

# THE NET—WORK SEPTEMBER ISSUE

September Issue

## MARCH IN SEPTEMBER!!!!

By: Sean Forman

September is known to many as a time for new beginnings and progress. Autumn takes the place of summer, some of the best weather of the year arrives, the new school year is in session, and football season kicks off this month. There also is a somewhat lesser known title that September holds, which is Recovery Month. Recovery Month is the designated month of the year when people across the nation can celebrate recovery, gather support, create awareness, and spread the message of clean and sober living to people who are still suffering from the debilitating disease of active addiction, as well as those who have misconceptions about recovery, and the families of the addicted and recovering.



The National Alcohol and Drug Addiction Recovery Month (which is also known as Recovery Month) was founded by the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT). SAMHSA is a branch of the U.S. Department of Health and Human Services. SAMHSA created ten strategic initiatives to better combat the effects of the mental and substance abuse disorders, as well as to utilize prevention, education, and public awareness efforts in relation to the field of recovery. Since Recovery Month is a creation of SAMHSA, one of its core efforts is to uphold SAMHSA's tenth and final initiative, which focuses on improving public awareness and support for drug and alcohol treatment centers.

For over twenty years the Recovery Month campaign has been educating millions of people to the importance of drug and alcohol abuse treatment and preventions as well as spreading awareness. One major goal is to help people recognize that drug abuse is a health condition and should be treated with the same level of urgency as any other health condition. (continued on page 5)



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### Walk Details:

- **Bus leaves NET Steps @ 8:15, BE HERE NO LATER THAN @ 8:00**
- **Walk starts @ 9:00**
- **Walk ends about 11:00**
- **Why: To give a few hours back to recovery, the greatest cause in our lives, and to spread the message of recovery to others.**
- **+ TO HAVE FUN-WITH FRIENDS!!**

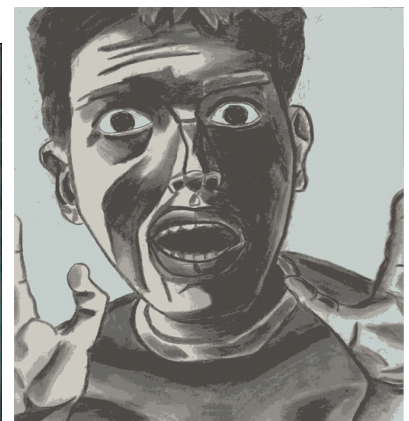
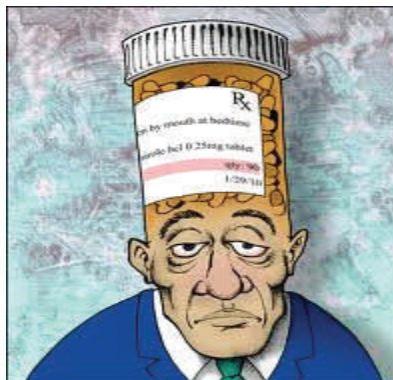
# WHY I HATE METHADONE!!!!

BY MAX FORMAN AND TOM QUALTERS



OVER THE PAST SEVERAL YEARS OF MY LIFE OF ADDICTION, I HAVE BEEN IN A MULTITUDE OF REHAB CENTERS. BUT OVER THE PAST SEVERAL MONTHS I HAVE NOTICED THAT MY ROCK-AND-ROLL LIFESTYLE HAS HIT A BRICK WALL OF SOBRIETY ATTACHED TO A LIQUID BALL—AND —CHAIN CALLED METHADONE. BECAUSE OF THIS I HAVE COMPILED MY TOP 20 REASONS WHY I HATE METHADONE FOR GIVING ME MY AVERAGE JOE, RUN-OF-THE-MILL LIFE BACK.

