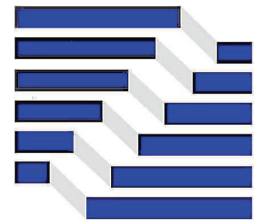


STEPS Newsletter

VOLUME IV, ISSUE II

FALL 2011



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Beacon House
732 Spink Street
Wooster, OH 44691
Phone 330-262-1410



Parenting Style Strongly Affects Childhood Alcohol Use

Parents have opportunities to improve children's "protective factors" every day, regardless of their ages or stages of development. The U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) says this happens when parents and children spend time together—like eating dinner as a family; driving the carpool; or playing board games.

Talking to children every day about everyday things opens the door for serious conversations when necessary.

Parenting Styles can be broadly categorized into four styles:

- ◆ **Authoritarian**—parents typically exert high control and discipline with low warmth and responsiveness. For example, they respond to bad grades with punishment but let good grades go unnoticed.
- ◆ **Permissive**—parents typically exert low control and discipline with high warmth and responsiveness. For example, they deem any grades at all acceptable and fail to correct behavior that may lead to bad grades.
- ◆ **Neglectful**—parents exert low control and discipline as well as low warmth and responsiveness. For example, they show no interest at all in a child's school performance.
- ◆ **Authoritative**—parents exert high control and discipline along with high warmth and responsiveness. For example, they offer praise for good grades and use thoughtful discipline and guidance to help improve low grades.

The combination of discipline and support by authoritative parents promotes healthy decision making about alcohol and other potential threats to healthy development.

Alcohol Related Risks in Adolescence

The percentage of teenagers who drink alcohol is slowly declining; however, numbers are still quite high. Forty percent of adolescents report drinking by 8th grade, and 55 percent report being drunk at least once by 12th grade. Alcohol is a drug that interferes with normal adolescent brain development. It acts as a depressant and has numerous other effects on the body.

Harms associated with alcohol that are more likely to occur during adolescence:

- * **Physical injuries and risk-taking.** Adolescents who binge drink are more likely to engage in risky behaviors that can result in serious injury, and in risky sexual activity, exposing themselves to sexually transmitted infections.
- * **Violence and sexual assaults.** Young people who drink heavily are more likely to become involved in violence, either as aggressors or victims.
- * **Suicide and self-injury.** Risk of suicide and self-injury is higher in adolescents who drink heavily or frequently. It can intensify feelings of anxiety, depression and aggression, and undermines the person's ability to cope.
- * **Alcohol abuse/dependence.** Any drinking during adolescence increases the chance of a drinking problem in early adulthood, and the earlier someone starts drinking the greater the risk.
- * **Depression and other mental illnesses.** Young people who suffer from mental illnesses are more likely to use alcohol to help them cope.
- * **Social problems.** Alcohol abuse is associated with dropping out of school, joblessness, and social isolation.
- * **Physical health problems.** Persistent heavy drinking can produce a range of physical health problems, including liver disease and brain damage.

Continued on page 3

FROM THE DIRECTOR'S DESK



Bobbi Douglas,
*Executive
Director*

The beginning of school is filled with many new beginnings. New teachers, friends and the first football games of the season capture the minds and calendars of many students. However, along with all of the good memories are the temptations that our students face with alcohol and other drugs.

September and October are the two highest months of first time alcohol and other drug use for students. Research has found that if an adolescent has at least two other friends who will commit to not using that they are 90% more likely to be able to make the right choice and abstain.

I encourage parents, teachers, coaches, religious leaders and others closely involved with teens to help their young people understand that they are not alone and that there are others around them that have are making the commitment not to use alcohol and other drugs.

Teens are abusing prescription drugs because they believe the myth that these drugs provide a medically safe high. The majority of these adolescents get the drugs from friends or relatives. Many teens unfortunately believe that they can self-medicate in an effort to reduce pain or anxiety, to sleep better or to help their concentration or alertness.

Pain relievers such as OxyContin and Vicodin are the most commonly abused prescription drugs by teens. It is important for family members to dispose of their unused prescription drugs when they are no longer used. See the guidelines and dates for Rx Take Back events on page 7 of this newsletter.

With some thought and planning, teens can be safer in their own homes from the temptation of experimenting with alcohol and prescription drugs.



