

A communication periodical for our clients, staff & the community at large

# The Chronicle

A Paterson Counseling Center Newsletter

## Special points of interest:

- Did you know that our center accepts private insurance
- We have affiliated providers for youth who are addicted
- The Historic Falls District, the first locomotive and the first submarine are all within 1 mile of our facility
- We can help identify job training and referral programs to help you pursue career goals

## Paterson Counseling Center Steps Up Aids Fight

Paterson could launch one of four state-authorized, city-run pilot needle exchange programs (NEPs) on Dec. 1, World AIDS Day. On Tuesday, a group of nonprofit health agencies voted to appoint the Paterson Counseling Center (PCC) to oversee the project, which would run three years with private funding.

There is no city or state funding for the NEP, in part due to controversy. Health experts maintain that giving clean needles to intravenous drug users so they will not share equipment will reduce transmission of blood-borne infections such as HIV and hepatitis C.

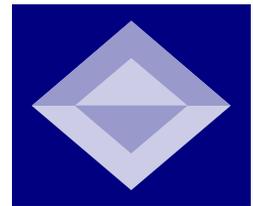
Opponents say an NEP would promote drug use and attract drug addicts to Paterson, which has one

the state's highest HIV/AIDS rates. 'We don't want to just rush out to do this,' said Karen Walker, director of HIV services at PCC. 'We want to try to prepare the community as much as possible, as far as what to expect.'

We understand there are concerns and that they are legitimate. We believe education is very important for the community to understand how [needle exchange] is a benefit.'

While Mayor Jose 'Joey' Torres opposes allocating public funds for an NEP, he said he would not oppose city health officials seeking authorization for an NEP in Paterson.

Two private foundations have



awarded about \$30,000 for Paterson's pilot NEP. Most of the funds will go directly to purchase syringes, which cost less than 10 cents each, said Walker.

Next year, the NEP will have to obtain more money to continue operations. The plan is for Paterson's NEP to operate from the Well of Hope Drop-In Center on Broadway.

Source: National Prevention Information Network

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## Looking Ahead By Looking Back

As the end of the year approaches we begin to take stock in the things that we accomplished.

This year we did a lot with limited resources and we anticipate that some of those things will begin to payoff in 2008.

Starting in the 1st quarter of 2008 we will undergo a formal assessment by an accrediting organization, launch new services and focus on staff training and certifica-

tion to ensure that we remain successful in treatment services.

We will also look to continue to implement improvements and changes to services based on feedback from our survey respondents.

While we have not completed all of our renovations to the facility, we anticipate completion of the bulk of our restructuring by the close of 1st quarter. We will also look to greatly enhance the professional

credentialing of our staff. Our community and the clients we serve are the reason why we are here.

All counselors and staff are expected to rededicate themselves to our vision and mission and go above and beyond to meet and exceed our clients' expectation.

We are a mainstay in the field and community and we will strive to earn and retain the trust of the many people we touch every day.

## Hepatitis C — Get Tested If...

Hepatitis C is a disease of the liver caused by the hepatitis C virus (HCV). You may be at risk for hepatitis C and should contact your medical care provider for a blood test if you:

- were notified that you received blood from a donor who later tested positive for hepatitis C and/or injected illegal drugs
- received a blood transfusion or solid organ transplant before July, 1992 or were a recipient of clotting factors made before 1987 or you were on long-term kidney dialysis
- have evidence of liver disease (e.g., persistently abnormal ALT levels) were notified that you received blood from a donor who later tested positive for hepatitis C.

## Profile: Ecstasy Causes Brain Damage & Death

Ecstasy is a synthetic drug that usually comes in pill form and is commonly sold in dance clubs and juice bars. It acts as both a stimulant and a hallucinogenic.

Ecstasy's popularity among young people has been fueled by a myth that it is a "safe" drug that is not harmful or causes drug addiction.

### Street Terms for MDMA/Ecstasy

XTC, go, X, Adam, hug drug

### What Does Ecstasy Look Like

Ecstasy is distributed in tablet form. Individual tablets are often imprinted with graphic designs or commercial logos, and typically contain 100 mg of MDMA.

### How Is Ecstasy Used

Ecstasy is usually ingested in tablet form, but can also be crushed and snorted, injected, or used in suppository form.

### Who Uses Ecstasy

In 2000, more than 6.4 million people age 12 and older reported that they have used Ecstasy at least once in their lives.

Ecstasy is popular among middle-class adolescents and young adults.

Ecstasy is sold primarily at legitimate nightclubs and bars, at underground

nightclubs sometimes called "acid houses," or at all-night parties known as "raves."

### How Does Ecstasy get to the United States

The vast majority of Ecstasy consumed domestically is produced in Europe.

A limited number of Ecstasy laboratories operate in the United States.

Law enforcement seized 17 clandestine Ecstasy laboratories in the United States in 2001 compared to 7 seized in 2000.

### How Much Does Ecstasy Cost

It costs as little as 25 to 50 cents to manufacture an Ecstasy tablet in Europe, but the street value of that same Ecstasy tablet can be as high as \$40, with a tablet typically selling for between \$20 and \$30.

### What are some of the consequences of using Ecstasy

In addition to chemical stimulation, the drug reportedly suppresses the need to eat, drink, or sleep.

When taken at raves, where all-night dancing usually occurs, the drug often leads to severe dehydration and heat stroke in the user since it has the effect of "short-circuiting" the body's temperature signals to the brain.

An Ecstasy overdose is characterized by a rapid heartbeat, high blood pressure, faintness, muscle cramping, panic attacks, and, in more severe cases, loss of consciousness or seizures. One of the side effects of the drug is jaw muscle tension and teeth grinding. As a consequence, Ecstasy users will often suck on pacifiers to help relieve the tension.

Ecstasy may cause hyperthermia, muscle breakdown, seizures, stroke, kidney and cardiovascular system failure, possible permanent damage to sections of brain critical to thought and memory, and death.

If you or someone you know is currently using ecstasy and would like treatment assistance please contact our center for help.

## Help Wanted

If you know someone who is interested in counseling and has a counseling program, we might be interested in speaking with them.

They must have the appropriate qualifications and be drug free in order to work at the center. Please encourage prospective candidates to send their resume to the attention of Audrey Garris at the center. Paterson Counseling Center is an Equal Opportunity Employer and does not discriminate.