- \* I HATE METHADONE BECAUSE I CAN'T GET IN MY DAILY CARDIO WORKOUT I GOT FROM RUNNING FROM THE POLICE.
- \* I HATE METHADONE BECAUSE IT DOESN'T MAKE ME PARANOID, JITTERY, AND VIOLENT, LIKE MY OLD DRUGS USE TO DO TO ME.
- \* I HATE METHADONE BECAUSE I HAVE A LOT OF TROUBLE GOING TO THE BATHROOM, WHEREAS BEFORE I COULD GO ANYWHERE ANYTIME I WANTED.
- \* I HATE METHADONE BECAUSE NOW I HAVE TO SHOWER DAILY TO FIT IN WITH EVERYDAY PEOPLE.
- \* I HATE METHADONE BECAUSE I DON'T GET TO SEE MY OLD FRIENDS IN THE LOCKUP, BUT MOST OF ALL, I REALLY MISS THE CHEESE SANDWICHES.
- \* I HATE METHADONE BECAUSE I NO LONGER NOD OUT IN MID AFTERNOON, THEREFORE MAKING ME SPEND QUALITY TIME WITH MY ROTTEN CHILDREN.
- \* I HATE METHADONE BECAUSE I MISS THE ADVENTURE OF WAKING UP IN THE MORNING, AND NOT KNOWING WHERE I AM, OR WHO I AM LAYING NEXT TO.
- \* I HATE METHADONE BECAUSE NOW I HATE THE JOB OF BEING ON THE EMERGENCY CONTACT LIST FOR THEIR SCHOOLS.
- \* I HATE METHADONE BECAUSE NOW MY GET-HIGH-FRIENDS CALL ME A ARROGANT LOSER FOR BEING CLEAN.
- \* I HATE METHADONE BECAUSE I DEARLY MISS MY TRIPS DOWN THE WAY, WHICH IS WHERE I TRULY THINK I BELONG.



## WHY I HATE METHADONE (CONTINUED)

- \* I HATE METHADONE BECAUSE PEOPLE ARE SEEING THE REAL ME, AND NOT THE ME I THINK I AM, OR TRY TO BE.
- \* I HATE METHADONE BECAUSE I MISS THE FEELING OF STEAM RISING UP FROM THE GRATES, THAT SOOTHES MY ACHING BODY WHEN I'M STARTING TO COME DOWN.
- \* I HATE METHADONE BECAUSE NOW I HAVE TO BECOME AN ACTIVE MEMBER OF SOCIETY, AND WORK ALONG SIDE JUDGMENTAL PEOPLE, WHO DON'T KNOW HOW TO "GET-ON" LIKE I DO.
- \* I HATE METHADONE BECAUSE I NO LONGER HAVE MY ANNUAL CFCF SPONSORED FAMILY REUNION, AND MINGLE WITH MY KIND OF PEOPLE.
- \* I HATE METHADONE, I NOW HAVE TO ATTEND GROUPS THAT THAT MAKE ME THINK ABOUT ALL THE BAD STUFF I DID, AND THINK HOW TO MAKE AMENDS THAT I CANT MAKE.
- \* I HATE METHADONE BECAUSE I HATE NOT HAVING MY MORN ING STROLL AROUND THE NEIGHBORHOOD, SINCE I NOW REMEM BER WHERE I PARK MY CAR FROM THE NIGHT BEFORE, I DON'T GET TO HAVE MY SUSPENSEFUL WALKS.
- \* I HATE METHADONE BECAUSE I MISS THE RITUALS OF SCAR- MAKING INJECTIONS, NOSE-BURNING SNORTING AND PUTRID SMOKE CHOKING MY LUNGS.
- \* I HATE METHADONE BECAUSE NOW I HAVE ENERGY TO DO ORDINARY, NON AD VENTUROUS EVERYDAY THINGS LIKE TAKING MY KIDS TO SOCCER, AND MAKING SURE THEY GET TO SCHOOL.
- \* I HATE METHADONE BECAUSE I NO LONGER CAN GET MY 13 HOUR BEAUTY SLEEP, BECAUSE NOW I HAVE TO BE UP BEFORE NOON TO ATTEND GROUPS.
- \* I HATE METHADONE BECAUSE NOW I GET HUNGRY I HAVE TO GO FOOD SHOPPING AND FEED MY MALNOURISHED, BEAT UP, SICKLY SELF.



NOW THAT I AM GOING OVER WHY I HATE METHADONE SO MUCH, I REALIZED THAT I AM FORTUNATE TO LIVE THE WAY I HAVE. IT HAS TAUGHT ME ALL ABOUT MYSELF, WHAT HURTS ME, WHAT I AM CAPABLE OF, POLITICS, COMMERCE AND HOW OTHER PEOPLE AND THE WORLD WORK. THE MEDICATION METHADONE, AND THERAPY HELPED ME LEARN ABOUT MY FLAWS, AND THAT ITS OK TO HAVE THEM. IT ALSO HELPED ME LEARN ABOUT MY TALENTS WHICH I HAD MISTAKEN FOR FLAWS WHILE I WAS IN MY ADDICTION. IT HELPED ME TO GAIN SELF CONFIDENCE AND HELPED ME MOVE ON WITH MY LIFE. METHADONE OUTPATIENT THERAPY HELPED ME GET THROUGH MY LEGAL PROBLEMS, HELPED ME GET BACK INTO SCHOOL, HELPED MEND RELATIONSHIPS WITH MY TRUE LOVED ONES AND GAVE ME STRENGTH TO SURVIVE MY OWN WARS. AND A NEW LIFE.

