

Youth and family programs at CTC

By Tom Romito, CTC Admin Assistant

In addition to its treatment programs, Cleveland Treatment Center offers other opportunities that help clients, their children, and other Cleveland-area citizens grow and improve themselves. Here is a snapshot of these programs:

Vocational counseling

This program is available to help clients learn how to find jobs, develop their work skills, and get more education. If you want to do any of these things, contact Tom Romito, at (216) 861-4246, extension 248.

Project SAFE

Project SAFE (Stay AIDS Free through Education) is CTC's HIV prevention arm. It is an outreach program that provides HIV-related information and encourages voluntary HIV counseling and testing among those at increased risk. This service helps reduce the stigma of HIV disease and services. Project SAFE is located at the Stokes Mall at 6001 Woodland Ave., Suite 2121. Project SAFE conducts group counseling sessions at CTC called County HIV. For more information, contact Tony Minor at (216) 991-7233.

Hooked on Fishing/Not on Drugs

Hooked on Fishing/Not on Drugs (HOF/NOD) is CTC's primary prevention and diversion program. HOF/NOD

targets youths 12-18 years old with a history of at-risk behaviors and the families of CTC's adult clients. As a prevention and aquatic education program, it provides positive social recreation alternative to alcohol and other drugs. For information, call Sue Templar at 861-4246, extension 229.

Let It Ride ? Game Ready 4 Life

CTC's secondary prevention and diversion program is Let It Ride ? Game Ready 4 Life. "Let It Ride" is a work-based learning and occupational skills program that involves urban youths in outdoor skills, recreation, park management, conservation, graphic design, video production, theater, and creative and business writing. It also provides basic skills (reading and math), work readiness skills, occupational skills, and life skills that youths need to be productive as individuals, within their families, and within the community. For more information, call Tony Franklin at 861-4246, extension 249.

Youth Outdoors

CTC annually selects 12 youths to explore leadership, teamwork, and community service. They become peer leaders and educate their peers enrolled in CTC's youth programs.

The CTC Newsletter

Vol. 1, #1 ? July 2007

Join the "name that newsletter" contest!

Welcome to our newsletter! If you are reading it, you are now part of this endeavor. Selected Persons Served and staff produced this issue, but now it's your turn. If you have the ability to write, draw, or take pictures, we're looking for you. You may have seen our flyer announcing the coming of this newsletter. Well, here it is.

If you want to contribute, contact Vonda, the editor, at

(440) 466-5935 or drop your material in the suggestion box in the lobby or the Persons Served mailbox on the second floor.

We need a name for this newsletter. Submit your ideas! We will judge them for originality and cleverness. The winner will receive a prize and be featured in the next edition.

What are you waiting for? Get started and good luck!

Look for these coming events at CTC!

We hope you were able to enjoy our first summer bake sale, hosted by Persons Served Committee members Mary and Brenda. They devoted many hours to the bake sale on June 12-13. This was a fund-raising event to help the Persons Served Committee. Let us know when you want another yummy event like this!

Mark your calendars for these upcoming :
?? July 13 - Fish Fry in the CTC garage. This will also be a fund-raiser.

?? August - Golf outing and family picnic. The picnic will feature water balloon fights, badminton, and card games.



The “horse” named diacetylmorphine

A letter from the Editor, Vonda

As we recover from heavy-duty addiction, most of us have been in the grasp of “Big H.” Whether resulting from environmental trauma, family dysfunction, peer urging, depression, escapism, mere curiosity, or a myriad of other reasons, heroin conquered our wills, emotions, and aimed for our very souls.

Fortunately, the “good guys” exist now who attempt - and often succeed - to crush villain H. Intense outpatient and inpatient rehabs, 12-stepping M.A. and N.A., one-on-one counseling, and no-choice abstinence of prison terms (which often signify only the waiting game until release to available drugs) work moderately.

However, the most successful of the lot is methadone maintenance. Sure, CTC provides counseling, reading, and groups, but dosing allows those formerly fearing withdrawal to lead normal lives. Also, clients who cooperate with the program have time on their side. Fellowship and counseling are available as long as the client chooses to use them. For some it's a year, and for others it's a lifetime. Each client is unique in finding a tailored, ongoing maintenance program.

How did heroin rise to become the kingpin of users? How has it been nurtured? Just how does it “greet” our brains?

Addiction is a disease, not a sin. Trauma and sorrow are byproducts of this disease, which some people

consider sinful when our priorities are driven by drugs.

