

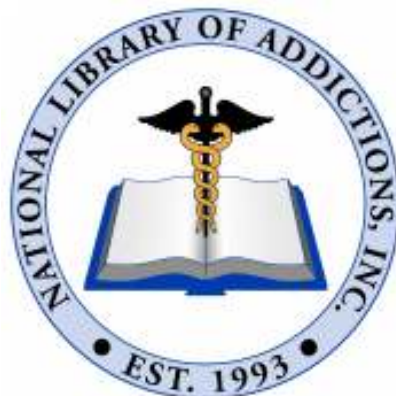
# COMMON GROUND TODAY

## September 1, 2010



THE MISSION OF THE COMMON GROUND EVENT IS TO EXPRESS SUPPORT AND HOPE IN THE WAR AGAINST ADDICTION. THE ONLY WAY TO WIN THIS BATTLE IS BY REALIZING THAT WE ALL HAVE A COMMON GOAL: TO BE HAPPY, HEALTHY, AND FREE.

THROUGH EDUCATION, FELLOWSHIP AND COMPASSION, WE WISH TO DEMONSTRATE THAT EVERY PERSON STRUGGLING WITH ADDICTIONS HAS A CHANCE TO LIVE A LIFE SECOND TO NONE. WE ALL STAND ON COMMON GROUND.





September 1, 2010

Dear Friends:

Thank you so much for joining the National Library of Addictions for Common Ground Today 2010. We are pleased that people from all walks have united for such a noble cause. Twenty-one years ago, National Alcohol & Drug Addiction Recovery Month was established by the U.S. Department of Health and Human Services and every year since, millions of people around the nation have joined together to bring awareness to substance abuse and addiction problems, honor those who provide treatment, and celebrate people who are in recovery and receiving addiction treatment.

According to the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA), approximately 27 million Americans either use illicit drugs regularly or are "heavy drinkers." Furthermore, the National Institute on Drug Abuse states that substance abuse costs America over one half-trillion dollars annually. Medical providers, industry leaders, community leaders and the general public should participate in helping to remove this disease we call addiction.

Common Ground Today also encourages communal participation and paves the way for action in acquiring better treatment for those who do not already have it. It also provides a platform where people can become aware of the physical, psychological and social crises addiction can bring to a person and a community.

Ultimately, with education of this problem and communal support, we can start the process of eradicating addiction out of our minds, bodies and societies. The process is not simple, however; with programs like Common Ground, we look to highlight the societal benefits of treatment and promote the message of recovery.

Again, we would like to thank you for uniting for this cause. With communal participation like this, we are well on our way to a healthier America.

Best Regards,

Punyamurtula S. Kishore MD MPH  
Founder, National Library of Addictions

Robert Zapf MBA  
Executive Director, National Library of Addictions

# **Common Ground Today Schedule of Events**

**September 1, 2010  
Boston Common**

**11:45-12:00**

**Registration**

**12:00-12:30**

**Lunch Buffet**

Quartet – Berklee College of Music

**12:30-12:40**

**Welcome**

Kevin Duffy – Master of Ceremonies  
Luz Thomas – Opening Invocation

**12:40-1:40**

**Guest Speakers**

Punyamurtula Kishore – Founder of NLA  
Robert Zapf – Executive Director of the NLA  
Loren Galler Rabinowitz – Miss Massachusetts  
Dick Beardsley – Keynote Speaker  
Deval Patrick – Governor of Massachusetts

**2:00**

**Closing of Ceremonies**



The National Library of Addictions are intellectual gathering places for health care professionals and community members who are working to overcome the effects of addictions. They serve as a multi-disciplinary educational and research resource for information and discussion about addictions and for developing more effective treatments of addictions.

Founded in 1993 by Punyamurtula S. Kishore, MD, MPH, to support work in addictions treatment, the Libraries are designed to provide a non-profit structure for addiction professionals to exchange ideas and to further the development of treatment methodologies.

The Libraries serve as an educational institute, research facility, and neutral gathering place for individuals, families and communities affected by addictions. They provide the community with a resource for understanding and bridges the gap between the academic health care community and the needs of the local community.

Some of the Library Activities Include:

- Sponsoring an educational lecture series.
- Hosting literature and philosophical recovery groups.
- Co-sponsoring Continuing Medical Education and Continuing Education Units in addictions treatment for health care professionals.
- Advocating the needs of the addictions population.
- Bringing the community together through ecumenical discussion circles.
- Building a knowledge base about addictions.
- Educating the public and health care community.
- Serving as an addiction law resource.

### **National Library of Addictions Locations**

**199 Summer Street  
Fitchburg, MA 01420  
978-627-4304**

**670 Chestnut Street  
Springfield, MA 01107  
413-787-9998**

**1842 Beacon Street  
Brookline, MA 02445  
800-770-1904**

# Special Guest Profiles



## **Deval Patrick Governor of the Commonwealth of Massachusetts**

Deval Patrick is the 71<sup>st</sup> Governor of the Commonwealth of Massachusetts. He was elected in November of 2006, bringing a broad range of leadership experience at the top levels of business, government, and non-profits. His life has traced a trajectory from the South Side of Chicago to the U.S. Justice Department, Fortune 500 boardrooms, and now the Massachusetts State House. Over the course of his first term, Governor Patrick worked with the Legislature to preserve marriage equality, position Massachusetts as a global leader in clean energy, and pass a 10-year, \$1 billion package to promote the state's life sciences industry. Governor Patrick has served on numerous charitable and corporate boards, as well as the Federal Election Reform Commission under Presidents Carter and Ford, and as Vice Chair of the Massachusetts Judicial Nominating Council by appointment of Governor Weld. He is the recipient of numerous awards and honorary degrees, and is a Henry Crown Fellow of the Aspen Institute. Governor Patrick and his wife Diane have been married for more than twenty-five years and have two adult daughters, Sarah and Katherine. The Patrick family has lived in Milton, in a house on Gov. Patrick's high school paper route, for the last 20 years.