Stefan Garcia,
*President,
Board of Trustees*

BOARD PRESIDENT STEFAN GARCIA

As a parent of young children, I am particularly interested in these topics and in articles that can help me deal with the stresses of raising children to be healthy adults. I appreciate anything that the professionals at STEPS can provide me to navigate the seemingly treacherous waters ahead. Hopefully you feel the same and will help us get the word out both on the prevention side as well as the treatment side of what we do. Providing parents with information and tools to cope with raising their children is a tremendous resource. In order to fund those efforts, staff has been working hard to replace grant funding that has run its course and Risers, our wonderful new support organization, had been busy planning and executing several fundraisers. The Break the Cycle benefit bike ride was held in June and was declared a success, raising over \$7,000 for the cause. For a first year, the organizing committee was happy with that and with the turnout. The iffy weather probably kept a number of people away, but those who came had positive things to say and we are excited to continue this event in the future. The committee has already met and discussed ways we can improve for next year. Amazing Grazing is also coming up on February 4th, 2012 and we are looking for chefs. This has always been a very popular event and a solid fundraiser for the organization. As the committee gears up for another great event, please consider helping in any way you can. Thank you for your support!



Parenting: Cont'd from page 1

Modeling



Some parents wonder whether allowing their children to drink in the home will help them develop an appropriate relationship with alcohol. According to most studies this does not appear to be the case. In a study of 6th, 7th, and 8th graders, researchers observed that students whose parents allowed them to drink at home and/or provided them with alcohol experienced the steepest escalation in drinking.

What Can Parents Do?

- Talk early and often, in developmentally appropriate ways, with children and teens about your concerns—and theirs—regarding alcohol.
- Establish rules early on, and be consistent in setting expectations and enforcing rules.
- Work with other parents to monitor where kids are gathering and what they are doing.
- Work in and with the community to promote dialogue about underage drinking and the creation and implementation of action steps to address it.
- Be aware of your State's laws about providing alcohol to your own children.
- Never provide alcohol to someone else's child.

Do Teens Listen?



Research suggests that only 19 percent of teens feel that parents should have a say in the music they listen to, and 26 percent believe their parents should influence what clothing they wear. However, the majority—around 80 percent—feel that parents should have a say in whether they drink alcohol. Those who do not think that parents have authority over these issues are

four times more likely than other teens to drink alcohol and three times more likely to have plans to drink if they have not already started. **Authoritative parents—those who provide a healthy and consistent balance of discipline and support**—are the most likely to have teenagers who respect the boundaries they have established around drinking and other behaviors; whereas adolescents exposed to permissive, authoritarian, or neglectful parenting are less influenced by what their parents say. Regardless of parenting styles, adolescents who are aware that their parents would be upset with them if they drank are less likely to do so, highlighting the importance of communication between parents and teens as a protective-measure against under age alcohol use. Finally, having a parent with a drinking problem increases a child's risk for developing an alcohol problem of his or her own.

LIBERTY CENTER CONNECTIONS

STEPS and Every Woman's House



LUNCHTIME SERIES TRAINING SCHEDULE 2011-2012

SEPTEMBER 23, 2011 9:00 A.M. TO 12:15

"FAMILY THERAPY WITH FAMILIES AFFECTED BY ADOLESCENT SEXUAL PROBLEMS"

GARY BYRON, LPCC-S, IMFT (3.0 CEUs)

LOCATION: THE VILLAGE NETWORK
(COST \$30.00)

OCTOBER 14, 2011 9:00 A.M. TO 4:30 P.M. PART I (AVAILABLE TO TVN AND STEPS/EWH STAFF ONLY)

"MOTIVATIONAL INTERVIEWING"

GREG EMANUELSON, PhD, PCC-S (6.0 CEUs)

LOCATION: THE VILLAGE NETWORK

OCTOBER 19, 2011 12:15 P.M. TO 1:45

"COLLABORATING WITH MEDICAL PROFESSIONALS IN PROVIDING SERVICES FOR OUR CLIENTS"

JOANNE HOLBERT, EDS, LMFT (1.5 CEUs)

LOCATION: STEPS AT LIBERTY CENTER

NOVEMBER 4, 2011 9:00 A.M. TO 4:30 P.M. PART II (AVAILABLE TO TVN AND STEPS/EWH STAFF ONLY)

"MOTIVATIONAL INTERVIEWING"

GREG EMANUELSON, PhD, PCC-S (6.0 CEUs)

