



A FLICKER OF HOPE

As a requirement for a friend's Intensive Outpatient program (IOP), I recently attended a Family Matters group session. I did not wish to participate and was only going because it was necessary for him to complete the program. I am a recovering alcoholic with two years of sobriety, so I felt it was not applicable to me, and I resented the idea of being dragged into it.

On this particular evening, a presentation was scheduled on the relationship between trauma and substance abuse given by Mr. Dan Bell, a Crisis Intervention Counselor with the Oriana House. An outline of the topics to be covered was handed out, and I sat back to wait out the two hours.

I found myself following his presentation, more or less out of sheer boredom. As I listened and read the handout on Post-Traumatic Stress Disorder (PTSD), I realized that perhaps this was something that did indeed pertain to me. In addition to being in recovery, I am also a survivor of a spinal chord injury 23 years ago that rendered me partially paralyzed and dependent on a wheelchair. It was

quite disturbing when I found that most of the symptoms of PTSD being discussed were exactly the sort of problems that had been bedeviling me *for years*. After that, I followed the rest of the presentation very closely. By the time it was over, I was convinced that there were certain things missing in my own recovery that were outside the scope of any 12 step program or spiritual belief system.

The irony here is that I did not even want to attend and was doing it only to help out my friend. As it turned out, I was the one who received the help. These symptoms

of PTSD have had a devastating effect on my life, and I wasn't even aware of them. Had I not attended this presentation, I would still be unaware of them. Of course I have heard of PTSD, but never did I think it would apply to me. My own personal recovery would remain compromised had I not been exposed to this information.

After a few rather unsettling days, I made the decision to seek counseling specifically for the problems that were made known to me. In doing so, I have regained something that was desperately missing in my life: **Hope.**



Recovery Reads & Resources

- ◆ ***When Your Adult Child Breaks Your Heart: Coping With Mental Illness, Substance Abuse, and The Problems That Tear Families Apart*** Authors: Joel L. Young · Christine Adamec
- ◆ ***Afraid to Let Go. For Parents of Adult Addicts and Alcoholics*** Author: Mary Crocker Cook, D.Min., LMFT, CADCI
- ◆ ***Everything Changes: Help for Families of Newly Recovering Addicts*** Author: Beverly Conyers

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(MAT) Medication-Assisted Treatment is the use of medications in combination with counseling and behavioral therapies for the treatment of substance use disorders, including opioid addiction.

Just as every snowflake is unique, so is each person dealing with the disease of addiction. Each person has individual needs, challenges, and obstacles to overcome. Many have found medication assisted treatment useful in the recovery process.

One such **MAT** option is now available for clients at the Oriana House who meet the program requirements and are dealing with opiate/alcohol addiction. It is called Vivitrol.^{® 1}

Vivitrol is the first non-narcotic, non-addictive, extended release medication approved for the treatment of opioid dependence—marking an important turning point in our approach to treatment.²

When opioids/heroin are in the body, they send signals to the brain's reward system creating a feeling of pleasure that can lead to addiction.

Vivitrol[®] is a long acting injection medication administered once a month by a qualified medical professional. The active ingredient in Vivitrol is naltrexone which is an opioid antagonist or "blocker". It "blocks" the effects of opioids in the brain's reward system¹; so patients will not experience a "high" from using opioids.

Vivitrol[®], when used in conjunction with a comprehensive intensive outpatient program, may have the following benefits:

- ◆ Significantly more days of sobriety
- ◆ Staying in treatment longer
- ◆ Reducing/Eliminating cravings
- ◆ Less likely to relapse
- ◆ Non-addictive; stopping doesn't cause withdrawal.

What Vivitrol is not:

- ◆ A narcotic
- ◆ Addictive
- ◆ Pleasure producing

Taking medication for opioid addiction is like taking medication to control any chronic medical illness. It is not the same as substituting one addictive drug for another.

Clients interested in the Medication Assisted Treatment Vivitrol Clinic at Oriana House need to be evaluated by their treatment counselor in order to see if they are eligible for the program.

1. Vivitrol Patient Education Packet; 2. Nora D. Volkow, M.D. Director NIDA 2010 3. <https://www.vivitrol.com/>

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

Alcoholics Anonymous

nar-anon.org

Nar-Anon Family Groups

al-anon.alateen.org

Al-Anon Family Groups

Communicate the true message of the Holidays,

The message of love...

This holiday season give the gift of positive communication to your family members. Families coping with substance use disorders often feel guilty, angry, hurt, and defensive. These feelings can seriously affect the way family members communicate with one another— especially during the stressful holiday season.

