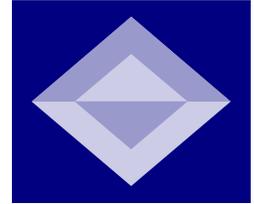


A communication periodical for our clients, staff & the community at large

The Chronicle

A Paterson Counseling Center Newsletter



Special points of interest:

- Paterson Counseling renovations nearing completion.
- CADC Counselors are heavily recruited by the center.
- Counselors pursue training and licensure via seminars and classes.
- Mobile van inaugural launch brings addiction services directly to community.

Clients Write an Article For Us

We are interested in hearing from our clients, if you are interested in writing an article and being published in the best newsletter in NJ why not reach out. The story can be of anything of interest from a vacation experience that you had or an article dealing with your experiences in recovery.

A poem or short story, whatever you want to share will be welcomed. Please submit your article via your counselor or click the webmaster link on our website and send your article to us for review and publication.

Please provide us with your contact information so that we can notify you if you have been selected for publication. We reserve the right to edit content for space considerations.



Exercise & Addiction

WASHINGTON -- Tantalizing clues indicated that exercise might spur changes in the brain to help prevent addiction to drugs or alcohol. Now the government is beginning a push for hard research to prove it.

The question is just how regular physical activity of varying intensity -- dancing, bicycling, swimming, tae kwon do -- might affect mood, academic performance, even the very reward systems in the brain that can get hijacked by substance abuse.

What first caught the attention of National Institute on Drug Abuse chief Dr. Nora Volkow: A study found tweens and teens who reported exercising daily were half as likely to smoke as their sedentary counterparts, and 40 percent less likely to experiment with marijuana.

Volkow knows -- from her own 6-mile daily runs and from her scientific experiments -- that the brain literally likes physical activity. Exercise seems to invigorate neurochemicals that sense and reinforce pleasure.

NJ Expands HealthCare for Dependents

Beginning in May, New Jersey will increase the age of dependency for health insurance to 30, the oldest in the nation. Under the new law, unmarried adults younger than 30 who do not have dependents and live in New Jersey can receive health insurance through their parents, regardless of whether they are students or reside with their parents.



The law does not apply to parents who receive health insurance through the federal government or large companies that self-insure. Most employer-based health insurance terminates dependent coverage at 19, or upon graduation from college. Nationally, 32 percent of people age 19 to 29 are uninsured.

"Young people don't buy insurance because they don't think they'll get sick," Rep. Neil Cohen, sponsor of the bill, told USA Today. Cohen estimates that the "18 to 30" bill will extend coverage to an

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Next Issue:
Latest News in Treatment

Exercise & Addiction (continued)

But the nation's children are becoming more sedentary, as illustrated by the obesity epidemic, & screen time & replacing outdoor play and a drop in school



P.E. And as youngsters approach adolescence, the run around the yard that used to be fun too often becomes a chore. The sedentary teen turns into the sedentary adult.

Last week she brought more than 100 specialists in exercise and neurobiology to a two-day conference to explore physical activity's potential in fighting substance abuse, and announced \$4 million in new research grants to help.

Drug treatment programs often include exercise, partly to keep people distracted from their cravings, but there's been little formal research on the effects.

In the best evidence, Brown University took smokers to the gym three times a week and found add-

ing the exercise to a smoking cessation program doubled women's chances of successfully kicking the habit. The quitters who worked out got an extra benefit: They gained half as much weight as women who managed to quit without exercising, says lead researcher Dr. Bess Marcus.

Other clues:

Rats were less likely to ingest amphetamines if their cages had running wheels, suggesting exercise stimulated a reward pathway in the brain to leave them less vulnerable to the drug's rush.

In people, exercise acts as a mild antidepressant and relieves stress. Depression, anxiety and stress increase the risk of alcoholism, smoking or drug abuse.

Baby monkeys who don't play enough in childhood have problems controlling aggression when they're older. The most aggressive tend to have defects involving the feel-good brain chemical serotonin -- and binge-drink when researchers offer them alcohol.

SOURCE: Addicted.Com

Accreditation & What it Means To Us

Paterson Counseling Center must maintain a high level of care and comply with standards set forth by accrediting organizations as well as state and federal regulatory bodies.

We rely on a solid set of policies and a formal governance process to ensure that we are successful in this regard. Moreover, we relay on our clients to

help support our efforts to continue to meet the standards set forth by multiple agencies and organizations.

We want to thank all of our clients who participated in the recent satisfaction survey which goes a long way in helping us meet the rigorous requirements set forth by these regulatory and quality focus agencies. Thank You Clients!

HealthCare (Continued)

additional 200,000 young people and increase premium coverage for an adult dependent from \$1,200 to \$2,000. Clearly a benefit for many of those twenty year olds without insurance.

Critics of the bill argue that the law may have unintended consequences such as making coverage for those who are part of employer groups more expensive, or increasing dependent premiums to unaffordable rates.

In recent years, Colorado, Illinois, New Mexico, South Dakota, Texas and Utah have expanded coverage to 24, 25 or 26 years. Connecticut, Kentucky, Massachusetts and New York are considering similar measures.

SOURCE: ncls.org

Did You Know?

Did you know that the clinic is now open seven days a week? Please reach out to you counselors for details. This is part of our response to your suggestion for added flexibility for scheduling sessions at the facility.



Did you know that the clinic has launched a mobile van that actually goes out into the community and offers treatment for those who cannot come to the clinic? New clients have walked into the van and received treatment services on the spot. Another way that we are trying to add flexibility to our treatment program. Check back for more Did You Know items in future editions.