



Insight

Winter 2016

BrightView Continues to Grow!

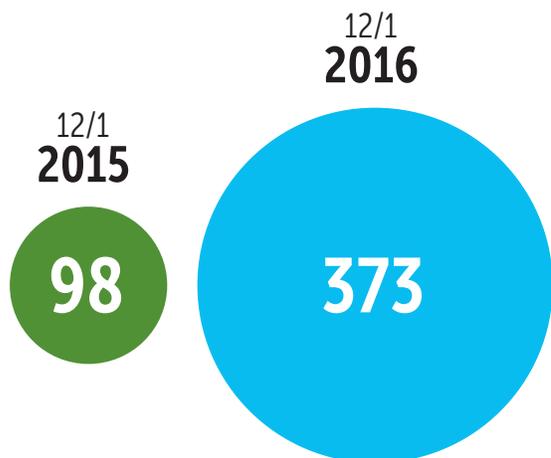
Our newest location opened in August of 2016 and is located at 6527 Colerain Avenue, Cincinnati OH, 45239. The center is 6,500 square feet in size and features 2 large group counseling rooms, a separate medical wing, a detoxification suite, and individualized clinical counseling offices.



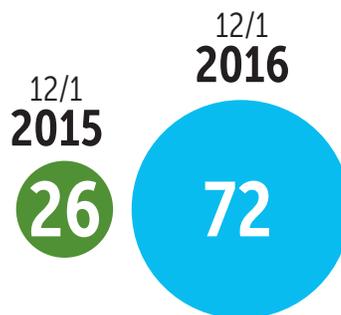
In December, our administrative staff will be consolidating operations at 446 Morgan Street, Cincinnati, OH 45206. BrightView will be establishing its headquarters at this facility which is located directly behind the United Way on Reading Road. Our new headquarters boasts 34,000 square feet of space and will feature a full-service clinical center, laboratory, call center, administrative suite, and training facility.



BrightView by the Numbers:



total # of patients enrolled at BrightView's centers



total # of BrightView employees



total # of weekly admissions/inductions

VIEWPOINTS

Insight and perspective from someone who has been through the recovery process.

Below are questions we posed to Kimberly Watkins, one of our patients who has been with BrightView since October of 2015. She was kind enough to share her story in order to provide our readers with a firsthand perspective as to what it has been like on her "road to recovery."

What was your moment of clarity that made you want to seek treatment?

Kim: "My moment of clarity that made me want to seek treatment was actually a lot of moments over a long period of time. After months upon months of the same old story, somewhere along the line, I got sick of being sick. I got sick of myself, and I realized that I did not want this life anymore. I couldn't put myself or my boys through this life, and I concluded that I couldn't do it on my own."

What was the most challenging part of your recovery?

Kim: "In the beginning, the most challenging part of my recovery was helping my husband in his recovery at the same time. I was ready for months before he was ready to reclaim his life in sobriety. It was an everyday struggle to use or not because he was using. Finally, he was scared into seeking treatment by being hospitalized from withdrawal. I thank God for that day because at that point I was ready to give up."

What did you like most about BrightView's recovery process?

Kim: "From the staff to group therapy, BrightView was a perfect fit for me. BrightView is the best thing that has ever happened to me. The recovery process is amazingly thorough. It's intense at first, but necessary. The thing I love here is the individual and group therapy that I went through. Coming to the realization that I'm not just a drug addict, I'm also a broken person in need of healing. Learning to look inside myself and acknowledge that I don't need to punish myself for things. Understanding that my feelings are valid and are just as important as anyone else's."

How has your lifestyle changed for the positive since you've been in recovery?

Kim: "My lifestyle has changed drastically. Even though my life is nowhere near perfect, and I am still trying to fit pieces together, I've been clean and sober for two years! I don't know if I've ever been able to say that before and I know that no matter what I go through or whatever obstacles I have to overcome, I don't have to use."

How has your emotional and physical health improved since you've been in recovery?

Kim: "I have been given so many tools and have gone over so many hurdles these past 2 years without using and it feels amazing. I have grown so strong emotionally and physically through this process and I have learned a lot about myself that I never knew. My greatest hope through telling my story and sharing what I've learned through my journey is it inspires and encourages others to have hope and faith in themselves, that if one person can make it, we all can."

