



## Houston Recovery Center’s ARPA supported Community Healthcare Workers (CHW) Program

The Houston Recovery Center’s Community Healthcare Workers (CHW) Program expands HRC’s outreach practices and deepens its substance use continuum of care program links to more service systems. HRC places Community Health Workers in Harris County communities to conduct outreach and provide prevention education and behavioral health referrals, including access to Medication Assisted Treatment (MAT) and NARCAN education and distribution to prevent opioid overdoses.

The CHWs, who are trained in both community health and peer recovery support, work with community members to identify substance use and health trends in neighborhoods, establish a community network, and enroll underserved clients in HRC’s long-term recovery program. Their evidence-based approach of having this unique team of individuals who not only bring their specialized training and skill-sets to communities, but also their invaluable lived experience, makes a great formula for success with the population we serve.

Overall, HRC’s Community Healthcare Workers Program allows the center to deepen its links to service systems and expand its outreach practices to provide crucial support to communities in Harris County, Texas, who are struggling with substance use and addiction.

Find out more about the HRC Community Healthcare Workers Program on our website at: <https://HRC's Community Healthcare Workers Program> and see their video at: <https://youtu.be/1aGVObpnGcU>

Meet HRC’s CHW staff: Lovinah Perkins, Cheryl Ishmon, Cecilia Vargas-Cruz, Maria Garcia, Stephanie (Riley) Burns, Jonathan Orellana

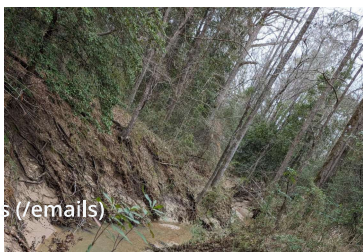


## --- OUR NEW MONTHLY HIGHLIGHT --- "HRC STAFF & SPECIAL INTEREST STORIES"

### ACCELERATING THE PACE TO END CHILDREN'S CANCER

HRC’s Suzanne Jarvis participated in this year’s CureSearch Ultimate Hike weekend. The Hike is a life-changing, lifesaving event that combines the joy of hiking with the mission of raising funds for pediatric cancer research. Suzanne spent the day conquering the rugged terrains and breathtaking views round Lake Georgetown while hiking 26.6 miles and helping other hikers complete their hike.

The Ultimate Hike brings together passionate supporters and survivors, united in their dedication



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to make a difference in the lives of children and their families affected by cancer. The Houston CureSearch Ultimate Hike team trained together, celebrated at a pre-hike dinner, and hiked on April 6, 2024 each crossing the finish line at 26.6 miles raising \$15,251 to tell kids cancer to take a hike.

**Captions:**

- 1. Bottom: The Pre-Hike dinner team: (L-R) Mike, Joyce, Suzanne, Theo, James, Anna, Pam, and Gary.
- 2. Top right: The Team had 25 creek crossings on the Four Noch Training Hike, in the Sam Houston National Forest.
- 3. Bottom right: At the finish, Lauren Rump, Community Liaison for CureSearch with Suzanne Jarvis, HRC, and CureSearch Trail Coach.



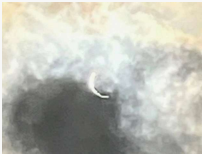
## Chevron Houston Marathon Celebrates 30 Years of Miles

Suzanne and Stacey manned the HRC booth and joined dozens of other local charity organizations at the Chevron Houston Marathon’s “30 Years of Miles Celebration” held April 13th, at the Karbach Brewing Company. Attendees could review and support the many organizations’ good works, sign in to support the marathon, or even sign up to run with their favorite team. It’s not too late of course. Scan the QR code to join HRC’s running team.



## HRC Staff Lineup to See the Eclipse

Like many of us, the staff at the McGowen office lined up to see the eclipse this past month. Unfortunately, for many in Houston, the weather wasn’t cooperating. There was a brief moment of clarity but it didn’t last long.



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## NEWS



### Taking 'Study Drugs' Like Adderall Could Be Gateway to More Drug Abuse

By Carole Tanzer Miller

College students who use drugs like Adderall to help them focus on their studies may be setting themselves up for trouble. Researchers asked 700 undergraduates across the United States about drugs commonly used by students, including ADHD medications like Adderall, cannabis, nicotine, alcohol, MDMA and ecstasy. They also asked about students' academic performance and physical and mental distress.

They found that using one substance appears to prime the brain more than others. Adderall, a medication prescribed to help people with ADHD to focus. Since these are prescribed medications to promote focus in individuals who actually have ADHD, students may think that they are safe to use and that the drug may give them an academic edge.

Instead of an edge, students may find one substance leads to another. Lack of education and peer pressure are the main drivers.

Read the entire article at: [Adderall could be gateway to drug abuse](#)

### Delta-8-THC use reported by 11% of 12th graders in 2023

Use of the psychoactive cannabis product is higher in states without existing delta-8 regulations or cannabis legalization, NIH-funded study finds. Approximately 11% of 12th-grade students across the United States reported past-year use of delta-8- tetrahydrocannabinol (delta-8-THC, or delta-8 for short), according to an analysis of data from the 2023 Monitoring the Future survey.

Delta-8 is a psychoactive substance that is typically derived from hemp, a variety of the Cannabis sativa plant. Delta-8 has intoxicating effects similar to delta-9-THC (delta-9), the primary THC component responsible for the "high" people may experience from using cannabis.

The researchers measured delta-8 use for the first time in 2023 to investigate the drug's popularity among teens as more hemp-derived THC products enter the market and become more accessible. Studies show an association between cannabis use and negative health impacts for teens, underlining the importance of monitoring use of delta-8 and other cannabis products among younger people.

The survey also showed delta-8 use was more common in the South and Midwest regions and in states without cannabis legalization or delta-8 regulations. "11% is a lot of people – that's at least one or two students in every average-sized high school class who may be using delta-8. Cannabis use in general has been associated with negative impacts on the adolescent brain, so we must pay attention to the kinds of cannabis products teens are using, educate young people about potential risks, and ensure that treatment for cannabis use disorder and adequate mental health care is provided to those who need it."

Read the entire article at: [Delta-8-thc use reported by 12th graders](#)



## FORWARD TO A FRIEND

The mission of Houston Recovery Center is to provide compassionate care to underserved individuals affected by substance use through early intervention and community care coordination to help them achieve lifelong recovery.

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