

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

The Chronicle

A Paterson Counseling Center Newsletter

Special points of interest:

- PCC has a state of the art website loaded with information and tools aimed at helping associates get better.
- PCC coordinates inter-agency referrals for those seeking assistance in the community
- PCC is a CARF Accredited facility
- PCC is part of one of the largest treatment associations in the state.

Clinical Characteristics of Chemical Dependency

Some of the following attributes are associated with chemical dependency:

1. Drug compulsion

- preoccupation with obtaining and using drug of choice
- persistent or periodic cravings for the drug
- compulsive use despite eventual absence of euphoric effect
- fears being without drug of choice
- compulsive use of other drug, including alcohol, in absence of drug of choice

2. Loss of ability to control use

- can't refuse drug when offered
- can't self-limit the amount used
- binge patterns of excessive use - especially true with cocaine and amphetamine
- failed attempts to stop using

3. Continued use despite adverse consequences

- medical complications: lethargy, insomnia, appetite disturbances, loss of sex drive, impotence, abscesses and other infections, nasal or sinus problems.
- psychiatric complications: depression, irritability, paranoia, suicidal/homicidal ideation or gestures
- social complications: financial, relationships
- legal complications
- employment complications

4. Denial

- denies that the problem exists
- denies or down plays the seriousness of adverse effects
- acts defensively when asked or confronted about drug use

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Note: Person has no chance of recovery unless he/she can work through denial. Chemical dependency is a chronic recurring disease. Relapse (any episode of drug use) can happen anytime. It is progressive. A number of relapses increases the risk of re-addiction.

If you or someone you know is in this situation then you need to seek immediate help. Please reach out to one of our counselors for assistance.

Source Mental Health Today

Kesia Sparrow: A Profile In Action

Some individuals in the treatment field are there because it's a job but the vast majority of individuals are caring and compassionate people who are looking to make a difference in the lives of others. These individuals work tirelessly to help others get to and remain in a better place and they do that every day with little fanfare.

It takes a special person to help and serve others and it requires a skillset that many people find difficult to come by but not at PCC. Many of our counselors are senior level professionals credentialed and seasoned individuals who are here to help others succeed. Kesia Sparrow is an example of an individual who goes above and beyond in trying to ensure appropriate outcomes for persons served.

Kesia also positively affects the development and performance of others in the clinic ensuring that counselors are providing the appropriate level of engagement and interaction with clients in line with established policies and procedures.

This year Kesia demonstrated her Program Management skills by partnering with associates in ensuring metrics and performance analysis was performed timely and accurately. This analysis is critical to ensuring that operations at the clinic is monitored and reviewed as input into actionable steps that can help drive and deliver value to the community at large.

We want to thank Kesia for her continued efforts to make our operation better and more importantly, her efforts to help our clients get to a better place. Thank You Kesia—We appreciate you. Keep up the good work.