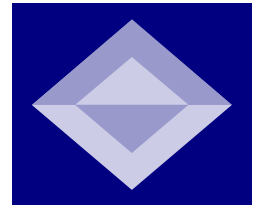


A communication periodical for our clients, staff & the community at large

The Chronicle

A Paterson Counseling Center Newsletter



Special points of interest:

- PCC Launches Public Calendar of Events via website
- PCC staff enjoy use of new e-mail platform.
- Community focus group scheduled for September.
- CARF readiness assessments underway.
- PCC pursues additional training opportunities for staff.

Communications

A significant amount of what we do at the center revolves around communication. According to Robert J Alexander, “if we don’t get that right” we might as well close up shop.” In an effort to ensure that we continue to be effective in this regard, the clinic has deployed a new e-mail platform and public calendar to ensure that our staff, clients and the community at large receive vital information related to organizational activities.



Our public calendar allows us to schedule events and post the details directly to our website real time to ensure that the community has access to events and activities that impact them. “The public events drive home the partnership between the facility and the community by promoting transparency in all that we do”, according to Mr. Alexander.

The clinic has also standardized their e-mail platform to foster better interaction and communication between the staff and management while increasing flexibility and ease of access to emails. A client can now e-mail any counselor by using the initial of the first name and full last name@patersoncounseling.org.

We trust that these new tools will go a long way in ensuring that we continue to reach out to our clients and each other to ensure that we provide an optimum level of service to our clients.

Be Bold, Be You

Sometimes the difficult thing to do is remain true to yourself. We let outside influences move us counter to where we want to be. We let someone else’s drama become ours and all of a sudden we can’t see a clear path to a better place. Breaking someone else’s grip on your life requires courage and bold steps on your part.

What if you decide enough is enough and you go for it by not taking on someone else’s issues or problems. Just do it. Be bold and focus on your well being. Surround yourself with people who care about you because of you not for what they can get from you. Stay positive focus on goal achievement and reach out to your counselors and chart a bold path towards a better place. Just do it!

Talk on the Street

Aside from new technology tools and training sessions we hear that PCC is striving to recruit and secure licensure for new hires and existing staff.

Licensure not only ensures that our staff keep up with the latest tools and best practices in the field but it also promotes enhanced marketability from a personal development perspective as well.

As we continue to raise the bar at the center we are calling on our entire staff to continue to secure appropriate training in the field.



We also hear that the center has made some changes to the website and will be looking to build an interactive FAQ about the services offered at the center in the near term.

We want to hear from you so please let us know what else we can do to better serve you. Reach out to one our counselors or use our suggestion box or send us an anonymous note via the website.

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Schools & Substance Abuse

INSTITUTO NACIONAL SOBRE EL ABUSO DE DROGAS

Serie de Reportes

DE INVESTIGACIÓN

MEDICAMENTOS DE PRESCRIPCIÓN *Abuso y Adicción*

La mayoría de las personas que toman medicamentos por prescripción médica, lo hacen de manera responsable. Sin embargo, el uso o abuso de drogas de prescripción sin razón médica continúa siendo una preocupación seria dentro del área de la salud pública. Cuando se abusan ciertas drogas de prescripción, como los opioides, los depresores del sistema nervioso central (SNC) y los estimulantes, éstos pueden alterar la actividad cerebral y llevar a la dependencia y posible adicción.

En 1999 alrededor de 9 millones de personas de 12 años y mayores, utilizaron medicamentos de prescripción sin razones médicas. Más de un cuarto de ellas reportaron que utilizaron las drogas de prescripción por primera vez el año anterior por motivos no medicinales. Queremos revertir esta tendencia mediante el aumento de conocimiento y la promoción de investigación adicional sobre este tema.

El Instituto Nacional sobre el Abuso de Drogas (NIDA) ha desarrollado esta publicación para contestar las preguntas sobre las consecuencias del abuso de medicamentos comúnmente prescritos. Además de ofrecer información de lo que la investigación nos ha enseñado sobre la forma en que ciertos medicamentos afectan al cerebro y al cuerpo, esta publicación también examina las opciones de tratamiento. Esta publicación fue preparada para ayudar a los profesionales de la salud a discutir con sus pacientes las consecuencias del abuso de los medicamentos de prescripción. De acuerdo a una encuesta nacional reciente con médicos de familia y sus pacientes sobre el abuso de drogas, el 46.6 por ciento de los médicos indicaron que tenían dificultad en discutir con sus pacientes el abuso de medicamentos de prescripción.

El abuso de medicamentos de prescripción no es un problema nuevo pero es uno que merece una atención renovada. Esperamos que este informe científico sea útil al público, especialmente a las personas que trabajan con pacientes de edad avanzada, quienes debido al gran número de medicamentos que tienen que tomar para tratar distintas condiciones médicas, pueden ser más susceptibles al uso incorrecto o al abuso de las medicinas de prescripción.

SOURCE: Partnership for a Drug Free America

NATIONAL INSTITUTE ON DRUG ABUSE

Research Report

SERIES

PRESCRIPTION DRUGS *Abuse and Addiction*

The nonmedical use or abuse of prescription drugs is a serious and growing public health problem in this country. The elderly are among those most vulnerable to prescription drug abuse or misuse because they are prescribed more medications than their younger counterparts. Most people take prescription medications responsibly; however, an estimated 48 million people (ages 12 and older) have used prescription drugs for nonmedical reasons in their lifetimes. This represents approximately 20 percent of the U.S. population.

Also alarming is the fact that the 2004 National Institute on Drug Abuse's (NIDA's) Monitoring the Future survey of 8th, 10th, and 12th-graders found that 9.3 percent of 12th-graders reported using Vicodin without a prescription in the past year, and 5.0 percent reported using OxyContin-making these medications among the most commonly abused prescription drugs by adolescents.

The abuse of certain prescription drugs-opioids, central nervous system (CNS) depressants, and stimulants- can alter the brain's activity and lead to addiction. While we do not yet understand all of the reasons for the increasing abuse of prescription drugs, we do know that accessibility is likely a contributing factor. In addition to the increasing number of medicines being prescribed for a variety of health problems, some medications can be obtained easily from online pharmacies. Most of these are legitimate businesses that provide an important service; however, some online pharmacies dispense medications without a prescription and without appropriate identity verification, allowing minors to order the medications easily over the Internet.

NIDA hopes to decrease the prevalence of this problem by increasing awareness and promoting additional research on prescription drug abuse. Prescription drug abuse is not a new problem, but one that deserves renewed attention. It is imperative that as a Nation we make ourselves aware of the consequences associated with the misuse and abuse of these medications.

SOURCE: Partnership for a Drug Free America