance Use Disorder!

Carry on my friends ❤️

#FightAddictionFuelRecovery,

A handwritten signature in blue ink that reads "Missy". The signature is fluid and cursive, with a long, sweeping underline.

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Chattanooga Recovery Center

Chattanooga Recovery Center is a PHP, IOP Treatment Center in the Northshore area of Chattanooga. CRC specializes in providing treatment for persons experiencing substance abuse and/or mental health disorders. CRC believes it is important to treat individuals with a personalized treatment modality based on what he or she is experiencing.

-
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SHARING SERVICES

DPH Vaccine

Being a part of a Continuum of Care in a community is a very gratifying experience.

Being a part of a Continuum of Care in a community is a very gratifying experience. When communities work together, it eases the burden of responsibility for all involved. Last month, Cobb/Douglas Department of Health teamed up with THE ZONE, a Recovery Support Organization, in Marietta, GA to offer Covid 19 Moderna vaccine shots to anyone who wanted them.

The team was professional in every sense of the word and they showed compassion and patience as they worked together to protect those in our Community of Recovery and their family members. Thank you to all involved for "Sharing Services" to support vulnerable people in the direction of health and wellness. It takes a community of support, and nobody does it better than Cobb County, GA and its nonprofit members.

What was your experience having the vaccine easily accessible to you?

I don't have my own transportation, because of the vaccine provided at The Zone, I didn't have to go anywhere because I was already here for my recovery.

-Triston M.

I am grateful for the convenience of the vaccines being provided at The Zone. I was able to get my shot and pick up a pantry box to feed my family.

- Ally M.

Everyone is always so helpful at The Zone, the nurses giving the vaccines were nice too. They really care, you can tell.

-Mark R.





SUPPORT **out west**

BY: SEAN O'DONNELL

When you think of Las Vegas, I bet you don't think of a thriving recovery community. Wellness, healing, connection probably aren't nouns you'd closely associate with a place dubbed Sin City. In fact, I bet you picture the exact opposite, a destination of indulgence and entertainment where you can let loose knowing all your secrets are safe within this desert valley. After all, you know what they say, what happens in Vegas, stays in Vegas. Of course there's more to Las Vegas than the idea we've stitched together from cinematic references like *Fear and Loathing*, and *The Hangover*. That's how I had always pictured the neon city before moving here in June of 2019. I never really imagined the type of community that exists beyond the strip.

I was moving from Minneapolis, Minnesota with about two years in sustained recovery and a couple garbage bags full of clothes. I was leaving behind my friends, community, and my work with a local nonprofit to start a new job at Nevada's statewide recovery community organization, Foundation for Recovery, and to be closer to my fiancée who was living in Los Angeles at the time.

I first visited Foundation for Recovery about six months before making my big move. I flew out to Las Vegas with my camera and video equipment to document Nevada's first Recovery Advocacy Day in Carson City. Me along with sixty other advocates packed onto a bus and drove about eight hours to the capital to meet with policymakers and participate in Nevada's 80th legislative session. That year, the recovery community was advocating for several bills including the anti-stigma bill. This policy replaced harmful words in our state administrative code like addicts, alcoholics, and inebriates with person-first language. On that trip, as we walked the halls of our state senate building, I remained concealed behind my 18-35mm lens, capturing the energy of the day. Looking through the viewfinder I saw what I had known for a long time. No matter the city or how different our recovery journey, our shared experiences unify us. We are some pretty damn resilient people. This was the Las Vegas community I wanted to get to know.

Today, two years later, I now have the privilege of serving as Foundation for Recovery's executive director and calling Vegas my home. Established in 2005, Foundation for Recovery has built programs and partnerships to remove barriers for Nevada families and communities impacted by substance use and mental health disorders. Our success is attributed to a simple concept; expand community support services, empower local leaders, build capacity for authentic recovery resources, and treat people who use substances with dignity and respect.

As Nevada's first and only statewide Recovery Community Organization, our philosophy is that those closest to the issue are closest to the solution. Which is why the majority of our staff, board, and volunteers who drive our mission are people with their own life experiences recovering from substance use and co-occurring disorders.

Together, we uplift the voices of our communities and choose to focus on our strengths and talents, rather than our illnesses. This strength-based approach guides our vision for a world where resources, treatment, and support for addiction and mental health are abundant.

One of our two recovery community centers lives in the heart of Las Vegas. It's the old Veteran Affairs building that's been completely repurposed as a hub for support, training, events, activities, and hope. And of course, it's powered by the Las Vegas recovery community. The center provides an open place where individuals ranging from new to long-term recovery and their families can have access to resources, socialization, support, and skill-building. It's a warm and inviting community setting for anyone seeking

recovery services and affords a wide range of amenities like access to computers, life-skills classes, a place to relax, attend a meeting or social event, and where individuals can receive one-on-one peer support services.

Stop by Foundation for Recovery's community center on a Thursday and you will likely run into Avan and James. Years of Avan's heavy substance use had led to lengthy stays in Nevada's correctional institutions. Luckily, Avan decided to rebuild his life. In November of 2019, Avan was hired by Foundation for Recovery as a Peer Recovery Support Specialist. In this role, Avan helps peers like James by sharing his own lived experiences and helping James navigate resources.

As a result of the outreach with correctional institutions, James was first introduced to Foundation for Recovery by the NV Department of Corrections while still incarcerated. Having 18 months in recovery, James said "enough was enough," and was fully committed to making a change. Since January 2020, Avan and James have been meeting on a weekly basis at the Southern Nevada Recovery Community Center. This ongoing support allowed James to work on his recovery goals, re-establish healthy relationships with his family, and start rewriting his past. James has gone from unemployed to working full time, and he even was invited to join the Recovery Advocacy Committee as a volunteer which was a great honor.

When asked about what he learned about himself in recovery, James said, "I have learned that I do matter. I'm finally happy and living a life that was intended for me." He added, "you can never have enough support, it is crucial to recovery. Foundation for Recovery has taught me life skills and coping strategies that I have applied to my life."

Through circles of trust and support, those who share their lived experience become each other's foundation for recovery. Each person's recovery is strengthened through their mutual interaction. Avan's recovery is supported through service and James's recovery is realized through the support of the recovery community.

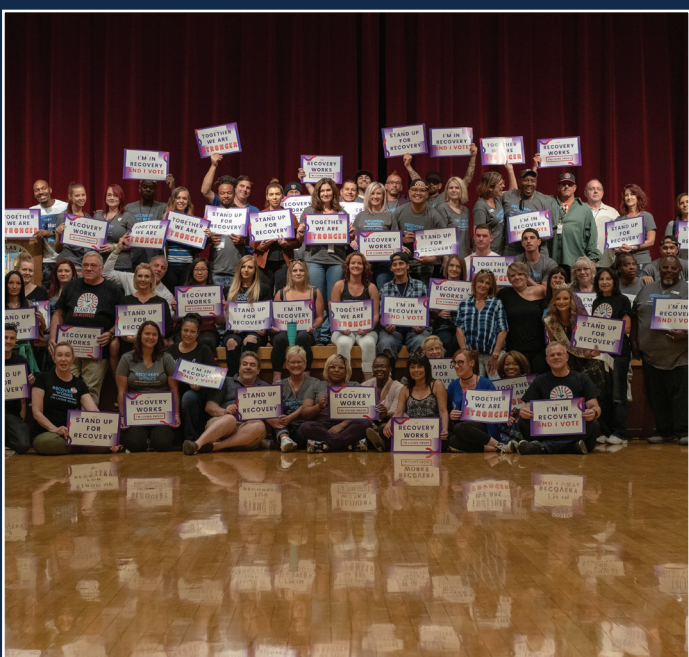
This vignette of Avan and James is a snapshot of what happens at the recovery centers. Hundreds of people in the community use the space to access free clothes, hygiene kits, hot showers, harm reduction supplies, GED and college prep workshops, and to be of service and volunteer their time. But the work of Foundation for Recovery extends beyond the walls of the recovery community centers.

Many initiatives and projects work to build a recovery-oriented system of care in communities across Nevada. That is, building and coordinating a network of agencies to support recovery across the entire continuum of care and integrating recovery support services within the everyday environment such as the workplace, school, and places of worship.

The recovery friendly workplace initiative is a great example of this work. A collaborative effort between Nevada's Department of Health and Human Services, Foundation for Recovery, and the Nevada Department of Welfare and Social Services, to empower employers to implement recovery friendly practices within the workplace and provide support for employees in recovery or those impacted by substance use disorder (SUD).

The purpose of the Recovery Friendly Workplace Initiative is to promote individual wellness by creating work environments that further the mental and physical well-being of employees; proactively preventing substance misuse and supporting recovery from addiction in the workplace and the community. In Nevada, the annual cost to our state for substance misuse, most of which are incurred by businesses, is about \$6.8 billion. These costs include reduction in labor force, decreased productivity, turnover, absenteeism, health care, and criminal justice. By changing the culture in the workplace from one of shame, to one of support, we can actively create opportunities for employees to access resources and be open about their recovery status at work. The initiative works by pairing each workplace with a Recovery Friendly Workplace Ambassador at Foundation for Recovery. The ambassador works with the employer, provides the required training, and helps each employer apply for designation through the Governor's office as a Recovery Friendly Workplace Initiative. This also creates an opportunity to strengthen the employment pipeline. Linking job-seekers in recovery to recovery friendly employers.





- **FOUNDATION FOR RECOVERY LAS VEGAS** -

The initiative officially launched at this year's Recovery Advocacy Day on April 27, 2021 and in the short time since then, we have engaged with over 40 employers considered as our early adopters.

Another great example of initiatives that expand recovery support into the community are the Interfaith Recovery Initiative and Nevada Recovery Corps.

The Interfaith Recovery Initiative is similar to the workplace initiative where our Interfaith Recovery Ambassador works with faith-based organizations and communities of faith to provide training and resources on substance use treatment and recovery support services. According to the 2018 Nevada Church Health Partnership Survey, addiction was identified as "the most important health issue facing one's congregation or community." And oftentimes, Faith-Based Organizations are the first place many individuals turn to when seeking help. In some of our rural cities, no formal addiction treatment even exists. So imagine, equipping churches, synagogues, temples, and other places of worship with the tools and knowledge to assist someone struggling with their substance use. This is the goal of the initiative. Train faith-leaders on the science of addiction, provide resources and an understanding of how to make connections with providers, and how to engage and leverage the local recovery community in this effort. The initial launch of this project started about a year ago, of course, with the onset of COVID, the project is just now starting to get off the ground.

To tie together the workplace and interfaith initiatives, the Recovery Corps project is an Americorps initiative to recruit people in recovery to serve as a Recovery Corps member over a 12-month period and place them at "host-sites" across Nevada, like within businesses or places of worship. Each Recovery Corps member is trained to provide peer support, organize trainings in their community, and distribute naloxone. Although Recovery Corps members are not employees, they are provided with a living stipend for their service and are given an education award at the end of their 12-month commitment.

The recovery community has organized to provide mutual support to each other and the next person who's reaching out for help for decades. Las Vegas is no exception. While Las Vegas might seem like a destination for many, it's a community and home for thousands of resilient people in recovery sharing resources, their talents, and supporting those in the midst of addiction. It's a place where pockets of hope shine even brighter than the neon signs down Fremont Street. Staying true to its reputation as the entertainment capital of the world, it's also the hub for some of the county's largest recovery events, like the Recovery Awards Dinner and Mobilize Recovery. And these projects, initiative, programs, and efforts to continue to connect with our community is just a glimpse into the incredible work so many others are doing across the valley.

So next time you're visiting fabulous Las Vegas, stop by and give us a visit and we'll show you the recovery vegas experience!



MY FIRST sober date

BY: SARAH MANGOLD

I was 31, 90 days clean and I hadn't been on an actual date SOBER since I was 15 years old. I was at work when I got a Facebook message from a guy, he was cute and he also looked familiar. We had several mutual friends, so that made me comfortable. We talked online for most of the day and night, he was hilarious. It turns out he knew my sister, my sister said he was bad news because of his past. I thought, I have a past... I should give him a chance. This guy was really funny and I liked that a lot. He was in recovery, so we decided to meet in person at a recovery meeting. He seemed nice, he asked me out a few days later and I said yes.

I hadn't been on an actual date SOBER since I was 15 years old.

The day the date mind was racing. I was nervous and excited, I felt like a teenager again. What if I do something embarrassing? What if I say the wrong thing? What if he doesn't like me? The anxiety was killing me. I called my sponsor and she said, "try something new... get out of your comfort zone. It's just one date, go have fun". I swear to God I changed my outfit 20 times and I still didn't feel cute by the time he got to my house. It was too late, he was there. I came outside and got in the car. He complimented my outfit, and in my head I was like "right.... sure it is, nice try". "Go on a date she says, it will be fun she says.." I couldn't get out of the car at this point, so I just went with it.

We went to an Italian restaurant. The food was great and the conversation was even better, which was surprising for me because I expected dead silence and tons of awkward moments. I didn't know what to do with my hands, I don't think he could tell so it was cool. After dinner we went to the Ferris Wheel in Atlanta. It was a beautiful night and the lights were gorgeous.

I couldn't remember being in Atlanta before and not being high on drugs, this time I was high in the air and that was a little scary for me. Minor Panic Attack... no big deal. I remember gripping the handrail the whole time. After the Ferris Wheel of Anxiety, we walked around Centennial Olympic Park continuing our conversation, he had jokes for days. The water fountains were on, I remember that we played in them as if they were an obstacle course, that part was fun, I couldn't remember having that much fun at

that point in my life without being high. After that he took me home. It wasn't as awkward as I thought it would be.

My sponsor was right, it is good to try new things.



COUNTDOWN to yum



“NOTHING IS IMPOSSIBLE” PASTA SALAD

- 1 lb. pasta
- 2 tbsp. olive oil
- 1 red onion, sliced
- $\frac{3}{4}$ c. pepperoncinis
- 8 slices cooked bacon, chopped
- 1 pint cherry tomatoes, halved
- 8 oz. pk mozzarella balls, halved
- 2 cup baby arugula

Preparation

1. Cook pasta per package directions.
2. Heat oil in medium skillet over medium heat. Add onion and sauté until just tender. Transfer contents of skillet to large bowl.
3. When pasta is ready, drain and add to bowl with onion and $\frac{1}{2}$ tsp each salt and pepper and toss to combine. Fold in bacon, tomatoes, mozzarella and arugula.

“EASY DOES IT” CHEESECAKE BITES

- 1 (8-oz.) block cream cheese, softened
- $\frac{1}{3}$ c. powdered sugar
- $\frac{1}{2}$ tsp. vanilla extract
- 1 cup Cool Whip
- cup greek yogurt
- 10 strawberries, halved
- 30 blueberries

Preparation

1. In a medium bowl using a hand mixer, beat cream cheese, powdered sugar, and vanilla until fluffy and combined. Fold in Cool Whip.
2. Transfer mixture to a piping bag and pipe over cut side of strawberry.
3. Top with blueberries and serve.



GROUND YOURSELF with yoga

Yoga for Juvenile's who struggle with Addiction.

There is an abundance of research and stories out there supporting and discussing the effectiveness of Yoga and Meditation on Juvenile Delinquents. I think it is important to share a few fundamental things about addiction especially when it is in regard to youth. First is the socio-economic factors, race and exposure to lifestyle habits such as health and wellness in family of origin. Research supports that single parent families, uneducated parents and parents with drug abuse, have a much higher rate of youth who struggle with substance abuse. I think we can all agree that starting a criminal record early is indicative of poor coping skills or trauma of some sort early in life. Kids tend to mimic what they know and of course what they are taught. Possibly both things together. Once coping mechanisms are established and repeated into adolescence or even young adulthood, the more challenging it is to break them or redirect the behavior using traditional Cognitive behavior modification or some other treatment designed to teach new skills. I think it is fair to say that all the research can agree that teaching Yoga and Mindfulness to youth early on in school or at home has been shown as an effective tool in dealing with stress at school and at home for children. It is safe to say that children with these skills early on, tend to handle stress better and become better adjusted therefore less likely to travel the path of Juvenile Delinquency.

What about the ones that never heard of Meditation or Yoga or healthy lifestyle concepts in early childhood and became entangled in criminal behavior in their teens? Is yoga and meditation effective in creating a behavior change? The research supports that it is effective. At least, when combined with other forms of treatment.

Many youths have trouble identifying emotions and furthermore identifying the space between the emotion and their response to it. And this is exactly what meditation and yoga does.

Through guided meditation students begin to recognize the thoughts as just thoughts. And they learn not to become attached to them, to just let them flow. Once there

is recognition that I had this "thought" but that I do not have to act on it, empowerment happens. We know that addicts are powerless. Instead of thinking of the flip side being powerful, think of it as being empowered. Which is the goal in recovery as well in Yoga and Meditation. Tools to provide individuals ways to become more empowered and in charge of themselves. Becoming aware of the mind body connection through yoga and mediation is extremely valuable in creating an empowered teen.