What would be the most important piece of advice you'd have for someone in recovery?

Kim: "Be honest, be honest with yourself and with others, when you're ready look deep inside yourself, figure out what kind of person you want to be, then strive to be that person. Everyone deserves to give themselves a chance."

Fentanyl: What You Should Know

Source: <https://www.drugabuse.gov/publications/drugfacts/fentanyl>

How does fentanyl affect the brain?

Like heroin, morphine, and other opioid drugs, fentanyl works by binding to the body's opioid receptors, which are found in areas of the brain that control pain and emotions.⁹ When opioid drugs bind to these receptors, they can drive up dopamine levels in the brain's reward areas, producing a state of euphoria and relaxation. Fentanyl's effects resemble those of heroin and include euphoria, drowsiness, nausea, confusion, constipation, sedation, tolerance, addiction, respiratory depression and arrest, unconsciousness, coma, and death.

Why is fentanyl dangerous?

Opioid receptors are also found in the areas of the brain that control breathing rate. High doses of opioids, especially potent opioids such as fentanyl, can cause breathing to stop completely, which can lead to death. The high potency of fentanyl greatly increases risk of overdose, especially if a person who uses drugs is unaware that a powder or pill contains fentanyl. Fentanyl sold on the street can be mixed with heroin or cocaine, which markedly amplifies its potency and potential dangers.

The medication naloxone is an opioid receptor antagonist that reverses opioid overdose and restores normal respiration. Overdoses of fentanyl should be treated immediately with naloxone and may require higher doses to successfully reverse the overdose.

Points to Remember

- Fentanyl is a powerful synthetic opioid analgesic that is similar to morphine but is 50 to 100 times more potent.
- Non-pharmaceutical fentanyl is sold in the following forms: as a powder; spiked on blotter paper; mixed with or substituted for heroin; or as tablets that mimic other, less potent opioids.
- Fentanyl works by binding to the body's opioid receptors, which are found in areas of the brain that control pain and emotions. Its effects include euphoria, drowsiness, nausea, confusion, constipation, sedation, tolerance, addiction, respiratory depression and arrest, unconsciousness, coma, and death.
- The high potency of fentanyl greatly increases risk of overdose, especially if a person who uses drugs is unaware that a powder or pill contains fentanyl

DRUGS, BRAINS, BEHAVIOR AND THE SCIENCE OF ADDICTION

Nora D. Volkow, M.D. Director of The National Institute on Drug Abuse

Can addiction be treated successfully?

Yes. Addiction is a treatable disease. Research in the science of addiction and the treatment of substance use disorders has led to the development of evidence-based interventions that help people stop abusing drugs and resume productive lives.

Can addiction be cured?

Not always—but like other chronic diseases, addiction can be managed successfully. Treatment enables people to counteract addiction's powerful disruptive effects on their brain and behavior and regain control of their lives.

Does relapse to drug abuse mean treatment has failed?

No. The chronic nature of the disease means that relapsing to drug abuse at some point is not only possible, but likely. Relapse rates (i.e., how often symptoms recur) for people with addiction and other substance use disorders are similar to relapse rates for other well-understood chronic medical illnesses such as diabetes, hypertension, and asthma, which also have both physiological and behavioral components. Treatment of chronic diseases involves changing deeply imbedded behaviors, and relapse does not mean treatment has failed. For a person recovering from addiction, lapsing back to drug use indicates that treatment needs to be reinstated or adjusted or that another treatment should be tried.

What are the principles of effective substance use disorder treatment?

Research shows that combining treatment medications (where available) with behavioral therapy is the best way to ensure success for most patients. Treatment approaches must be tailored to address each patient's drug use patterns and drug-related medical, psychiatric, and social problems.

How do behavioral therapies treat drug addiction?

Behavioral treatments help engage people in substance use disorder treatment, modifying their attitudes and behaviors related to drug use and increasing their life skills to handle stressful circumstances and environmental cues that may trigger intense craving for drugs and prompt another cycle of compulsive use. Behavioral therapies can also enhance the effectiveness of medications and help people remain in treatment longer.

How do the best treatment programs help patients recover from the pervasive effects of addiction?