## **Richard (Dick) Beardsley Best-selling Author & Inspirational Speaker**

Dick Beardsley is a best-selling author and marathon runner. Although his competitive running career as an athlete ended in 1988, Mr. Beardsley is the 3<sup>rd</sup> fastest American-born runner and he still has the 5<sup>th</sup> fastest U.S. men's marathon time in history. He became one of the most famous marathon runners after losing the 1982 Boston Marathon to Alberto Salazar. Mr. Beardsley was cut off by a motorcycle toward the end of the race, and he finished two seconds behind Mr. Salazar. This race, named "Duel in the Sun" is often called one of the most memorable in marathon history. It was the closest finish ever at the world's premiere marathon and both runners broke the course and the American records. After retiring from running, Mr. Beardsley had a series of near fatal accidents that left him addicted to pain killers. He overcame the suffering addiction caused and established the Dick Beardsley Foundation – a community-based organization created to educate children and young adults about the importance of a healthy and active lifestyle. The Foundation also educates the public about the dangers of drugs, including prescription drugs and the dangers of chemical dependency.

# Special Guest Profiles



## **Loren Galler Rabinowitz** **Miss Massachusetts**

Loren Galler Rabinowitz is the current Miss Massachusetts. Ms. Rabinowitz is a Brookline native and a graduate of Harvard University, where she double-majored in English and pre-medical studies. She hopes to attend medical school in the fall and her professional aspiration is to become a pediatrician. Ms. Rabinowitz is also a competitive ice dancer and has won the 2004 U.S. Ice Dancing

Bronze Medal along with her partner, David Mitchell. She is also plays the piano and is a prize-winning poet. She plans on entering medical school in the fall of 2010 and will be competing in the Miss America 2011 pageant in January in Las Vegas.



## **Dr. Punyamurtula Kishore** **Founder of the National Library of Addictions**

Punyamurtula Kishore MD MPH has been a practicing public health scientist for over 30 years. He began his medical career as a primary care/family practice physician and then moved into a position as the Medical Director of the Washingtonian Center for Addiction, the first organization in the U.S. to recognize addiction as a disease. Their philosophy was an early precursor to the AA or 12-step program movement. Dr. Kishore has been a member of the American Society of Addiction Medicine since 1986. He serves as the Medical Director at Preventive Medicine Associates. In 1993 Dr. Kishore founded National Library of Addictions in Brookline, Massachusetts. To support work in addictions treatment, the Library is designed to provide a non-profit structure for addiction professionals to exchange ideas and to further the development of treatment methodologies.

## Addiction Facts

- One out of eight Americans (27 million) is a heavy drinker or abuses illegal drugs (Source: US Substance Abuse and Mental Health Services Administration).
- Nearly 12% of all youth consume illegal drugs by the age of 18 (Source: US Substance and Mental Health Services Administration).
- More than 19 million individuals over the age of 12 abuse illicit drugs in the US (Source: Mayo Clinic).
- Every \$1 invested in addiction treatment programs yields a return of between \$4 and \$7 in reduced drug-related crime, criminal justice costs, and theft (Source: National Institute on Drug Abuse).
- Substance abuse costs America over one half-trillion annually and treatment can help reduce these costs. This figure includes healthcare costs (and abuses of that system), lost job wages, traffic accidents, crime and the associated criminal justice system costs. (Source: National Institute on Drug Abuse).
- The most commonly abused medications are painkillers (i.e., opioids: 5.2 million people), stimulants (e.g., methylphenidate and amphetamine: 1.2 million), and central nervous system (CNS) depressants (e.g., benzodiazepines: 2.1 million) (Source: National Institute on Drug Abuse).
- As many as 6 in 10 people with an illicit substance use disorder also suffer from another mental illness (Source: National Institute on Drug Abuse).
- Drug use and addiction is linked to at least half of the major crimes in this country, as at least half of the suspects arrested for violent crimes, such as homicide and assault, were under the influence of drugs when they were arrested (Source: Drug Addiction Support).
- Nearly two-thirds of people in drug abuse treatment report that they were physically or sexually abused as children. Child abuse is a major contributing factor to drug addiction (Source: Drug Addiction Support).



**CITY OF WORCESTER, MASSACHUSETTS**  
Division of Public Health

Leonard J. Morse, MD  
Commissioner

Derek S. Brindisi  
Director

August 26, 2010

The National Library of Addictions  
PO Box 470799  
Brookline MA 02445

Colleagues,

Drug addiction is the plague of the 21<sup>st</sup> century! The fact that 2.7 people die daily in Massachusetts (1000 per year) from drug overdose, a preventable affliction, is a calamitous public health statistic. The average age is 40. Education about the dire consequences of high-risk behavior must begin at a very early age. The US population is less than 5% of the world's population yet we consume 65% of the world's supply of illicit drugs. Everybody should be aware of these alarming statistics.

*Leonard J. Morse, M.D.*

Leonard J. Morse, MD  
Commissioner of Public Health  
City of Worcester





# Assessing Addiction

## Types of Addiction:

- Physical Addiction – Being physically addicted means a person's body actually becomes dependent on a particular substance (even smoking is physically addictive). It also means building **tolerance** to that substance, so that a person needs a larger dose than ever before to get the same effects.
- Psychological Addiction – Psychological addiction happens when the cravings for a drug are psychological or emotional. People who are psychologically addicted feel overcome by the **desire** to have a drug. They may lie or steal to get it.