By providing tools to youth to empower themselves, addiction can be beat. There must be underlying understanding of trauma and maladaptive coping skills in each child, along with the socioeconomic factors. This work must be done consistently and a space in which to do it must be provided.



INTERVENTIONIST patient brokering

BY: HEATHER HAYES

There is More Profit in Relapse than Recovery - We are in the midst of a massive addiction crisis in the United States. The US National Library of Medicine last year reported that “[m]isuse of prescription opioids and heroin affects more than 2 million Americans and an estimated 15 million people worldwide each year.” The over prescription of these drugs has been a significant driver of this devastating health problem. Unfortunately, the addiction pandemic has led to unethical business practices within the addiction treatment field. In the aftermath of Michael Lohan’s arrest for alleged “patient brokering,” I was driven to share my own feelings and reflections on this escalating, immoral practice.

Patient brokering, or body brokering, is a practice and form of human trafficking used by some addiction treatment facilities whereby they pay a third party to procure patients for them. In numerous states across America this practice has been made illegal, most recently by the state of Georgia with the passing of Senate Bill 4 in a unanimous bipartisan vote. The bill also criminalizes fraudulent and excessive billing for medical toxicology testing and screenings. This comes as a relief to vulnerable consumers, is a marked improvement to our already-stressed healthcare system, and paves the way for other states to follow suit.

Patient brokering entails an unethical attempt to convince a person with Substance Use Disorder to receive treatment at a facility where the patient broker receives a substantial financial reward per admission at the facility. Brokers could receive anywhere from \$500 to \$5000 for referring a patient to a behavioral health treatment center. Vulnerability and desperation are the driving forces that make the patient and their families decide to follow the advice given by the patient broker. Unsurprisingly, most patient brokers are not licensed, educated, or qualified professionals.

Brokers also scout patients for their health insurance payouts. Once patients are enrolled at the brokering facility, routine tests (such as urine analysis) will be charged at extortionate prices. Unnecessary tests, toxicology screenings, and potentially inappropriate treatments are offered with a keen eye on the price tag rather than the patient’s needs. It is possible for a facility to claim \$20,000 for a single drug test. Under the Affordable Care Act (ACA), substance misuse must be treated like any other illness, and health insurers are required to pay for all drug testing and subsequent treatments.

Patients may be brokered after they seek care from a doctor. However, they are frequently chosen unwittingly from 12 step meetings, sober homes, social media, support groups, pharmacies, or even grocery stores. Parents are now also helping their children broker other people’s children through rogue non-profits disguised as family support groups. The patient may not even wish to enter recovery but are offered enticing bribes in return for attending a treatment center. These incentives may be cash, free rent, gift cards, beauty treatments, designer clothes, vehicles and vespas, or cigarettes. People with Substance Use Disorders are seen as a financial commodity and may even be encouraged by these brokers to re-enter numerous rehab centers in return for additional bribes.

This is a nationwide problem, but California and Florida have received the most press and have seen the sharpest increase in incidents of patient brokering. These states have the highest number of treatment centers, which results in more opportunities for brokers. It becomes easy to wheel-and-deal the “promise” of warmth, sunshine, and a carefree lifestyle.

Relapse is a painful, difficult, and unpleasant process and many of

these patients find themselves going through it again and again, not only because they are offered incentives to re-enter a treatment center but also because the facilities themselves realize that there is more profit to be made in relapse than in recovery. In some cases, patients are prescribed medications which encourage relapse and, in others, the treatment at the facility is so poor, or non-existent, that the patient is not provided the chance to heal.

Fortunately, fantastic treatment centers nationwide who place the care and recovery of their patients as their foremost priority outnumber the unscrupulous entities. Despite rampant abuses, California and Florida also have many excellent treatment facilities that focus compassionately on the healing journey of their patients and offer excellent therapeutic treatment options.

Patients and their families need professional intervention assistance from a qualified mental healthcare professional. It is important that interventionists prove themselves to be trustworthy, experienced, educated, licensed, and knowledgeable about the best and most appropriate care options.

There’s no question that your loved one’s recovery will likely be one of the most challenging journeys your family will face. If you are seeking rehabilitation for yourself or a loved one, here’s how to avoid the patient brokering trap:

- Seek the assistance of a professional interventionist who can provide objectivity, expertise, and reassurance and who will track a patient’s progress while offering recovery support.
- If you are offered enticements of any kind to enter the treatment center, then alarm bells should start ringing. No genuine treatment center would offer incentives.
- Determine whether the treatment center is licensed, registered, and certified by their local health department.
- Assure that the center is accredited by the Joint Commission, an independent, not-for-profit body who certifies health care establishments nationwide.
- Research the staff names and biographies on the site to ensure the qualification and accreditation of the doctors and nurses working at the center.
- Ensure that you receive a tour of the facility before admission and have the opportunity to meet fellow patients and doctors.

It is essential that we all work to shed light on this fraud and abuse within the substance use disorder industry. Substance use disorder is a mental health issue which requires empathy, care, and compassion. For those struggling with an SUD to have their healthy futures be disregarded in favor of financial gain is an immoral, disturbing practice which we must work tirelessly and collaboratively to prevent.



“In an intervention, I empower people to save their own lives.”

HIMS safety first

BY: JOHN PERKINSON, SENIOR STAFF WRITER, AIR LINE PILOT MAGAZINE

Human Intervention Motivation Study: Promotes Safety, Saves Pilot Careers - Airline pilots have helped make commercial aviation the safest mode of transportation in the world. Millions of passengers and tons of cargo are transported to destinations around the globe with little concern about arriving safely, thanks to the tremendous efforts of these aviation professionals. But despite their extraordinary labors, these highly skilled men and women are human and subject to the same imperfections and frailties as their earthbound peers.

That's where HIMS, the Human Intervention Motivation Study,

respected around the world," remarked ALPA president Capt. Joe DePete, at this year's HIMS Basic Education Seminar, which was conducted at the Association's McLean, Va., offices. "In the United States, for instance, Members of Congress have looked to HIMS as a model for similar programs in other transportation sectors."

"Roughly 10 percent of the U.S. population is chemically dependent," observed F/O Craig Ohmsieder, a Spirit Airlines pilot and ALPA's national HIMS chair, who asserted that pilots are no different from anyone else in that regard. He added that



Craig Ohmsieder, National HIMS Chairman

enters the picture. Considered the "gold standard" in the airline industry, HIMS is a remarkably effective occupational, substance-abuse-treatment program conducted through a special partnership among the Air Line Pilots Association, Int'l (ALPA); the Federal Aviation Administration (FAA); the aviation medical community; and participating airlines. FAA regulations contained in 14 CFR Part 67 identify the conditions for which a pilot can be medically disqualified from flying, and these include substance abuse and dependency.

HIMS provides a proven means to effectively overcome the influences of this affliction so that pilots can return to the flight deck. While it borrows heavily from treatment principles developed in both clinical and industrial settings, HIMS includes specific features that address the unique, safety-sensitive needs of the airline industry. Remarkably, since its introduction in the mid-1970s, the HIMS program has maintained a better than 80 percent sustained-abstinence rate among pilot participants.

"Given this success, it comes as no surprise that the science-based, data-driven, collaboration-focused HIMS model is highly

HIMS prescribes a "rehabilitate, don't terminate" approach for pilots who can successfully complete this protocol and is a "safe and effective way to make sure they get the help they need."

Safety First - ALPA has been committed to safety since its founding in 1931. The Association's motto—"Schedule with Safety"—guides every decision of its more than 59,000 pilots at 35 U.S. and Canadian airlines make. The Association maintains that the most important component of aviation safety is at least two healthy, alert, properly trained, qualified pilots on every airline flight deck. The FAA determines flight- and duty-time limitations and rest requirements, and other measures have been implemented to make certain that pilots perform at their peak.

However, personal considerations also factor into this equation. That's why HIMS and ALPA's other Pilot Assistance programs fall squarely under the Association's Air Safety Organization. Ohmsieder leads a team of pilot volunteers, including many who have successfully graduated from HIMS's rigorous and demanding regimen, to help their fellow members in need.

Ohmsieder observed, "I know that it can be hard for someone to come to grips with chemical dependency. Recognizing its symptoms and helping those who need help to get treatment—without fear of losing their jobs—is a major step toward more effectively managing this disease."

It's important to note that government organizations like the National Institutes of Health firmly acknowledge that chemical dependency is a chronic and progressive disease. The problem stems from a physical/psychological addiction to a specific substance in certain individuals, and the need to increase consumption of that substance to maintain a desired effect, such as the temporary alleviation of depression or anxiety or an induced state of euphoria. Common symptoms include compulsive use despite adverse consequences, withdrawal from social and recreational activities, and a loss of control.

The identification of this addiction used to be career-ending for airline pilots but, fortunately, times have changed. A pilot can be granted a special-issuance medical certificate by the FAA but must be willing to undergo medically required treatment and continual monitoring for years by HIMS-trained experts from the airline, the FAA, and medical professionals. Having to accept these follow-ups as part of a monitored pathway back to the flight deck is a small price to pay to be able to resume one's career as an airline pilot.

Program Origins - In the early 1970s, pilots diagnosed with alcoholism lost their FAA medical certification and were essentially barred from the airline piloting profession. At that time, the idea that alcoholism or any other chemical dependency could be a disease was alien to the public and, more importantly, to policy-decision makers in the aviation industry.

The HIMS website, www.HIMSprogram.com, notes, "There was no evidence to suggest that the level of alcohol abuse among pilots was different from any other population, but ALPA, the FAA, and airline leaders believed that any level of alcoholism was undesirable and should be identified and treated."

In 1969, Dr. Richard Masters was appointed to the new role of aeromedical advisor to ALPA and was tasked with advising the organization's leadership on issues related to pilot health and well-being. Working with United Capt. Rod Gilstrap and Continental Airlines Capt. Gil Chase, Masters surveyed available treatment and rehabilitation programs to see how they might be adjusted to meet airline pilot needs. On behalf of ALPA, the trio eventually convinced their airline managements and the FAA to consider an approach that, with maintained abstinence, would allow pilots to reacquire medical certification.

ALPA worked closely with the National Institute for Alcohol Abuse and Alcoholism (NIAAA) to develop the framework, making the case that the commercial aviation environment would not be well suited for a traditional on-the-job supervisory program. Likewise, the Association noted that a pilot's ability to function effectively would be best observed by other pilots. NIAAA agreed and, in 1974, HIMS was launched. A decade later, HIMS programs were available to pilots at most major U.S. airlines.

The Process - HIMS coordinates the identification, treatment, medical recertification, and return to the flight deck of pilots with substance-abuse problems. As noted, peer identification and intervention are key components since fellow pilots are able to observe potential candidates both in the aircraft and while on layovers.

Once recognized to have a potential problem, a pilot is urged to participate in an evaluation. A trained medical professional conducts this assessment and if the pilot is diagnosed with a chemical dependency, he or she enters a 28-day treatment program. An ALPA HIMS chair from the pilot's airline can usually

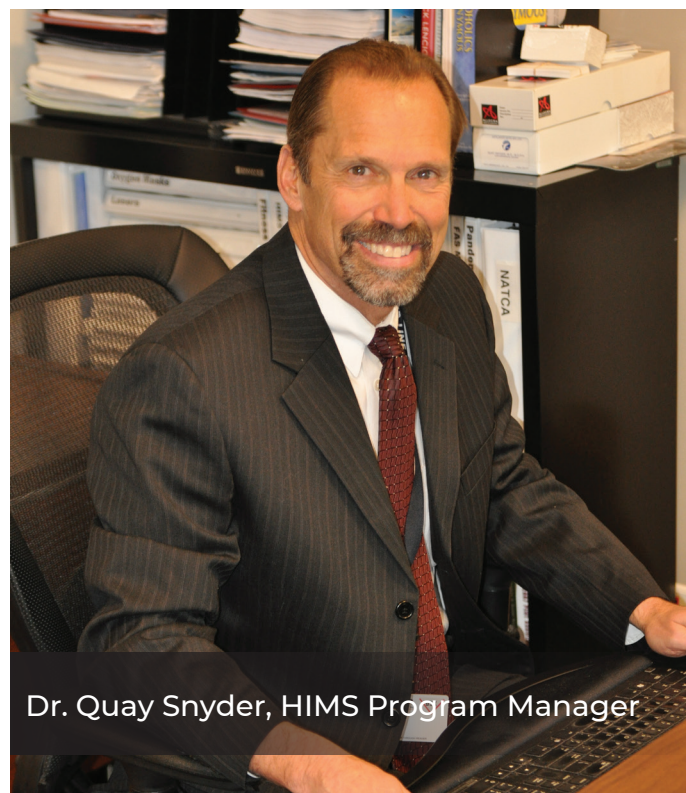
recommend an appropriate facility. Upon completion of the treatment, the pilot begins a protocol of comprehensive and continued care, which includes routine testing and careful monitoring.

"Those who are treated for substance abuse disorders are different afterward—their lives are often better than ever," said Dr. Quay Snyder, the HIMS program manager and president of the Aviation Medicine Advisory Service, which serves as ALPA's Aeromedical Office. His organization is central in helping to set affected pilots on the path to recovery and observing any changes to FAA policy as it relates to chemical dependency and medical certification.

However, the most important aspect of ALPA's HIMS program is its partnership with the FAA. Without this agency's support and approval, it's safe to say that HIMS simply wouldn't exist. Dr. Nicholas Lomangino, senior advisor to the deputy federal air surgeon of the FAA and the U.S. Department of Transportation, acknowledged, "Our primary mission is safety," adding, "We actively work with pilot organizations so that we can establish programs that meet our safety objectives."

Olmsieder IMS Saves Lives . . . and Money - In addition to improving safety, one of the easiest ways to convince an airline that HIMS is worth implementing is its impact on the carrier's bottom line. For mainline operations, every dollar spent on pilot rehabilitation can yield an up to 28:1 return on investment in the cost to train a replacement pilot. While express-level operations may not have the same level of training-cost benefits, they still gain tangible advantages. Additionally, reduction in sick leave utilization costs after treatment can provide carriers with an additional 3:1 return on investment.

As ALPA's president noted, HIMS has been widely recognized and copied far beyond U.S. borders. Foreign airlines like British Airways and Cathay Pacific have comparable networks. HIMS Australia and HIMS New Zealand are other great examples of support systems modeled after their North American counterpart. To learn more about this cost-, career-, and life-saving program, visit www.HIMSprogram.com.



Dr. Quay Snyder, HIMS Program Manager

PRODIGAL parent

“The Lord will fight for you; you need only to be still” Exodus 14:14 NIV

When I read the verse above, I see brevity and clarity. It's not complicated, and the meaning is clear. Nevertheless, I believe it is the centerpiece of a big story that involves you and me.

I know you remember that morning a few years ago when you walked into a room and there sat your family - the human beings in the world that know you the best and love you the most. We were there to try our best to convince you to change your direction, knowing you were very sick, and the conversation would be difficult.

Early that morning, I received a text from a friend. There was no message beyond this: “Exodus 14:14”. That was it - just a reference to a Bible verse. So, I looked it up and read the verse noted above for the first time in my life. This is what true friends do. They are there for us and listen to us. Sometimes the God who made the universe plants a thought or in this case a Bible verse that can be passed along to someone who is hurting and in need of encouragement.

The setting for the verse is Moses standing trapped at the edge of the Red Sea with the Egyptian army on the way to wipe out the Israelites, God's people. The options were limited to dying because of a spear, or drowning in the sea. Earlier Moses had told the Lord that he was inadequate and not up to leading the people out of Egypt. The Lord reminded Moses of who his creator was and told him to get on with it and he would help and be there for him. Moses replied, I hear you, but you need to send someone else. Moses wisely accepted the assignment on faith depending on his creator.

So now we have Moses at the edge of the Red Sea standing between death and death. Things looked bleak. Then Moses got the words from the Lord that he needed to speak to his panicking followers - “the Lord will fight for you; you need only to be still.” God then split the sea and divided the water so the Israelites could travel through the sea on dry ground. Behind them, the entire Egyptian army died when the sea flowed back together covering them with water.

God, who was with Moses, has not changed and is still with us at this moment. He knows where we are. On some level, we are all prodigals. We all make bad choices. We all rebel and have issues that need work, and we all need grace. We sometimes ask ourselves how God can possibly be in this because things look so difficult. We sometimes think there's no hope - there doesn't appear to be a way to get through what's ahead. All the options are dark choices. But God is present today just as he was with Moses. He knows where we are, and he knows what's going on - never asleep, absent or distracted.

On that day when your family circled around you and symbolically held on to you as you were scared and suffering - you made the right decision. None of us fully understood the sickness that had gripped you. Your journey to home and healing began on that day. And, as you recall it was your choice. You could've just walked out the door, but you didn't.

You have overcome an obstacle greater than anything I've ever encountered. Through it all my faith has increased. I'm certainly not Moses but I know what it's like to stand in the middle of a difficult situation and not know what I'm supposed to do. After all of this, I now know that I should often stand still, look inward and upward. The same God who was engaged with Moses, is also engaged with me, and you. He has not changed, and for all of eternity will never change and will always love.





