



PREVENT • TREAT • RECOVER

September 2016 Newsletter

Message from the Executive Director



During the celebration of recovery month, I want to highlight the importance of the words that we use when we talk about substance use, abuse and addiction.

The words we choose to use are important. They set the path for the actions that we take. We need a language of action and commitment for substance abuse prevention, treatment and recovery.

I believe a fundamental key is how we describe addiction: it is a disease, it is not a choice.

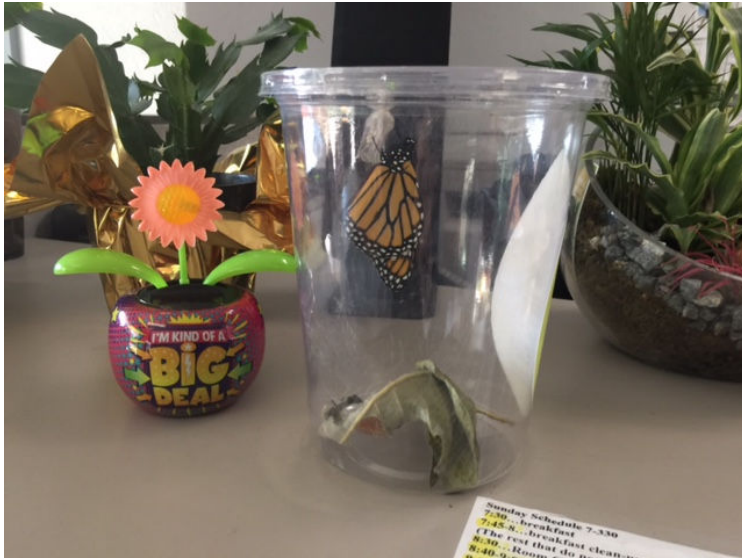
Substance use disorders are a disease of the brain. Many of us are used to healthcare professionals caring for the diseases of our body. At ASAC, we focus on the disease of addiction. We help those who seek our services to manage their disease.

Many people we know, our friends family or coworkers, will meet the criteria for having a substance use disorder. We will have the opportunity to help them recover when we understand that they are dealing with a disease and need our support.

During September, please join us in celebrating all of the lives that have been saved and improved because treatment for substance use disorders was available.

Barbara Gay

Story of the Butterfly



The Recovery Center was able to obtain a caterpillar in the form of a chrysalis to bring to “life” the concept of change and transformation for our adult residential patients.

The Recovery Center counselors conducted a group session on how the transformation into a butterfly is a metaphor for recovery; that the chrysalis represents them when using as they often seclude themselves with their substances and create defense mechanisms for

protection and the emerging Monarch butterfly was representative of the freedom and beauty of recovery. Our patients were enthralled in the metamorphosis process. The lesson concluded with the releasing of the butterfly with patients sharing their hopes for the future!

Upcoming Ethics Training

ASAC’s Prevention Services is conducting a training session for prevention, treatment and social workers in need of ethics CEUs for re-certification. The training will be held from 1:00pm – 4:15pm on Friday, October 14th at ASAC’s Prevention Group Room, 3536 18th Avenue SW in Cedar Rapids.



The ethics course will review and provide practical application of codes of ethics from the Iowa Board of Certification for both prevention and treatment, as well as the code of ethics for Iowa Social Workers. The instructors for this training are:

Emily Logan, Kirkwood Assistant Professor

Emily teaches Human Services at Kirkwood Community College and is a licensed Independent Social Worker and Certified Alcohol and Drug Counselor.

Melissa Walker, ASAC Deputy Director of Prevention Services

Melissa is a certified Ethics Trainer through SAMHSA’s Center for the Application of Prevention Technologies and has been providing ethics training for the past seven years.