## Physical Symptoms of Addiction:

- Red eyes / pinhead-sized pupils
- Weight loss
- Loss of appetite
- Loss of sleep
- Nodding off
- Shakes / tremors
- Sniffles/runny nose
- Needle marks on veins
- Odors (alcohol/marijuana on breath or excessive mouthwash/aftershave to mask it)

## Changes in Attitude/Behaviors when dealing with Addiction:

- Drinking/using when alone
- Difficulty expressing thoughts
- Attitude change / mood swings
- Decreased interest in usual activities / Depression
- Staying out all night
- Falling grades or poor performance / Problems at school or work
- Avoiding parents / spouses / siblings / colleagues
- Lying about amount of alcohol or drug use
- Money issues / always broke

## Tell-tale signs (paraphernalia):

- Cut straws, pens, or rolled-up dollar bills (cocaine)
- Charred spoons (crack/heroin)
- Aerosol cans / balloons (inhalant abuse)

**Best wishes to the National Library of Addictions...**

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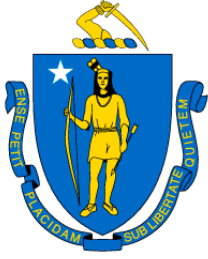
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*Wishing the National Library of Addictions the very best for Common Ground Today 2010.*



COMMONWEALTH OF MASSACHUSETTS

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MIDDLESEX AND ESSEX  
ROOM 308  
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DISTRICT OFFICE  
979 MAIN STREET  
WAKEFIELD, MA 01880  
(781) 246-3660

September 1, 2010

The U.S. Department of Health and Human Services has declared September as National Alcohol & Drug Addiction Recovery Month. Millions of Americans around the nation will join together to bring awareness to addiction and celebrate people in addiction recovery.

As a part of National Recovery Month, the National Library of Addictions is hosting Common Ground Today 2010. I would like to salute the National Library of Addictions and its founder, Dr. Punyamurtula S. Kishore for their work on helping others overcome addiction and maintaining their recovery.

As an intellectual gathering place for health care professionals and community members who are working to overcome the effects of addictions, the National Library of Addictions is designed to provide a structure to exchange ideas and to further the development of treatment methodologies. It serves as a multi-disciplinary educational and research resource for information and discussion about addictions and for developing more effective treatments of addictions.

In closing, I want to encourage everyone here today to carry on working together to bring awareness to addiction and to continue supporting people in addiction recovery. It is my hope that through the work of the National Library of Addictions we can someday ensure that every resident can access support and treatment services when needed to begin their first steps to a successful recovery.

Sincerely,

A handwritten signature in blue ink, appearing to read "R. R. Tisei".

Richard R. Tisei  
STATE SENATOR

# NIDA 13 Principals of Effective Drug Addiction Treatment

1. **No single treatment is appropriate for all individuals.** Matching treatment settings, interventions, and services to each patient's problems and needs is critical.
2. **Treatment needs to be readily available.** Treatment applicants can be lost if treatment is not immediately available or readily accessible.
3. **Effective treatment attends to multiple needs** of the individual, not just his or her drug use. Treatment must address the individual's drug use and associated medical, psychological, social, vocational, and legal problems.
4. **Treatment needs to be flexible** and to provide ongoing assessments of patient needs, which may change during the course of treatment.
5. **Remaining in treatment for an adequate period of time is critical for treatment effectiveness.** The time depends on an individual's needs. For most patients, the threshold of significant improvement is reached at about 3 months in treatment. Additional treatment can produce further progress. Programs should include strategies to prevent patients from leaving treatment prematurely.
6. **Individual and/or group counseling and other behavioral therapies are critical components of effective treatment for addiction.** In therapy, patients address motivation, build skills to resist drug use, replace drug-using activities with constructive and rewarding nondrug-using activities, and improve problem-solving abilities. Behavioral therapy also facilitates interpersonal relationships.
7. **Medications are an important element of treatment for many patients,** especially when combined with counseling and other behavioral therapies. Methadone and levo-alpha-acetylmethadol (LAAM) help persons addicted to opiates stabilize their lives and reduce their drug use. Naltrexone is effective for some opiate addicts and some patients with co-occurring alcohol dependence. Nicotine patches or gum, or an oral medication, such as bupropion, can help persons addicted to nicotine.

**NIDA** NATIONAL INSTITUTE  
ON DRUG ABUSE

National Institutes of Health  
U.S. Department of Health and Human Services

## **NIDA 13 Principals of Effective Drug Addiction Treatment**

8. **Addicted or drug-abusing individuals with coexisting mental disorders should have both disorders treated in an integrated way.** Because these disorders often occur in the same individual, patients presenting for one condition should be assessed and treated for the other.
9. **Medical detoxification is only the first stage of addiction treatment** and by itself does little to change long-term drug use. Medical detoxification manages the acute physical symptoms of withdrawal. For some individuals it is a precursor to effective drug addiction treatment.
10. **Treatment does not need to be voluntary to be effective.** Sanctions or enticements in the family, employment setting, or criminal justice system can significantly increase treatment entry, retention, and success.
11. **Possible drug use during treatment must be monitored continuously.** Monitoring a patient's drug and alcohol use during treatment, such as through urinalysis, can help the patient withstand urges to use drugs. Such monitoring also can provide early evidence of drug use so that treatment can be adjusted.
12. **Treatment programs should provide assessment for HIV/AIDS, hepatitis B and C, tuberculosis and other infectious diseases,** and counseling to help patients modify or change behaviors that place them or others at risk of infection. Counseling can help patients avoid high-risk behavior and help people who are already infected manage their illness.
13. **Recovery from drug addiction can be a long-term process** and frequently requires multiple episodes of treatment. As with other chronic illnesses, relapses to drug use can occur during or after successful treatment episodes. Participation in self-help support programs during and following treatment often helps maintain abstinence.

**NIDA** **NATIONAL INSTITUTE**  
**ON DRUG ABUSE**

**National Institutes of Health**  
U.S. Department of Health and Human Services

***Alkermes Alkermes Alkermes***

*Alkermes would like to thank the National Library of Addictions for their contributions to the awareness of addiction and addiction treatment.*

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## **Bill of Client Rights**

1. Right to be treated with Respect
2. Right to Freedom from Harm
3. Right to Dignity and Independence
4. Right to Quality Services that Comply with Standards
5. Right to Effective Communication
6. Right to be Fully Informed
7. Right to Make an Informed Choice and Give Informed Consent to Treatment
8. Right to Support from Support Persons
9. Rights in Respect of Research or Teaching
10. Right to Complain or Access Advocacy

## Dealing with Addiction (for Parents)

Stages parents go through:

1. **Search** for the reason for the changes in our child.
2. **Question** possibility of substance abuse.
3. **Question child**; accept their answer that they are not using.
4. Our own **denial** of any substance abuse.
5. **Frustration**
6. **Reality** – substance abuse is the problem.
7. **Fear**
8. Search for the **reasons** why this happened.
9. **Guilt** for not realizing earlier.
10. **Feeling** like a failure as a parent.
11. **Shame** of our family situation with outsiders.
12. **Grief** – for the loss of the dreams we had for our child.
13. **Acceptance** of substance abuse as reasons for changes.
14. **Action** – find a way to cope.
15. **Learn** how to let go to save our own sanity. Learn some skills to let them feel their own consequences as a result of their own choices and realize it is not our responsibility to always find their answers.
16. Learn to **distinguish the difference** between the behavior of the child with the disease and the child himself.
17. Be **aware** we do not have to accept unacceptable behavior.
18. **Understand** that our children will take their own action (we can provide some information and guidelines, stick to them, and then let our children make their own choice on which avenue to take). It may be that the course taken would not be of our choosing but necessary to allow them to see where this road is leading them.





# MOTHER POWER

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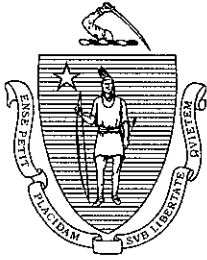
Mother Power is a weekly support network for family members of addicts and alcoholics. It helps families and friends with their feelings of despair and hopelessness. The Mother Power meetings provide an outlet for mothers and other family members of substance abusers to share stories and support one another. When a person is plagued with addiction, family members experience deep feelings of guilt and responsibility for the decisions and actions taken by the active addict. Mother Power seeks to change those feelings into feelings of confidence and determination to live a positive, enriched life whether active addiction is present or not. Anyone who has a loved one incarcerated, actively using, or who has lost a child to overdose is welcome to attend. There is a trained counselor to lead the conversation and is present in case anyone is in need of professional guidance.

*Our mission is to cherish, love and support our children no matter what the circumstances are. We must know how important we truly are and that we can, will and do make a difference. WE must never give up and we must always fight for what we believe in. We must reach out to those in need and share our stories both of success and failure. But most importantly we will love our children unconditionally.*

For more information please contact:

Jan Mannone  
Malden Wellness Center  
781.333.5434





The Commonwealth of Massachusetts  
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State House, Boston 02133-1054

**PETER J. KOUTOUJIAN**  
**STATE REPRESENTATIVE**  
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September 1, 2010

Addiction is prevalent among individuals across all families, economies, and nations. This debilitating disease affects millions around the world.

The National Library of Addictions strives to bring together patients, healthcare practitioners, families and the community at large to share ideas, provide education, support and solutions for those suffering from addiction disorders and those who are in recovery.

I would like to thank the National Library of Addiction and Dr. Punyamurtula Kishore for their commitment to the Massachusetts community and to addiction recovery and treatment. I am happy to support the Common Ground 2010 event and am delighted at those who have come out to support such a noble and worthy cause. Together, we can create a healthier America.

Sincerely,



**PETER J. KOUTOUJIAN**  
State Representative  
10th Middlesex District

# Dealing with Addiction (for Family & Friends)

## Symptoms of Current Drug Use:

- Excessive talking, rapid or slurred speech
- Bizarre or paranoid comments
- Excessive forgetfulness
- Difficulty expressing thoughts
- Lack of coordination, poor balance and tipsy walking
- Inability to concentrate or follow a conversation
- Bloodshot eyes
- Dilated or very small pupils
- Excessive sweating, jitters and jumpiness
- Nodding off (eyes closing, head falling forward)
- Nosebleeds, excessively rubbing or wiping the nose
- Popping breath mints, chewing gum or drinking a flavored beverage immediately before talking to someone else (to cover the smell of alcohol or smoke)
- Missing prescription drugs like OxyContin or Xanax
- Possession of drug paraphernalia such as tin foil, rolling papers, pipes, and straws
- Increased accumulation of inhalable products such as glue, hairspray, or nail polish
- Increased accumulation of over-the-counter cold medicine
- Use of incense, room deodorant, or perfumes to hide smoke or chemical odors on clothing or in a room

## Tips for parents:

- Be involved in your kids' lives.
- Ask who, what, when and where (i.e., know what your kids are up to).
- Know who your child's friends are, what your child is doing, when they'll be home and where they're going.
- Eat dinner together, listen to music, watch a ball game, do chores...
- Be involved.
- Set a firm rule of no drug use in your family.
- Be a role model. Commit yourself to a drug-free lifestyle.
- Try to be with your kids, especially when they are out of school. If that's not possible, make sure your child is occupied with a program that has an adult around: sports, jobs, clubs, after-school programs or religious youth groups.
- Let your kids know that you don't want them using drugs.

## Tips for friends:

- Don't be afraid to intervene if you suspect a friend is having trouble with drugs. A friend who is willing to help (and maybe save a life) is the best kind of friend.
- Encourage your friends to seek help if they need it and be sure that they know that you can be trusted with personal information.
- Talk to your friend and offer support (perhaps in tandem with another friend).
- Talk to teachers, principals, coaches, etc. and get advice (perhaps without mentioning your friend).
- Do **NOT** accuse or threaten your friend.

## CATALDO AMBULANCE SERVICE

Best wishes to the NLA for  
Common Ground Today.

Let's create a healthier America.



---

**Audy's Village Mobil  
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**Best wishes to the National Library of  
Addictions and to everyone recovering from  
addiction.**

**Mobil**

# 7 Steps to Addiction Recovery and Treatment

## 1. Decide to make a change.

For many people struggling with addiction, the biggest and toughest step toward recovery is the very first one: deciding to make a change. It's normal to feel conflicted about giving up your drug of choice, even when you realize it's causing problems in your life.

1. Remind yourself of the reasons you want to change.
2. Think about your past attempts at quitting, if any. What worked? What didn't?
3. Set specific, measurable goals, such as a quit date or limits on your drug use.
4. Remove reminders of your addiction from your home and workplace.
5. Tell friends and family that you're quitting and ask for their support.