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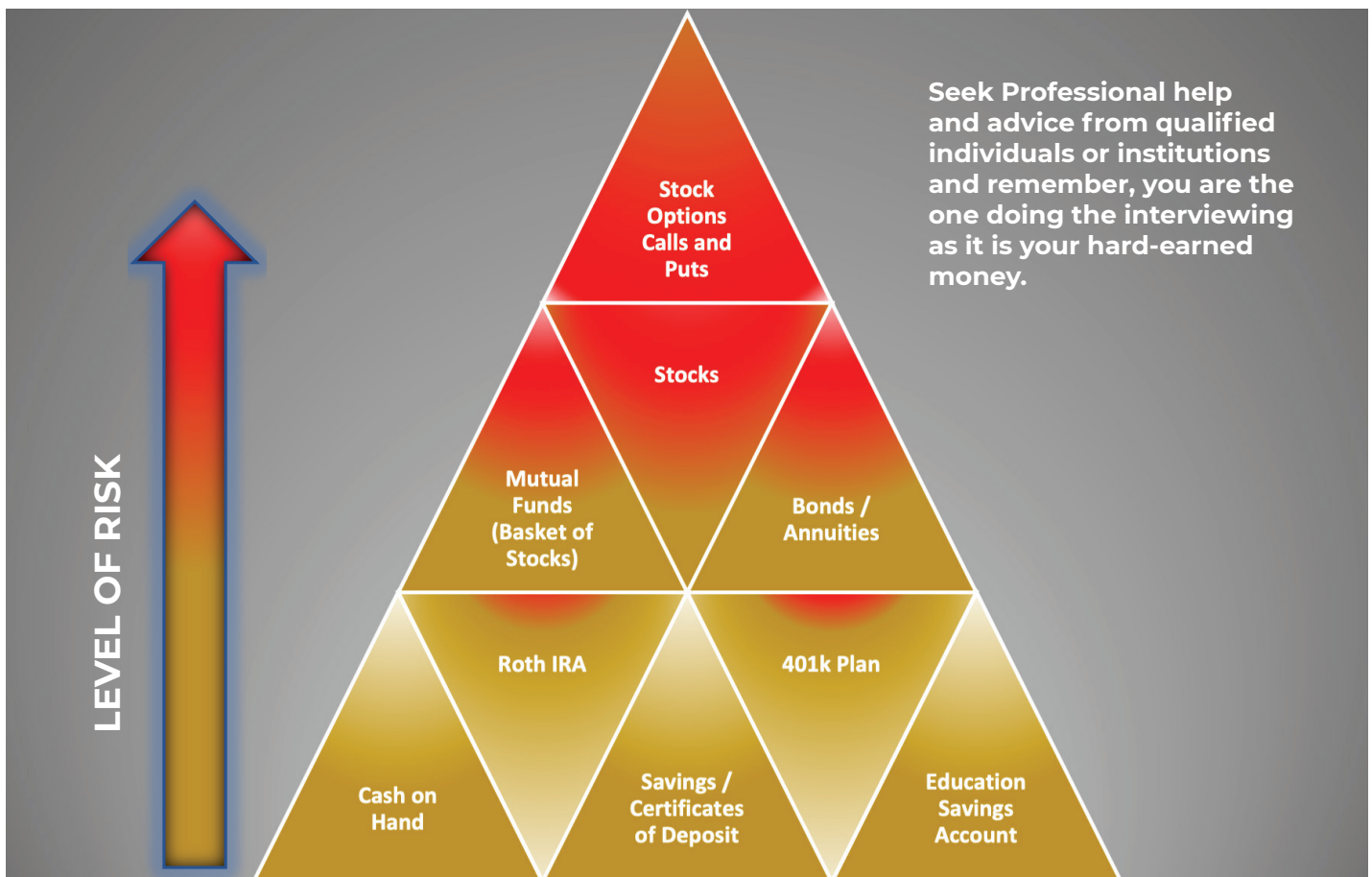
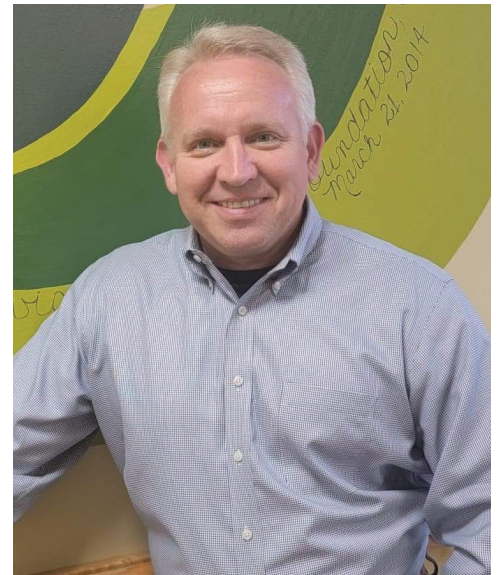
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PLANNING FOR tomorrow

BY: MICHAEL OWEN

“That which is not earned is never valued.” Perhaps that is why you can search plenty of articles on wealthy billionaires not planning to leave large inheritances to their offspring. Growing up I learned very quickly to take care of things because I knew they could not be easily replaced, if at all. And now as an adult, I am extremely diligent in taking care of what my money allows me to purchase or save, including investments. I am thankful for the life I had to earn. It has imbued my life with meaning, full of rich experiences in relationships, business, and vocation.

You work hard for your money, so it such be treated with a healthy level of pride and respect. After all, it represents a very large portion of your life; labor each week you expend in exchange for pay. Thinking about 10+ years or more out can be the last thing on your mind when you have bills piling up and a car in the shop needing \$1,800 worth of repairs. Having a plan that helps ease the process can be so critical for your tomorrow.



PLANNING FOR tomorrow

So, where should you start in saving for tomorrow? The easiest answer to that is your bank or savings account. Toward the end of this article, I will outline a very simple, basic approach, while at the same time mitigating risk inherent in investments.

Beyond saving “under your mattress” or into a traditional savings account, let us explore the plethora of avenues available. Keep in mind, there are no correct answers, but choices for which only you can determine based on your current situation, your tolerance for risk and opportunity, and your goals.

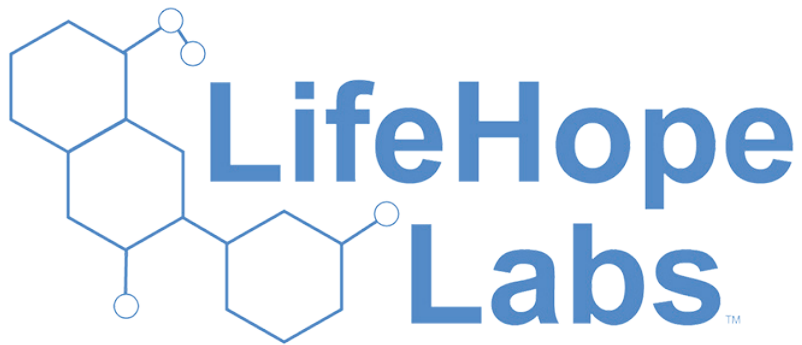
Keep in mind as you learn and think about your tolerance for the unknown, nothing is risk free. If you keep cash on hand, you can lose it, you can have it stolen, you can be tempted to use it. However, there are investment vehicles as depicted below, that are riskier than others. Only you can determine how aggressive or conservative you would like to be in your approach.

Additionally, the further up you go on the pyramid, the more expert advice you should seek to help educate and navigate through your decisions. No one single person is an expert on everything when it comes to investing. Advice is as abundant as grains of sand on the beach. When getting advice, make sure you educate yourself on the person and company he or she represents and form a relationship to build mutual trust. You deserve it, no matter how big or small your investment will be.

Another thing to think about is Life Insurance. Contrary to popular belief, Life Insurance is not just for the deceased. With this type insurance you can generate income over a lifetime from cash value built up, you can have tax-deferred benefits, and you can also leave a legacy to your loved ones. Again, seek out professionals as you navigate your roadmap to building a more secure future.

So, let’s get back to a basic plan that is a realistic approach for many and especially those just starting or with very limited means to save and or invest: *see chart to the right.*

NEXT STEPS	
1	Invest a percentage of your income into Pre-Tax Retirement Accounts such as a 401k/ Traditional IRA or Roth 401k/IRA, OR if your work in public professions such as education, government, and ministries, invest in 403(b) plans.
2	Keep a long-term perspective.
3	Always ask about costs and fees so you are aware of the hidden costs.
4	Work with a financial advisor you trust.
SAVING AND INVESTING BASICS	
5	Budget your monthly income and expenses – we discussed this in the last issue. This is the learning how to crawl stage.
6	Live off cash, not credit.
7	Pay off your debt, especially your unsecured debt like credit cards. It’s not going to make much sense having debt charging interest rates higher than what you will make on your savings and investment.
8	Establish and save for an emergency fund. Rule of thumb is 3 to 6 months of living income.



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LABORATORY SCIENCE

delta 8: unclear legality, clear availability

BY: GRIFFIN GARNER

Head shops and convenience stores across America peddle goods marketed to be cannabis related. It is a billion-dollar industry that goes completely unregulated in vast swaths of the country. In recent times, one of the key products from these companies has marketed something called Delta 8. Well, what is Delta 8? To be honest, the first time I heard the word, it sounded like some sort of military special ops group. Ironically, the more I learned about it, my incorrect guess ended up being more right than wrong.

Delta 8 is THC, plain and simple. It's close sibling, Delta 9, is the compound responsible for causing the high from cannabis, and the only difference in these two compounds is Delta 9 has a double bond on the 9th carbon chain and Delta 8 has a double bond on the... you guessed it, the 8th carbon chain. The subtle difference here is that Delta 8 has a lower potency and produces a milder high. While technically true, it's more than a bit misleading as the potency of Delta 8 can be manipulated by increasing the dose.

That's the big issue here. This industry is completely unregulated in most parts of the country and we don't always know what level of Delta 8 is truly present in these products or what other substances are used in production, making ingestion a risky and potentially dangerous choice. There have been numerous cases of illnesses, hospitalizations, and in higher doses, instances of toxic psychosis caused by these products. Even scarier, many times Delta 8 is marketed as CBD, which is usually just as unregulated, but socially more acceptable. That means these products are easily accessible and getting into the hands of our children and loved ones battling the demons of substance abuse. I live in a small town in

western Georgia and within a mile of my house, there are more than 10 places where I could get my hands on Delta 8.

The federal status of Delta 8 will remain unclear until at least the fall of this year. The Farm Bill of 2018 unintentionally left a loophole that allows Delta 8 to thrive in its definition of hemp, which it requires to contain less than 0.3% Delta 9 THC in order to be legal. There is no mention of Delta 8, which led us to this situation. Fortunately, it looks like there will be a clarification, called an Interim Final Rule (IFR) coming in October or November of this year that will expand this legislation to include Delta 8 in the outlawed substances. While that should help remove products from shelves across the country, these substances will still be out there and some folks will still be willing to risk making a few bucks to get them in the hands of users.

Toxicology testing, especially in the synthetic drug space, is always chasing the rabbit, so to speak. There are new compounds and products being created daily. Fortunately, there are a few labs that honed in on Delta 8 and have the ability to pinpoint it through urine testing. LifeHope Labs, the company I've represented since its inception, is one of those laboratories. Staying on top of these emerging substances and trends within a mostly black market industry can feel like a futile effort at times, but we recognize the inherent dangers of ingesting unknown and potentially harmful substances into the human body, thus we willingly chase the rabbit and more times than not, we catch it. Bottom line, this stuff is out there. We probably all know people that use it, but we can test for it and get these folks the help they need to keep away from it.



DON'T BE INTIMIDATED resumes

BY: MICHELE L. HARRY

Diving back into the job market can feel intimidating, it's understandable to assume that certain barriers stand in the way, such as:

- Having a gap in employment history
- Feeling uncertain about revealing past substance use
- Unbiased or biased discrimination

Before you start scouring job boards on the internet, it's important to start with the foundation of every job search – your resume. Make sure it's updated with your most recent job experience, as well as the highest level of education you've completed. If you don't have a resume or unsure of where to start, Indeed has some great resources, start [here](#).



This is a great time to assess and ask yourself questions, like:

- What are your job needs right now?
- Do you need a job to pay the bills, are you finishing school or ready for the next step?
- What did I like about my last job? Were there things I didn't like?
- What skills do I have that can provide value to a career field I'm interested in?
- How do I get to my "dream job"?
- Clean up your social media - most employers will Google you.

TIPS

- Make sure you don't have a unprofessional email address, this is the kiss of death (whoisyourdaddy@gmail.com), you can create one for free with gmail.com for your job search.
- You don't need to put your address on your resume, distance from a job can create unconscious bias.
- Embrace the gaps in your resume and be comfortable with your story.

• A resume is your first introduction to a potential employer, make it STAND OUT!

- Be creative with the skills from your past jobs including internships!
- What are your interests and hobbies, hiring managers love seeing these on a resume, we get to know you a little better.
- You do not need to include references on your resume.
- Search resumes of people in your industry for examples.
- Keep your resume brief. Make it readable, use a clean professional font.
- Use your LinkedIn link on your resume.
- Include metrics on your skills - rank yourself.
- Include points where you went above and beyond.
- Identify if you were a team lead or trainer?
- **PROOF, PROOF, PROOF** your resume once, twice, thrice. Then ask someone else to do it for you again.
- You may need to have several versions of your resume depending on the type of job you are applying for.
- Be professional in the file name of your resume. You don't need version names, i.e. Harryresumev2. Keep it simple.

BEST PRACTICES social



DO

- Highlight your unique skills and interests
- Use correct grammar - it matters!
- Join industry groups
- Start discussion threads
- Keep your bio up-to-date
- Link to your current and past employers' page
- Use your contacts to make job connections
- **Use a professional-looking profile picture**
- Get everything squeaky clean - go through all of your comments, pictures, and posts and delete anything that casts you in a bad light.

- Complete a search of yourself in all of the major search engines and see what your online profile is.
- Last night's very late party photos can be seen, double check your privacy settings,
- And lastly... Be active on a variety of social media platforms...but not on your boss's dime!

DON'T

- Post inappropriate messages, especially about a current or past job.
- Be offensive, enough said!
- Post overly opinionated content, again, if you use your platform for this, check your privacy settings. You are subjecting yourself to unconscious bias.
- Complain about current or past coworkers.



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-

*for more information and to order yours:
<https://buildingcommunitiesofrecovery.org/replication-toolkit-pre-order/>*

“I am so incredibly grateful to have all of my active addiction tattoos covered up with something not only beautiful, but meaningful.” - Sarah Mangold.

Tattoos tell a story. All of my tattoos, up until 2021, were received in active addiction. The tattoo on my lower back was a tribal piece I helped design while I was drunk and the tattoo on my hip was the Japanese symbol for “dream”. They did not really bother me for the first 16 years that I had them because I was actively using, and I did not care about myself. All I cared about was using. After I began my recovery journey, I became more and more insecure about myself, especially my tattoos. I didn’t really get in a swimsuit because I was ashamed of the constant reminders of my drug use. I did not want anyone to see my “tramp stamp”.

I met an awesome tattoo artist, Mark Lafond, who helped me cover them up! I was so excited to transform the tattoo on my lower back into a backpiece going up my entire spine with lotus flowers and the cycles of the moon. For me, the moons represent the cycles of life and the lotuses represent a spiritual journey... my recovery journey. My back piece leads up to the only tattoo I kept, an Ankh which means eternal life. We covered the tattoo on my hip with a falling feather from a dreamcatcher that I chose because my life is not a nightmare anymore.



Tattoo Artist: Mark Lafond

FREEDOM

Davis Tanenbaum

When I was creating my vision board, I wanted to focus on the things I missed out on in active addiction. Whether it be skiing, surfing, or just good food I was to envision it for my future.

Aside from these activities the overall theme is Freedom and Gratitude. I am hoping for a future where I am free to enjoy the things that I love the most and also be grateful for the blessings I have in my life.



SHINE BRIGHT

Sarah Mangold

My vision board represents all aspects of my recovery. The tree represents being rooted in self love, in active addiction I hated myself. My recovery journey has allowed me to bloom where I am planted because of the adversity I have overcome. The turtle represents being flexible and going with the flow. Some goals for my recovery include becoming more healthy in both body and mind; yoga and meditation are great outlets for me to practice mindfulness. The watch reminds me to be present in the moment.

I love to travel, one day I would like to see the world... I would love to have a tiny house on wheels for my adventures. The hobbies I enjoy are gardening and hiking, I love doing outdoor things since I came into recovery. It wasn't like that for me before, in active addiction I only left the house for money or drugs. My purpose in life is to help people, and I am grateful that I get to do that everyday as a Certified Addiction Counselor. The lantern represents shining a light for others in order to help them find the road to recovery.

When I was making this vision board a Rihanna song popped in my head, so I will take her suggestion and "shine bright like a diamond."



LIGHT HOUSE

Lynn

My name is Lynn and I am a person in recovery. The lighthouse represents a safe place for me and my recovery journey.

My recovery family helped to guide my way in the early stages of recovery and they loved me until I could learn to love myself.