Addiction fills all the requirements of a disease: a biological base, identifiable symptoms, a predictable invasion and outcome, and lack of control. Addiction, then, is a disease and not a pre-meditated plan. Thank God we have come to CTC!

What exactly is the “smack” that smacks us into near oblivion?

Let's start with opium, the natural compound and gummy brown substance taken from the pod of the Oriental poppy as it dries in the sun.

Heroin is simply opium with two acetylcholines added, which makes it more soluble for injecting. That's the only difference. Opium and heroin, then, are not only sisters - they are “triamese triplets” when compared to morphine or mildly-processed opium.

Morphine was named after the Greek god Morpheus, which means “god of dreams.” The Middle East used the poppy's properties as early as 4,000 B.C. for “general malaise.”

This is Part One of an ongoing article about heroin addiction.

Look for more about the history of heroin in the next edition of this newsletter.



Client of the month: Mary

Mary is a dynamo who has “served” Persons Served since 2004 after being recommended by her counselor. She speaks on behalf of



CTC clients, whether they are praising or complaining. Mary says the high points of her service are the fun and fellowship of the Christmas and New

Year's parties. Mary has been the spark behind Methadone Anonymous, which meets on Tuesdays from 9:00-10:30 a.m.

Mary feels that clients and staff must communicate more about what CTC offers, such as vocational counseling, Hook on Fishing/Not on Drugs, and Let It Ride. “These pro-

grams exist to help us grow in knowledge, self-esteem, abstinence, fun, and fellowship, she says.

Mary is a Chicago native and has lived in Cleveland since 2000. She and her husband John (who is also a CTC client) live in a 110-year old historic home. Mary is working on an Associate's Degree in sociology at Tri-C. Books are her passion, along with horseback riding, and her two dogs, Spongebob and Gary.

Mary's friendly smile will make your day. When you see her around, just say “Hey!” She will tell you how to benefit yourself and others more at CTC.

Who are “Persons Served,” anyway?

Many of us have seen or heard the term Persons Served at CTC, but don't realize that this phrase refers to us, the clients.

In 2002, the U.S. government surveyed people in treatment to learn which term best described them - clients, patients, consumers, or persons served. Persons Served won out.

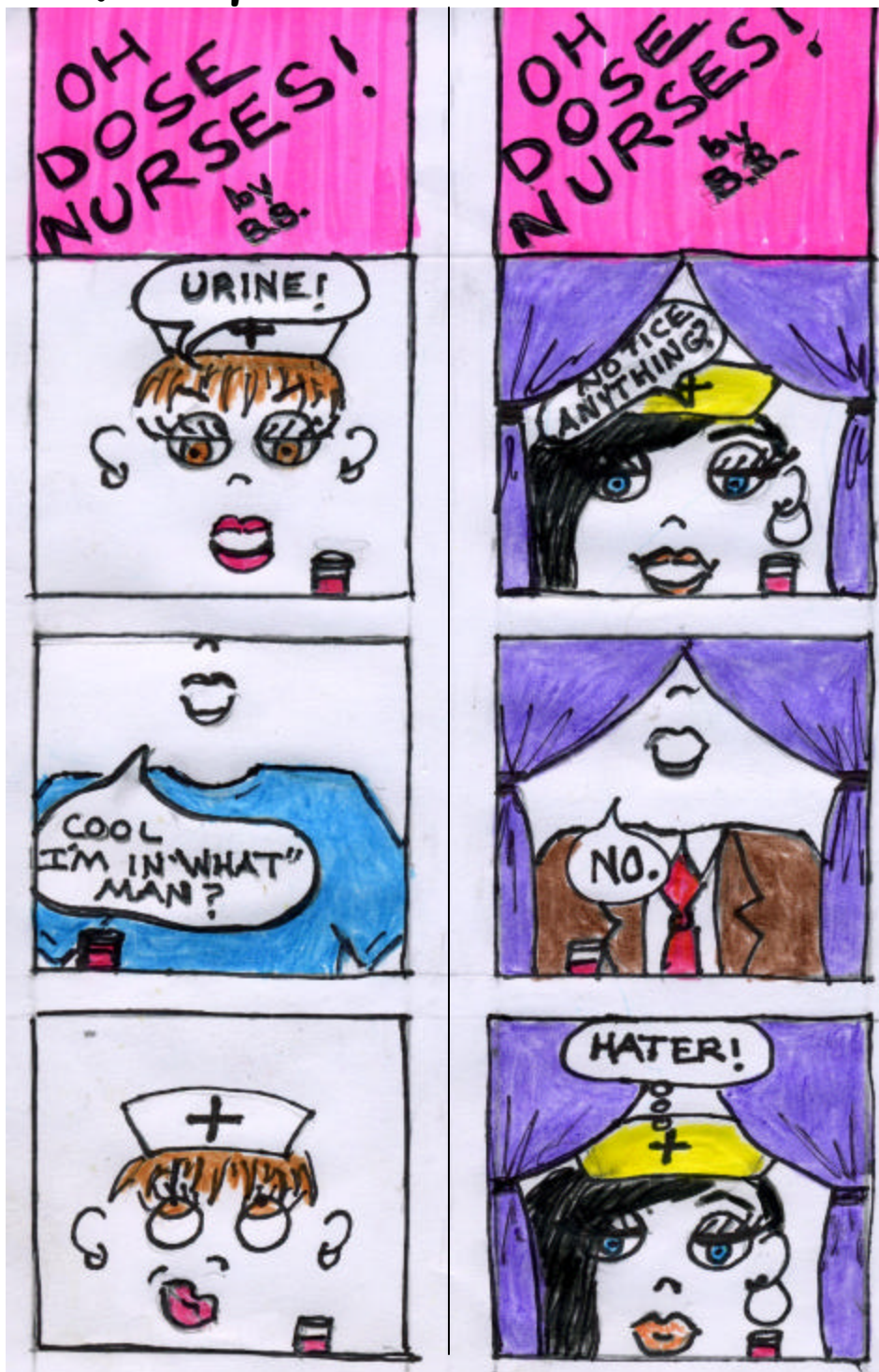
Here at CTC, we have a Persons Served Committee. We are here to listen to your concerns and help find answers to problems. We are working on activities for clients and their families. We are holding fund-raisers this year to finance a picnic. Plans for a food pantry are in the works. Persons

