



Greater Macomb Project Vox is a grassroots effort organized to educate all segments of society that recovery is not only possible, but a reality for many people, and to advocate for change to policies that negatively affect the quality and availability of resources for the recovering community.

A publication of Greater
Macomb Project Vox
Issue 18
Summer 2011



Third Annual Sober Dinner Cruise!

Tickets are ON SALE NOW!

Thursday, July 28th 6:00 PM - 9:30 PM

\$39.00 Includes dinner, cruise, and entertainment!

**Visit www.careofmacomb.com/events.php,
or call CARE at 586-541-0033 for reservations.**

Is It Time To Take The “A” out of “AA”?

In an article recently published in the New York Times, advocate/author/person in recovery David Coleman seeks to answer this question. Mr. Coleman shares with his readers his opinion that the anonymity associated with 12-step programs may be a throwback to the depression era, when addiction to alcohol and other drugs

was a disgrace and applauds the progress toward considering addiction a chronic condition.

Coleman admits that for people who want to be more open, the exact line of where anonymity begins and ends is not clear-cut. Many people assume that to identify themselves as “sober” or “in recovery” qualifies as a breach. In fact, only identifying yourself as a member of A.A. or other specific 12-step groups does. Yet, some insist on the

importance of privacy. “Our effectiveness to reach the still-suffering alcoholic is better protected by anonymity, even today, than not having anonymity at the public level,” said Dr. Andrea Barthwell, the chief executive of Two Dreams Outer Banks, a rehab center in Corolla, N.C.

Mr. Coleman closes his article by saying “Even shedding your last name can go a surprisingly long way toward shedding the weight of being yourself”.

New Report Estimates that Illicit Drug Use Costs U.S. Economy More than \$193 Billion Annually

Illicit drug use cost the U.S. economy more than \$193 billion in 2007, according to estimates from a study by the Department of Justice’s National Drug Intelligence Center (NDIC). The study, The Economic Impact of Illicit Drug Use on American Society, was produced on behalf of the Office of National Drug Control Policy.

Bloomberg News reports that the study cites the cost of illegal drug use is similar to that of diabetes, which a 2008 government study found costs more than \$174 billion annually.

“This study shows the economic cost of illicit drug use is significant,” NDIC Director, Michael F. Walther, said in a press release. “The study’s finding that the economic cost of illicit drug abuse totaled \$193 billion reveals that this nation’s drug problem is on par with other health problems.”

The NDIC explains the study is the first comprehensive assessment of costs associated with drug use in almost a decade. The statistical findings in the study included economic costs in the three

following areas: crime, health and productivity.

Courtesy of:

Join Together staff - www.jointogether.org
May, 26, 2011 chart



Are Scare Tactics a Thing of the Past?

Ineffectiveness of Fear Appeals in Youth Alcohol, Tobacco and Other Drug (ATOD) Prevention is a summary of the research regarding the ineffectiveness of the use of fear appeals in the substance abuse prevention field.* Examples of the research show:

- Research and experience have demonstrated that fear tactics are either counterproductive or ineffective, and that students learn better with a low fear appeal message and with a credible communicator (National Institute on drug Abuse, 1997).
- By itself, information about the dangers of drugs and alcohol...has

little or no effect on use. (Hawkins & Catalano, 1992).

- Overly strong threats may be counterproductive as the receiver defensively avoids attention, denies personal vulnerability or distorts the message (Ray & Wilkie, 1970).
- Increased drug knowledge cannot be a measure of program effectiveness... (Tobler, 1986).