A NEW HORIZON

Adam

My name is Adam and I am a person in recovery. Recovery is like a road. No matter how long it is, it doesn't matter where you enter or exit, just stay on the road.

Creativity is a tool I have used on the road to my recovery and you can accomplish anything if you believe in yourself.



SAFE PLACE

Rebecca

My name is Rebecca and I am a person in recovery. Meditation is my favorite coping skill and a huge part of my recovery. In my meditations, I visualize this scene which is my "Safe Place", I am at peace there.



LESSONS FOR LIFE

servant leaders

**In order to lead others, it is best to learn to lead ourselves first.
And, to lead ourselves, we must know ourselves.**

Once we know ourselves, we can begin the practice of Leadership!



In Volume 1 Issue 1 we spoke of the need to know ourselves and to have Healthy Habits if indeed we want to lead ourselves and lead others.

We are going to talk about a very special type of leadership which, at first glance, seems upside down. However, it's the kind of leadership we all thrive in once we get the groove of this particular practice.

There's a particular leadership approach known as servant leadership which is very different from the authoritarian or charismatic "leader" we typically think of when we visualize or imagine leadership. "The servant-leader is a servant first... it begins with the natural feelings that one wants to serve, to serve first. Then conscious choice brings one to aspire to lead." – Robert K Greenleaf

Servant leadership is an age-old concept; however, the term "servant leadership" was created by Robert Greenleaf in an essay titled "The Servant as Leader" published in 1970.

"Servant leadership is a philosophy and a set of practices that enriches the lives of individuals, builds better organizations and ultimately creates a more just and caring world", per the Greenleaf.org website.

The true mark of a servant-leader is the people they serve grow as people. And, the ultimate test is, do they also grow to want to become servants themselves?

A servant-leader is intentional about growing individuals and communities while sharing the power that comes with



Leadership Lessons for Life

by Kathy Gingrich Lubbers, SAOL Coach and Consultant

leadership. A traditional leadership philosophy is focused more on gathering and exercising power by being the “leader of the pack” or the “the one in charge.”

What’s so special about servant leadership? We can begin with the basics. Serve others as a way or means of leading. Why serve? Perhaps because in the Bible, Matthew 20:16 it is written “the last shall be first, and the first shall be last.”

Or, perhaps, because true leadership comes from being clearly present and in tune with the other person you are engaged in leading and serving them is how you choose to lead.

If you want to lead, then serve. Through service, we learn and experience very different interactions with others. We can be supportive, lend a listening ear, hold their needs and wishes gently in a manner which portrays true understanding and a willingness to help them in whatever situation they find themselves in.

Servant leadership is not difficult to learn as a “skill set.” It’s much more of a philosophical approach and a practice. You can serve others needs simply by opening a door or smiling deeply into their eyes to show acknowledgement of their humanity. It is a willingness to put the other person’s needs ahead of your own, to help them reach their goals and desires.

Servant-leadership can even begin with yourself. If alone, you are still “leading” yourself. Think in terms of serving yourself only what is the very best for yourself. Being kind, gentle and grateful, even with yourself, can be examples of “servant leadership” on a personal level.

Servant-leadership is an opportunity, a way of approaching life, and a practice. Small steps of service can lead to larger opportunities to lead. And, yes, to serve.

EXPERIENTIAL learning

BY: SARAH MANGOLD, CAC 1, PROGRAM DIRECTOR, THE ZONE

Experiential Learning allows individuals to learn about themselves and others in many areas of focus including self-care, mindfulness, gratitude, addiction, recovery, conflict resolution, and communication through reflection after experiencing an activity. This technique influences both feelings and emotions going beyond lectures or discussions. Experiential Activities allow individuals to participate physically, intellectually, and emotionally all at once. It is invitational, allowing individuals to share what they feel comfortable with and encouraging them to take initiative, giving them the ability to learn from experience through mistakes and successes in a safe environment which promotes healthy growth.

The Lessons Learned Activity is centered around creative writing, allowing self-expression to shine. Participants choose a picture from an old fable or fairy tale and write a short story based on the picture. This activity focuses on addiction and recovery, allowing a creative way to express personal experience in the problem as well as the solution. It is a fun and inspiring way to express yourself.



PLAYED FOR A FOOL

Sally the Billy Goat was a fun loving and happy creature. She enjoyed going on walks in the woods. She called them “her adventures” because she never knew what she would find. It was a day like any other. After she finished breakfast, Sally started her walk which she always began on the same trail. While she was walking, she noticed a dark trail she hadn’t seen before. “This is odd,” she thought. “Well, I guess it is time for a new adventure” she said out loud. The trail had many turns, before she knew it she was lost! She began to panic.

Suddenly a stranger appeared. She was saved! He was a wolf named Chuck. Chuck has kind eyes, he was very charismatic, and she enjoyed talking with him. As it began to get dark, Chuck offered Sally a place to stay for the night – in his den. She was so grateful for such a kind gesture. He seemed trusting and trustworthy which made her feel safe.

- RECOVERY STRATEGIES -

Not long after they reached the den, Chuck offered Sally a small amount of powder. "Time to freshen up" he said as he snorted a line. Sally followed suit. The powder made her feel like she was floating; it was pure euphoria. The night turned into day, the days turned into weeks and Sally turned into a fiend. She did whatever Chuck said. All she cared about was that light brown powder he called "Molly".

Sally lost herself and became a slave to Chuck and Molly.



After years under Chuck's thumb, Sally was finally ready for change. During her time in the wolf's den, Sally had become addicted to methamphetamine, heroin, molly, and Xanax. She didn't know any other way to live, she had forgotten what it was like to have a substance free existence. She packed her belongings and left the den, she didn't know which way to go, so she just started walking. She must have been walking for nearly a day... when she became very sick: cold sweats, body aches, nausea, etc.

She came to a bridge and she decided to rest. An Ogre named George popped out from under the bridge and he said "you look like you have seen better days" and offered her "a little something to feel better" in the form of a familiar looking white powder. As much as Sally wanted to use again, she knew that she would just be in the same situation as before. She decided to abruptly decline and keep walking even though every part of her body hurt. She kept pushing on. "There has got to be something better," she thought. After days of sweating and aching and walking she finally came to a small village.

The villagers greeted her immediately. Many of them recognized the state she was in – withdrawal. They offered her a place to clean herself up and some food to eat. A beautiful Dog named Oli approached Sally and said, "I have been where you are, and I would like to help you if you are ready to change your life." Sally stayed in Oli's guest room and they became fast friends. Oli agreed to be Sally's sponsor and they began working the 12 Steps. Sally found a new fulfilling way of life, she had never been so grateful. Oli taught Sally that recovery is something you must work for daily. Addiction is a chronic disease that never goes away, and you must work an active recovery program for the rest of your life.

Luckily being in recovery is a beautiful way to live.



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QUESTIONS?

ask the coaches



DANIEL SPINNEY,
Recovery Coach, RCP

CHELSEA CRONIN,
Recovery Coach, RCP

My roommate is using drugs in my home, and I don't want to relapse. What should I do?

I would first suggest discussing this with your roommate and offering detox resources, if they are willing to get help. It is also important to establish and maintain healthy boundaries such as no drugs or drug use in the house. If that doesn't work, removing yourself from the situation and attending more recovery support meetings may be helpful.

My depression is so bad, I feel so alone. I keep isolating and I think I want to get high.

Connection is the opposite of addiction, going to more meetings and participating in activities with peers in recovery would be an excellent start. Getting out of your comfort zone can be challenging, but that is how we grow. Who knows, you might end up liking it.

I am having trouble with the accountability of a sponsor, what pathway would fit me best?

There are many pathways to recovery such as SMART Recovery, Dharma Recovery, Refuge Recovery, and All Recovery, just to name a few. Going to a variety of meetings may help you decide what pathway fits best for your recovery.

I am homeless and I can't stop myself from using. I want help, where do I start?

There are many detox facilities in the area, checking yourself in would be a great way to begin your recovery journey. There are many free treatment programs as well. Detox and treatment would allow you to clean yourself up as well as learn tools and coping skills necessary to build a solid foundation for your recovery.

LOVE YOURSELF **she shed**

She said, She Should have a She Shed and She Should!

Now that Summer is here and people are outside working in their yards and planting gardens, they need a place to store their tools and prepare for their gardens. She Sheds are just the place; they are in fact the female version of a man cave. They are a place for a woman to express herself through gardening and landscaping. A woman can become one with nature and practice serenity of the soul.

She sheds come in many shapes and sizes and can be fancy or just plainly serve a purpose. For people who love the outdoors and love to have beautiful flowers and grow their own vegetables, a she shed is a fun and easily accessible storage unit for all the necessary tools and products needed to make that happen.

In a time when people seem to be investing in organic vegetables and eating healthy, a she shed makes the process much more fun and exciting. Working out of a she shed not only promotes an expressive hobby, but also provides a healthy alternative to buying fruits and vegetables at the grocery store.

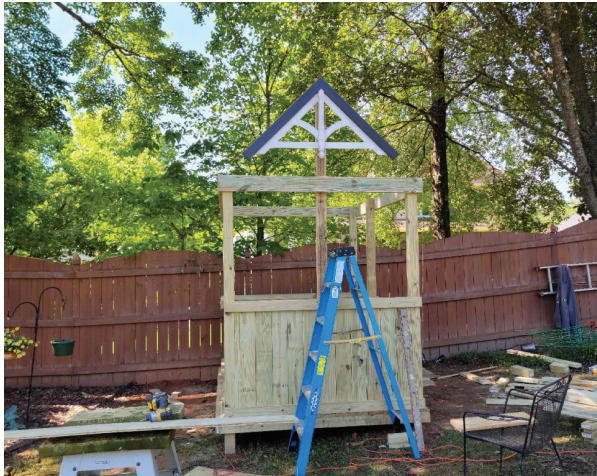
Getting bodies back to health after active addiction is so important and is not accomplished overnight. Detoxing is not only a process of getting toxins out of the body, but also includes putting good and healthy things back into the body. What better way to do this than to grow your own organic foods and prepare them from garden to table?

Being alone and learning to love yourself is something most people have to come to terms with at some point during their lives. Whether you have lost someone special because of addiction, or you are working daily to support your recovery, having a serene place to spend time with yourself and your Higher Power can be life changing. A sacred place to sit and be safe while practicing the art of being calm, peaceful, and untroubled is in fact a luxury, while it should be a daily part of life.



- MAKEOVER OF THE MONTH -

LOVE YOURSELF she shed



MORE BANG FOR YOUR buck

BY: CHELSEA CRONIN

SWEET SUMMERTIME SAVINGS!

- **PEDDLE TO THE METAL** - Know that bicycle that's been hiding out on your back porch/in your attic/in your garage, etc? Get it out and start using it for local errands! Saves on gas and promotes healthy exercise!
- **FEEL THE BURN, OR DON'T...** - For a cheap sun burn treatment, freeze some of the lotion you already have on hand on a piece of tin foil. Once it's frozen, it cools and soothes the burn and also moisturizes to ease peeling and blistering.
- **GET BREEZY** - Turn your AC off whenever possible and fire up box fans and ceiling fans to cut some cost.
- **GOOD AS NEW** - Some items that you own just need a good cleaning and they will look brand new. A lot of people don't realize that their baseball caps can be cleaned, in the dishwasher. Yep, that's right, the dishwasher. Go to any store that sells hats and you can get this plastic thing to put the hat in and all you have to do is place it in the dishwasher to clean it. It will make the hat nice and clean and save a lot of money in buying a new hat every time it gets dirty!
- **STAY-CATION!** - Vacation in or near your hometown. There are often a lot of cheap or free ways to entertain yourself - you just have to look for them. Visiting a few local museums (free entrance + free air conditioning), the zoo, the lake, and a few parks this summer - all for free!
- **REDUCE, REUSE & RECYCLE** - Go green this summer! Be inventive...come up with new ways to use and re-use. Repair what you have instead of throwing it away and buying new. Make a hobby out of garage sales...you never know what treasure you might find.
- **OUT TO DRY** - Dry your laundry on a rack outside. This saves on electricity and unnecessary heat in your home and your clothes will last longer too! Not to mention the fresh outdoors scent!
- **THE GREAT OUTDOORS** - Go on a long walk with your family, significant other and/or furry friends on a nice summer evening. This is a great way to get exercise, communicate, and not spend money.
- **BACKYARD BONFIRE** - This is a great way to roast hotdogs, make s'mores and enjoy a nice cool summer night.
- **CANNON BALL!!!** - Find your community pool or a safe local watering hole. It's a great, cheap outing, great exercise, and keeps you from using the air conditioner.
- **GREEN THUMB GARDEN** - Plant a vegetable garden to help save money at the grocery store, not only for the summer, but into the fall and winter months as well- thanks to the joy that is freezing and canning! Tomatoes, squash, zucchini, peppers and herbs. Options are endless.
- **KEEP IT COOL** - Grill out or eat "cool" evening meals. This will really help keep the house cool by not running the oven.
- **FAMILY FUN** - Go out and have a family day. Go to the zoo, the park, the beach, or another inexpensive place. Pack a picnic lunch to avoid the overpriced concession stands. Play games like volleyball, baseball, kickball or set up an outdoor scavenger hunt!

APPS FOR THE asking

headspace

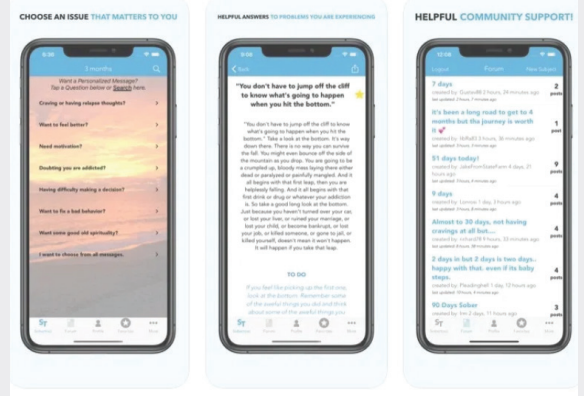
Great App. Head Space is an amazing recovery support tool with a focus on mediation, sleep, stress, and mindfulness. This app offers several types of meditation ranging from beginner to expert and includes guided, group, sounds and music meditation. There are several free educational options including self help articles as well as stress and mindfulness articles. This app is easy to use and I really like how informative it is.

I give this app 4 out of 5 doves because while it is great, I am not crazy about the format... there is always room for improvement.



Love this! Sober Tool encourages those in recovery by celebrating them with a sobriety counter! The app includes rewards, daily messages and notifications, community forum, games and journaling. Connection is the opposite of addiction, so I love the fact that you can interact with others in recovery with this app. You can customize your daily messages as well as search for a specific topic depending on how your day may be going - great for helping select meeting topics.

I give this App 5 out of 5 Doves because I love the fact that it promotes connection, which in my opinion saves lives.



365 DAYS A YEAR the zone

Recovery Zone magazine is a publication that comes out of THE ZONE in Marietta, Georgia. The Zone is a Recovery Support Organization that Fights Addiction and Fuels Recovery daily, 365 days a year. THE ZONE is an extension of The Davis Direction Foundation, a 501c3 nonprofit born out of the need for Recovery Aftercare services, resources, and support. It is a local, state and National Model of Recovery hosting over 5,000 visits per month. At The Zone, a person seeking to find recovery or seeking to maintain recovery from Substance Use Disorder can build a network of peer support and connect socially with people who are forging their own pathways to wellness. It is a judgement FREE zone and a place where you can drop in and stay for a few minutes, or all day long depending on your circumstances.

The Zone is educating the community to understand the disease of addiction while at the same time, building a community of Recovery to offer a safe haven of love and support for those seeking help or connection for their disease. Walking into The Zone, you are welcomed by the smell of freshly brewed coffee and a smile from one of our many trained and certified Peer Recovery Support Specialists. You can catch a support meeting, share a meal, shoot a game of pool, relax and watch the tv, work on resumes in the computer lab and resource library, receive recovery coaching, work out in our professional gym, jam out in the music room or create your own masterpiece in the art room. There is something for everyone at THE ZONE.

To schedule a tour to visit our beautiful facility, please call 770-693-5982. We will welcome you in person or virtually – your choice. We are here to serve and help other communities learn to support their recovery populations. It is time to publicly address the disease of addiction without judgement or stigma and educate others to become recovery allies, teaching them to love and support people striving for wellness and Recovery.



Pictured left to right: Chelsea Cronin, King Nguyen, Sarah Mangold, Kenny Williams, Daniel Spinney, Missy Owen, Michael Owen, Erica Hurley, Brenda Evans, John Lowry, Brooke Nowicki, Holly Reynolds, Not pictured: Mark Lafond, Josh Brummitt, Patrick Johnson





DR. NATALIE KIRILICHIN

advocate

BY: NATALIE KIRILICHIN & MISSY OWEN

One of the greatest joys of being the CEO of an amazing non-profit is the many wonderful people I get to meet through the job. One of those wonderful people is Dr. Natalie Kirilichin. Natalie Kirilichin, MD, MPH, FACEP is a board-certified emergency physician and Assistant Professor of Emergency Medicine, Health Policy, and Management at George Washington University (GWU). As faculty, she works at GWU Hospital and The Walter Reed National Military Medical Center clinically caring for patients and teaching/training medical students and residents. Her education leadership roles include directing the GWU MFA Health Policy Fellowship; the Health Policy Scholarly Concentration Program at the School of Medicine; and Residency Fellowship in Health Policy at the Milken Institute School of Public Health.

