

CONNECTIONS

The Newsletter for Addiction Professionals



President's Message

By Angela Hayes

Hello everyone, I hope everyone is keeping cool and enjoying their summer. With fall right around the corner, I would like to remind everyone of our upcoming fall conference which will be held on September 25th and 26th at Indiana Wesleyan. The topic for the Friday the 25th will be the DSM-V and on the 26th the topic will be trauma.

We had a nice turn out for our spring conference and certainly hope to see the same this fall. As it has been mentioned before, IAAP relies more and more on the training opportunities to keep our organization viable, so we certainly hope to increase attendance for each conference we hold. I know many have mentioned that holding a conference on a Saturday is not ideal, and we certainly understand this issue. But the counterpart to this is that some organizations will not allow their employees time off for conferences and having the Saturday option is helpful.

Continued on page 2 see PRESIDENT



ARE YOU UPDATED?

Please contact us to update your address & email to avoid missing important information!

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IAAP NEEDS YOU!

Look Inside this issue for Exciting Leadership and Advocacy Opportunities to Gain Skills and Support Addiction Professionals.



A MESSAGE FROM YOUR EDITOR IN CHIEF

"To eat and drink and find satisfaction in all your toil—this is the gift of God" Ecclesiastes

The latest blog I read was from one who professes to treat addictions and he started off with this statement, "The twelve Steps of AA as a "spiritual" tool for recovery are a joke. There is nothing spiritual about the 12 Steps except the name God which occurs in some of them." The author obviously was biased, and when I thought of all I would want to say to him, I didn't have the time to reflectively respond.

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PRESIDENT Continued

I do want to point out that if you can only attend one day you can still receive a CEU* certificate for the day you attended. I have been to conferences before where must attend the entire conference or you will be deemed ineligible for CEU's. We at IAAP understand that two days away from home or an overnight stay may not be feasible for all members and therefore we award CEU's individually for each day. We certainly encourage all of you to pass the word about the upcoming conference so we can keep IAAP strong.

Thanks to all of you for making IAAP a great organization, I along with the BOD are proud to serve you!

Best wishes,

Angela Hayes, LMHC, LCAC

Angela Hayes, LMHC, LCAC
IAAP President

*CEUs and Certification:

Earn up to 11.0 CEU's for attending.
IAAP is a NAADAC Approved Provider.
Provider #: 515

All educational training programs are reviewed for content applicability to state/national certification standards.



CEUs approved through the IPLA for social workers, clinical social workers, marriage and family therapists, mental health counselors, addiction counselors, and clinical addiction counselors.



EDITOR Continued

Those of us who believe there is a God, a good God, Who has given us principles and precepts for living through Scripture, need to realize that those we treat are often right where this blogger was. Flat out denying any good spiritually could come from working those 12 Steps in recovery. Often we allow the client to rapidly complete the questions, getting the obligation for graduation completed. Ready to get out, to get back to life beyond treatment. But shallow consideration of the principles involved in each of those early steps will bring a shallow recovery as well. We must make the effort to expand the meaning of the Steps beyond powerlessness over alcohol or drugs of choice. It is really life that is involved, and what wonderful insight comes when we realize we've been trying to control all of its aspects and ending up with life unmanageable. And a perfect set up for relapse. We've seen it, haven't we? I urge you to tweak those teachings you offer clients to broaden the meaning and the consequences of using those principles in all our affairs. Serenity is real.

I read some research conducted around this very phenomenon. In one group, they were given a simple temptation and told to say, in the face of that temptation, "I can't do (that)." The other group was told to say, "I don't do (that)."

What happened?

*Participants told to say, "I can't," gave in to the temptation 61% of the time. *Participants told to say, "I don't," gave in 36% of the time.

Pretty cool, huh? There was more to the study but in the interest of time, I can say, try it. Instead of saying "I can't..." say: "I don't....." have time right now, I don't offer a sliding fee scale for my services.....I don't relax my quality standards.....I don't miss workouts/my walk. And may your success in meeting your goals for change inspire you!