NOW THAT I THINK ABOUT IT, METHADONE ISN'T SO BAD.....

- Hungry, Angry, Lonely, Tired

My Best friend, co-worker has just been fired!

My wife's in the hospital, don't know what's wrong

That Damn radio station keeps playing that same sad song.

Here I am feeling betrayed and accused,

But under any and all circumstances, I just won't use.

The forecast called for sunshine but it rained all night

The baby-mom and I got into a big fight.

- Broke till payday, only 2 cigarettes remain,

Gotta juggle my ends, play the check bouncing game.

- Here I am feeling mad and confused,

But under any and all circumstances, I just won't use.

- Got into an accident, the cars now a wreck,

Ran out of oil, and they won't take my check

- My body's banged-up, I'm in constant pain

Lawyer said, Sir, your loss is my gain

- Here I am feeling like all I do is lose,

But under any and all circumstances I just won't use.

- Got offered a job, but came with a string, have to go to school

Now time and money's the thing.

- Am I too old to go back to school, and what if I fail

Then I will surely look like a fool.

- Here I am feeling, I can't even choose

But under any and all circumstances I just won't use.

- I'm not using because of him, or because of her.

I'm not using cause I want things the way they were.

- I'm not using out of fear of living or dying.

I'm not using because honesty has turned to white lying.

- I'm not using cause opportunity closed the door.

- I'm not using for sex, and man I am full of lust.

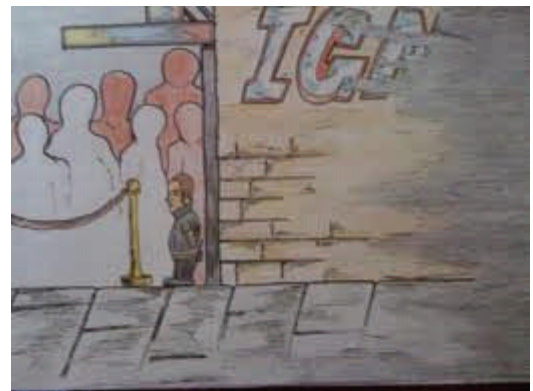
I'm not using cause the system is unfair and unjust.

- I'm not using cause of what someone else said.

I'm not using even with a cloud hangin over my head.

- Here I am full of feelings, sharing with you my blues.

But under any and all circumstances I just don't use!



Anonymous

## MARCH IN SEPTEMBER (CONTINUED)

Getting an often overlooked medical condition like drug and alcohol addiction to gain more proper public interest would take an abundance of effective publicity. Recovery Month hosts many events nationwide in order to increase awareness, education, and public interest in the subject of drug and alcohol treatment. One upcoming event is currently scheduled to benefit the Delaware Valley, **The Recovery Walk**. This event will gather people from all across the region in an effort to celebrate recovery. The Recovery Walk will celebrate those in long-term recovery; acknowledge those who work in the field, and educate on the importance of public awareness and prevention.

Every year the Recovery Walk focuses on a particular group of people and issues. This year, Recovery Month's theme will be "Join the Voices for Recovery: Now More Than Ever!" This theme focuses on the impact of stress and how it negatively affects those in recovery. This theme addresses several groups of Americans who are particularly susceptible to mental health and substance abuse disorders as a result of increased stress. Some of these groups who tend to be affected include: public safety officials, people in the workforce, older adults, and families. Reducing stress in both active addicts and persons in recovery may result in an increased success rate.

The Pennsylvania Recovery Organization-Achieving Community Together (PRO-ACT), which is a partner of Recovery Month, is the hosting organization for the Recovery Walk. The PRO-ACT Recovery Walk will take place on September 25<sup>th</sup> regardless of the weather conditions (Rain or Shine). The walk will begin at Penn's Landing. Registration begins at 7:00am, Opening Ceremony at 8:30am, Official Walk Start Time begins at 9:00am, and the Program Begins at 10:00am. The distance of the walk will be 1.5 miles. Anyone attending can register as a walker, join a walk team, or build a team of walkers. NET Steps attendees will receive free T-shirts and transportation during the day of the event. There are many companies who are sponsoring this walk, including A&E Network's "The Recovery Project" and the Philadelphia Department of Behavioral Health and Mental Retardation Services. The expected turnout will be in the area of about 10,000 people.