Dr. Kirilichin developed an interest in behavioral health while working for the U.S. Senate Committee on Health, Education, Labor and Pensions (HELP) as a health policy fellow. There, her portfolio included mental health and substance abuse policy, and her work supported Comprehensive Addiction and Recovery Act passage and the opioid funding provisions of 21st Century Cures. Dr. Kirilichin went on to join National Safety Council, a nonprofit that eliminates preventable deaths through leadership, research, education and advocacy. She serves as a medical advisor and member of the Physician Speaker's Bureau for this organization, working with colleagues in multiple disciplines across the country on constructive interventions to combat the opioid epidemic.

Dr. Kirilichin received her undergraduate degree (BS, Biology) from Georgetown University and remained at Georgetown's School of Medicine to complete her Medical Doctorate (MD). She earned her Masters in Public Health (MPH) from the GWU Milken Institute School of Public Health. She completed her residency in emergency medicine at University of Chicago Hospitals.

She has worked extensively with the American College of Emergency Physicians (ACEP) in an advocacy capacity. She currently serves as Past President of the DC Chapter of this organization, as a member of the Pain Management and Addiction Medicine Section, and sits on the Board of its Pain and Addiction Care in the ED (PACED) Group. Finally, Dr. Kirilichin serves on the Advisory Committee for DC Health's Prescription Drug Monitoring Program (PDMP).

MISSY: Now that you know how extremely dedicated and invested Dr. Kirilichin is in the space of Substance Use Disorder, I'd like for you to meet my beautiful friend Natalie.

Natalie and I met each other in 2017 when we served on a panel for the National Safety Council prior to the opening session of the Atlanta Rx Drug Abuse and Heroin Summit. She is a gorgeous person inside and out and her heart is pure gold. I was so very impressed with her and the way she could speak to people in order for them to understand. We met again at the National Safety Council's mobile opioid exhibit when we presented on the Ellipse of the White House along with select members of the President's cabinet. It was there that I asked Natalie to come to Georgia and present at our 2018 Building Communities of Recovery Inaugural Conference and she agreed on the spot! In 2019 she returned to the Conference to accept the DDF Advocate of the year Award as well as the Program of the Year for GW University Residency Fellowship in Health Policy. Natalie and I have become dear friends, and we take every opportunity to help each other as you will hear about in the following interview.

Natalie, thank you so much for agreeing to be our Volume 1 Issue 2, Recovery Zone Cover model, and allowing us the privilege to interview you and better understand your passion for the Recovery Community throughout the nation.

NATALIE: Missy, it is a pleasure to be your friend and an ally of your tremendous organization. You, your family, and your dedicated staff set an example for communities across the nation seeking to safely and warmly support addiction recovery.

MISSY: Natalie, did you always know you wanted to become a doctor and if not, when did you decide that this would be your career path?

NATALIE: I knew at an early age that medicine was my calling. I've always been passionate about biology and fascinated/humbled by the intricate design of all living things on the smallest and largest of scales. I am also a very social and empathetic person. Combining my character strengths and interest in science to help alleviate human suffering has been my life's goal since elementary school.



MISSY: Going back a bit to your childhood, were you always so involved in everything you did? You are such an advocate for Recovery and you are President of this, and Advisor for that, and involved in so many great and necessary movements. Were you an actively involved student coming up through the ranks of your education? What were your passions early on?

NATALIE: Piggybacking on your prior question, I have always enjoyed being outside and have tremendous respect for nature. From recreation through hiking, camping or horseback riding to participating in conservation-based initiatives through Girl Scouts, I loved it all. Growing up on the CT shoreline, my surroundings were a real-life marine biology lab where I could learn about and appreciate the delicate interplay of living things in an ecosystem.

As a student I was also a perfectionist who wanted to do everything 110%. I played the violin, sang in chorus, danced ballet and studied avidly. I also loved sports. I played soccer, basketball, and ran track as a tri-varsity athlete. I hope I've loosened up a bit since those days, but I can't say the overachiever is totally gone.

MISSY: When you finally settled in the medical field, you seem to have specialized in the space of Substance Use Disorder. I know you spent a lot of your time in the Emergency Room as an ER doctor and I can only imagine in the last 8 – 10 years you have seen your share of overdose victims and drug abuse related issues come through the hospital. Did this national epidemic pull you into the space of recovery, or how did that happen?

NATALIE: I chose Emergency Medicine as my specialty for the ability to use my skills to immediately save a life. I also believe in health equity and was drawn to a space where I could provide the same level of quality care to anyone regardless of his or her background or socioeconomic status. It is not uncommon for me to care for an undomiciled person right next door to an elected official!

The Emergency Department is also a place where of all the fractures in our healthcare system are illuminated; it's where you go when you have nowhere else to go. As such, I made it a point to seek out additional training in health policy and health systems with the aim of becoming an informed patient advocate. Believe it or not, most doctors never learn this stuff! Part of that training involved working in Congress during 2015 and 2016. The opioid epidemic was the health crisis of the time. It defined my experience as we worked to support programs like the Zone through legislation. I developed tremendous respect for our non-clinical partners doing the heavy lifting of community service provision, the backbone of recovery. Managing acute overdose, withdrawal, and the infectious disease complications of intravenous drug use in the ER is one thing; changing the system to prevent substance use disorders and empower recovery is quite another. I wanted to bridge the gap.

MISSY: In light of the opioid epidemic and what we have learned about doctors being misled regarding pain

medication, you have taken on the added responsibility of educating doctors you teach about the severe addiction that can create opioid use disorder. Why is this so important to you?

NATALIE:

One of the most humbling experiences of working on the Hill was realizing just how much I didn't know and that some of the practices I was taught in medicine were antiquated and potentially harmful to patients!

I knew my colleagues had their hearts in the right place and were sincerely motivated to help people. Misinformation was misguiding us all and I had to do something about it. Working with an organization called National Safety Council provided me a platform to do just that on a national scale, across health professions.

MISSY: Natalie, over the course of the past year, you have dealt with your own medical issues and have had to step away from your daily responsibilities and passions. I know this has been a very hard time for you, but I also know you have learned a lot about what you deal with treating others on a daily basis. Would you share a bit of your own medical journey with us and talk to us about treating your own intense pain?

NATALIE: If it may help someone, it would be my pleasure. This fall I was diagnosed with head and neck cancer and had to undergo a grueling course of daily radiation and weekly chemotherapy for months. The pain of having the tissues inside my mouth and throat burn and slough off was like nothing I've ever experienced. The mainstay of pain management for my condition was opioid therapy combined with a medication called Gabapentin. Agents like Tylenol and Ibuprofen were contraindicated with my chemotherapy. My first lesson was that even for cancer pain, we can do better. We need more opioid alternatives in our toolkits and need insurance to cover other options. In my own experience, complimentary and alternative therapies like acupuncture were not readily available owing to COVID. Where I could find such services, they weren't covered by my insurance and I have a more robust plan than many. My second lesson was that it does not take any misuse to experience tolerance, dependence, or withdrawal. I trusted my team, took and tapered my meds exactly as directed, and still experienced all of the above. Opioids change the way our brains function and we are naïve to treat that lightly.

MISSY: Among those with the disease of addiction, some believe that medically assisted treatment is not a legitimate pathway to recovery. They say people are trading one addiction for another. What are your thoughts on this issue and the X-waiver to prescribe and treat those with addiction? What are you doing to encourage other doctors to take the extra hours to obtain the x-waiver?

NATALIE: I can understand why someone might hold that belief, but could not personally disagree more. Opioid addiction is a lifelong disease, not a rapidly reversible condition. Once someone is addicted to opioids, the only way for that person to function at baseline is to have opioids in the system. Ideally, we can taper them very slowly, over time, but each individual's body chemistry is different. Medications for addiction treatment (MAT) can provide someone with controlled exposure to opioids and opioid-like substances in a way which minimizes risks like overdose, infection, or death. The X-waiver is a training and credentialing process which allows physicians to prescribe medications for addiction treatment like Buprenorphine. In Congress, the committee I worked for passed legislation to raise caps on the number of individuals X-waivered prescribers could treat. My work with ACEP has helped provide convenient, acute-care specific opportunities for emergency doctors to obtain the waiver. All of that said, if I'm 100% honest, I wish we didn't need to have a waiver for MAT at all. It seems logical to me that anyone who has a license to prescribe controlled substances like opioids should be trained and able to provide safer medications like those for addiction treatment.

MISSY: Has the pain you have endured over the past year made you rethink your protocol for prescribing pain medication for those you treat? I know that when we try to pass legislation regarding the prescribing of pain meds, there is an outcry from those who think they can only be treated with opioid meds. What alternatives are there and when do you think only opioids are indicated?

NATALIE: I suspect this question was answered in large part above. To elaborate further, I would say that we have all kinds of medications for different kinds of pain. For acute inflammatory pain (like we see after minor surgery) the combination of Tylenol and Ibuprofen is far superior to any opioid. Topical creams and patches like lidocaine also work quite well. For nerve pain, we can perform interventional procedures like nerve blocks, and use drugs like antidepressants with a lot of success. The latter also helps us treat the emotional aspect of pain, which often drives misuse. There are also a host of sensory modifying alternatives like meditation, sound therapy, and even virtual reality. These are just a few examples. While there are certainly indications for opioids, it is pretty rare that we'd want to use opioids alone. Combatting pain with multiple strategies simultaneously usually offers the opportunity to reduce overall opioid dose and toxicity.

MISSY: As a follow up to the previous question, you serve on the Advisory Committee for the DC PDMP, many doctors felt this was an invasive and time consuming task, but others thought it was extremely important to combat doctor shopping. Do you think the PDMP has done what it is intended to do and how, if at all, could it be improved?

NATALIE: Yes and no. Prescription drug monitoring programs (PDMPs) are generally state run. Some are more sophisticated than others. We know that states which have prescriber and pharmacist mandates surrounding use of robust systems have seen real decreases in opioid scripts filled. That said, we have such an opportunity to

improve information sharing within and across states. Maximizing use of health information exchanges—programs which contain relevant clinical information beyond just prescriptions—and seamlessly integrating PDMPs into electronic health records are just some of the improvements which would potentiate PDMPs and make them less time consuming to use.

MISSY: Let's talk about the Residency Fellowship in Health Policy Program. As you know, this is one of our favorite things to do every semester and Michael and I truly look forward to spending this time with the residents that we get to speak with at George Washington University. Putting a face and a story on the issue that is taking more people from this earth than any other one thing, including car accidents and heart disease, is so very important. Tell us how this program was started and how other teaching programs throughout the United States can get involved and replicate the program. Addiction is a family disease and helping doctors understand this will save lives.

NATALIE: RFHP was founded in 2005 by the late social mission activist and former Assistant Surgeon General, Fitzhugh Mullan, MD. It is an intensive course which George Washington University offers resident physicians in training across all specialties. The goal of the program is to provide learners with an understanding of health policy and its implications for medical practice and health care in the United States. Offered twice each year, the program now boasts more than 15 years in operation, over 30 sessions delivered, and over 700 physician graduates. Dr. Mullan was an expert communicator, gifted in narrative messaging. As his RFHP successor, I believe it is my responsibility to bring voices of change like yours to personify and exemplify health advocacy. We are so fortunate to have you leave your everlasting and motivating impression upon them each year. After all, behavioral health policy is such a crucial part of the course. Other core content areas include healthcare access, financing, regulation, quality, disparities, workforce, and law. Participants witness health policy-making first-hand through daily site visits to Congress, Federal Agencies, think tanks, professional associations, Federally Qualified Health Centers, local health departments, media outlets, and more.

A recent analysis demonstrated that the program is highly effective in building leaders. A survey of graduates revealed that the majority are using health policy in their daily work, and a substantial portion reported that the program and/or its content had a transformative effect on their careers. Most have gone on to academic practice where they teach others. Others assume leadership positions in community settings. What's more, the program has been externally validated through successful adaptation in both Southern and Northern California permutations designed to meet the unique needs of Kaiser Permanente residents.

Over the years, we've seen an increasing interest from resident physician students all across the country. It is our pleasure to host several external participants each iteration. Someday, it is my hope that we'll be able to extend RFHP's reach to all health professions students



– not just doctors! Until then, interested residents are welcome to reach out to participate as well as learn more here: <https://rfhp.gwhwi.org/>

MISSY: Outside of the medical field, help us understand the heart and soul of Natalie Kirilichin. I know you were married to the love of your life recently and I also know you love fashion, or at least you always look like you stepped right out of a magazine. What are some of the things on your bucket list and do you ever enjoy true and specific down time?

NATALIE: Thanks for the compliment, Missy! I appreciate your kindness. I am quite fortunate, indeed, to have married Ryan, my husband, in September of 2020. He has been a source of unwavering love and support throughout this trying year. The silver lining of our hardship is that it has made our relationship stronger. I am forever grateful to him. We happen to share some similar joys and hobbies like hiking, adventuring, and loving on our rescue pup, Spec.

EFT TECHNIQUES

keep calm

BY: DIANE SHERMAN



“Hey! I thought once I got sober, life was gonna be different!?”

Overwhelm. Pandemic isolation. Fear. Change. Sometimes people in recovery experience the ups and downs of feelings and quality of life from time to time. The good news is change can represent a transition. It can provide you with information for making a plan. There may also be people, places, situations, or things that happen that may cause cravings, uncertainty and fear or simply overwhelm you. You may even experience limiting beliefs that keep you stuck from knowing you can live your best life. When you are in a moment of distress or feeling stuck, you need to find a calm space to find your answers.

What if you learn more about how to improve your recovery wellness?

What if I could help you find, get and keep that calm state?

Emotional Freedom Techniques (EFT), also known as “tapping”, is that way – a way to help you get unstuck, shift into calm, and to find solutions to help you live in recovery-based emotional freedom. EFT is a universal healing technique that operates from the premise that no matter where you get unstuck, there may be unresolved emotional issues or past experiences blocking emotional freedom.

EFT is a simple practice, where you stimulate, or “tap” the points on the body that are associated with stress to relieve unwanted emotions or physical symptoms. It has been used successfully to address issues such as depression, anxiety, stress, doubt, fear, or trauma. When working with a practitioner, it can be an effective way to drastically reduce or eliminate the feelings, doubt, fear or stress that may keep you stuck. EFT combines the physical and emotional benefits of acupressure with thought-based interventions to recognize and release unhealthy patterns or limiting beliefs.

As a certified EFT practitioner, I often hear my clients in recovery say they’re stressed, anxious, uncertain of themselves or unhappy with the quality of their recovery. Sometimes they feel triggered in their recovery or they experience cravings. Try as hard as they can, they cannot stop the stress or mental obsession while trying to protect their recovery and sobriety.

EFT TECHNIQUES

keep calm

Being in active addiction is often like a traumatic experience. When events happen in your life, in your addiction, they are stored in memory. If that memory is not cleared, or if a person does not get what they need for their emotional health, such as counseling, memories can remain hidden and connect with an emotion.

Your brain is a beautiful organ. Even though things have happened in your past, the brain can store past events and keep you safe from unwanted memories. A long time may go by and you feel safe and free from your past, free from trauma or stress. Then one day something happens, and the mind and body may react in a way that feels like the past has come in to the present.

Yes, sometimes recovery is stressful. EFT can be used to reduce stress. You can find what really needs to be addressed. EFT helps clear the emotion or stress, so the past no longer has power over you. You can learn to live with an event that does not define or identify you. You can learn to talk about past events that don't you cause unnecessary stress. The more stress you clear, the more you can live in peace and calm.

I have been in the social services profession since 1975, and I have used EFT with many clients in recovery from alcohol or other drugs. I understand how stress, fear and trauma affects our mind, emotions, health, relationships, and recovery. I have personally experienced the benefit of EFT, and I have helped many clients gain relief.

No matter what you are experiencing in your recovery and wellness, EFT can help. If you are ready to explore recovery based emotional freedom using EFT, contact me. When you change your perspective, you can change your outcome. Together we can help you release from your past, and live in your recovery.

Diane Sherman has an extensive background as a Master Addiction Counselor and a Master Emotional Freedom Techniques practitioner. She is a substance use professional with over 40 years of experience and a Veteran. Diane first encountered EFT after experiencing a terrible car accident. She worked with a Master EFT practitioner to release her trauma. She now uses EFT to support persons in recovery from alcohol/drugs to strengthen and support quality wellness and recovery. To learn more about Diane and EFT, and to contact her for an appointment, visit her website at (www.eft4uandme.com).