Live well. Laugh often. Love much. -Kay

Words of Wisdom

"If you wish to experience peace, provide peace for another." Tenzin Gyatso

"You do not have to be fearless, just don't let fear stop you." Charlie Day

"Generosity is giving more than you can, and pride is taking less than you need." Khalil Gibran



2015 IAAP Events Calendar

REGISTER TODAY! - www.iaapin.org

IAAP Annual Fall Conference

September 25–26, 2015

FRIDAY

Working Effectively with the DSM 5 in Substance Use Treatment

Frances Patterson, Ph.D., LADAC, MAC, BCPC, CCJAS, QSAP, QC

SATURDAY

Incorporating Trauma-Specific Treatment into Addiction Programs

Ron Chupp, LCSW, LCAC, NCAC-II

Next Certification Committee Meeting:

September 25, 2015



2016 IAAP Events Calendar

IAAP Annual Spring Conference – April 8–9, 2016

IAAP Ethics Training – July 15, 2016

IAAP Annual Fall Conference – September 23–24, 2016

A SOBER CHUCKLE ... Rx: LAUGHTER



Jack wakes up with a huge hangover after attending his company's Christmas Party. He didn't even remember how he got home from the party. As bad as he was feeling, he wondered if he did something wrong. He had to force himself to open his eyes and the first thing he saw was a clean shirt and pants—pressed perfectly and hanging for him on his closet door.

He stumbles to the bathroom and takes two aspirins and sees a huge black eye staring back at him in the bathroom mirror. Then he notices a note hanging on the mirror written in red with little hearts on it and a kiss marked in lipstick: "Honey, breakfast is on the stove. I left early to get groceries to make you your favorite dinner tonight. I love you, darling! Love Jillian."

He walks through the house noting how clean and orderly everything was, and in the kitchen, sure enough, there is a hot breakfast, steaming hot coffee, and the morning newspaper. His son is at the table, eating. Jack asks, "Son, what happened last night?"

"Well, you came home after 3 am, drunk and out of your mind. You fell over the coffee table and broke it, and then your puked in the hallway and got that black eye when you ran into the door."

Confused, he asked his son, "So, why is everything in such perfect order and so clean? I have a rose, and breakfast is on the table waiting for me?"

His son replies, "Oh THAT! Mom dragged you to the bedroom, and when she tried to take your pants off, you screamed," "Leave me alone. I'm married!"

Broken coffee table \$239.99

Hot breakfast \$4.20

Two Aspirins \$0.38

Saying the right thing at the right time....PRICELESS

From the Desk of the Immediate Past President

Just a reminder that school is beginning again and many of our human services students (some are addiction professionals in training) are returning to classes. Would it not be a wonderful gift of welcome back, if you and I sponsored a student with a student membership to IAAP? The \$67.50 is a wonderful investment in the future and helps the student connect to the addiction professionals in so many helpful ways. Come on and join me in sponsoring a student. Do it today and feel great! Students are the future of our profession.

Only Our Best,
Albert



Licensure Committee

The IAAP Licensure Committee was established in late 2013. This committee, chaired by Past President Ron Chupp, is composed of the chair and four additional members who are responsible for monitoring all state licensure criteria and rules promulgated by the Indiana Professional Licensing Agency (IPLA), the Behavioral Health and Human Service Licensing Board (BHSLB), and Professional Testing Corporation (PTC) to maintain IAAP compliance with all licensure and testing contracts.

The Licensure Committee has processed and approved four applications so far in 2015, for the state of Indiana Professional Licensing Agency for licensure testing.

If you or anyone you know needs help with licensure in the state of Indiana, please feel free to contact Ron via email at rlmcchupp@juno.com.

Conference and Continuing Education Committee

The Clinical Supervisor training in July was a great success. Thanks to all who were able to come out for this conference! The Certified Clinical Supervision Certification requires 12 CEU's to renew so we are planning an additional training in January for the remaining 6 CEU's.

