

# A Blessing in Disguise

My name is Kimberly Ratliff and my son, Kevin has been a resident at the Oriana House since June. I have attended all but two of the Family Matters sessions and I was asked to write about our experience. As a parent, guardian, grandparent, etc., there are three places we NEVER want to see our children, that's in the hospital, jail or in a coffin. I am fortunate and blessed to say that I've only seen my three sons in the hospital and jail because they can always recover from those visits. However, with programs like Family Matters, there's a better possibility that Kevin will not return to jail or an early coffin.

Kevin being assigned to the Oriana House has been a blessing in disguise. Family Matters has taught us both how to communicate with each other better as well as within our personal and professional relationships. When we first started attending the classes, Kevin was in denial about his "risky lifestyle" and would often mention that he didn't belong in the class because he didn't have an addiction. After a few weeks, he finally changed his perspective and grasped the positive aspects that Family Matters has to offer. Frank and Dr. Pride have both had a positive influence in my son's life and I am forever grateful. We often joke about how hyper Dr. Pride is and laugh at how he jumps around the classroom but ultimately, both he and Frank have provided some essential information that will definitely help make my son a better person.

Family Matters is more than just a program to discuss how to prevent reverting back to old, risky habits. It's a group that is designed to equip individuals with the necessary skills to create and maintain a better family foundation. Whether the

family consist of both parents, a single parent, a grandparent, aunts and uncles, cousins, friends or people living under the same roof who may not even be related; the skills that are instilled there are vital to personal and professional growth. I am confident that my son will NOT go back to prison because of the knowledge that has been passed on by Dr. Pride and Frank. Additionally, the other residents and pupils in Family Matters have embraced my son and shown him a better outlook on his life. They have become an extension to our family and helped to promote a brighter, more positive attitude also.

**Family Matters is more than just a program to discuss how to prevent reverting back to old, risky habits. It's a group that is designed to equip individuals with the necessary skills to create and maintain a better family foundation.**

In conclusion, I'd like to say that we all make mistakes. Some bigger than others that require more strict consequences. But Family Matters helps us to face our decisions with a better point of view that will provide the best outcome. Dr. Pride always mentions that we need to maximize

the positive and minimize the negative to reach a better response. That quote has resonated in my mind and I have applied it to every situation that I'm faced with. Frank has taught us that it only takes 1.5 seconds to respond to any situation and using social skills that he has taught us will alleviate some of the negative reactions and consequences. I'm sure that Kevin will also apply these quotes in his personal and professional life, as well. I'm looking forward to my son's future because of the wonderful experience that we have encountered here at Family Matters. I am prayerful that God will continue to use both Frank and Dr. Pride to bless everyone that enters the program in the same manner that they have blessed me and Kevin.

—Humbly submitted, Kimberly Ratliff

## Say What?

Love this group, Family Matters rocks!

“

I'm coming back with or without my daughter. I really enjoy Family Matters. It has been very helpful to me.

*I enjoyed coming to Family Matters. I attend every Tuesday and plan to attend each and every week.*

Thanks for helping me to rebuild myself and my relationship with my mom. We needed this.

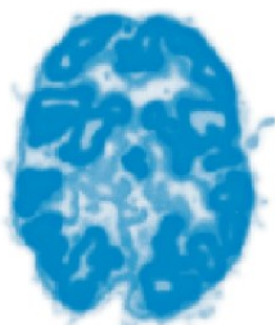
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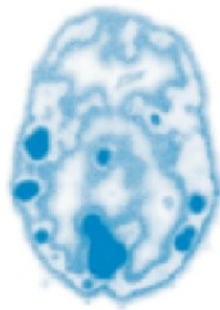
## Why do people involved in the criminal justice system continue abusing drugs?

The answer to this perplexing question spans basic neurobiological, psychological, social, and environmental factors.