A Life Rebuilt

This year's United Way of East Central Iowa's campaign video features a former patient of ASAC's Heart of Iowa program. In the video Lindsay states: **"My motivation is to be healthy, have a happy life with my kids, and give back to others who maybe don't understand addiction, or who need help but don't know where to go."**

Lindsay and her children are just one of many families that are united and healthy due to the treatment services that ASAC provides. We appreciate the financial support ASAC receives from United Way.



Watch the [video](#)

Celebrate Recovery Month

The month of September is the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Recovery Month!

Recovery Month is an annual observance aimed at increasing awareness and understanding of mental and substance use issues and to celebrate the people who are in recovery.



ASAC is celebrating recovery by providing free tickets to attend a movie the evening of September 20th. Tickets are limited and will be distributed through ASAC's outpatient offices. Plan to join us on September 20th as we celebrate recovery with a fun, substance free event!

Tickets will be available beginning September 12th on a first come – first serve basis at the following ASAC locations:

- Benton County – 1003 W 4th Street, Vinton
- Clinton County – 250 20th Avenue N, Suite 250, Clinton
- Jackson County – 119 S. Main Street, #2, Maquoketa
- Jones County – 110 S. Williams Street, Suite B, Anamosa
- Linn County West Office – 3601 16th Avenue SW, Cedar Rapids
- Linn County East Office – 4837 1st Avenue SE, Suite 206, Cedar Rapids
- Linn County South Office – 317 7th Avenue, Suite 203, Cedar Rapids

The World of Addiction - Struggle for Recovery

Following is a free verse poem written by an ASAC patient:

Recover

*At a loss for words but no loss of swirling thoughts in my mind
These feelings drive me mad and have me on the edge of breaking
The red darkness is consuming and I fear its overtaking
Got to let this beast out so it don't eat me inside out
Ease the knot in my throat and let the air of life flow
My blood is boiling hot and my palms sweat profusely
This blindness is so blinding the light of God can't shine through
Mouth dry as the desert I struggle to swallow saliva
Kill uneasiness and bless me with peace to silence demons
Golden rays of sunlight fade into the blackness of night
Choking and gasping reaching and grasping to find only nothing
Fleeing reality for only short periods of time worsens me
Finger points in my face repeating to me what a disgrace
Hopelessness overtakes so I crawl and hide in the corner
Shaking violently I convulse and shiver quietly
Flooding over and spilling all about blocking all passages
Is there no end to all the beginnings and all time lost
Take this from me and move around my world
Cold and dead I beg and plead keep this dread*

By Josh M.

Kathy Stone Receives Ramstad-Kennedy Award

The ninth Annual Ramstad/Kennedy Award for outstanding leadership in recovery support programs has been presented to **Kathy Stone, the Director of Addiction in the Iowa Department of Public Health.**

This Ramstad/Kennedy award was established in honor of Congressmen Jim Ramstad and Patrick Kennedy, vocal advocates of efforts to support prevention, treatment and recovery. The award recognizes Kathy for her leadership and untiring spirit for the field, the state and most importantly for those whose lives have been touched by substance use disorders. We congratulate Kathy on this great honor.



Kathy Stone receiving the 2016 Ramstad-Kennedy Award

Thanks to the East Iowa Heirloom Quilters



The East Iowa Heirloom Quilters, an organization of over 300 members, have been providing quilts for area nonprofits for over 36 years and ASAC has been one of their many fortunate recipients. We recently received a number of twin size quilts for our Recovery Center and some beautiful crib and infant size quilts for ASAC's Heart of Iowa Mother and Child Recovery Center. Pictured is Suzanne Mullens, a member of the East Iowa Heirloom Quilters, displaying one of the beautiful quilts.

Besides being gorgeous and functional, the homemade quilts make our residential housing units look much more welcoming!

Ready for School!

ASAC's Hightower Place in Clinton was the recipient of two school supply drives. The 7th Judicial District Department of Correctional Services is pictured with the items they donated. The Church of the Open Door also collected school supplies and packed them according to age/grade of child and gender.

We are thankful for these wonderful donations.