Just a reminder that our 2015 fall conference will be on September 25 and 26. On day one of the conference the topic is DSM V and our speaker will be Frances Paterson. Day two will focus on trauma and Ron Chupp will be the presenter. Please note on the registration form that we now offer a reduced rate for attending one day of your choice.

Attending conferences is a great way to network, meet new members, encourage new attendees to become part of our organization, and to support IAAP. We will continue to offer conferences with topics that are relevant to our client population and of interest to clinicians. Any suggestions provided in our feedback surveys are strongly considered in scheduling speakers. Anyone interested in sponsoring a break or if you have an idea of any agency that is willing to sponsor, please contact the IAAP office with this information to make this a successful event.

We will be working on topics for the next spring conference soon. We hope to plan well in advance to allow people time to adjust their schedule. If you know of a speaker who can provide training please forward that information to me. The sooner we set the conferences up the greater the likelihood we will have a good turnout. Thanks to all who have assisted in working on these conferences and to all of you who take time out of your busy schedule to come out and attend. For those who were unable to attend this conference, I hope to see you soon at the next one.

I encourage everybody to become active in the organization. This is an opportunity to impact the profession and to continue to provide quality services to our clients.

I continue to need committee members. You may reach me by email at peggy.payonk@regional-mentalhealth.org if you are interested in joining the conference and education committee.

Kudos To:

KUDOS - DEFINITION: Praise and honor for an achievement.

IAAP wants to recognize our members who achieve a professional goal, as in qualifying for a new level of certification or licensure, or an academic degree or a new place to put your skills to work.

At this time, IAAP would like to recognize our members, who have received their Certification or License this summer:

Certifications:

- Misti Carmina - APIT

Licensure:

- Joseph McMahan - LCAC
- Phyllis Schreiner-Tata - LAC

**Advertisement Opportunities**

Place your ad here!



New opportunities are now available to advertise in the IAAP electronic newsletter! If you would like to place an ad or if you want more information on how to advertise with us in our electronic newsletters, please contact Stephanie by email at stephanie@centraloffice1.com.

**MOM KILLED, 2 CHILDREN CRITICALLY INJURED IN LITTLE VILLAGE FIRE**

ABC 7 Chicago
Friday, July 10, 2015

CHICAGO (WLS) -- A woman was killed and her two children were critically injured in a Little Village house fire Friday morning.

The Chicago Fire Department pulled three people - Korissa Valdivia Chupp and her two children Jerry Jr., 6, and Kiara, 2 - from the burning home in the 2600-block of West Cullerton Street just before 4:30 a.m. Husband and father Jerry Valdivia was found outside the building. Friends say he was severely burned trying to save his family.

Korissa was pronounced dead at 8 a.m., according to the Cook County Medical Examiner's Office. Both children were initially hospitalized in critical condition. Jerry, Jr., remains in critical condition while Kiara has been upgraded to serious condition.

Firefighters also rescued the family's dog. The fire was struck by 5 a.m.

Read More:

<http://abc7chicago.com/news/mom-killed-2-children-critically-injured-in-little-village-fire/839837/>

Donate:

Original Story: http://www.lutheranchurchcharities.org/index.php?option=com_content&view=article&id=3842:devastating-fire-takes-the-life-of-st-matthew-lutheran-church-chicago-il-parish-ioner&catid=1:family-needs&Itemid=46

Current Needs: http://www.lutheranchurchcharities.org/index.php?option=com_content&view=section&layout=blog&id=2&Itemid=42

Note from: Substance Abuse Services*

White County Community Corrections
915 W. Hanawalt Rd. ~ PO Box 128 Monticello, In. 47960
Telephone: 574-583-4175 ~ Fax: 574-583-6397
4 YEAR STUDY COMPLETED

A recidivism study has been conducted over the last four years. The study has reviewed and examined the return to jail rates among those offenders that complete substance abuse services at White County Jail. Recidivism is a primary method of demonstrating and establishing effectiveness of treatment for substance abusing offenders.