LOCATION: THE VILLAGE NETWORK

NOVEMBER 16, 2011—12:15 P.M. TO 1:45

"CLIENT AND COUNSELOR SAFETY IN THE WORKPLACE: COUNSELOR SELF-CARE"

LARA GINSBURG, B.A. & CHERYL THOMAS, LPCC-S, LMFT (1.5 CEUs)

LOCATION: STEPS AT LIBERTY CENTER

DECEMBER 21, 2011—12:15 P.M. TO 1:45

"DIAGNOSTIC ASSESSMENT AND SYNTHETIC STREET DRUGS—GETTING TO THE Dx"

VICKY POMARICO, LPCC-S (1.5 CEUs)

LOCATION: STEPS AT LIBERTY CENTER

JANUARY 18, 2012 - 12:15 P.M. TO 1:45

"UNDERSTANDING THE HEALTH IMPACT OF ABUSE ON WOMEN"

LESLIE GRAVES, MA.ED., PC (1.5 CEUs)

THERISERS

Supporting & Promoting STEPS at Liberty Center

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The Noble House, the home of the Pathway House program for men.

Most of us have had a friend or relative with addiction disease. It hurts all of us yet we don't like to talk about it. In our community we have had help for many years.

STEPS has had an above average rate of success in treating this frustrating disease. Just as Friends and Neighbors of Every Woman's House supports the work against Domestic Violence, **THERISERS** mission is to reduce the stigma that underlies the disease of addiction and to ensure that prevention, treatment and recovery services remain well funded and accessible. It is a cause that will benefit the entire community as well as the men of Noble House, the women of Beacon House and all the outpatient clients served by STEPS.



The Beacon House, the residential home for women in treatment.

RISE UP TO HELP

We invite you to become an active member, these are the some ways that you can help:

- ◇ Amazing Grazing
- ◇ "Break the Cycle" Event
- ◇ Service on RISERS Board
- ◇ Speakers Bureau
- ◇ Education & Outreach
- ◇ Membership Committee

JOIN THERISERS TO-DAY

FOR MORE INFORMATION:

CALL 330-264-8498
ask for Leslie Graves

OASIS Recovery Club



Hidden away in a corner of the Gault Liberty Center is a community jewel – the OASIS Recovery Club. Established in December, 2009, the mission of the OASIS Recovery Club is "to provide a safe and supportive social environment for those in recovery". OASIS offers an inviting environment to buy a cup of coffee or stop by and have a sandwich for lunch. There is a large screen TV, a pool table and a dance floor. It is a great place to sit and visit with friends, work on your computer or read a book. Hours are Sunday through Thursday, 10:00 am to 10:00 pm with the club being open until midnight on Friday and Saturday.

OASIS is operated by a Board of Directors and is staffed by volunteers. The club, although aimed at serving those in recovery from alcoholism and other types of addiction, is open to anyone. Feel free to stop in and see the club or to join us for any of our events!

STEPS Vision

STEPS is committed to preventing and treating chemical dependency and abuse through strategies which meet the needs of individuals, families, and communities. We collaborate and partner with organizations and individuals to meet our mission. STEPS will provide leadership to these efforts by staying abreast of best practices and state/national trends that will help us to be more successful in achieving our mission.



An opportunity to enjoy a beautiful bike ride brought out area cyclists to participate in the “Break the Cycle” Benefit Ride hosted by **THERISERS** of STEPS in June. They traveled miles of roads in Wayne and Holmes Counties to raise awareness and reduce the stigma of substance addictions.



The ride raised more than \$7000 to support addiction recovery services for STEPS and included options of 25, 50, or 100 mile routes. A Family Fun Ride was also offered for families looking for less miles and more leisurely riding through the picturesque OARDC arboretum.



A memory board gave voice to those affected by or battling substance addiction to honor and support those who are touched by the disease. One message read “Addiction touches everyone’s lives in some way”



Thanks to Sherrick Photography, the many participating cyclists, and all of the volunteers that contributed time, planning, and effort to make this event a great success !