The research goes back decades so why do we continue to reinvent this old wheel that is proven ineffective? I think the answer is

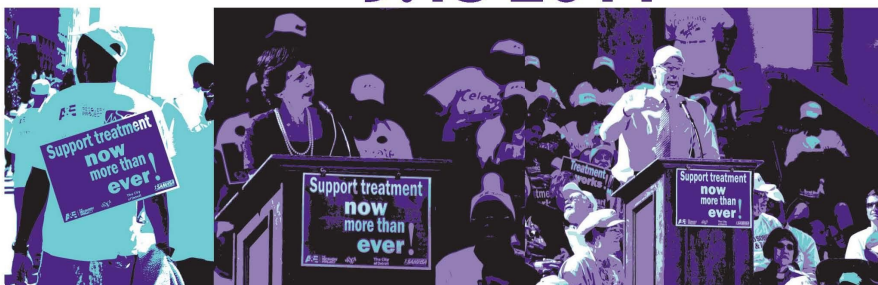
simple...it is easy. We get a crashed car, throw it on the lawn and feel we have done our duty. We parade out the person in recovery, sometimes only weeks out of treatment, to tell his heart retching story and we have done our duty. What really works to reduce underage drinking and other high risk behaviors takes a lot of effort.

Researchers from the University of Washington have examined what works to protect children against developing problem behaviors including alcohol and drug use. The evidence based research uses the medical model that a doctor uses to predict the likelihood that a problem (disease) will develop and the intervention that needs to occur to reduce the risk. The Hawkins and Catalana model focuses on four domains – the individual, family, school and community when assessing risk and protective factors. To implement strategies that reduce underage use of alcohol and other drugs people in these four domains must work together to give children opportunities to be successful, feel accepted and be involved in meaningful ways. This takes work and commitment. Reducing alcohol and drug use is accomplished over time when coordinated, thoughtful, and research based strategies are implemented over and over again. Fear doesn't work.

*To find out more about the *Ineffectiveness of Fear Appeals* go to CARE's website at www.careofmacomb.com/resources-youth.html or google Hawkins and Catalano.



SAVE THE DATE 9.13 2011 LANSING



MICHIGAN Celebrate Recovery Walk & Rally **NON**

11-4 P.M. [ACTIVITIES IN THE PARK] 2 P.M. [MARCH TO THE CAPITOL]
 LOUIS ADADO PARK [300 NORTH GRAND AVE., LANSING, MI 48933] [click for park info](#)
 FOR MORE INFORMATION CONTACT BEN JONES, NCADD, president@ncadd-detroit.org

www.recoverymonth.gov | 313.369.5414



The celebrate recovery walk & rally commemorates the successes of those recovering from alcoholism and other addictions. This includes individuals in recovery, their family members and friends, addiction treatment professionals and others in support of recovery.



Community Events

BEYOND TRAUMA: A Healing Journey for Women

This program provides hope and direction for women who are moving forward from substance use and trauma. The workshop is an 11 week series. **Class open to the community** is Mondays, June 20 - September 12 (No class July 4 or Sept. 5th) Cost \$30. **MPRI referred**, Thursdays, June 23 - Sept. 1st. CARE, 31900 Utica Road, Fraser, 48026. From 6:30-8:00 pm. Group size is limited. Register online at www.careofmacomb.com or call 586.541.0033.

FamiliesAgainstNarcotics

With FAN no family suffers alone

Third Annual Run Drugs Out of Town

Hosted by Families Against Narcotics.
Saturday, July 16 at 9am.

This is a family friendly 5K Run / 5K non-competitive walk. Fraser High School, 34270 Garfield Road, Fraser. Visit www.familiesagainstnarcotics.org for more information or register by July 2nd at www.active.com.

Rhyme with a Reason!

Poetry Reading

Wednesday, July 13th and Wed Aug 17th
7:00 PM - 9:00 PM

Che Cosa, 90 Macomb Place, Mount Clemens, 48043
(586) 954-2677

PROJECT FOCUS SUMMER CAMP

Camp is **FREE** for youth ages 5-15 affected by a loved one's use of alcohol or other drugs, or who have a family member in recovery. An optional parent/caregiver support group is offered but attendance is not required. Childcare is available for children ages 3-5 when caregivers attend. Free breakfast & snack. 1st camp at Heritage/Reach Academy in Warren, June 27th, 28th, 29th, 30th, and July 1. 2nd camp at First Presbyterian in Mt. Clemens, first week of August 1st, 2nd, 3rd, 4th, and 5th. Registration packet available online at www.careofmacomb.com or call 586.541.0033 for more information.