## 2. Explore your treatment options.

Once you've made the decision to challenge your drug addiction, it's time to explore your treatment choices. As you consider the options, keep the following in mind:

1. There is no magic bullet or single treatment that works for everyone.
2. Treatment should address more than just drug abuse. Treatment success depends on examining the way drug abuse has impacted an individual in all aspects of life.
3. Commitment and follow-through are key.
4. There are many places to turn for help. In addition to doctors and psychologists, clergy members, social workers and counselors can offer their services.

## 3. Reach out for support.

Having a solid support system is essential. The more positive influences you have in your life, the better your chances for recovery. Recovering from drug addiction isn't easy, but with people you can turn to for encouragement, guidance, and a listening ear, it's a little less tough.

1. Lean on close friends and family. Having the support of friends and family members is an invaluable asset in recovery.
2. Build a sober social network. It is important to associate with sober individuals who will encourage recovery.
3. Consider moving into a sober living home. They are a good option if there isn't a stable home or a drug-free environment to go to.
4. Make meetings a priority. Spending time with others who are in recovery can be healing.

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# 7 Steps to Addiction Recovery and Treatment

## 4. Learn healthy ways to cope with stress.

Stress, loneliness, frustration, anger, shame, anxiety, and hopelessness—all can trigger the urge to use. So it's important to learn healthier, drug-free ways of coping.

## 5. Keep triggers and cravings in check.

While getting sober from drugs is an important first step, it's only the beginning of the recovery process. Once sober, the brain needs time to recover and rebuild connections that have changed while addicted. During this time, drug cravings can be intense. You can support your continued sobriety by making a conscious effort to avoid people, places, and situations that trigger the urge to use:

1. Make a break from old drug buddies.
2. Avoid environments (including bars and clubs) where drugs and alcohol are easily available.
3. Be upfront about your history of drug use when seeking medical treatment.
4. Use caution with prescription drugs.

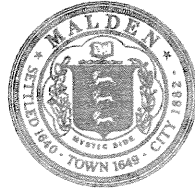
## 6. Build a meaningful drug-free life.

You can support your drug treatment and protect yourself from relapse by having activities and interests that provide meaning to your life. It's important to be involved in things that you enjoy and make you feel needed. When your life is filled with rewarding activities and a sense of purpose, your addiction will lose its appeal.

1. Pick up a new hobby.
2. Adopt a pet.
3. Get involved in your community.
4. Set meaningful goals. Having goals to work toward and something look forward to is a powerful antidote to drug addiction.
5. Look after your health. Regular exercise, adequate sleep, and healthy eating habits help you keep your energy levels up and your stress levels down.

## 7. Don't let relapse keep you down.

Relapse is a common part of the recovery process from drug addiction. While relapse is understandably frustrating and discouraging, it can also be an opportunity to learn from your mistakes and correct your treatment course. The important thing to remember is that relapse doesn't mean treatment failure. Rather than giving up, get back on the wagon as quickly as you can. Call your sponsor, talk to your therapist, go to a meeting, or schedule an appointment with your doctor. When you're sober again and out of danger, look at what triggered the relapse, what went wrong, and what you could have done differently.



CITY OF MALDEN, MASSACHUSETTS

**THE PUBLIC SCHOOLS**

Sidney Smith  
Superintendent of Schools

---

200 Pleasant Street, Malden, MA 02148 Tel. 781-397-7204/7205 Fax: 781-397-7276 www.malden.mec.edu

Dear National Library of Addictions:

As an educator and administrator, I strongly believe that the quality of education our children receive will be the greatest factor in determining the future of our country. Health education represents an important element of that education.

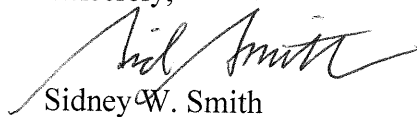
Unfortunately, our society has been on a down swing in terms of providing students with quality instruction in the field of health. This has contributed to a number of problems we now face, including the problems associated with addiction.

Programs like National Recovery Month and Common Ground Today provide the resources and guidance on how to educate our children (and others) on the dangers of addiction. We need to implement proactive approaches like these to win the war against drug addiction. In addition, if we lose any child to alcohol or drugs, we must do what we can to teach them how to recovery.

Children are not just in need of guidance; they also need nurturing, care, and support from their parents, doctors, community leaders, and educators. As a community, we must provide them with the attention they need.

I strongly support National Recovery Month and Common Ground Today. Working together, we will create a strong, healthy children and a stronger, healthier America.

Sincerely,



Sidney W. Smith





**THE GOOD SHEPHERD**  
CHURCH OF GOD IN CHRIST

18 WHITTIER STREET / P.O. BOX 191129  
ROXBURY, MA 02119

**REVEREND DR. SAMUEL BYRON HOGAN, SR.**

August 27, 2010

Addiction is so prevalent in our society today that it has become a community illness. To combat this trespasser, addiction must be dealt with using a community based treatment plan. Our communities are constantly bombarded with information and images of the harmful effects addiction has on the average person and public figures alike. How do we protect ourselves from the same disastrous consequences?

We can sit back and do nothing, or we can take a stand against addictive practices - whether they are drug abuse, alcohol abuse, or gambling. This problem will not go away on its own. Treatment begins with a proper understanding of addiction, and then proper health care. Equally as important is support from loved ones, and finally spiritual guidance.

Programs such as *Common Ground* are indispensable in helping the addicted end their cycle of abuse and in leading them back to sobriety, if they do relapse. *Common Ground* is making success against addiction imminent.

The efforts of Dr. Kishore, Preventive Medicine Associates, and the National Library of Addictions are commendable in helping to eradicate this disease. With the commitment of these pioneers, and the prayers and support of the religious community, we are on our way to successfully ridding our society of this illness.

*Dr. Samuel Byron Hogan, Sr.*

Reverend Dr. Samuel Byron Hogan, Sr.  
Pastor, Good Shepherd Church of God in Christ  
Denominational Counselor, Harvard Divinity School

## Common Terms Related to Addiction

**Abuse:** The chronic or habitual use of any substance to alter states of body or mind for reasons other than medically warranted purposes.

