



24/7 Newsletter

The number of hours we spend making Houston better

OCTOBER 2024



EMPOWERED
HOSTED BY MEG RYAN

October 19, 2024: The Empowered by Meg Ryan crew arrived at Houston Recover Center's Chenevert location to film HRC's upcoming program about our services, programs and value to the Houston community and our fellow Houstonians. The educational documentary will air the first quarter of 2025 on national public television stations.



Empowered by Meg Ryan programs:

“Education can “Empower” all of us... it leads to new connections, innovations, conversations, and can ultimately transform lives. The team behind Empowered, hosted by Meg Ryan, fundamentally understands this and has dedicated the program’s platform to highlight some of the most critical stories that affect the way we live. Empowered utilizes educational television as a way to create a snapshot of our world, and the endless possibilities that will shape the future.

The production team brings these stories to life as an opportunity to shed light on potentially underrepresented storylines and industry sectors. Each story is presented with thought leaders, giving credibility to each educational message. Empowered works with every participating organization to cultivate their unique message to distill the essence of the organization’s operations.”

Watch for more on our story in the New Year.

MEET AN HRC TEAM

Texas Targeted Opioid Response (TTOR)

Because opioid deaths continue to spiral nationally, the state of Texas selected Houston Recovery Center as an intervention site for individuals using opioids. The Texas Targeted Opioid Response (TTOR) initiative trains clients in and provides access to NARCAN® to prevent overdose death as well as offers medication-assisted treatment and 18 months of free recovery assistance.

HRC is an intervention site for individuals using opioids. TTOR primarily works with clients who come through the sobering center who self-report Opioid Use Disorder (OUD). Individuals will get case management for 6 months and recovery coaching for 18 months. Calita and Chad help in assisting clients being referred to either detox or residential treatment. During the recovery process they will help with recovery plans, wellness plans, relapse prevention plans and do field visits with clients while in treatment to work on after care plans.

In addition to working with clients HRC and the TTOR team also provide community Narcan training and attend monthly coalition meetings as well as networking events in the area.

To date, more than 1,228 doses of Narcan have been distributed. Each dose has the potential to save a life.



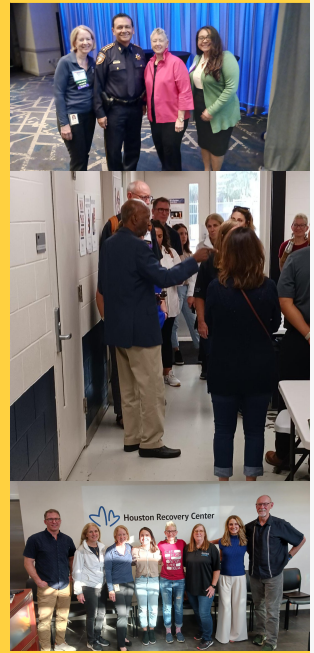


2024 National Sobering Center Collaborative Summit

The Houston Recovery Center and Justice Forward welcomed the 2024 National Sobering Center Collaborative Summit to Houston. Facilitator Suzanne Jarvis from HRC introduced a variety of speakers including Devin Anderson of Justice Forward, Harris County Sheriff Ed Gonzalez, and Mayor Annise Parker.

This year's Sobering Summit explored the theme "Putting the Pieces Together" and the importance of systems-wide approaches, where various organizations and stakeholders come together, like puzzle pieces, to create a comprehensive solution.

Following this year's event, attendees were treated to a tour of HRC's Sobering Center and details on how HRC and the Center operate from Leonard Kincaid, HRC CEO.



PLAN A Good Time

PLAN A Good Time

To continue to reduce DUI/DWI fatalities in Harris County, Houston Recovery Center and Sober Eve partners are once again encouraging you to **MAKE A PLAN!**

"**PLAN A Good Time**" began as a social media campaign initiative to communicate the importance of responsible planning for occasions when alcohol consumption occurs or alternatives for celebrating sober.



The Many Ways to Make A PLAN

- **Prepare a Designated Driver** – Schedule a ride in advance with Uber or Lyft. Choose a designated driver.
- **Look For Bars That Offer Alcohol-Free Options** – Search for bars that offer alcohol-free options.
- **Allow Yourself to Take it Slow** – The pressure to drink increases during the holidays. There's no need to rush to throw back every shot, take your time and stay hydrated.
- **Note How Much You Drink** – Keep track of how much you drink during the night or day, it could raise your awareness as the party progresses.

WE'RE HERE TO HELP

GivingTuesday is a global generosity movement unleashing the power of radical generosity. GivingTuesday was created in 2012 as a simple idea: a day that encourages people to do good. Since then, it has grown into a year-round global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity.

GIVING TUESDAY



*Inspiring People to Give and
Celebrate Their Generosity.*

It's a simple idea: whether it's making someone smile, helping a neighbor or stranger out, showing up for an issue or people we care about, or giving some of what we have to those who need our help, every act of generosity counts and everyone has something to contribute toward building the better world we all want to live in.