Gaining the ability to stop abusing drugs is just one part of a long and complex recovery process. When people enter treatment for a substance use disorder, addiction has often taken over their lives. The compulsion to get drugs, take drugs, and experience the effects of drugs has dominated their every waking moment, and abusing drugs has taken the place of all the things they used to enjoy doing. It has disrupted how they function in their family lives, at work, and in the community, and has made them more likely to suffer from other serious illnesses. Because addiction can affect so many aspects of a person's life, treatment must address the needs of the whole person to be successful. This is why the best programs incorporate a variety of rehabilitative services into their comprehensive treatment regimens. Treatment counselors may select from a menu of services for meeting the specific medical, psychological, social, vocational, and legal needs of their patients to foster their recovery from addiction.

For more information on drug treatment, see [Principles of Drug Addiction Treatment: A Research-Based Guide](#), and [Principles of Adolescent Substance Use Disorder Treatment: A Research-Based Guide](#).

DID YOU KNOW?

Nearly 88,000 people (approximately 62,000 men and 26,000 women) die from alcohol-related causes annually, making alcohol the fourth leading preventable cause of death in the United States. source: (www.niaaa.nih.gov)

So far, in 2016, there were over 67,000 weekly Narcotics Anonymous Meetings in over 139 countries. source: (Narcotics Anonymous World Services)

Introducing the Newly Appointed President of OHSAM



Dr. Shawn Ryan, President and CMO of BrightView, was recently appointed President of the Ohio Society of Addiction Medicine in May of 2016.

What does OHSAM do?

OHSAM is a chapter of ASAM, The American Society of Addiction Medicine (ASAM), which is the largest leading professional society actively seeking to define and expand the specialty of addiction medicine.

Learn more about OHSAM by visiting:

<http://www.ohsam.org/>

Word Jumble:

Re-order the letters on the following 10 lines to create words associated with addiction medicine and substance use disorders. EXAMPLE: erovcery = recovery

New words:

1) rsgigert = _____

2) intoamtiov = _____

3) enpcceacta = _____

4) ptorpus = _____

5) nebusoox = _____

6) cnaanr = _____

7) vrntiennoeit = _____

8) ngiocunles = _____

9) soiotmen = _____

10) ihgbtwriev = _____

Please return completed word jumble to the front desk at either the Colerain or Wall Street facilities to be entered in a drawing for a \$50 Visa gift card. Or you can mail your entry to: Attn: Ray Compagna, BrightView, LLC, 446 Morgan Street, Cincinnati, OH 45206. The winner will be drawn on Monday, January 9, 2017.

The winner of last issues puzzle was Ms. J. Cope. Congratulations!

Additional Links & Resources

Food pantries:

North of Cincinnati:

Inter Parish Ministry Food Bank
<http://www.interparish.org/>
3509 Debolt Rd.
Newtown, OH 45244
(513) 561-3932

Downtown Cincinnati:

Corpus Christi Church Food Pantry
www.corpuschristicommunity.org/
2014 Springdale Rd, Cincinnati, OH 45231
(513) 825-0618

Avondale:

Corinthian Baptist Church Food Pantry
<http://www.cbc-c.com/>
772 Whittier St, Cincinnati, OH 45229
(513) 221-7351

Mt Washington:

SEM food pantry
www.semcommunities.org/food_pantry.html
6474 Beechmont Ave
Cincinnati, OH 45230
(513) 231-1412

Housing and employment:

Cincinnati Works
<https://cincinnatiworks.org/>
708 Walnut Street, Floor 2
Cincinnati, OH 45202
(513) 744-WORK (9675)

Life Learning Center
20 W. 18th Street
<http://www.lifelearningcenter.us/>
Covington, KY 41011 (859) 431-0100

DID YOU KNOW?

A majority of Americans (80 percent) have positive feelings about prevention and recovery from substance use disorders. source: (<http://www.reneweveryday.com/resources/addiction-recovery-facts>)

For every death among young adults due to prescription drug overdose there were 119 emergency room visits and 22 treatment admissions. source: (www.drugabuse.gov)



446 Morgan Street, Cincinnati, OH 45206
Office: 513.834.7063 Fax: 513.873.1567
brightviewhealth.com