The PRO-ACT Recovery Walk depends on the support of all who attend. The organization believes that the full potential of substance abuse prevention can be reached if people are properly informed. A large attendance would be a tremendous step toward achieving that goal. It could also inspire active addicts to turn to treatment by showing them the vast number of successful people having a great time, and whose lives were improved by the recovery process. A large number of people at the Recovery Walk will demonstrate how much progress has been made. It will also enhance the public support, awareness, the celebration, and the overall fun during the event. This is the one day of the year that we have the opportunity to give back to the recovery cause that so many people need and deserve to have. Please remember where we came from and remember the least we can do is give back the precious gifts that we have.



## AT THE MOVIES WITH LOUIE B.

### The Lou review: “Devil” Serves Up Lukewarm Flame

Devil started out slow but had a mystery to it that kept the audience intrigued, until the plot was revealed. The premise: Five complete strangers are trapped in the confines of an elevator and panic arises, as one of them is possibly evil incarnate out to kill. The premise of the John Dowdle (Director, Quarantine) film titled “Devil” has all the right ingredients of a great thriller but there is just something missing.

While the scenario of Devil is good, the dialog of the film takes away from the suspense aspect. Devil leaves the audience distracted at times and when it finally does capture the audience’s attention there is a lack-luster thrill. In the elevator, the five passengers are: a salesman, a cranky elderly woman, a well-dressed young woman, a quiet ex-soldier, and one of the office building’s security guards. There is also a detective investigating the identity of the trapped and which one may be dangerous. When strange things begin to happen in the elevator, the plot centers on the possibility that one of the passengers is the Devil, taking away from the mystery and limiting other possible explanations. Once the main idea is revealed in the film, the audience is still curious but for all the wrong reasons.

Dowdle does a good job of capturing closed spaces in Devil just as he did in the film Quarantine. He also does well in exploring the skyscrapers of Philadelphia, which is the backdrop for Devil. Ads for *Devil* included the mention of M. Night Shyamalan, inciting boos in theaters during the preview. Though he didn’t write or direct the movie (it was simply his idea) his name now carries a stigma. Despite that, the movie made a solid \$12.5 million, which is actually impressive for any movie that has no real recognizable stars and was relatively cheap to make.

Grade: I give Devil a “Solid C+”



# PENDING LEGISLATION

**In early 2010, the Pennsylvania legislature proposed 13 (?) acts that would further limit and control methadone treatment. The proposed legislation ranged from limiting where a patient could attend treatment (must go to closest), driving a motor vehicle (should not drive during certain phases of treatment), how programs are operated (mandating use of cameras, etc.), allowance for take home medication, medical transportation payments, limits on length of stay to 12 or 18 months (12 months if still abusing and 18 months if in 'recovery'), creation of a methadone DEATH PANEL and other specific areas including an independent performance audit of the approved Medication Assisted Treatment providers (NOTE: this investigation excludes the #1 problem area for street methadone—Pain Clinics).**

In June 2010, the Pennsylvania Senate adopted Senate Resolution 2010-348, which directs the Legislative Budget and Finance Committee (LB&FC) to conduct a performance audit of Pennsylvania's Medical Assistance transportation program for people in methadone treatment programs. Although the resolution focuses on transportation provided with Medical Assistance funding, it further calls for the Committee to include information on the annual cost to provide methadone treatment using Medical Assistance funds and the length of treatment for individuals receiving such treatment.

Once again we see examples of the discrimination that all of us face. Imagine if the Legislature limited diabetes or heart treatments?? Yet once again, we are singled out where the Legislators apparently plan to practice medicine in Pennsylvania by prescribing medical care. The LB&FC has contacted all of the MAT's, including NET Steps, and has started their investigation. More to come.....

John T Carroll



# Recovery Word Search

## Recovery

G L P O I Y T Y R F  
D N A A L N T T E S  
G P I I T E N L S G  
N N M L I I L N S N  
E A I R E O E T M I  
F G B R W S I N R T  
G O F S A G N O T E  
S Q H A M H C U Q E  
I I F A Y X S F O M  
P S P O N S O R S C

**COUNSELING**  
**FAMILY**  
**FELLOWSHIP**  
**IOP**  
**MEETINGS**  
**PATIENT**  
**SHARING**  
**SOBRIETY**  
**SPONSOR**  
**STIGMA**