Escape

You entered my life
In the blink of an eye
I wanted to escape
And you answered my cry

You showed me how you work
Euphoria followed by contentment
You didn't tell me that later
I would be filled with resentment

You started to gain momentum
As you took everything I held dear
My family, my values, my life
All pushed away due to fear

I started to worship you
And only lived to get high
All I wanted was an escape
And now I wanted to die

I lived in this nightmare
And you laughed in my face
A once beautiful, intelligent girl
Turned into a complete disgrace

I am now imprisoned by you
Your demeanor was just a fake
I didn't ask for all this
I just wanted to escape

~ Submitted by S.S., a Beacon House Client
May 2011

Ohio Teen Institute – “A Life Changing Experience”



“A life changing experience” is the description used to explain Ohio Teen Institute. Twenty-seven high school students from Wooster and other Wayne County Schools attended the 5 day conference in July.

Participants attended workshops on topics related to reducing alcohol, tobacco and drug use among their peers, listened to motivational speakers and connected with each other through small “family groups” and lots of fun activities. The conference is designed to motivate students to come back to their school and start or enhance local youth led prevention groups.

As one participant stated ~ “I will use the skills that I learned in our community and at our school!”

The Ohio Teen Institute conference provides information and experiences to strengthen local youth led prevention groups such as Wooster Teen Institute (TI). The mission of TI is to empower youth to develop skills to make drug free, healthy lifestyle choices, and to positively impact their schools and communities. The mission is carried out by teens taking leadership roles to plan and implement local programs such as retreats, educational sessions for other students and positive social activities.

The efforts of the teens participating will be supported in Wayne and Holmes Counties by a collaboration of STEPS Prevention Department and Your Human Resource Center Prevention Department.

Success Story from Pathway House

John is happy in his life. Finally. Although he has battled alcohol and drugs for 35 years (oddly, alcoholism doesn’t run in his family) he is now sober with a good job and significant other of 18 years.

It wasn’t always that way. John joined the Navy at 19 years old and was sent to Vietnam where he served several years and began to drink and drug heavily wondering why he was there, would he survive and to calm his shattered nerves. His addiction was already there and he didn’t even know it.

He was drinking copious amounts of alcohol every day and losing jobs and everything else. Years after getting out of the Vietnam war, he began the painful experience of detoxification and rehabilitation through the VA hospitals. By 1994, he had 12 years of sober living without alcohol or drugs. Unfortunately, after 12 years of sobriety, his significant other’s son died tragically and he had a half a glass of champagne and relapsed severely. He remembers desperate days of dumpster diving and looking for alcohol any way he could get it. He lost everything; the house, the electricity, the water, his dignity.



After 13 to 14 unsuccessful detoxes, he found his way to God and the Pathway program through STEPS. As John says, “It’s not getting sober that is hard; it’s staying sober.” And Pathway gave him the tools to stay sober. For John, it is critical that he go to meetings every night and prays three to four times a day. After going without meetings for a week, he realized that this was something he needed every day in his life.

Currently, John has a grandson aged 7, who keeps him busy along with family reunions, and helping others to stay sober.

GOT TIME??

STEPS and Every Woman’s House rely heavily on volunteer services. Please contact Blake Swartz at 330-264-8498 for more information.

COMMUNITY COALITIONS

Wayne County enjoys the benefits of four local substance prevention community coalitions. CIRCLE Coalition, Chippewa Cares, Orrville Turning Point Coalition, and Rittman SALT are volunteer, community-based coalitions with a common mission of helping prevent local youth from abusing alcohol, tobacco and other drugs. Each coalition is made up of community volunteers to assist with planning and enacting community-based substance prevention strategies and activities. This summer the coalitions worked toward building substance abuse prevention and coalition awareness.



The coalitions have been helping to spread the word about the newer trend of synthetic drugs that has made its way to Wayne County such as Spice or MDPV (also known as bath salts). These synthetic drugs, often marketed as harmless novelties, are proving to be deadly, and are now illegal. To help update coalition and community members, CIRCLE hosted an emerging drug trend seminar with Officer George "Pat" Willis, entitled From Spice to Pills to Powder, Drug Update 2011 in August. Willis pointed out that *any* substance abuse often leads to more substance abuse, a message the coalitions have been sharing in their communities. For example Willis told shared these statistics with the group:

- Youth who start smoking under the age of 15 are 19 times more likely to use cocaine.
- Youth who start drinking under the age of 15 are 50 times more likely to use cocaine.
- Youth who start smoking marijuana under the age of 15 are 85 more likely to use cocaine.
- Youth who use all three of these drugs (tobacco, alcohol and marijuana) under the age of 15, are 266 times more likely to use cocaine.