Served wants to make your time at CTC something to look forward to with excitement and anticipation.

We are your voice! Please use us! We have a mailbox upstairs for your messages. We also have an office downstairs near the women's restroom. Office hours are Tuesdays from 8:00-9:00 and Wednesdays from 8:00-10:00. If you would like to speak with us, but can't make it during office hours, leave a message in our mailbox and we will arrange a time to meet with you.

Please join us in our activities. We are here to serve you!

Comic relief



Page 6

The Cleveland Treatment Center

Newsletter

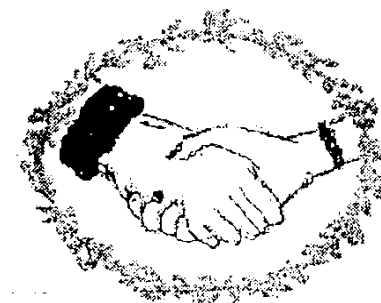
is published monthly by:
Cleveland Treatment Center
(CTC)
1127 Carnegie Ave.
Cleveland, OH 44155
(216) 867-4246

Editor: Vonda
Publisher: L.C. Collins
Prevention Chair: David Pryor
Staff Advisor: Tom Romito
Artists: Vonda and Binqi

CTC does not discriminate on the basis of race, ethnicity, age, color, religion, sex, national origin, sexual orientation or disability in the recruitment selection, promotion, evaluation, or reduc-

tion of employees or volunteers. The Persons Served Committee sponsors the newsletter. Facts and opinions are those of sources cited.

The newsletter is on the CTC website at the following address; www.clevelandtreatmentcenter.org



Did you know...?

(See the answers at the bottom of the page.)

1. What did boxer Gerry Cooney, musician "Dr. John", actress Mariette Hartley, and supergroup Chic's Niles Rodgers all have in common?
2. How many nerve cells does the human brain contain to intercept and bind with opiates?
3. What happens if you take an opiate antagonist (such as Naltrexone) before the opiates have completely cleared your system?
4. Why is the limbic system of the brain so important to opiate addicts?

Answers;

1. They were all addicted to drugs, but kicked the habit and are now clean.
2. 30 billion.
3. Because the antagonists are so strong, they will conquer whatever opiates are in your system. Instant withdrawal results, and sometimes death.
4. The limbic system is attached to the pleasure pathway trail of drugs. It is the emotional "feel good" part of the brain that blends with opiate nerve cells to deaden the pain and cause euphoria.

CTC "Centerfold"

Yeah, she said she was getting her wings for good participation... But when I found out she was a SPURS fan, I talked to a rookie angel who loves LeBron, and she came through