Of the offenders having attended and COMPLETED over 65 treatment hours of the Substance Abuse Service (SAS) certified treatment in the White County Jail, 30% have returned. Of those offenders having attended and COMPLETED over 100 treatment hours, only 17% have returned.

As a comparison, the Indiana Department of Correction's (DOC) (prisons) published recidivism rate is 40%. This is not the whole DOC picture. They don't study who returns to jails VS prison, but only those that make it back to prison status. The number would be much higher if jails were included in their return rate. The Marion County Jail in Indianapolis has a 51.6% recidivism rate. The U.S. Department of Justice Special Report on Recidivism of Prisoners in 30 States: Patterns from 2005 to 2010 demonstrated a 67.8% recidivism within the 3 years after their release. It should be noted that these rates do reflect the recidivism rates for the whole population of inmates in prison and jail. However, the majority of offenders in the DOC and in jail are there because of drug and/or alcohol offenses, and many non-drug and alcohol related crimes are committed by substance abusing offenders.

What are we learning? There are some consistent ingredients to what works. You need County level professionals (Judge, Prosecutor, Sheriff,) acting as program stakeholders. You need to place Licensed Clinical Addiction Counselors in jails. They need to provide Evidence-Based longer-term treatment. Clients for the program need to be mandated to attend....Long term treatment can produce results. Results can be seen as improved health and wellness, financial savings and a reduction in return to jail rates. In four years our program has had 315 clients. 53% have completed 65 or more hours of treatment.

*Substance Abuse Services are a State of Indiana Dept. of Mental Health
& Addiction Certified Addiction Service Outpatient Provider

The Department of Corrections and Community Corrections for Indiana recently awarded a \$20,000 bonus to the program.

White County Community Corrections is now newly ranked 8th in the State of Indiana. Not bad for a county with the population of 24,000 and the #1 corn producing county.

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Why Gamblers Never Win

Casinos can be a lot of fun, but addicted gamblers always end up losing. The bright, flashing lights and the flashily-dressed staff make for a real spectacle, as do the various games, with their wheels, balls, cards and weirdly arcane rules (in the case of craps.) But what you should know is, the games the internet casino offers are almost always heavily stacked against you. While it is possible to make money gambling at a casino, you certainly shouldn't count on it. Luckily for the casinos, some gamblers do count on it - and some even think they have the winning method down, when all that method will get them is broke. It is the same situation at Internet Casinos, even your playing at the best addicted gamblers will always end up losing.

Most gambling systems and strategies are based on several basic errors in logic - errors that some of us commit every day, whether we're gambling or not. If you're planning a trip to Vegas, Tahoe or Atlantic City soon, be sure to keep these common fallacies in mind so you don't fall prey to them.



Read More:

<http://www.nfattc.org/why-gamblers-never-win/>

Drug Needle Exchanges Gain Ground After Indiana HIV Outbreak

MedScape Reuters Health Information
August 4, 2015

By Mary Wisniewski and Steve Bittenbender

AUSTIN, Ind (Reuters) - Since Indiana opened its first state-run needle exchange last spring, Tara Burton, 25, has made weekly visits to turn over needles she used to shoot Opana, a prescription painkiller, up her track-marked arm.

The one-story clinic in rural Scott County, Indiana, marks a sea change in states where conservative lawmakers had staunchly opposed old needles-for-new exchanges.

An HIV epidemic in Indiana and a rise in hepatitis C cases in Kentucky helped push those states to pass laws allowing communities to open needle exchanges. A pilot exchange program is due to begin in West Virginia in September. And Southern Ohio has opened exchanges in two cities since 2012.

"Some of the most conservative members of the community are supporting this now because they understand it," said Scott Lockard, president of the Kentucky Health Departments Association. He added, however, that "lots of education" is still needed.