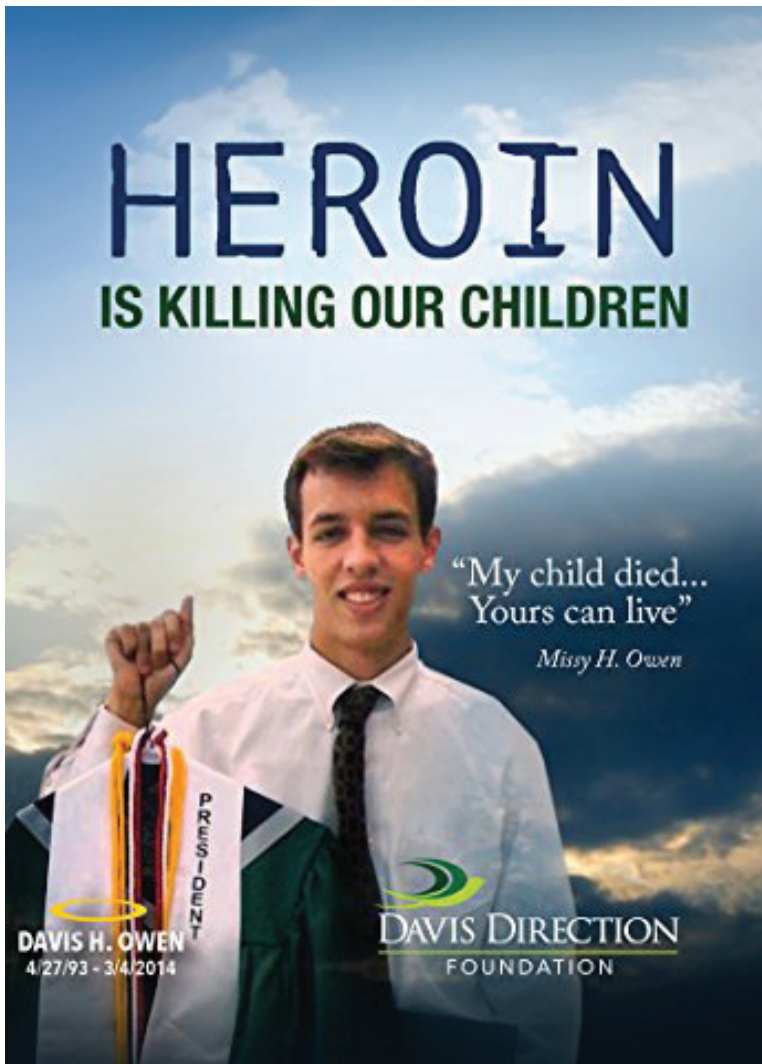
“This therapy helps with my anxiety, panic attacks, and PTSD. It grounds me by bringing me out of the racing thoughts in my head and into a state of mind where I can be present. I now have a tool I can use anytime to bring me back to reality so I can enjoy my life.”

-Rebecca L.

- BOOK OF THE MONTH -

HEROIN IS KILLING OUR CHILDREN

EDITOR'S PICK



A handbook for families with a loved one struggling though substance use disorder as a disease. Written by a mother who lost her son to a Heroin overdose and has endured the struggles and emotions that result. Follow along her journey to help others help their loved ones enter the world of long-term recovery. Her effort in establishing a Foundation to support recovery is a testament of strength, determination and hope.

My child died... yours can live.

"Heroin Is Killing Our Children" is a handbook for families navigating through the throes of opioid/heroin addiction and recovery. This book will equip the reader with up-to-date information providing life-saving knowledge and strategies available to support loved ones out of addiction and into recovery.

On March 4th, 2014, the doorbell rang and two detectives stood at my door asking to come inside to tell me that my precious 20-year old son, Davis, was found dead in his car from a suspected drug overdose. That night forever changed my life. A senseless death that I was so unprepared for should have never happened. It became a mission and a ministry to make sure that I did everything in my power to prevent this tragic fate from happening to one more family.

This book is filled with "Constructive Acts" that can be carried out to prevent drug addiction, promote awareness of the effects of opioids and heroin, educate about the latest drug therapies, antidotes,

and statistics, as well as expose emotions and raw feelings that come after losing a child to this monster. I began with a one or two sentence "Act" that would be important in preventing drug addiction in general. As I progressed further into the book and into my journey, my heart began to open up and the walls of grief and desperation to save others came tumbling down. _

TO PURCHASE: <https://www.amazon.com/Heroin-Killing-Our-Children-Child/dp/0692581456>

BODY BROKERS

REVIEW BY: JON CLACKUM & SARAH MANGOLD

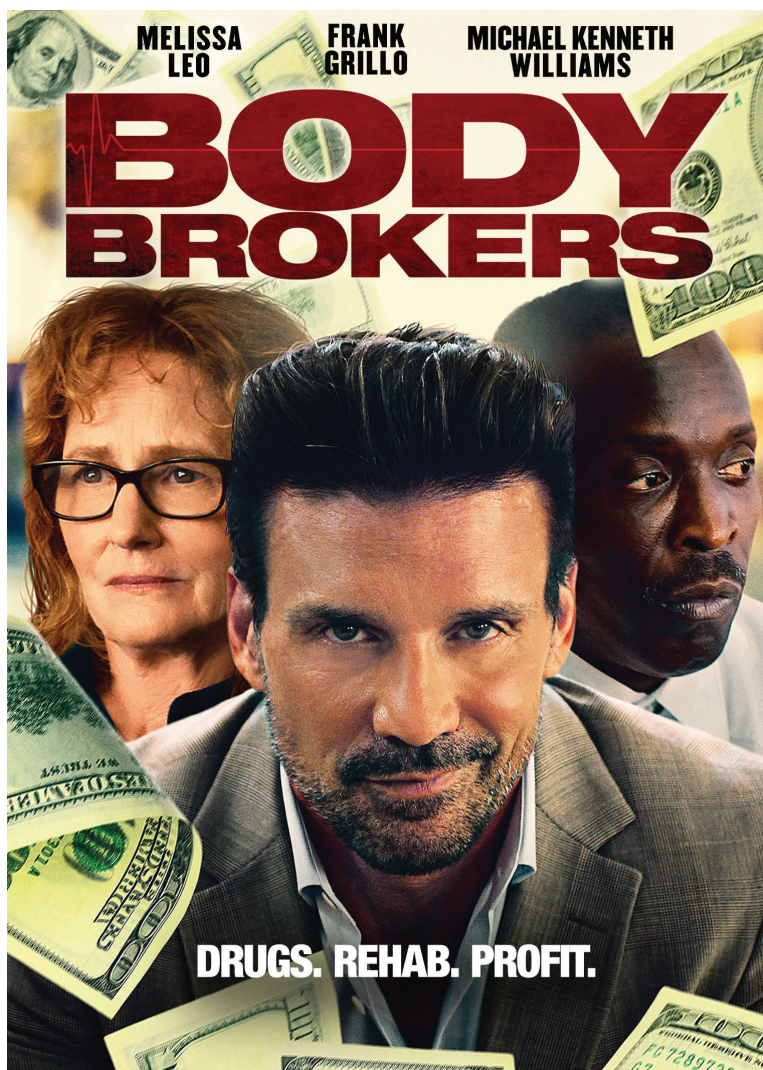
Body Brokers, released in 2021, depicts the dark side of substance use disorder treatment. As a person in recovery, Body Brokers really hit home. I loved and hated how realistic and raw it is. This movie is eye opening, graphic, and really showcases how sick patient brokering is. Unethical treatment centers will pay addicts to “go back out” or use again after completing treatment only to go through the “treatment shuffle” over and over again for seemingly endless free drugs and paydays. I have heard about patient brokering before, but this story put many things into perspective for me. Patient Brokering is a billion dollar business, and the cost is human life. I give this movie 5 out of 5 doves.

According to The California Coalition Addiction Recovery Advocates (CCARA), current law does not prohibit the practice of “selling” patients to treatment centers that pass kickbacks back to insurers. The inability to prohibit patient brokering has led to unscrupulous financial relationships between treatment providers and referring agents. Notably, patient brokers are not credentialed professionals and may have little or no competency in identifying or assessing addiction. As a result, referrals are made based upon financial incentive rather than client benefit. Reports of \$5,000 to \$10,000 payments for patient referrals are not uncommon.

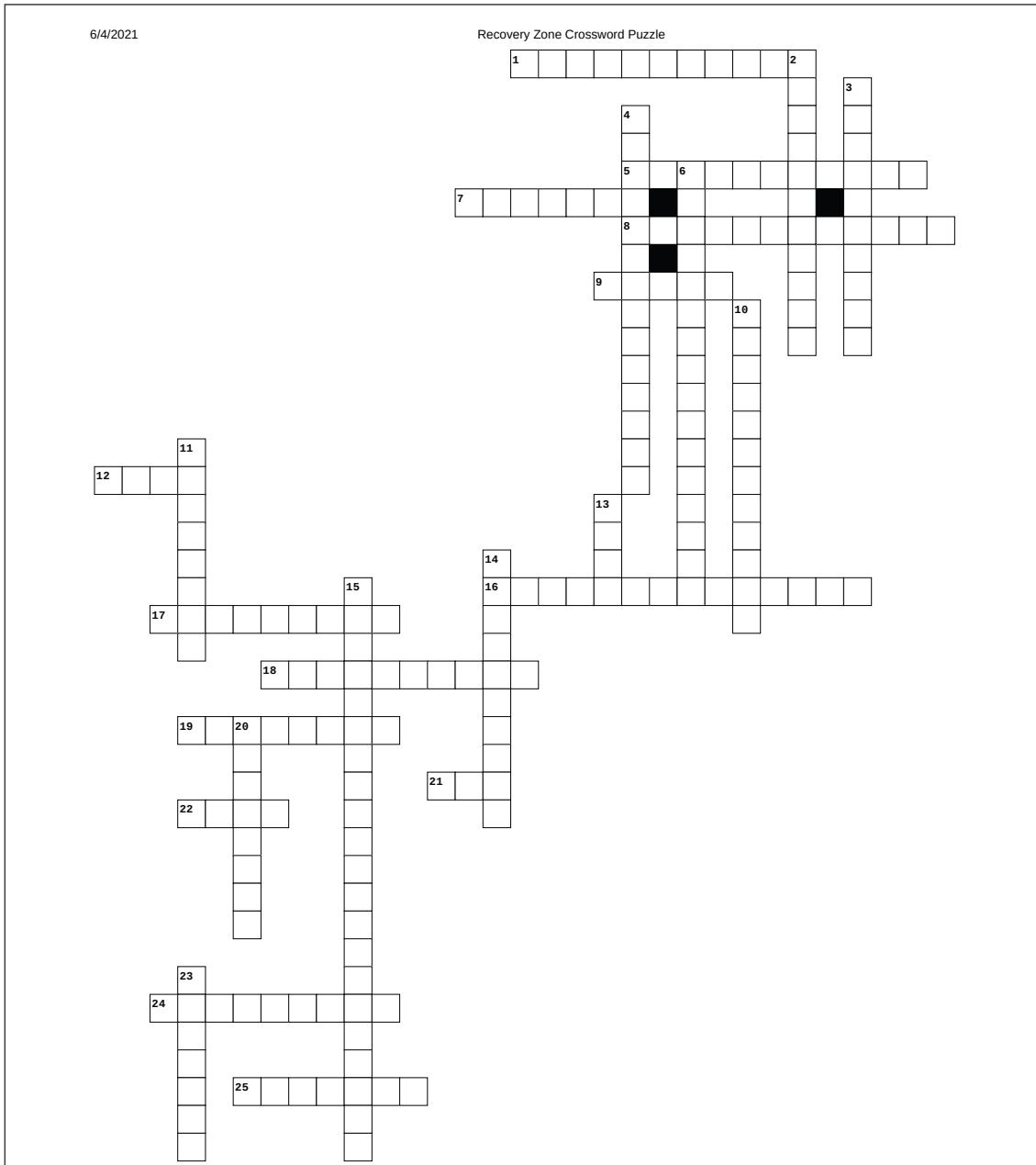
Claim reimbursements for addiction treatment are sent to the member by their insurance company during their earliest stages of recovery. Many times patients leave treatment and discover large sums of money waiting upon returning homes. The checks meant to pay for the treatment can range from

\$10,000 to \$30,000. Receiving a large cash distribution in early recovery can be an immediate trigger for relapse as patients use these checks to refuel the addiction they have just received treatment for. In some cases these patients end up back in treatment. In other cases, patients have used these large sums of money to buy enough drugs to overdose. In some cases, “Pay to patient” policies have also led to insurance fraud where patients fake an addiction in order to profit from their addiction treatment coverage available through their insurance provider. Reference: <http://ccara.info/wp-content/uploads/2017/01/SB-636-FACT-SHEET-Patient-Brokering.pdf>

TO PURCHASE: <https://www.amazon.com/Heroin-Killing-Our-Children-Child/dp/0692581456>



- GET OUT OF YOUR HEAD CROSSWORD -



DOWN

2. "Those who share their lived _____ become

each others foundation for recovery."

3. Genuine treatment centers DO NOT offer these.

4. In March, The President signed this \$4 billion "Plan" into law.

6. Unethical practice used by some treatment facilities and third party procurement.

10. Kind of learning that involves active

participation, physically and emotionally.

11. "Heroin Is Killing Our Children" is a _____ for families navigating through opioid addiction and recovery.

13. Substance abuse treatment program partnered with the Air Line Pilots Association.

14. Where Nevada's first Recovery Advocacy Day was held.

15. Nevada's statewide RCO Est. 2005

20. "Those closest to the issue are closest to the _____."

23. Unpleasant process that patients find themselves going through again and again.

- GET OUT OF YOUR HEAD WORDSEARCH -

ACROSS

- | | | |
|---|---|--|
| <p>1. Organizations like the National Institutes Of Health, acknowledge chemical dependency as a chronic and ____ disease.</p> <p>5. Common goal shared in recovery as well as yoga and meditation.</p> <p>7. Training and credentialing process allowing physicians to prescribe medications for addiction treatment.</p> <p>8. Kind of assistance provided to patients and their families from qualified professionals.</p> | <p>9. When communities work together it ____ the burden of responsibility.</p> <p>12. Spiritual practice used to help juvenile's who struggle with addiction.</p> <p>16. Policy that replaced harmful words in our state administrative code.</p> <p>17. App that is equip with daily messages and sobriety counter.</p> <p>18. "____ is the opposite of addiction."</p> <p>19. Home of The Sin City Recovery community.</p> <p>21. Technique also known as</p> | <p>"tapping" which can help with stress.</p> <p>22. Individuals should always receive a ____ of the treatment facility before admission.</p> <p>24. Recovery support App offering several types of meditation.</p> <p>25. Under the Affordable Care Act, substance misuse must be treated like any other ____.</p> |
|---|---|--|

O	S	R	W	S	T	R	E	N	G	T	H	D	J
K	H	G	A	R	D	E	N	P	W	C	A	Z	F
V	E	I	B	O	L	M	E	E	T	I	N	G	S
F	S	P	G	X	O	F	L	E	A	F	A	X	D
I	H	L	S	H	B	V	K	M	A	R	I	N	E
N	E	O	C	Z	E	M	O	T	I	O	N	A	L
A	D	A	G	S	I	R	E	Z	O	N	E	D	A
N	O	U	T	M	F	C	P	A	P	X	J	I	M
C	K	E	L	I	M	X	S	O	B	E	R	Y	O
E	P	D	R	H	G	N	E	T	W	O	R	K	D
S	A	N	O	I	T	A	T	I	D	E	M	Q	E
H	Y	E	T	A	R	E	C	O	V	E	R	Y	E
F	E	L	L	O	W	S	H	I	P	F	B	U	R
A	C	O	P	I	N	G	S	K	I	L	L	S	F

- HIGHERPOWER
- SOBER
- MEDITATION
- FELLOWSHIP
- MEETINGS
- REZONED
- RECOVERY
- STRENGTH
- TWELVESTEPS
- EMOTIONAL
- COPINGSKILLS
- NETWORK
- COACH
- FREEDOM
- GARDEN
- FINANCES
- HIMS
- SHESHED
- MARINE
- FLEA

COLORING



DOT-TO-DOT



- GET OUT OF YOUR HEAD SUDOKU -

1	6	8	3	7	9	2	4	6
		7		1	5	9		3
5			2		8		6	7
2	7	1	9	5				6
		4		6	1	5	2	
6	9		8		3	4	7	1
	5		4	8		6	1	2
8	1	2	5		6	7	9	4
7	4		1	9	2		5	

The object of Sudoku is to complete a 9x9 grid so that every column and every row and every one of the nine 3x3 boxes contain the digits from 1-9.



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- FAVORITE QUOTES -



The day will come when your old life won't fit anymore. When this happens, it's time to take off fear. Put on bravery, and change to faith. Find the space in the world that fits your exact shape. And fill it with authenticity.

- Tanya Markul



Extraordinary growth comes from extraordinary challenges: thriving in recovery is possible

- Brandon Mitchell



Keep winning in private. Not everyone needs to know what you're up to.

- Adam Jablin



Leave people brighter, softer, freer, and lighter than when you found them.

