

Through the Window



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Cleveland Treatment Center
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The Cleveland Treatment Center is a comprehensive, community-based, not—for-profit drug and alcohol treatment agency committed to providing services which are supporting, preventing, and advocating, a nature for both people and agencies in the community needing services. It is our goal to facilitated and foster the emotional and physical health, growth, and development of those through projects and services which are both restorative and remedial in nature. \

Cleveland Treatment Center has been accredited by CARF for the following programs: Opioid Treatment—Prevention/Diversion Alcohol and other Drugs/Addictions (adults). AN agency funded by Center for Substance Abuse Treatment, the Ohio Department of Alcohol and Drug Addiction Services, and the Alcohol, Drug Addiction and mental health Services Board of Cuyahoga County.

Len L.C. Collins, Executive Director

Theodore V. Parran, Jr. M.D. Medical Director

Art Therapy

Using Art to Heal and Inspire



Ashley Martell

Art Therapy Coordinator

Life's transitions and changes can be challenging. Too often, there isn't enough support. If traditional therapy meetings, and groups aren't enough, then maybe Art Therapy is for you. Art therapy allows a person to discover new insight and meaning through the arts within themselves. And it enhances emotional, physical, and spiritual well being.

General Benefits of Art Therapy

Art allows person to communicate what is sometimes difficult to put into words. And it helps persons to feel understood. Art helps to gain a sense achievement and success.

It encourages clients to build trust in a safe environment. It encourages one to make positive choice and to gain hope for the future.

Art therapy can help to process:

- Experience of grief and loss
- Managing stress and anxiety
- Learning and self care
- Overcome feelings of despair
- Coping with unresolved conflicts in relationships

Cleveland Treatment Center is happy to announce that we are starting an Art Therapy Program for person served! This project is very different from the art classes currently offered by Rodney Carpenter. This program will be conducted by an art therapist and include recovery coaches. We are pleased to let you know that we have hired a larger staff to meet your needs; staff will include multiple local artists, art therapists, and recovery coaches!

The program starts March 5, 2015 at 10 am in the CTC Art Room. There are limited seats available. Participation is on a first come, first serve basis. To receive this service , you must see your primary consumer David Pryor, or Ashely Martell. Enrollment deadline is Friday February 20, 2015. There is no cost to this service.

This program is made possible through a grant received from the ADAHMS Board Of Cuyahoga County.

“I Got all my peoples’ and me”



By: Pierre Betts

On November 21 through 23, 2014, Cleveland Treatment Center hosted a 2nd of 3 Weekend Family Retreats at Camp Whitewood. The focus of the weekend getaway was to support family relationships. Recent studies have also shown that stress can exert great strain on family members and family relationships at the very time family relationships have to be readjusted to meet the realities and demands of recovery. Primary amongst these things include participating in peer groups and family bonding activities including fun activities such as camping, fishing, kayaking, archery and hiking. In addition to families who wanted to strengthen their ties, CTC’s prevention staff also helped out in a fun-filled weekend of activities.

The children who attended in support of their parents ranged in age from toddlers to teenagers. Activities included nature walks, sledding, movies, popcorn, board games, group counseling and soul searching and problem solving sessions.

The dinner fare for Saturday was a traditional Thanksgiving meal. “Turkey and dressing with all the trimmings”. Approximately 30 people were there to enjoy the weekend’s activities. Fun appeared to be had by all. CTC would like to thank all the Staff and Volunteers who made the weekend an overwhelming success. The next Weekend Family Retreat is schedule for May 2 through 4, 2015, again at Camp Whitewood. Reserve your reservation now: see David, Antoinette, or your primary counselor.

These events have been made possible through a grant received from the Woodruff Foundation



Please Read – This can save the life of a loved one, or even your own!

Project DAWN (Deaths Avoided with Naloxone) was created in to order to combat Ohio’s opioid overdose fatality epidemic. Project DAWN is an opioid overdose education and naloxone distribution (OEND) program whose aim is to arm those at-risk of opioid overdose with the life-saving medication naloxone.

Continued on next page...

Opioids include both prescription painkillers (Percocet, OxyContin, Oxycodone, Vicodin, etc.) and heroin. Opioid overdoses occur when there are so many opioids or a combination of opioids and other drugs in the body that victims become unresponsive to stimulation and/or breathing is inadequate. This occurs because opioids fit into specific receptors, called mu receptors, which also affect the drive to breathe. If someone cannot breathe or is not breathing enough, the oxygen levels in the blood decrease. This oxygen starvation eventually stops vital organs and can lead to unconsciousness, coma, and death.