The repeated use of addictive drugs eventually changes how the brain functions. Resulting brain changes, which accompany the transition from voluntary to compulsive drug use, affect the brain's natural inhibition and reward centers, causing the addicted person to use drugs in spite of the adverse health, social, and legal consequences (Baler and Volkow 2006; Volkow et al. 2010; and Chandler et al. 2009). Craving for drugs may be triggered by contact with the people, places, and things associated with prior drug use, as well as by stress. Forced abstinence (when it occurs) is not treatment, and it does not cure addiction. Abstinent individuals must still learn how to avoid relapse, including those who may have been abstinent for a long period of time while incarcerated.



**Normal**



**Cocaine Abuser**

(10 days of abstinence)



**Cocaine Abuser**

(100 days of abstinence)

PET scans showing glucose metabolism in healthy (normal) and cocaine-addicted brains. Even after 100 days of abstinence, glucose metabolism has not returned to normal levels.

Source: Volkow et al., 1992, 1993.

## Addictive drugs cause long-lasting changes in the brain

Potential risk factors for released offenders include pressures from peers and family members to return to drug use and a criminal lifestyle. Tensions of daily life—violent associates, few opportunities for legitimate employment, lack of safe housing, and even the need to comply with correctional supervision conditions—can also create stressful situations that can precipitate a relapse to drug use.

Research on how the brain is affected by drug abuse promises to teach us much more about the mechanics of drug-induced brain changes and their relationship to addiction. Research also reveals that with effective drug abuse treatment, individuals can overcome persistent drug effects and lead healthy, productive lives.

Taken from The National Institute on Drug Abuse's *Principles of Drug Abuse Treatment for Criminal Justice Population*.

Baler, R.D., and Volkow, N.D. Drug addiction: The neurobiology of disrupted self-control. *Trends Mol Med* 12(12):559–566, 2006.

## Help & Resources

ADM Board — Alcohol, Drug Addiction and Mental Health

Mental illnesses, alcohol and drug addiction disorders are very common. National estimates are that about one in five adults will experience a mental illness or addictive disorder at some point in their lives. Two out of every three Ohioans are impacted by a friend or family member with an addiction or mental illness.

When this happens to you or your loved one, services and supports are available in our community to get you on the road to recovery. We believe and expect that anyone can recover and/or manage their conditions successfully. With help comes hope which is the foundation of recovery.

## Recovery starts here.

If you, or a family member, are experiencing a mental health, or an alcohol, or other drug-related emergency, seek immediate assistance by calling the 24-hour Suicide Prevention, Mental Health Crisis, Information and Referral Hotline,

### Cuyahoga County

Crisis—(216) 623-6888, or the United Way's First Call for Help—211 or (216) 436-2000.

### ADAMHSCC Board

2012 W. 25th Street, 6th Floor  
Cleveland, OH 44113  
216.241.3400

### Summit County

Crisis—330-434-9144

Address: 100 W Cedar St Ste. 300,  
Akron, OH 44307

Phone: (330) 762-3500

## Other Online Resources

[aa.org](http://aa.org)

*Alcoholics Anonymous*

[nar-anon.org](http://nar-anon.org)

Nar-Anon Family Groups

[al-anon.alateen.org](http://al-anon.alateen.org)

Al-Anon Family Groups

# Oriana House, Inc., Family Matters Program

## January—March 2017 Calendar by Region

### Summit County

264 E. Crosier Street (CBCF)  
 213 East Glenwood Avenue (St. Hedwig's)  
 941 Sherman Street (CSCBCF)



#### Topic: Boundaries & Healthy Relationships

January 3<sup>rd</sup> 6:00 pm-8:00 pm  
 Location - CBCF

January 4<sup>th</sup> 6:00 pm-8:00 pm  
 Location - St. Hedwig's (Church)

January 5<sup>th</sup> 6:00 pm-8:00 pm  
 Location - CSCBCF

#### Topic: Anger Management Multi-Family

January 10<sup>th</sup> 6:00 pm-8:30 pm  
 Location - CBCF

January 11<sup>th</sup> 6:00 pm-8:30 pm  
 Location - St. Hedwig's (Church)

January 12<sup>th</sup> 6:00 pm-8:30 pm  
 Location - CSCBCF

#### Topic: Roadmap for Recovery

January 17<sup>th</sup> 6:00 pm-8:00 pm  
 Location - CBCF

January 18<sup>th</sup> 6:00 pm-8:00 pm  
 Location - St. Hedwig's (Church)