**Addiction:** A chronic, relapsing disease characterized by neurochemical and molecular changes in the brain that result in compulsive and often uncontrollable craving, seeking, and using of a substance or participation in a behavior (e.g., drinking, gambling, smoking, drugs, etc.).

**Alcoholism:** A progressive, chronic, and often fatal disease characterized by impaired control over drinking, preoccupation with alcohol, use of alcohol despite adverse consequences, and distortions in thinking.

**Dependence:** A state in which the use of a substance appears necessary for either physical or psychological wellbeing.

**Detoxification:** The metabolic process by which toxins are changed into less toxic or more readily excretable substances.

**De-addiction:** Helping a patient cope with the effects of the withdrawal with comfort medicines.

**Enabling:** Allowing or even encouraging the addict to continue disruptive and irrational behavior patterns.

**Half-way House:** A rehabilitation facility for individuals, such as substance abusers, who no longer require the complete facilities of a hospital or other institution but who are not yet prepared to return to their communities.

**Intervention:** 1. Approaching and working with a person involved in self-destructive behavior.  
2. A family confrontation with an addict that involves an intervener to force them to admit to, and deal with, their issues.

**Treatment:** Detoxification, counseling, periodic testing, and learning about addiction and recovery while addressing misguided beliefs and inappropriate or destructive behaviors.

**Withdrawal Syndrome:** The characteristic signs and symptoms that appear when a drug that causes physical dependence is regularly used for a long time and then suddenly discontinued or decreased in dosage.



# Dealing with Addiction (for Providers)

Tips for primary care physicians and other providers:

**Use proven assessment tools, such as the CAGE questionnaire.**

1. Have you ever felt you should **C**ut down on your drinking?
2. Have people **A**nnoyed you by criticizing your drinking?
3. Have you ever felt badly or **G**uilty about your drinking?
4. Have you ever had a drink first thing in the morning (as an “**E**ye opener”) to steady your nerves or get rid of a hangover?



One “yes” answer suggests a possible alcohol problem. If the patient answers “yes” to more than one question, it is highly likely that a problem exists.

**Be aware of the stages of readiness for change.**

1. **Pre-contemplation** – A person wants change but is not thinking about how to go about it.
2. **Contemplation** – A person begins to think about what they would like to change and why.
3. **Preparation** – A person begins to devise a plan for how they will go about attempting to change.
4. **Action** – A person implements the plan, changing it as needed to more closely reach their goal.
5. **Maintenance** – A person adapts the plan to deal with changing circumstances in order to stay on track to reach their goal of change.

**Be ready to provide a brief intervention.**

Screening is a smart option if the patient has demonstrated behaviors with the following results:

1. Role failure (i.e., inability to perform or complete tasks at home, school, work, etc.)
2. Risk (i.e., potential for bodily harm)
3. Arrests/Legal problems
4. Relationship problems

...or behaviors that demonstrate the following:

1. Tolerance (i.e., needing to use more to get the same effect)
2. Withdrawal (e.g., tremors, sweats, nausea, insomnia, especially when trying to quit)
3. Inability to stick to limits
4. Repeated failed attempts at cutting down/quitting
5. Spending time devoted to alcohol (e.g., anticipating and/or recovering from drinking)
6. Less interest in/time devoted to other things



*The Commonwealth of Massachusetts*

HOUSE OF REPRESENTATIVES  
STATE HOUSE, BOSTON 02133-1054

**MARK FALZONE**  
**STATE REPRESENTATIVE**

9<sup>TH</sup> ESSEX DISTRICT  
REPRESENTING THE PEOPLE OF  
LYNN, LYNNFIELD, SAUGUS, AND WAKEFIELD

ROOM 527A, STATE HOUSE  
TEL: (617) 722-2020  
FAX: (617) 722-2186  
Rep.MarkFalzone@hou.state.ma.us

COMMITTEES  
Veterans and Federal Affairs  
Election Laws  
Tourism, Arts, and Cultural Development

August 16, 2010

Dear National Library of Addictions:

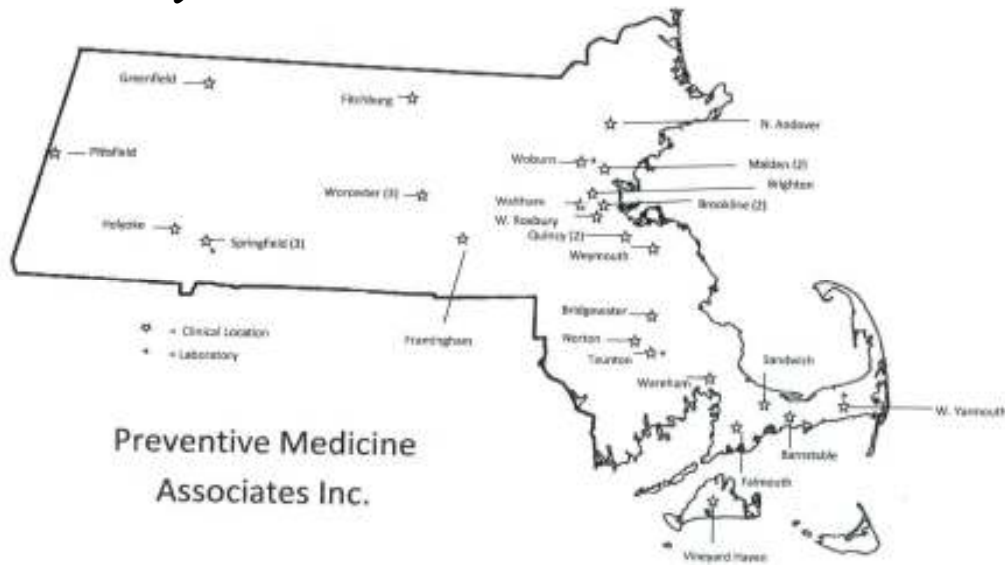
This day is not about how much longer we must fight in the war against drug and alcohol addiction, it is about the battles we have won. I commend the National Library of Addictions for hosting this event and keeping those who are struggling with addiction in the forefront of our minds. I am confident that this day will open our eyes once again to the strength of those who surround us as they follow their path to recovery.