- Victoria Erickson

- FAVORITE QUOTES -

Better things are yet to come
for there are things you have
yet to become.
- Phi

You are the only one who can
show up and do the work that
needs to be done, to be the
best version of you.
- Stacie Martin

I'm learning to find peace in
the pieces joy in the moments
meaning in the silence stillness
in the chaos life between
heartbeats I'm learning to find
perfection in imperfections.
- Shefali Dang

It's the small habits -
How you spend your
mornings. How you talk to
yourself. What you read.
What you watch. Who you
share your energy with. Who
has access to you - that will
change your life.
- Michael Tonge

Together We are Stronger

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DisposeRx manufactures the leading at-home medication disposal solution—packets that are dispensed at more than 33,000 pharmacy counters around the country.

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Solving the problem of drug disposal



GLOBAL AID ORGANIZATION



GLOBAL AID ORGANIZATION





ADVENTURES WITH OLI

the zone service dog

BY: MISSY OWEN

Oli was a gift to THE ZONE from Southeastern Guide Dogs, in the summer of 2016, soon after we opened the Recovery Support Organization.

Oli, the Service Dog, belongs to the people of THE ZONE. She has made friends with all of our visitors, aka family members, and they love to love on her, take her on walks, “sneak” food to her and play ball in the hallways. Oli knows everyone’s deepest, darkest secrets and she shares their joy on a daily basis. Each day, after the noon meeting, Valerie takes Oli on a walk in the neighborhood. It’s a way for Valerie to process the content of the meeting, and it gives her an opportunity to reflect on all that she heard. Many times Oli takes the lead and Valerie follows her. She might stop and make a friend through a gate, or someone might yell for her to stay out of their yard.... She doesn’t like those people very much.

When Oli gets back from her walk, she goes over to her bowl because she knows Valerie will fill it up with nice cool refreshing water! Oli loves her job at THE ZONE, and she takes it seriously. No one gets to slack on their recovery when Oli is around!





Who doesn't love a great Flea Market? There is something for everyone from antiques to art to history to complete transformations! No one walks away from a Flea Market empty handed. So, does this really qualify as a Cheap Stay, Fun Play opportunity? It's up to you, as you can spend as little or as much as your little heart desires! Flea Markets are located all over the country, some are more famous than others and some go for miles, but rest assured there is enough treasure to cover the four corners of America!

Let's begin our "Fleacation" in the little town of Leesburg, VA. Located in a 139-year-old restored general store and family home, Lockett's is home to 35 dealers who sell antiques, vintage and more! The store is open 7 days a week, but their outdoor vintage Flea Market is held the first weekend of every month April through November on the store's property. They host an annual Spring at Clarke County Fairgrounds that has been cancelled for 2021 due to Covid, but are looking into the idea of hosting it this Fall in September.

lockettspringmarket@gmail.com – Casey McGrath

You can find "Junk in the Trunk" Vintage Markets in Scottsdale, Ariz, as well as San Diego, and Los Angeles CA. Two friends cleaned out their garages and hosted a back yard sale with 21 additional vendors making a whopping 15K in just 4 hours...thus beginning the "Junk in the Trunk" Vintage Market events. These events include a ticketed VIP Friday night for early entry. Their 4 market locales guarantee an element of surprise every time. JunkintheTrunkVintage.com has all the details.

And last but certainly not least....by any means – THE 127 Corridor: The World's Longest Yard Sale! From Addison, Michigan to Gadsen, Alabama with the headquarters in Jamestown, Tennessee. The "127 Corridor Sale" is an excellent opportunity to cross up to six U.S. States and soak up authentic, rural American culture. Follow #127yardsale on social media to find out about other people's successful stops and last-minute announcements. Consider it a bargain hunter's paradise that meanders along 654 miles of scenic rural highway. This particular "Fleacation" comes but once a year and begins the first Thursday in August and continues only through the following Sunday.

For more information on this jewel of a Flea Market, visit: 127sale.com or call 1-800-327-3945

- FUN PLAYS -



FIGHT ADDICTION, FUEL RECOVERY



STUDENT PLEDGE

I, _____, pledge to support my community in order to fight addiction and fuel recovery.

1. I will lead by example with a drug free lifestyle unless medically supported.
2. I will educate myself and others on the dangers of substance use disorder.
3. I will hold myself and others accountable to a healthy and legal lifestyle.
4. I will share my concerns, with a trusted adult, if I feel someone is in danger.

Name: _____ Date: _____

FIGHT ADDICTION, FUEL RECOVERY



ADULT PLEDGE

I, _____, pledge to support my community in order to fight addiction and fuel recovery.

1. I will lead by example with a drug free lifestyle unless medically supported.
2. I will hold myself and others accountable for unhealthy choices.
3. I will educate myself and others on the dangers of substance use disorder and how it affects our community.
4. I will provide open and honest lines of communication with community stakeholders and those I love, while supporting a drug free or recovery lifestyle.

Name: _____ Date: _____

Adcovacy in Action

RYAN HAMPTON

Founder at the Voices Project + Organizing Director at Recovery Advocacy Project + Author + Advocate

It's been a busy month in the world of addiction recovery advocacy. In April, the Biden administration laid out their first year priorities for recovery. The statement acknowledges the wide impact of the overdose and addiction epidemic, and how COVID-19 has exacerbated the effects. The White House designated addressing the epidemic as an urgent priority for Biden's administration.

In March, the President signed into law the American Rescue Plan, which appropriated nearly \$4 billion to enable the Substance Abuse and Mental Health Services Administration and the Health Resources and Services Administration to expand access to vital behavioral health services. The plan's seven commitments are:

- *Expanding access to evidence-based treatment*, including medication to support recovery from opioid use disorder. The administration also intends to complete the recommendations of the 2016 Mental Health and Substance Use Disorder Parity Task Force by lowering barriers to treatment and prescribed medication.
- *Advancing racial justice in the federal government's approach to drug policy* by identifying culturally competent, evidence-based practices for Black, Indigenous, and People of Color across the continuum of care that includes prevention, harm reduction, treatment, and recovery services.
- *Enhancing evidence-based harm reduction efforts* by supporting syringe exchanges, distributing naloxone, and promoting harm reduction as a valid recovery path.
- *Supporting evidence-based prevention efforts to reduce youth substance use* by using evidence-based approaches and identifying opportunities for the Drug-Free Communities Support Program to enhance culturally competent prevention programming.
- *Reducing the supply of illicit substances* by working with other nations to curb domestic and international drug production, distribution, and sales.
- *Advancing recovery-ready workplaces and expanding the addiction workforce* by lowering barriers to employment for people in recovery and offering vocational training.
- *Expanding access to recovery support services* like recovery housing, including certification, payment models, evidence-based practice, and technical assistance. The administration plans to support building a sustainable network of partner organizations that can help people at any stage of their journey.

Finding solutions to the epidemic through a recovery lens, not a criminal justice lens, is innovative and will save lives. Emphasizing evidence-based whole-person care, including healthcare access, employment, mental health needs, and individual identity is crucial to helping Americans survive addiction. The \$4 billion earmarked for these priorities show that this recovery bill is more than just words; it is an investment in recovery and a tangible commitment to our community to create meaningful change.

The federal government is finally facing its longstanding challenges in ensuring equitable treatment in both health care and criminal justice systems. The White House's statement is an important step forward in building trust with people and recovery and breaking the stigma that causes so few people to ask for the help they need.



Accountability Courts

VIC REYNOLDS, GEORGIA BUREAU of INVESTIGATIONS

We often hear our elected officials and courthouse professionals talk about criminal justice reform. Regardless of where you might stand in this debate, one initiative that has been widely accepted by all interested parties is the implementation of accountability courts throughout the criminal justice system.

Accountability courts were established to provide an alternative form of sentencing for nonviolent offenders and to cut down on the number of incarcerated individuals. These courts utilize a collaborative approach between the judge, prosecutor, defense counsel, and treatment professionals. Although accountability courts may be a relatively new program in many jurisdictions, the first court was started over 30 years ago.

As a result of the growing crack cocaine epidemic in south Florida in the late 1980's, the first drug court was established in Miami-Dade County, Florida, in 1989. The drug court model is the most widely accepted form of accountability court, with all 50 states and Washington D.C. having some example of this model.

The accountability court model is built on several concepts. First and foremost, it is a court based on the foundation of treatment. This is particularly true in drug courts where most participants who have substance use disorder and have rotated in and out of the system for years. This treatment court utilizes intense judicial oversight. The judge gets to know the participants on a much more personal level, learning about their addictions, family histories, and various other aspects of their lives.

The drug court participants are subject to mandatory drug screenings, often multiple times weekly. When the offenders test dirty on their screens, they are subject to sanctions by the court. These sanctions may include everything from a weekend in jail to expulsion from the program. The sanctions usually escalate in the level of punishment depending on the seriousness of the violation and the number of prior infractions. The goal is to break the addiction cycle and to place the participant back into society as a productive, law abiding member. This cuts down on recidivism and lowers the jail population.

The success of the drug court model has led to other forms of accountability courts. The realization that many incarcerated persons suffer from some sort of mental illness led to the formation of mental health courts. This model of accountability court has grown in numbers around the country.

The mental health court is built on many of the same concepts as drug courts. It is a court with a very involved judge who gets to know the participants on a personal level. This court is also treatment driven with the goal of improving the lives of the participants and cutting down on repeat offenders.

Most folks in mental health courts are on medications of some sort. The officials in the court must also make sure the participants are on their prescribed drugs and are taking them as ordered by medical professionals. This is certainly one of the obstacles faced by mental health courts around the country. The stabilization of the participants is one of the keys, and challenges, to achieving the goal of re-entry back into society.



Another form of accountability court which has grown in popularity in recent years is the veteran's court model. This treatment court is designed for our country's military veterans who are suffering from some sort of mental health issue as a result of their military experience. Some of the more common issues dealt with in this court are PTSD and brain injuries. This court has proven to be a very popular model with the public.

One of the major problems facing the participants and treatment providers is the frequency of dual diagnosis in veteran's court. Besides the obstacles of mental health issues our veterans are facing, many also suffer from substance abuse concerns as well. There is also a high rate of suicide among our returning vets. As one can tell, there are many challenges facing those who are in these types of courts.

The criminal justice system has also seen the proliferation of other forms of accountability courts. DUI treatment courts are popular with the public as an alternative means of dealing with and treating individuals with a history of multiple DUIs. Juvenile courts have seen various forms of accountability models pop up in their arena, including both family and gang prevention courts.

Accountability courts are here to stay and have certainly found a place in our court system. As officials struggle to find ways to balance public safety with lowering the number of incarcerated individuals, this model of court has worked well in helping nonviolent offenders find their place in society and become productive members again.

I MADE A MISTAKE

dustin

BY: DUSTIN WILKES

My name is Dustin Wilkes, also known as Dustin Luther Wilkes, which happens to be my full name, given to me by my late father Luther Wilkes. I have never considered myself an addict. About three years ago I was coming home from a business dinner where I only had two beers and two shots. On my way home, not ten minutes away from my front door, a woman on the interstate sideswiped my car. We both pulled over, began taking pictures of the damage and I told her we should call the police. She begged me not to call 911. Her begging just confirmed that calling 911 was exactly what I needed to do. Finally a police officer showed up. The woman that hit me was a young hispanic girl and her friend. The police officer that showed up was also a young hispanic male. The moment he got out of his car he began to speak and within seconds the police officer and the young lady were having a conversation that almost seemed flirtatious all in spanish excluding me from the conversation. I spoke up and promptly said "can you speak english please? I'm feeling a little bit left out and disrespected and I'm the one who called you." I only claimed that I was feeling disrespected because the young lady obviously spoke very good english since she didn't speak a word of spanish until he got there. The police officer asked me to get back in my car and since I have an incredible respect for law-enforcement, I know to do what they ask you to do and there will be no trouble. So, I did what I was asked to, got back in my car and waited for my turn to be communicated with.

During their conversation, which took about 30 minutes, a second police officer showed up who was also young and hispanic. The second police officer began to walk around my vehicle and look in my vehicle with a flashlight. Finally, the first police officer finished his conversation with the young woman and allowed her to drive away with no ticket, no consequences, just a "have a good day." Within seconds I have a police officer on my driver side window and a police officer on my passenger side window asking me to roll down the windows. Then they asked me to get out of the car claiming they smelled alcohol on me. In compliance, I got out, they moved me to the rear of my vehicle and began to give me a field sobriety test. I passed. Not convinced, the officer then asked me to breathe in a breathalyzer.

My mother said I started singing before I ever started speaking. I would mumble along trying to form the words to the songs on the radio in the kitchen while I was crawling around on the floor. It's just something I've always been able to do, she said. I'm thankful for it because to me, it's

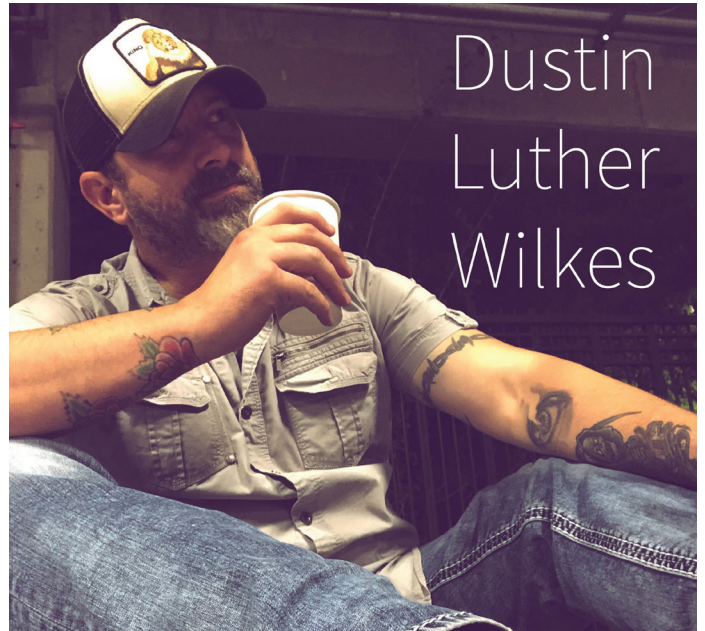
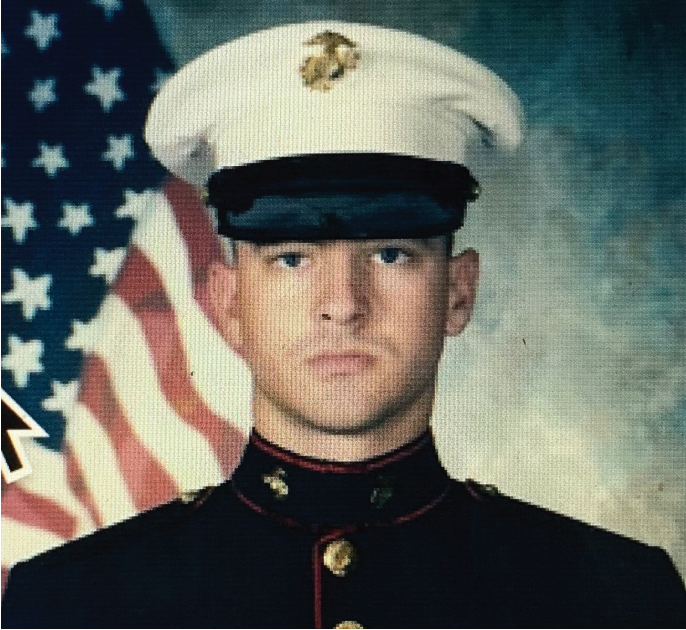
a blessing. Some people have many talents. They have all kinds of things that they can do for a living. I can pick and choose what path I take. To make music and make movies has always been my desired destination. It's the thing that made me different from everybody else.

Yet sometimes I wonder what it would've been like to be like everybody else. To make decent or better grades in school, go on to college and eventually get a good job. Get married, have a family and a routine- that doesn't involve a crazy up-and-down, consistent life full of weird, unbelievable stories and stupid mistakes that could have you in jail for life or possibly even end your life. I was asked one time in an interview, "how would you describe your life?" I thought about it for a minute and then said "my life should be a movie." "Why do you say that?" the interviewer asked. "Because movies, at least the popular ones, seem to be full of drama, suspense and near death experiences. Scenes that most people like to watch but hope they never have to live through. That's my life. Don't get me wrong, I am humble and I know there are those out there that have lives even crazier than mine.

So I count my blessings every day. I don't take for granted all the help and love and opportunities I have been given throughout the years. Every dollar that I have been given, every couch that I have slept on."

My life became very emotionally charged and sorrowful when I was 18. The girl I had been dating decided she no longer wanted to date me and I was emotionally broken over this. In the months to come my mother, Vivian Wilkes, became very ill. Cancer had taken over her whole body. She was given two years to live, but she didn't even last nine months. She required around the clock care while in hospice, in our house. She couldn't be left alone. It was so time consuming that I ended up dropping out, two months before my senior graduation from high school. Eventually the moment came, I was sitting there next to her bed, playing some old gospel songs for her on my guitar and she took her last breath. It was in the middle of one of my songs, I didn't even realize she was gone until I stopped singing. Most kids have a parent they feel most comfortable with and closest to, however I was very close with both of my parents. Losing one of them changed my world forever.