“NALOXONE Revives Victims on a Heroin Overdose”

Naloxone (also known as Narcan) is an opioid antagonist and the antidote to an opioid overdose. When administered during an overdose, naloxone blocks the effects of opioids on the brain and restores breathing to the overdose victim. Naloxone has been used safely by emergency medical professionals since the 1960s and has only one function: to reverse the effects of an opioid overdose in order to prevent death. Naloxone has no potential for abuse and is innocuous if administered to an individual not experiencing an opioid overdose. Naloxone does not reverse overdoses that are caused by non-opioid drugs, such as cocaine, benzodiazepines (e.g. Xanax, Valium), methamphetamines, or alcohol. If naloxone is

administered to a person who is dependent on opioids, the medication will produce withdrawal symptoms. Opioid withdrawal, although uncomfortable, is not life-threatening. Cuyahoga County Project DAWN, a MetroHealth program, operates two community overdose prevention training and naloxone distribution sites at the Cuyahoga County Board of Health and the Free Medical Clinic of Greater Cleveland. Program participants are educated on the risk factors for opioid overdose, how to recognize an opioid overdose, and how to respond to an opioid overdose by calling 911, giving rescue breaths, and administering nasal Naloxone. Participants are given free naloxone kits containing 2 vials of naloxone and other educational materials. Eligible program participants are individuals at-risk of opioid overdose, whether in recovery for opioid addiction or actively using opioids, and individuals who know someone who is at-risk of opioid overdose. Project DAWN services are offered on a walk-in basis, no appointment necessary. **For more information call 216-778-2100 or visit www.metrohealth.org/projectdawn**

Cuyahoga County Project DAWN Hours of

Operation:

Fridays 9:00am-12:00pm Fridays 1:00pm-5pm

Cuyahoga County Board of Health

The Free Medical Clinic of Greater Cleveland

5550 Venture Dr., Parma, OH

12201 Euclid Ave., Cleveland, OH

SAVE A LIFE,

GIVE NALOXONE

Upcoming Events



Get your Grub on!

Pick up Dates:

March 5, 2015

March 19, 2015

April 2, 2015

April 16, 2015

May 7, 2015

May 21, 2015

Family Retreat at Camp Whitewood

Where: Meet at CTC at 4pm

When: May 1—3 2015

Time: meet at 4pm on Friday

Enjoy a wide range of relapse prevention activities including: Archery instructions and shooting exhibition, Ohio Boating Education Course, Fishing, and nature walks. If you missed the first two, this is your last chance! Register now! See David, Sam, or Jeff to sign up. Space is limited. First come first served basis.

7 am until food runs out – Look on Jessica's door for more info

Take some free food for yourself and your family if you qualify.

The Greater Cleveland Foodbank contact info: (216) 738-2265

Location : 15500 South Waterloo Road, Cleveland Ohio 44110

To see if you qualify and to apply, visit the Ohio Benefit Bank program site: <http://www.ohiobenefits.org/> or call their office at 1-800-648-1176



Upcoming Events



Arts and Archery Dates:

April 17, 2015

May 5, 2015

June 12, 2015

Time: 11am – 2 pm

Join us for a few hours of archery, food, and crafts at the Cleveland Treatment Center. Most of the events will take place in the garage, but if the day is nice and sunny, we can carry some of our activities into the sunlight too!

Marvin's Monthly Meal

Where: CTC outside the art room

When: March 13, 2015

Time: 6am-10am until food runs out



Enjoy some free food cooked by Marvin

Spot Light



Recovery Housing

Cleveland Treatment Center is proud to announce our position as benefit coordinator for the ADAMHS Board Recovery Housing Program for consumers receiving AOD Treatment. A sober living house is a needed step on the path to sobriety where people recovering from addiction can live in a safe and sober environment. In many cases, successfully maintaining sobriety requires patients to change everything about your previous life when you were actively addicted to drugs. This includes changing up people, places, and things. This housing opportunity will provide 30-90 days time out from toxic environments to help you manage stress and get a fresh start. To take advantage of this opportunity, please see Antoinette along with your primary counselor. This service is available for only a limited time and course, everything is kept confidential. This program will cover the costs of your room and board. It will also provide referrals to safe living recovery residences to support recovery. Clients will also receive services for benefit bank coordination which includes: assistance with Food Stamps, HEAP, PIP, Taxes, Financial Aid, Veteran benefits, and Health insurance. Services also include referrals to housing programs, vocational training and employment!

For further information please see Antoinette Gray, Housing Coordinator.

216-861-4246 ext248

Upcoming Events in the Metroparks

New in 2015 – Penguins Travel to Cleveland Metroparks Zoo

April 3, 2015

Cleveland Metroparks Zoo

Address: 3900 Wildlife Way, Cleveland,
OH 44109

Phone: (216) 661-6500

Admission: \$12.25 for adults, \$8.25
children



Description: Get ready for Penguin Shores, a seasonal traveling penguin exhibit, set to open at the Zoo on April 3 and last until September. The special exhibit houses six African black-footed penguins and will be free with regular Zoo admission.

Free. St. Patrick's Day Breakfast at Merwin's Warf

March 17, 2015

8am-11am

Address: 1785 Merwin Ave. , Cleveland Ohio
44113

Phone: (216) 664-5696



Description: Celebrating the Green at Merwin's Wharf Everyone is Irish on St. Patrick's Day. Celebrate your Irish heritage at Merwin's Wharf with a free breakfast buffet of scrambled eggs and corned beef hash served from 8 – 11 a.m. From 2 – 6 p.m. rock to the rock/pop/dance tunes of a live band – Big in Japan.