Sincerely,

A handwritten signature in blue ink, appearing to read "Mark Falzone".

Mark Falzone

*Preventive Medicine Associates...contributing to  
healthy communities across Massachusetts.*



**24 Hour Hotline # for all offices: 1-800-770-1904**

**BARNSTABLE**

Barnstable Education and Guidance Center  
3261 Main Street  
Barnstable, MA 02630  
(508) 375-0800

**BROOKLINE**

Brookline Family Practice  
32 Kent Street  
Brookline, MA 02445  
(617) 383-6405

Neuroscience Center  
1842 Beacon Street  
Brookline, MA 02445  
(617) 278-1470

**CAPE COD**

Cape Cod Primary Care Associates  
303 Route 28  
West Yarmouth, MA 02673  
(508) 771-0911

**FALMOUTH**

Falmouth Wellness Center  
332A Gifford Street  
Falmouth, MA 02540  
(508) 457-9900

**FITCHBURG**

Fitchburg Primary Care  
76 Summer Street, Suite 045  
Fitchburg, MA 01420(978) 342-3457

**FRAMINGHAM**

Framingham Wellness Center  
61 Lincoln Street, Unit 306  
Framingham, MA 01702  
(508) 283-1464

**GREENFIELD**

Greenfield Family Practice  
5 Park Street  
Greenfield, MA 01301  
(413) 773-5481

**HOLYOKE**

Holyoke Medical Practice  
104 Suffolk Street  
Holyoke, MA 01040  
(413) 315-4825

**MALDEN**

Malden Family Practice  
155 Main Street  
Malden, MA 02148  
(781) 324-1200

Malden Wellness Center  
388 Pleasant Street, Unit 305  
Malden, MA 02148  
(781) 333-5467

**NEW BEDFORD**

New Bedford Family Practice  
360 Coggeshall Street  
New Bedford, MA 02746  
(774) 328-9629

**NORTH ANDOVER**

North Andover Wellness Center  
451 Andover Street, Suite 195  
North Andover, MA 01845  
(978) 258-7191

**NORTON**

Norton Family Practice  
10 West Main Street  
Norton, MA 02766  
(774) 430-3386

**PITTSFIELD**

Pittsfield Family Practice  
740 Williams Street, Suite 10  
Pittsfield, MA 01201  
(413) 395-0860

**SANDWICH**

Primary Care Associates of Sandwich  
141 Route 6A/PO Box 18  
Sandwich, MA 02563  
(508) 888-9306

**QUINCY**

Quincy Medical Practice  
59 Coddington Street, Suite 103  
Quincy, MA 02169  
(617) 328-5700

Quincy International Health Center  
275 Hancock Street  
Quincy, MA 02171  
(617) 479-4100

**SPRINGFIELD**

Springfield Family Practice  
125 Liberty Street, Suite 408  
Springfield, MA 01103  
(413) 781-6410

Springfield International Health Center  
760 Chestnut Street  
Springfield, MA 01107  
(413) 214-7486

Springfield Wellness Center  
780 Chestnut Street, Suite #1  
Springfield, MA 01107  
(413) 304-2144

**TAUNTON**

Taunton Primary Care Associates  
63 Winthrop Street  
Taunton, MA 02780  
(508) 802-5839

**VINEYARD HAVEN**

Vineyard Healthcare Associates  
455 State Road, Suite 13  
Vineyard Haven, MA 02568  
(508) 693-3900

**WALTHAM**

Waltham Family Practice  
20 Hope Avenue, Unit G1  
Waltham, MA 02453  
(781) 788-0005

**WAREHAM**

Wareham Wellness Center  
P.O. Box 534, 166 Main Street  
Wareham, MA 02571  
(508) 295-6700

**WEST ROXBURY**

West Roxbury Wellness Center  
1208B VFW Parkway, Suite 305  
West Roxbury, MA 02132  
(617) 477-8276

**WEYMOUTH**

Weymouth Medical Practice  
884 Washington Street, 2<sup>nd</sup> Floor  
Weymouth, MA 02189  
(781) 337-0550

**WOBURN**

Woburn Family Practice  
3 Baldwin Green Common  
Woburn, MA 01801  
(781) 376-1771

**WORCESTER**

Worcester Family Practice  
116 Belmont Street #12  
Worcester, MA 01605  
(508) 770-1602



*We are partners in your health and wellness.*

**WE ALL STAND ON COMMON GROUND**



**Thank you National Library of Addictions for your support  
to the community!**

**444 Quincy Ave. Braintree, MA 02184**

**781-917-1151**

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**NATIONAL RECOVERY MONTH.**

**WE WANT TO EXTEND OUR HEARTIEST  
WISHES TO EVERYONE IN ADDICTION  
RECOVERY.**

70 Fargo Street  
Eighth Floor  
Boston, MA 02210  
617-563-8600



## National Recovery Month Events



### 23rd Cape Cod Symposium on Addictive Disorders MA

09/09/2010 8:00 AM - 09/12/2010 5:00 PM

Time and again, CCSAD has been the catalyst for forging new bonds, creating new referral networks and generating significant return on investment for exhibitors and supporters. 2010 will be no exception. The Cape Cod Symposium on Addictive Disorders is one of the oldest and largest annual meetings dedicated to continuing education and networking in the field of addictions. In 2009, 793 attendees from 47 states and 10 countries attended. CCSAD combines workshops and seminars on hot industry topics with an unmatched showcase of the industry's products and services and facilities. Your presence at CCSAD helps

maintain and increase your competitive edge in the addictions industry. Who attends? Physicians, Nurses, Employee Assistance Professionals, Social Workers, Psychologists, Professional Counselors, Chemical Dependency Counselors, Marriage and Family Therapists, Rehabilitation Counselors & Alcoholism and Drug Abuse Counselors and more!