January 19<sup>th</sup> 6:00 pm-8:00 pm  
 Location - CSCBCF

#### Topic: Recovery Panel

January 24<sup>th</sup> 6:00 pm-8:00 pm  
 Location - CBCF

January 25<sup>th</sup> 6:00 pm-8:00 pm  
 Location - St. Hedwig's (Church)

January 26<sup>th</sup> 6:00 pm-8:00 pm  
 Location - CSCBCF

#### Topic: Living w/an Addiction Multi-Family

January 31<sup>st</sup> 6:00 pm-8:30 pm  
 Location - CBCF



#### Topic: Living w/an Addiction Multi-Family

February 1<sup>st</sup> 6:00 pm-8:30 pm  
 Location - St. Hedwig's (Church)

February 2<sup>nd</sup> 6:00 pm-8:30 pm  
 Location - CSCBCF

#### Topic: Families in Recovery

February 7<sup>th</sup> 6:00 pm-8:00 pm  
 Location - CBCF

February 8<sup>th</sup> 6:00 pm-8:00 pm  
 Location - St. Hedwig's (Church)

February 9<sup>th</sup> 6:00 pm-8:00 pm  
 Location - CSCBCF

#### Topic: Rebuilding Trust

February 14<sup>th</sup> 6:00 pm-8:00 pm  
 Location - CBCF

February 15<sup>th</sup> 6:00 pm-8:00 pm  
 Location - St. Hedwig's (Church)

February 16<sup>th</sup> 6:00 pm-8:00 pm  
 Location - CSCBCF

#### Topic: Professional Panel/Guest Speaker (Multi-Family)

February 21<sup>st</sup> 6:00 pm-8:30 pm  
 Location - CBCF

February 22<sup>nd</sup> 6:00 pm-8:30 pm  
 Location - St. Hedwig's (Church)

February 23<sup>rd</sup> 6:00 pm-8:30 pm  
 Location - CSCBCF

#### Topic: Triggers & Cravings

February 28<sup>th</sup> 6:00 pm-8:00 pm  
 Location - CBCF



#### Topic: Triggers & Cravings

March 1<sup>st</sup> 6:00 pm-8:00 pm  
 Location - St. Hedwig's (Church)

March 2<sup>nd</sup> 6:00 pm-8:00 pm  
 Location - CSCBCF

#### Topic: Communication Traps

March 7<sup>th</sup> 6:00 pm-8:00 pm  
 Location - CBCF

March 8<sup>th</sup> 6:00 pm-8:00 pm  
 Location - St. Hedwig's (Church)

March 9<sup>th</sup> 6:00 pm-8:00 pm  
 Location - CSCBCF

#### Topic: Coping w/the Possibility of Relapse (Multi-Family)

March 14<sup>th</sup> 6:00 pm-8:30 pm  
 Location - CBCF

March 15<sup>th</sup> 6:00 pm-8:30 pm  
 Location - St. Hedwig's (Church)

March 16<sup>th</sup> 6:00 pm-8:30 pm  
 Location - CSCBCF

#### Topic: Facilitator Choice

March 21<sup>st</sup> 6:00 pm-8:00 pm  
 Location - CBCF

March 22<sup>nd</sup> 6:00 pm-8:00 pm  
 Location - St. Hedwig's (Church)

March 23<sup>rd</sup> 6:00 pm-8:00 pm  
 Location - CSCBCF

#### Topic: Boundaries & Healthy Relationships

March 28<sup>th</sup> 6:00 pm-8:00 pm  
 Location - CBCF

March 29<sup>th</sup> 6:00 pm-8:00 pm  
 Location - St. Hedwig's (Church)