- SHARE YOUR STORY -



- SHARE YOUR STORY -

My father was so in love with my mother that when she passed, he was never the same. My mother and father were both in their early 60's when she passed away in 2015 and my father passed away later on at the age of 80. He had never entertained the idea of giving attention of any kind to another woman after my mother passed. Some of these details I'm giving you are completely irrelevant to my story, but I figured I would leave them in to allow you to know me as a person and how far I've come.

To be honest I really didn't have much of a drug exposure in my early years. I never really smoked weed or had done anything else until I was about 22 years old. Of course, every now and then I would end up with someone who had it around and I attempted a couple of times but I never really did much until later on. Since I was in the music business, writing, singing and playing, trying my luck and pouring my heart out of Nashville Tennessee, I quickly realized that I was hardly ever going to arrive in a room with people from different levels and walks of life, using and passing around some kind of drug. There was cocaine, there was meth, there was weed, all these pills and alcohol. This is wrong to say but, it's just the way it is if you're the singer. Trying to make it to the radio is all about who you know and who you're hanging out with. Drug use was such an unspoken secret for everybody that people who were doing it and hanging out with people who were doing it, seemed to make everyone feel connected and satisfied recreationally. It was almost as if you didn't do it around them, they would start to feel like they can't trust you and the moment they felt that way they would never call you back, they would never answer your text and they would never schedule appointments with you.

So I realized that I was going to have to use drugs in order to achieve trust amongst my professional peers. Whenever someone new would come around, the person who was responsible for introducing them to the group would always get asked the question "Is he cool?" There were also a number of other comments or questions that would lead to their inquisitive determination to find out if this new person is someone who can be trusted. The moment they feel like they can trust the new person, they then relax and become creative geniuses. Some of these creative geniuses that sing or write are some of the very songs you hear on the radio today. It's a double-edged sword.

When I would arrive in the social situations, become introduced and given the opportunity to participate- little by little I realized that the relaxed, creative, trusting people that I saw hanging around the others, is who I wanted to be around. Not because of the drugs, but because of the possibilities of becoming part of something great. Years past I personally would've never called it, but it was something that I habitually did on a regular basis. There would be breaks if I had a spell of time where I would be hanging out with other people; people who were not like that. Sometimes I would take that as a vacation from drug use (and abuse) and I was capable of doing that. I would not use during these times and there were some times that I personally would just get tired of it and do it almost not at all for weeks or months. Whether you're addicted and

you just can't seem to put it down or you're addicted to the other lifestyle possibilities and attributes, when you're hanging with the crowd that drugs seems to be the popular vice. Either way, it's a habit and it's a problem and it has a timeline and it has a time limit. Eventually you're na wind up getting in trouble and it may be trouble that hurts the people you love, stunts or even stops the possibilities and opportunities that you would've had in the future or you could lose your life. There's not a good outcome no matter what, that's where I'm at right now. I'm very lucky, so much luckier than most. In the past four years I have conquered a DUI. After that I thought my troubles were over. One night, a date night with my wife, we're about to go see a Braves game we were eating at one of the restaurants there in the park. We finished our drink and our food, then we



got up for a short walk across the 'back way' to go through the gate. My boots were steel toe, they made me stop and go through the gate again and they started waving around me with the wand, like they have at the airport. They made me take my boots off. Please note that I had no idea what was about to happen next. The moment I took my boots

off I saw a very small bag of cocaine in my boot and right then I remembered many months ago, maybe six, I had been hanging out with some music industry professionals and there was a little bit of cocaine being passed around. I ended up the last bit of it. We're talking about the smallest amount of cocaine in this little bag. There's more salt in a salt packet. In the Marines I was taught that as I take my boots off, when it's time to go to sleep that I should put my pocket contents; wallet, keys, phone, gun and knife in my boots so that it was easy for me to find them if I had to get dressed in the dark. The cop grabbed it and I saw it at the same time, the shocked and emotionally crushed look on my wife's face will never ever leave me as I ended up in handcuffs. I was sent to jail that night. I was released on bail, my wife came to get me and as far as I knew, there began the "please forgive me" process with my wife. But that was the least of my troubles. It ended up in the news and about 30 publications. No one ever called me before they wrote the story, I just somehow stumbled across my public record police report and thought it would be a great story. I'm telling you now it almost ruined my life and seriously hurt the hearts in the lives of my family. I don't know how you're going to feel reading my story. Please take these next words to heart.

I made a mistake- it was me, regardless of when regardless of how much and I'm careless of my reasons. The reality is I had drugs in my system and I had drugs in my body and it was a mistake. It was wrong, it was illegal and I paid for it. I take responsibility for my actions and I blame no one else. I mean those words from the bottom of my heart.

I hate saying this but it's true, it's not pointless and it's not a waste of time and it's not meant to cripple you. Although I know many people have situations, criminally and legally, that make them feel like the system is just set up to make it difficult but the truth is it's just not. There are so many things that are crazy in this world today, so many people angry because of the outcome that one of their friends or family members are getting. I believe law enforcement is supposed to carefully and wholeheartedly uphold the law and protect its citizens. Just as it's our duty as citizens, to remember that we're free but there are laws. If you're a law abiding citizen, minding your own business, being respectful with every action, with every word, and you do the best at whatever career or dream you've been blessed with the freedom to chase it. Law enforcement wouldn't do anything to you if you are choosing to be a good person and making good decisions.

Now when I drive, if I see a cop I always become tense and I try to relax, I try not to be obvious but I'm paying such close attention because I want to make sure that I am minding my manners and my laws for that gentleman or lady police officer, so that I am only a car as I drive past and I move on with our evening. That way, whatever trouble they might encounter, my name is not on the charges or in the paperwork with the reports or the news.

One cocaine possession charge and I ended up in the news and hurt my wife, my family, our family business and a list of friends that won't speak to me anymore because they're ashamed of me. I lost my job and then I kept getting denied some of the other future jobs that I was applying for. I even felt like I had to hide and never come out of the house, forced to wear sunglasses and a hat in public. By the grace of God and the smart beautiful wife and after what seemed like countless number of drug tests, a 28 day stay in jail, countless number of AA meetings and a long list of other therapy meetings and counseling, I started to realize that I would have to admit to myself that the trouble I got in probably saved me. I did not realize this completely; I didn't accept it in my heart that I was actually about to be free and have a second chance at life that I had before but this time even better it took me spending time and community service hours around the people at a place called the ZONE in Marietta.

I knew I had to pay the fines and take the classes and spend the time and do all the little things that they do to make sure your life can't move as fast as it did before and I knew they had to do all that to me to prove a point. But until I made it through the doors of the ZONE, I was blaming everybody else. I claimed that I was taking responsibility, but I realized that I never really had at all. I remember one day in particular I was at the ZONE sweeping the floor and wiping everything down with disinfectant and another person stopped in the hallway to speak to me. We had about a five or 10 minute conversation, but it was therapeutic to speak to someone who had been through some of the things that I was almost finished with. Sometimes it was hard to do my job there because I kept getting opportunities to have conversations with people who made me feel like I was not alone and I never really had been alone in the first place. So all that happened in the past four years... but let me tell you, I am a lucky and blessed guy because through all that I gained huge respect for a new life.

All the places I had to go and things I had to do to get this problem to a place where I could finally put it behind me, led me to my time at the ZONE.

I'm very thankful for it, and for any of the people out there who work for the ZONE. You know who you are... the ones who took the time to speak to me and plant the seed of a better future in my head and my heart. Thank you.

To all the people out there who are struggling and who are in trouble and who are in a place where you know things could be better deep down in your heart, I know this might sound stupid, but maybe there is a ZONE you can get in that will allow you to see life can be better and it can happen sooner than you think. You're not alone. All you have to do is make up your mind if that's what you want for yourself. Someone will be there for you, especially the people with the big hearts at the ZONE in Marietta, Georgia and all the other places in the world with the same mission-minded heart who leave the light on for you. *Because that's what saved me.*

The last thing I'm gonna say is did y'all ever sell that old Vietnam era vintage military footlocker I hope not because I wanted to buy that thing!

PHOTO SUBMISSIONS



Great Game!



Allstars of ALL Ages!



Music to My Ears!



She's a Great Listener!

- FUN IN RECOVERY -

PHOTO SUBMISSIONS



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KEVIN HARRY
PHOTOGRAPHY



Free

Like a bird flying free
My addiction can no longer hold me
I was lost now I'm found
Searching for new ground

Now I know how to be
With no reservations to delay me
New direction bound
With blessings so profound

You've shown me the door and the key
To a life of guided recovery
My life force rewound
By a community renowned

- David Tanenbaum

Freedom

I was lost
Agony my cost

I was injured and yearned
But now I have learned

In order to be free
Connection is key

Healing procured
Hope restored

From darkness to light
You helped me take flight

In these rooms
My recovery blooms

- David Tanenbaum

Hell

Sitting all alone in the night,
the moon fades into a bloody sight.
With a needle full of demons in my
veins, I take flight.

I dive into an abyss,
to flood my mind with an uncomely
bliss.

Because that is where I am most
comfortable,
I feel safe in my disparaging bubble.

I am steady waging war against my
own self - trapped in my self created
cell, building a solid fortress in my
hell.

That is where I have made my bed,
and eternally that is where I will lay
my head.

Hearing the demons screaming in
the distance - from my cell, silently
screaming for help, but no comfort
will penetrate my hell.

I steadily climb the tower to reach the
golden bell,
that will silence the screams inside
my own hell.

On and on I push, there seems to be
no end in sight,
maybe one day I will win this fight.

- Joshua Brummitt

SUBMISSION **rules**

POETRY

Poems must be in line with Recovery or with the Recovery journey

- Poems must be no more than 250 words
- Please do not submit pictures with the poem
- Include your name and your sobriety date with submission
- Poems must be original work
- Sign waiver and return with submission. Waiver found at www.davisdirection.com

ART

- Art may be any medium
- Please use high resolution images
- Art will be blown up or shrunk down to 5 x 7 size
- Include your name and sobriety date and a brief statement about the work of art.
- Art must be original work
- Sign waiver and return with submission. Waiver found at www.davisdirection.com

QUOTES

- Quotes must be no longer than 50 words
- Please include source and author
- Include your name and sobriety date along with a head shot of yourself
- No profanity will be permitted in the quotes

STORIES

- Please keep your story to no more than 750 words.
- Include your name and sobriety date along with a picture of your journey.
- You may include a before and after picture of yourself.
- Sign waiver and return with submission. Waiver found at www.davisdirection.com

FUN PHOTOS – CONTEST

- 1st prize \$100 | 2nd prize \$50 | 3rd prize - \$25;
- Theme – Recovery FUN - Write a caption to accompany your photo
- Sign waiver and return with submission. Waiver found at www.davisdirection.com
- All people in picture must sign publishing waiver.

Please email all submissions to info@theddfzone.com

- COMING UP -

IN OUR NEXT issue

An exclusive interview with **Chandler Riggs**, “Carl” of The Walking Dead. Stay tuned to understand why Chandler has such a passion for being a Recovery Ally. He delivered a check in the amount of 125K to the Davis Direction Foundation as a result of placing 3rd in a video gaming contest. Chandler will be sitting in the Red Barrel chairs telling his story and giving us the details of what being a Recovery Ally means to him. Chandler Riggs and his family are a part of our Marietta community and they have been instrumental in helping us to continue our work of fighting addiction and fueling recovery. His story will come out at the end of September.

Learn more from our regular contributors **Prodigal Parent**, **Advocacy In Action**, **Ethics and Professionalism** and **Legal Issues** regarding Addiction and Recovery. Thank you to these amazing men and women who write for us and continue to help us remain on the cutting edge of all things related to Recovery.

Our **Makeover this month** is going to be AMAZING!!! See how a sustainability piece comes to life in order to support our mission. We are acquiring a 3rd Thrift Store to support the Recovery Support Organization. We will be taking a building and transforming it into a Gift and Apparel Shop to support the nonprofit. Learn from the BEST how it is done and why we do things the way we do. See how a lifeline comes to fruition and becomes an icon in the community.

Where will our search for a Recovery organization take us this quarter? Let's go to **Wake Up Carolina - Creighton's House**, in Charleston, South Carolina! Wake up Carolina is a community based movement born out of one family's heartbreaking loss of their son, Creighton, in the summer of 2016. Creighton's family made a promise and commitment to share their story in hopes no one would feel alone. We could not be more proud to showcase this amazing facility. See this beautiful place and understand the mission and vision of a true place of support for Recovery.

Share Your Story comes from the heart of a loving, giving woman, daughter, sister, wife, mother, and grandmother this month. Meet Brenda Evans, a person in Long Term Recovery. Her spirituality has been a resounding part of her recovery journey and what keeps her grounded. You can hear her singing as she goes about her daily work because her heart is so full of joy and gratitude. She will share how she was lifted from the depths of darkness and into the light so that she shines like a beacon every single day. Her story is amazing and will lift you up!



questions for the good doctor

Who do you most admire? Anyone who puts the wellbeing of others first. From my mother who taught special education for 30 years, to my colleagues advancing health equity, to you and the folks at Davis Direction working tirelessly to help folks better their lives.

Favorite vacation spot. Spain! Especially Andalusia and the Balearic Islands. My mom is from Barcelona and we've always had the best time together as a family there. The food and culture are unbeatable, and speaking the language really lets us immerse.

Favorite way to spend a lazy afternoon. You mean the one following a night shift? Binge watching bad TV on Netflix or Hulu as a procrastination strategy in avoidance of email ;)

Favorite game. As a kid, Chutes and Ladders. As an adult, Bananagrams.

Where did you Honeymoon? We haven't

yet! The pandemic, work as an ER doctor, and cancer treatment put a real damper on our ability to get away. Someday hopefully soon! Previous adventures together have included kayaking the San Juan Islands, snorkeling Curacao, riding at a dude ranch, and hiking and climbing more national parks than I can count. We love exploring!

Favorite music, book and movie? This question is tricky. In all honesty, I spent so much time studying that I missed out on a lot of pop culture. I'll admit it

Do you prefer to dress-up or dress-down? You know I love to dress up and just about any formal occasion! That said, I also love getting outside and even dirty if it means I get to experience something new.

What are staples in your refrigerator? Ryan (husband) would exclaim "expired foods" without hesitation. If it weren't for him, I'd probably eat way too much take out. I'm so

lucky he cooks for me.

How did you meet your hubby? (don't want to leave Ryan out!) A dating app called Hinge which paired you with friends of friends back in 2015. I've been attracted to his kind smile since the day I first saw it.

What makes you laugh? My dad and little brother who are absolutely hilarious and the life of any party. They have the most amazing personalities! When I can't be with them, stand-up cracks me up. I was fortunate to live across the street from The Second City in Chicago. Comic relief from improv was about the best medicine for an overworked resident physician.

Do you have a pet? Yes! An adorable bluetick beagle named Spec. We adopted him at the start of the pandemic from Lucky Dog. He was found as a stray in southern VA and likes nothing more than deer. Lucky for him we love to hike, so, he gets out into the woods almost

every day. He just thinks each trip is a hunt! He's still afraid of urban life in DC but were working on it. One thing's for sure, he gets plenty of love.

Best surprise you ever had? When my husband proposed to me at the top of a beautiful mountain in WY! We'd just ridden up on horseback and I never expected a gorgeous diamond on my dusty hand! Of course, his heartfelt words were even more beautiful than the ring ;)

Favorite way to spend your spare time? Doing just about anything with the people I love. I am the ultimate extrovert and always feel recharged when I'm with my friends and family. I'll prioritize togetherness over sleep any day.

5 minutes with someone present or past...Who? I'd love to meet my grandmother as an adult. She passed when I was just baby, but I know she loved me very much, and I've always felt that she's with me.

RECOVERY COACH ACADEMY

CCAR

BY: DANIEL SPINNEY, RCP

If you would have asked me where I would be now 5 years ago, I could have never imagined this. I have learned so much going through CCAR training myself. Facilitating CCAR Recovery Coach Academy has been both challenging and rewarding in my experience. It is incredible to have the opportunity to assist in the education of others and I am truly grateful for that.

I get so much out of teaching and learn something new every time. My favorite part is when the class breaks into small groups and does a skit with role playing of a coach and a recoveree. This activity is fun and helpful at the same time. One of the most important things that I have learned and that I try to teach is the importance of staying in your lane. The class teaches the importance and the roles of being a recovery coach. We offer the Recovery Coach Academy as well as Ethics and Professionalism every quarter at the Zone.

Please contact me at daniel.spinney@davidirection.com for class times.



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RECOVERY COACH ACADEMY OFFERED AT THE ZONE

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August 16th - 19th
9am until 6pm
28 CEUs

Recovery Coach Academy
September 21st - 24th
9am until 6pm
30 CEUs

The CCAR Recovery
Coach Academy©
is an intensive training
academy focusing on
providing individuals with
the skills needed to guide,
mentor and support
anyone who would
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long-term
recovery from an
addiction to alcohol or
other drugs.

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