Each coalition is currently seeking volunteers from the community they represent. Individuals, organizations or businesses interested in volunteering or supporting their area coalition are asked to contact Eileen Keller, community coalition coordinator, at STEPS at Liberty Center by calling 330-264-8498, Ext. 208 or emailing her at kellere@steps-ewh.org for more information.



Rittman SALT serving Rittman



Chippewa Cares serving Chippewa Township and Doylestown.



Donna Dale Davis, of Orrville, with Orrville Turning Point Coalition Chair, Judy Kropf represents the coalition at the 2011 annual Orrville Area United Way campaign kick-off event.



CIRCLE Coalition serving Wooster



Orrville Turning Point Coalition serving the Orrville area, including all of the Dalton Local, Green Local and Orrville City school districts' area.



NATIONAL TAKE BACK INITIATIVE

TURN IN YOUR UNUSED OR EXPIRED MEDICATION FOR SAFE DISPOSAL SATURDAY,

**OCTOBER 29TH, 2011
10:00 A.M.—2:00 P.M.**

LOCATIONS INCLUDE:

THE JUSTICE CENTER, AND POLICE DEPARTMENTS IN RITTMAN, ORRVILLE, MILLERSBURG, BRUNSWICK, AND THE WOOSTER CLEVELAND CLINIC

***** HOW TO DISPOSE OF PRESCRIPTION DRUGS

TAKE AN INVENTORY IN YOUR HOUSE AND MAKE SURE YOU FOLLOW THESE GUIDELINES FOR PROPER DRUG DISPOSAL:

- TAKE UNUSED, UNNEEDED, OR EXPIRED PRESCRIPTION DRUGS OUT OF THEIR ORIGINAL CONTAINERS AND THROW THEM IN THE TRASH.
- MIX PRESCRIPTION DRUGS WITH AN UNDESIRABLE SUBSTANCE, SUCH AS USED COFFEE GROUNDS OR KITTY LITTER, AND PUT THEM IN CONTAINERS, SUCH AS EMPTY CANS OR SEALABLE BAGS, TO MAKE SURE THE DRUGS AREN'T FOUND AND ABUSED BY SOMEONE ELSE.
- FLUSH PRESCRIPTION DRUGS DOWN THE TOILET ONLY IF THE LABEL SPECIFICALLY TELLS YOU TO.
- TAKE ADVANTAGE OF COMMUNITY TAKE-BACK PROGRAMS THAT ALLOW THE PUBLIC TO BRING UNUSED DRUGS TO A CENTRAL LOCATION FOR PROPER DISPOSAL.
- CONSULT YOUR PHARMACIST WITH ANY QUESTIONS.



STEPS at Liberty Center
Substance Abuse Treatment, Education & Prevention Services
A partner of Liberty Center Connections, Inc.
Taking STEPS to build a healthier community

Gault Liberty Center
104 Spink Street
Wooster, Ohio 44691
phone: (330) 264-8498

Non-Profit Org

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Going Green—Send Us Your Email Address

In an effort to reduce our impact on the environment, we would like to offer the electronic version of our newsletter to you in the future.



SAVE THE DATES

AMAZING GRAZING



THE RISERS of Steps at Liberty Center invite you to attend this bi-annual fundraising event on

Saturday, February 4th
Greenbriar Party and Conference Center.
Local Chefs prepare tastings of favorite recipes for the community to sample.

If you or someone you know would like to participate as a chef for the event: CALL 330-264-8498 ~ ask for Leslie

Annual Attorney Training

Ethics, Professionalism, and Substance Abuse

Wednesday, December 7th—12:45– 4:45

WISH LIST

If you would like to help our clients with a donation, new or gently used items can generally be dropped off Monday through Friday, between the hours of 8:00 am and 5:00 pm, at the Gault Liberty Center located at 104 Spink Street in Wooster.

The following are some of our most needed items by our clients:

- Twin mattress covers and bedding / Bed pillows/ towels/ washcloths
- Hygiene products— deodorants, shampoos & conditioners/ razors / sanitary napkins
- Men's/Women's/Children's winter clothing / Pajamas- all sizes/gently worn
- Diapers & Wipes / baby powder & lotion, one sites, sleepers, pacifiers, t-shirts, etc.
- Refrigerator for Serenity House residence