MCTFT, CADCA, MCOSA, MISD, AND MPN OFFER:

Free Webinars and Discussion

8/25 from 1-3 PM "Your Brain on Drugs"

During this broadcast, *The Brain on Drugs*, we'll see what drugs do to the brain at different stages of life. Also, learn how to best tailor prevention and treatment efforts. Stay the second hour and discuss the webinar with others.

9/30 from 1-3 PM "Preventing Prescription Drug Abuse"

During the hour-long program *Preventing Prescription Drug Abuse*, hear from prevention and law enforcement leaders about what we can do to help prevent prescription drug abuse. See how take back programs can help keep drugs from getting into the wrong hands. Find out how prescription drug monitoring programs are working in many states and how a center of excellence is working to improve them.

11/18 from 1-3PM "The Art of Community Mobilizing"

During this hour-long CADCA-TV program find out what has worked for some coalitions and what leaders of CADCA's Coalition Institute recommend. Learn the difference between community organizing and mobilizing. See how a coalition in New York City has mobilized and is making a difference.

2 Substance Use Contact Hours available for all of the above trainings!

How to Register:

Register online at www.misd.net

- Click "Course Offerings"
- Select "On-line Registration"
- Select "View by Interest"
- Select "Student Assistance" from scroll menu
 - Click Go
- Select (name of webinar)
- Click the date of webinar
- You will be guided through the registration process

Macomb County Coalitions Address Underage Drinking

A number of local grassroots coalitions work diligently, to educate the community on underage drinking and other drug use by implementing projects that catch the attention of parents, students and the community at large. For contact information and to become involved visit: www.mcosa.net/Macomb_Coalition_List.asp or call Melissa at 586.541.0033.

Join a Coalition Today!

How To Get Involved!

Legislative and Community Activists

We have a contingent that writes letters and voices their response to legislation that affects the quality and delivery of care to those suffering from addiction, and their families. It is imperative that the stigma associated with addiction be removed. Examples would be Letters to the Editor, letters to legislatures, etc. Please contact us if you would like to be added to our email list and receive notice of how you can support Vox's efforts in this area.

Event Planning Committee

Project Vox strives to be actively involved in the recovery community and organizes several events a year. We participate in National Recovery Month events in September, and host other dinners and events throughout the year.

Newsletter

Contributions are gladly accepted for this newsletter. We hope to keep it chocked full of news about current events and issues facing those living a life in recovery. It's purpose is to share what fellow advocates all over the country are doing, and some valuable resources for how to "put a face on recovery."

Meetings on First Wed of every month 5:45 p.m.

Please call to confirm future meeting dates.

Offices of CARE
31900 Utica Rd.
Fraser, MI 48026
586.541.0033

Take Action!

Many of us see the discrimination that continues to plague those in recovery but don't know how to take action. Here is a way! Recovery organizations across the state of Michigan are collecting signatures affirming the Recovery Bill of Rights. Visit www.careofmacomb.com/resources-real_life.html to print a copy of the Recovery Bill of Rights and the petition. The petitions will be presented at a news conference attended by our state legislators. Your participation, by collecting signatures and submitting them, will mean you are part of a larger effort to decrease stigma and support the rights of all those in recovery.

The Mask - By Jessica Powers

Lost in a world
Of madness and grief
A scared little girl
Just looking for relief.

Wearing a mask
To hide all the pain
All the hurts of the past
The grief and the shame.

Looking around the world
Running from myself
Hiding who I really was
Keeping my feelings on a shelf.

Slowly I began to believe
In myself to say the least
I began to peel away the mask
Carefully piece by piece.

I began to tell my story
Of hurt and pain in my past
I told about the trauma in my life
I began to feel free at last.

I've been able to shed every layer
And become who I am now
This act is finally over
It is time to take my final bow.

Greater Macomb Project



31900 Utica Road
Fraser, MI 48026

" Advocacy is about turning personal stories into social action and presenting an alternative perception that helps effect change."

From Faces and Voices of Recovery Web Site