GivingTuesday reimagines a world built upon shared humanity and generosity.

Show Your Generosity

- It's more important than it ever has been to show up for our communities.
- Support your local community fridge, food pantries, or mutual aid network.
- Combat loneliness by reaching out to a neighbor, a relative, seniors, or veterans.
- Give to organizations and activists who are pushing for change.
- Identify your gifts, pick a cause that gets you fired up, and give back – not just for GivingTuesday but every day.

GivingTuesday is all about celebrating each and every single act of generosity we have to offer. Whether it's making someone smile, helping a neighbor out, or showing up for an issue or people we care about, we each have something to contribute. Identify your gifts, pick a cause that gets you fired up, and give back – not just today but every day.

Add GivingTuesday to your calendar.

A Client Thank You Letter to Leonard and HRC from Devin Manning

Leonard,

It's my last day at Houston Recovery Center and I would like to give a huge thank you to the entire staff. You guys may have just been doing your job, but for me you all made the first step toward getting my life back on track seamlessly and of the utmost comfort. It takes a great level of patience and selflessness to maintain such a work ethic and for that I commend you all. I pray life is sweet to you guys as you work tirelessly to make hard circumstances a little less sour for many others, me included.

I have high hopes this letter fills the entire staff with great appreciation as you all deserve to be recognized for your exceptional caretaking. God willing, we cross paths when I am living a more wholesome God-fearing lifestyle. I would be absolutely honored to treat you guys to lunch or dinner. Consider it a small token of appreciation for a grand gesture. I cannot thank you enough. If nobody else has let you all know, it is my due diligence to do, so God Bless!

HRC Client's Recovery Journey – Herbert Serrano

There's no limit to where my new life will take me.

Before: Herbert is 63 years old and has been in recovery – this time – for 19 months. He used crack cocaine for more than 25 years. Over that time, he had tried to quit between 20 and 25 times. But in the end, he was just never willing to stop using. At one time prior to his using cocaine, he had a very successful auto body shop business, was married, had a home, cars, and a family. Unfortunately, he was introduced by “friends” and a topless dancer to crack cocaine, became addicted to both and everything vanished. In the past he had to admit that he was simply not ready to do what was necessary to stop. Whether or not it was pride, he thought he could conquer the addiction by himself. But the struggle and pain of quitting was always too much and he would end up using again.

After: When he ended up at Ben Taub Hospital, he reached out the HRC. Whether it was the fear of going back to the hell of addiction or the medications that helped him get away from using, he's not sure, but it's working. He is rebuilding my family connections. Once again, he has a good relationship with his son and sisters in California as well as much of his extended family, and he's working.

“Today, I try to stay connected to key small groups of “good” people. Mentally I don't allow any nonsense from old memories to creep in. I am taking my recovery seriously. I get out of circumstances that don't “feel right.” I try to think like a man, not a child. Finally, I've turned to God and his Word on how to live. I think this has given me the power to stay sober, and the willingness and desire to literally “do it one day at a time.” I have a desire to see what the future will be, and where this new life will take me.

Advice for others – take a good look at where your substance use is taking you. How many people have you hurt? Make a conscious decision to change and be willing to do the work. Stay strong and don't give up! Find someone to help you. For me it was HRC, that's where it really began for me. It was a big reality check.

Learn to love yourself!

At HRC along with treatment, our secret recovery sauce includes love.

TO ALL OUR HRC FRIENDS



NEWS

Substance Use and Co-Occurring Mental Disorders

What does it mean to have substance use and co-occurring mental disorders?

Substance use disorder (SUD) is a treatable mental disorder that affects a person's brain and behavior, leading to their inability to control their use of substances like legal or illegal drugs, alcohol, or medications. Symptoms can be moderate to severe, with addiction being the most severe form of SUD.

People with a SUD may also have other mental health disorders, and people with mental health disorders may also struggle with substance use. These other mental health disorders can include anxiety disorders, depression, attention-deficit hyperactivity disorder (ADHD), bipolar disorder, personality disorders, and schizophrenia, among others.

Though people might have both a SUD and a mental disorder, that does not mean that one caused the other. Research has found several behavioral therapies that have promise for treating individuals with co-occurring substance use and mental disorders. Health care providers may recommend behavioral therapies alone or in combination with medications.

- Examples of effective behavioral therapies include:
- Cognitive behavioral therapy (CBT)
- Dialectical behavior therapy (DBT)
- Assertive community treatment (ACT)
- Therapeutic communities (TC)
- Contingency management (CM)
- Effective behavioral treatments for children and adolescents include:
- Brief strategic family therapy (BSFT)
- Multidimensional family therapy (MDFT)
- Multisystemic therapy (MST)

Medications

Effective medications that treat opioid, alcohol, and nicotine addiction can lessen the symptoms of many other mental disorders. Some medications may be useful in treating multiple disorders

Read the entire article at: [Substance Use and Co-Occurring Mental Disorders - National Institute of Mental Health \(NIMH\)](#)

Drugs, Brains, and Behavior: The Science of Addiction Treatment and Recovery

Can addiction be treated successfully?