Read More:

http://www.medscape.com/viewarticle/848957?src=wnl_edit_tpal



Global Patterns of Methamphetamine Use

MedScape Current Opinion in Psychiatry

As the most popular psychostimulant in the world, methamphetamine use has reached epidemic proportions. Its enormous popularity has created subcultures of methamphetamine users all over the globe. The purpose of this review is to describe the geographic availability of different types of methamphetamine, the characteristics of each user population, and the psychosocial impact the two have on society.

Read More:

http://www.medscape.com/viewarticle/846146?src=wnl_edit_tpal

Screening for Nonviral STIs: AAP Policy Statement

MedScape Medical News

June 30, 2014

Larry Hand

The American Academy of Pediatrics (AAP) has recommended routine laboratory screening for nonviral sexually transmitted infections (STIs) in some adolescents and young adults in a policy statement published online June 30 in Pediatrics.

The AAP's Committee on Adolescence and Society for Adolescent Health and Medicine developed the policy statement and recommendations "to identify and treat individuals with treatable infections, reduce transmission to others, avoid or minimize long-term consequences, identify other exposed and potentially infected individuals, and decrease the prevalence of infection in a community."

Although prevalence rates of some STIs are highest among adolescents, nonviral STIs can be treated and transmission to others eliminated if they are caught early, the authors write. The US Preventive Services Task Force and the Centers for Disease Control and Prevention have published similar guidelines.

Read More:

<http://www.medscape.com/viewarticle/827551>

What are the causes and effects of increased gaming in adolescent girls and boys?

Science Daily

July 17, 2015

Taylor & Francis

Technological innovations, multiple genres, online gaming and mobile apps have led gaming to become big business. Call of Duty Black Ops sold 1.4 million copies and registered 2.6 million Xbox Live players on launch day. Adolescents increasingly use gaming for a significant part of their leisure time. New research in the Journal of Youth Studies examines World Health Organization data on adolescent well-being collected from over 4,000 children aged 11-15 to determine why some adolescents gaming habits are escalating. The author reflects on gender, age, policy, parental influences and outcomes for adolescents.

About half of all adolescents are gaming for two or more hours per day, spending more time at home and less time out socialising. There are well-documented risks to social development, physiology, sleep, mental health and school performance. Further hypotheses of reduced empathy and propensity for aggression remain unproven. On the plus side gaming is shown to benefit motivational skills, tenacity, problem solving and strategic thinking. So how much is too much? Why are some adolescents exceeding healthy levels of gaming?

Read More:

http://www.sciencedaily.com/releases/2015/07/150717101435.htm?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+sciencedaily%2Fcomputers_math%2Fmath_puzzles+%28Math+Puzzles+News+++ScienceDaily%29

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REGISTER TODAY!

**IAAP Annual
Fall Conference
September 25-26, 2015**

www.iaapin.org



BENEFITS OF NAADAC/IAAP MEMBERSHIP

- 33 free CE's via NAADAC's web-site: www.naadac.org - (*Medication Management for Addiction Professionals: Campral Series and Blending Solutions*).
- Free access to NAADAC's online Career Center at www.naadac.org.
- Assistance with referrals concerning ethical or legal questions or complaints and two free hours of help on a Legal Assistance Hotline provided by NAADAC's liability company with malpractice insurance available through the Van Wagner Group.
- Free subscription to NAADAC's official magazine, *Addiction Professional*, which is published six times annually.
- Peer support and network opportunities through national and state conferences and workshops.
- Reduced rates for continuing education including the qualification course for the U.S. Department of Transportation's Substance Abuse Professional.
- Reduced rates for publications such as the *Basics of Addiction Counseling: A Desk Reference and Study Guide*, used by experienced professionals and as a guidebook for preparation for certification exams.
- Access to the *NAADAC News*, the association publication only available to NAADAC members.
- Substantially reduced rates for professional Certification and re-certification as National Addiction Counselor (NCAC) or Master Addiction Counselor (MAC). *Please note that certification is not included in NAADAC membership but is a separate process. (Certification is not a requirement of membership in NAADAC.)*
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- A 20 percent discount on all Hazelden Publishing and Educational Services (PES) resources.