Clear, positive interactions allow people to increase self-esteem and confidence while paving the road to committed, trusting relationships.

Be polite - Sounds simple, but remember "please" and "thank you" go along way.

Express positive feelings - Focus more on the successes, than on the problems.

Determine the importance of a situation before complaining about it.

Choose an appropriate time to talk - Choose calm settings and appropriate times that are conducive to positive discussions.

Oriana House, Inc., Family Matters Program October—December 2016 Calendar by Region

Summit County

264 E. Crosier Street (CBCF)

213 East Glenwood Avenue (St. Hedwig's)

941 Sherman Street (CSCBCF)



Topic: Facilitator Choice

October 4th 6:00 pm-8:00 pm
Location - CBCF

October 5th 6:00 pm-8:00 pm
Location - St. Hedwig's (Church)

October 6th 6:00 pm-8:00 pm
Location - CSCBCF

Topic: Boundaries & Health Relationships

October 11th 6:00 pm-8:00 pm
Location - CBCF

October 12th 6:00 pm-8:00 pm
Location - St. Hedwig's (Church)

October 13th 6:00 pm-8:00 pm
Location - CSCBCF

Topic: Anger Management Multi-Family

October 18th 6:00 pm-8:30 pm
Location - CBCF

October 19th 6:00 pm-8:30 pm
Location - St. Hedwig's (Church)

October 20th 6:00 pm-8:30 pm
Location - CSCBCF

Topic: Roadmap for Recovery

October 25th 6:00 pm-8:00 pm
Location - CBCF

October 26th 6:00 pm-8:00 pm
Location - St. Hedwig's (Church)

October 27th 6:00 pm-8:00 pm
Location - CSCBCF



Topic: Recovery Panel

November 1st 6:00 pm-8:00 pm
Location - CBCF

November 2nd 6:00 pm-8:00 pm
Location - St. Hedwig's (Church)

November 3rd 6:00 pm-8:00 pm
Location - CSCBCF

Topic: Living w/an Addiction Multi-Family

November 8th 6:00 pm-8:30 pm
Location - CBCF

November 9th 6:00 pm-8:30 pm
Location - St. Hedwig's (Church)

November 10th 6:00 pm-8:30 pm
Location - CSCBCF

Topic: Families in Recovery

November 15th 6:00 pm-8:00 pm
Location - CBCF

November 16th 6:00 pm-8:00 pm
Location - St. Hedwig's (Church)

November 17th 6:00 pm-8:00 pm
Location - CSCBCF

Topic: Rebuilding Trust

November 22nd 6:00 pm-8:00 pm
Location - CBCF

November 2rd 6:00 pm-8:00 pm
Location - St. Hedwig's (Church)

November 24th 6:00 pm-8:00 pm
Location - CSCBCF

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

November 29th 6:00 pm-8:30 pm
Location - CBCF

November 30th 6:00 pm-8:30 pm



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

December 1st 6:00 pm-8:30 pm
Location - CBCF

Topic: Triggers & Cravings

December 6th 6:00 pm-8:00 pm
Location - CBCF

December 7th 6:00 pm-8:00 pm
Location - St. Hedwig's (Church)

December 8th 6:00 pm-8:00 pm
Location - CSCBCF

Topic: Communication Traps

December 13th 6:00 pm-8:00 pm
Location - CBCF

December 14th 6:00 pm-8:00 pm
Location - St. Hedwig's (Church)

December 15th 6:00 pm-8:00 pm
Location - CSCBCF

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

December 20th 6:00 pm-8:30 pm
Location - CBCF

December 21st 6:00 pm-8:30 pm
Location - St. Hedwig's (Church)

December 22nd 6:00 pm-8:30 pm
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Topic: Facilitator Choice

December 27th 6:00 pm-8:00 pm
Location - CBCF

December 28th 6:00 pm-8:00 pm
Location - St. Hedwig's (Church)

December 29th 6:00 pm-8:00 pm
Location - CSCBCF

Oriana House, Inc., Family Matters Program October—December 2016 Calendar by Region

North Central

65 St. Francis Avenue
(Rigel-Tiffin)

103 S. Front Street
(NOBARS)



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Location - Northstar

October 5th 6:00 pm-8:00 pm
Location - NOBARS

October 6th 6:00 pm-8:00 pm
Location - JNRMCBFCF
& Rigel Tiffin

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Rigel Tiffin

Cuyahoga County

3510 Croton Avenue
(JNRM-CBCF)

1834 East 55th Street
(North Star)



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