Yes, addiction is a treatable disorder. Research on the science of addiction and the treatment of substance use disorders has led to the development of research-based methods that help people to stop using drugs and resume productive lives, also known as being in recovery.

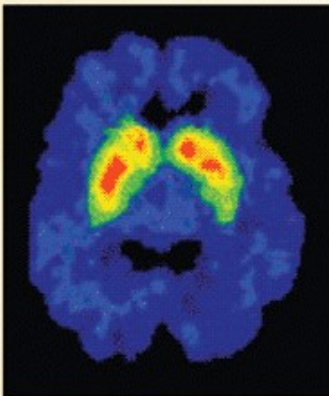
Can addiction be cured?

Like treatment for other chronic diseases such as heart disease or asthma, addiction treatment is not a cure, but a way of managing the condition. Treatment enables people to counteract addiction's disruptive effects on their brain and behavior and regain control of their lives.

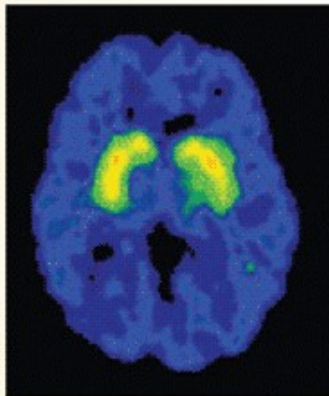
These images showing the density of dopamine transporters in the brain illustrate the brain's remarkable ability to recover, at least in part, after a long abstinence from drugs—in this case, methamphetamine.⁵¹

Does relapse to drug use mean treatment has failed? No. The chronic nature of addiction means that for some people relapse, or a return to drug use after an attempt to stop, can be part of the process, but newer treatments are designed to help with relapse prevention. Relapse rates for drug use are similar to rates for other chronic medical illnesses. If people stop following their medical treatment plan, they are likely to relapse.

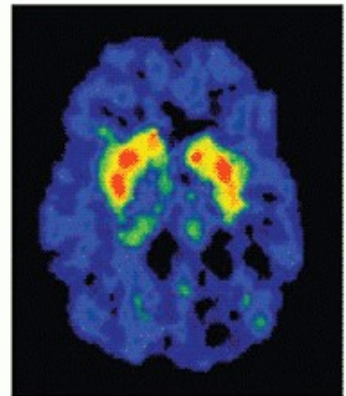
Healthy Person



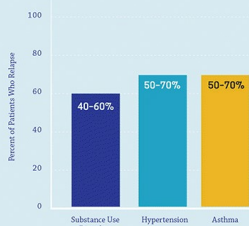
Meth User: 1 month abstinence



Meth User: 14 months abstinence



Comparison of Relapse Rates Between Substance Use Disorders and Other Chronic Illnesses



This graph shows that relapse rates for substance use disorders is 40-60%, relapse rates for hypertension are 50-70%, and relapse rates for asthma are 50-70%.

Relapse rates for people treated for substance use disorders are compared with those for people treated for high blood pressure and asthma. Relapse is common and similar across these illnesses. Therefore, substance use disorders should be treated like any other chronic illness. Relapse serves as a sign for resumed, modified, or new treatment.

What are the principles of effective treatment?

Research shows that when treating addictions to opioids (prescription pain relievers or drugs like heroin or fentanyl), medication should be the first line of treatment, usually combined with some form of behavioral therapy or counseling. Medications are also available to help treat addiction to alcohol and nicotine.

Additionally, medications are used to help people detoxify from drugs, although detoxification is not the same as treatment and is not sufficient to help a person recover. Detoxification alone without subsequent treatment generally leads to resumption of drug use.

Preventing relapse. Science has taught us that stress cues linked to the drug use (such as people, places, things, and moods), and contact with drugs are the most common triggers for relapse. Scientists have been developing therapies to interfere with these triggers to help patients stay in recovery.

How do behavioral therapies treat drug addiction?

Behavioral therapies help people in drug addiction treatment modify their attitudes and behaviors related to drug use. As a result, patients are able to handle stressful situations and various triggers that might cause another relapse. Behavioral therapies can also enhance the effectiveness of medications and help people remain in treatment longer.

Because addiction can affect so many aspects of a person's life, treatment should address the needs of the whole person to be successful. Counselors may select from a menu of services that meet the specific medical, mental, social, occupational, family, and legal needs of their patients to help in their recovery.

Read the entire article at: [Treatment and Recovery | National Institute on Drug Abuse \(NIDA\)](#)

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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