March 30<sup>th</sup> 6:00 pm-8:00 pm  
 Location - CSCBCF



# Oriana House, Inc., Family Matters Program

## January—March 2017 Calendar by Region

### North Central

65 St. Francis Avenue  
(Rigel-Tiffin)

103 S. Front Street  
(NOBARS)



#### Topic: Boundaries & Healthy Relationships

January 3<sup>rd</sup> 6:00 pm-8:00 pm  
Location - Northstar

January 4<sup>th</sup> 6:00 pm-8:00 pm  
Location - NOBARS

January 5<sup>th</sup> 6:00 pm-8:00 pm  
Location - JNRMCBFCF & Rigel Tiffin

#### Topic: Anger Management Multi-Family

January 10<sup>th</sup> 6:00 pm-8:30 pm  
Location - Northstar

January 11<sup>th</sup> 6:00 pm-8:30 pm  
Location - NOBARS

January 12<sup>th</sup> 6:00 pm-8:30 pm  
Location - JNRMCBFCF & Rigel Tiffin

#### Topic: Roadmap for Recovery

January 17<sup>th</sup> 6:00 pm-8:00 pm  
Location - Northstar

January 18<sup>th</sup> 6:00 pm-8:00 pm  
Location - NOBARS

January 19<sup>th</sup> 6:00 pm-8:00 pm  
Location - JNRMCBFCF & Rigel Tiffin

#### Topic: Recovery Panel

January 24<sup>th</sup> 6:00 pm-8:00 pm  
Location - Northstar

January 25<sup>th</sup> 6:00 pm-8:00 pm  
Location - NOBARS

January 26<sup>th</sup> 6:00 pm-8:00 pm  
Location - JNRMCBFCF & Rigel Tiffin

#### Topic: Living w/an Addiction Multi-Family

January 31<sup>st</sup> 6:00 pm-8:30 pm  
Location - Northstar

### Cuyahoga County

3510 Croton Avenue  
(JNRM-CBCF)

1834 East 55th Street  
(North Star)



#### Topic: Living w/an Addiction Multi-Family

February 1<sup>st</sup> 6:00 pm-8:30 pm  
Location - NOBARS

February 2<sup>nd</sup> 6:00 pm-8:30 pm  
Location - JNRMCBFCF & Rigel Tiffin

#### Topic: Families in Recovery

February 7<sup>th</sup> 6:00 pm-8:00 pm  
Location - Northstar

February 8<sup>th</sup> 6:00 pm-8:00 pm  
Location - NOBARS

February 9<sup>th</sup> 6:00 pm-8:00 pm  
Location - JNRMCBFCF & Rigel Tiffin

#### Topic: Rebuilding Trust

February 14<sup>th</sup> 6:00 pm-8:00 pm  
Location - Northstar

February 15<sup>th</sup> 6:00 pm-8:00 pm  
Location - NOBARS

February 16<sup>th</sup> 6:00 pm-8:00 pm  
Location - JNRMCBFCF & Rigel Tiffin

#### Topic: Professional Panel/Guest Speaker (Multi-Family)

February 21<sup>st</sup> 6:00 pm-8:30 pm  
Location - Northstar

February 22<sup>nd</sup> 6:00 pm-8:30 pm  
Location - NOBARS

February 23<sup>rd</sup> 6:00 pm-8:30 pm  
Location - JNRMCBFCF & Rigel Tiffin

#### Topic: Triggers & Cravings

February 28<sup>th</sup> 6:00 pm-8:00 pm  
Location - Northstar



#### Topic: Triggers & Cravings

March 1<sup>st</sup> 6:00 pm-8:00 pm  
Location - NOBARS

March 2<sup>nd</sup> 6:00 pm-8:00 pm  
Location - JNRMCBFCF & Rigel Tiffin

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#### Topic: Facilitator Choice

March 21<sup>st</sup> 6:00 pm-8:00 pm  
Location - Northstar

March 22<sup>nd</sup> 6:00 pm-8:00 pm  
Location - NOBARS

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#### Topic: Boundaries & Healthy Relationships

March 28<sup>th</sup> 6:00 pm-8:00 pm  
Location - Northstar

March 29<sup>th</sup> 6:00 pm-8:00 pm  
Location - NOBARS

March 30<sup>th</sup> 6:00 pm-8:00 pm  
Location - JNRMCBFCF & Rigel Tiffin