### Friends and Family 1st 5k Walk MA

09/11/2010 9:00 AM - 09/11/2010 2:00 PM

5k walk Dedicated to support and prevention of substance abuse. To raise funds for educational programs for middle school age children and for adult workshops

### 7th Annual Recovery Jam MA

09/25/2010 11:30 AM - 09/25/2010 6:00 PM

Local and Professional Bands and Individual Performers. \$6 in advance, \$10 at door. One free meal per ticket.

### Hope House Golf Tournament MA

09/27/2010 11:00 AM - 09/27/2010 7:00 PM

Enjoy a complete program of special events, 18 holes of golf including cart, lunch, dinner, door prizes for each player and an exciting awards banquet.





**Your neighborhood grocery store...  
Good luck on Common Ground 2010.**

899 Boylston Street  
Boston, MA 02115  
617-262-6505

211 Alewife Brook Pkwy  
Cambridge, MA 02138  
617-498-3201



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**Boston Party Rental**

**would like to thank the National Library of  
Addictions for their service to the community.**

**367 Neponset Avenue  
Boston, MA 02122  
Phone: 617-265-6221  
Fax: 617-265-5538**



## National Recovery Month Events

### 6th Annual Walk for Recovery MA

09/28/2010 8:00 AM - 09/28/2010 10:00 AM

Walking Route: 1.5 miles from South Boston to City Hall Plaza Free of charge! To: City Hall Plaza and join Massachusetts Organization for Addiction Recovery to continue onto The Statehouse for Recovery Day

### MOAR and Friends 20th Recovery Day Celebration MA

09/28/2010 9:00 AM - 09/28/2010 3:00 PM

Celebrate the Reality and Hope of/from Individuals and Families in recovery. Honor the Contributions of Prevention, Treatment, and Recovery Support Services. Thank the policymakers who support the Faces and Voices for Recovery!

### Annual Recover Project Sober Deep Sea Fishing Trip MA

09/29/2010 5:15 AM - 09/29/2010 8:00 PM

Annual Sober Deep Sea Fishing Trip for Men and Women over 18 years old. Cost is \$25 per person (due at the Recover Project on or before 9/7/2010) and includes fishing pole rental. Bring your own food and Keep your catch. Gas expense will be paid if you can drive 2 other people. Let us know if you need a ride or can offer one. We had a (sober) BLAST last year.

## Other Events

### Red Ribbon Week

10/23/2010

Gianna's House and the National Library of Addictions will commemorate Red Ribbon Week at the Band Shell in Onset, MA. Red Ribbon Week is the nation's oldest and largest drug prevention program in the nation reaching millions of Americans during the last week of October every year. By wearing red ribbons and participating in community anti-drug events, young people pledge to live a drug-free life. Red Ribbon Week serves as a vehicle for communities and individuals to take a stand for the hopes and dreams of our children through a commitment to drug prevention and education and a personal commitment to live drug free lives with the ultimate goal being the creation of drug free America.



## Information Sources

### Literature provided by:

Addictions and Recovery

<http://www.addictionsandrecovery.org/withdrawal.htm>

Addiction Recovery Basics

<http://addictionrecoverybasics.com/10-realities-of-effective-drug-addiction-treatment/>

Drug Addiction Support

<http://www.drug-addiction-support.org/>

HelpGuide

[http://helpguide.org/mental/drug\\_abuse\\_addiction\\_rehab\\_treatment.htm](http://helpguide.org/mental/drug_abuse_addiction_rehab_treatment.htm)

Mayo Clinic

<http://www.mayoclinic.com/health/drug-addiction/DS00183>

Massachusetts Organization for Addiction Recovery

<http://www.moar-recovery.org/>

National Center on Addiction and Substance Abuse at Columbia University

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

National Institute on Drug Abuse

<http://drugabuse.gov/>

TeensHealth

[http://kidshealth.org/teen/your\\_mind/problems/addictions.html#](http://kidshealth.org/teen/your_mind/problems/addictions.html#)

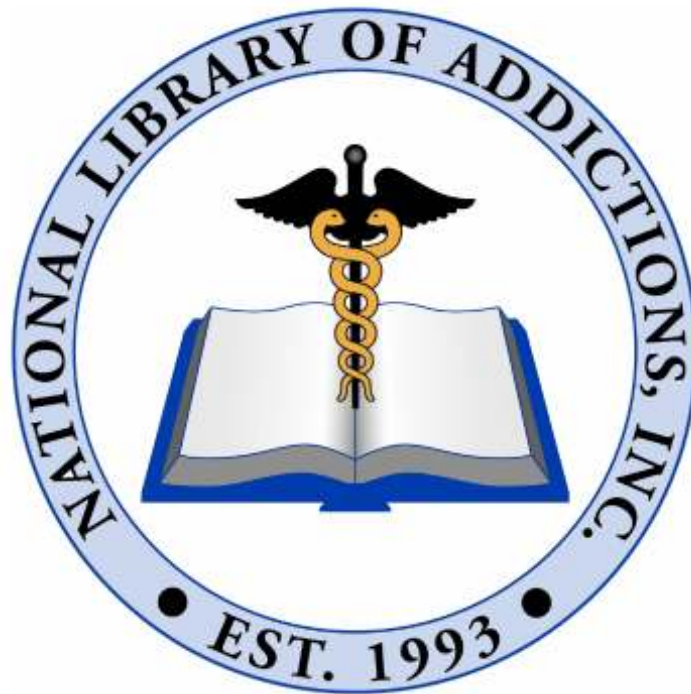
Treatment4Addiction

<http://www.treatment4addiction.com/addiction/>

US Substance Abuse and Mental Health Services Administration

<http://www.samhsa.gov/>





## **COMMON GROUND TODAY**

**September 1, 2010**

WE WANT TO THANK EVERYONE FOR COMING TODAY TO HONOR NATIONAL DRUG AND ALCOHOL RECOVERY MONTH AND TO CELEBRATE LIFE IN RECOVERY.

SPECIAL THANK YOU TO OUR SPEAKERS, GOVERNOR DEVAL PATRICK AND DICK BEARDSLEY. THEIR WORDS MOTIVATE AND INSPIRE US ALL IN THE RECOVERY COMMUNITY.

**WE ALL STAND ON COMMON GROUND**