

2010

Winter
Edition

The Advocate

Quarterly Newsletter of the Indiana Addictions Issues Coalition

**Indiana
Addictions
Issues
Coalition**



*A subsidiary of
Mental Health
America of Indiana*

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The Indiana Addictions Issues Coalition is funded, in part, by a contract with the Indiana Family and Social Services Administration, Division of Mental Health and Addiction.

Problem Gambling Awareness Week March 7 to 13

The 8th Annual Problem Gambling Awareness Week takes place March 7 – 13. This is a grassroots and public awareness campaign being held all across the country. The goal of this campaign is to educate the general public and health care professionals about the warning signs of problem gambling and raise awareness about the help that is available both locally and nationally.

The NCPG is the national advocate for programs and services to assist problem gamblers and their families. Our research finds that 2%-3% of the US population will have a gambling problem in any given year. That's 6 million to 9 million Americans yet only a small fraction seek out services, such as treatment and self-help recovery programs. For more information visit:

<http://www.npgaw.org/> As part of Problem Gambling Awareness Week, the Division of Mental Health and Addiction will be offering trainings.

Tues. March 9th, 8:30 AM to 4 PM – **Indiana Youth Symposium** – Marten House, 1801 West 86th Street, Indianapolis, IN

Wednesday, March 10th, 8:30 AM to 4 PM – **Gambling Awareness Week – Financial Counseling with Problem Gamblers** – Fairbanks Recovery Center, 8102 Clearvista Parkway, Indianapolis, IN

Thursday, March 11th, 8:30 AM to 4 PM – **Finding Balance After Trauma** – Fairbanks Recovery Center, 8102 Clearvista Parkway, Indianapolis, IN **Friday, March 12th**, 8:30 AM to 4 PM – **Finding Balance After Trauma** – Indiana Judicial Center, 30 South Meridian Street, Indianapolis

To register for this free training contact Ramzi Nimry at Ramzi.Nimry@fssa.in.gov. When registering by e-mail include your name, agency, phone number, and e-mail address. The subject heading must include the training that you are signing up for.

Youth Symposium March 9th

On Tuesday March 9th 2010 the Indiana Division of Mental Health and Addiction is sponsoring a Youth Symposium on Brain Development and its ramifications for addiction and mental health prevention treatment. Brain Development: It Takes Longer than You Think will be keynoted by Ken Winters, Ph.D., a Professor in the Department of Psychiatry at the University of Minnesota an internationally recognized researcher on the adolescent brain. Dr. Winter's presentation will:

- >Highlight the latest findings of teenage brain research.
- >Cover the basic processes of brain maturation during a adolescence.
- >Discuss how drug abuse and risk taking can be associated with this period of brain development

IAIC Board Elects New Chair

After recently being elected as the chairman of the board of directors for the Indiana Addictions Issues Coalition, I was asked to write an introduction about myself. Instantly, I found myself thinking about what I should write, and what I should not write. In my mind, I struggled to be rigorously honest because of my old fears and insecurities. A character defect of mine is that I have always been afraid of what other people will think of me. Fortunately, I have been able to work on this through the process of recovery.

My story is not too unique, as my active addiction put me in positions that I never thought I would be. Growing up in a small town in northern Indiana, I was able to maintain an image of success, despite the early stages of my addiction. In high school, I was successful both academically and athletically. I was even awarded a full-ride scholarship to attend Purdue University. Unfortunately, after going to college, my active use quickly progressed. Everything seemed to change so quickly as one day I was in my third year of elementary education, the next day I was serving 18 months in the Indiana Department of Corrections for drug charges.

Helen Keller once said, “When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one that has been opened for us.” I can truly relate to this statement. At one point, before my addiction truly progressed into the tornado that was my life, I had a vision of what I was supposed to accomplish. In my active addiction, that vision was destroyed. I became so focused on what I had lost, that I could not see what was possible. Recovery has been the door that has given me a life that I could never have thought possible. Today I have a great job working in the field of addictions, a loving wife, and two beautiful children. None of this would have been possible without the blessing that is recovery. I must not ever forget that.

One thing that I have also come to realize is that each success story in this recovery process has power. This is the power to help individuals overcome their own prejudice and beliefs about addiction and recovery. As long as we keep silent, that power remains untapped. I find it odd that many of us could care less about who saw us in active addiction, and yet we are afraid to let people know that we are in recovery. Too long has the recovery community remained quiet for fear of what others may think. For this reason, I have made a personal commitment to walk forward without fear. I am grateful not only for the person that I am today, but the adversity that I had to endure to get to this point. By allowing others to see not only where I am, but where I have been, it lets them know that recovery is possible. With that, I thank everyone that gave me the opportunity to serve in this position. I am truly grateful.

Tadd Whallon

Youth Symposium continued...

The Symposium will be held at The Marten House 1801 West 86th Street Indianapolis IN 46260 from 8:30am to 4:00pm. This training is offered at no cost with seating limited to the first 400 registrants and will include six CEU's. To register email Ramzi Nimry at Ramzi.Nimry@fssa.in.gov. Deadline for registration is March 1.

*Welcome new members
Niki Sadowski, Joyce Strand,*

Training to be held in Evansville

The Indiana Addictions Issues Coalition and Amethyst House will hold an educational workshop on how to tell your story of recovery. The training will outline the importance of choosing our words when we speak publicly about recovery. The training on recovery messaging is for those in recovery from alcohol or other drug addictions, their families, friends and other allies.

- Do you want to learn how to talk about your recovery in an effective, impactful way?
- Do you want to be a part of the advocacy movement to change the way our community addresses substance abuse issues and those suffering with addiction or a family member with this disease?
- Learn how to be a part of the addiction advocacy movement and change the way communities think about substance abuse issues
- Help family members, friends, employers and government officials understand the disease of addiction?

The workshop is set for April 24 at the [C K Newsome Community Center](#) from 10am to 4pm.

Registration is required.
\$5 in advance
\$10 day of event

Register by calling 317-638-3501 x 231 or by email to the director, jmatheny@mhai.net or by mail to 1431 N. Delaware street Indy, IN 46202

Working together, RECOVERY from addiction will be REALITY!

INDIVIDUAL MEMBERSHIP

- Community member (no fee)
- Supporting member \$10.
- Partner \$30.
- Advocate \$100.+

CORPORATE MEMBERSHIP (annual)

- Corporate \$100.
- Silver \$250.
- Gold \$500.
- Platinum \$1000.+

Gift: I wish to give a membership to the individual or family designated below

I wish to support the September Public Awareness campaign \$ _____

You may pay online at <https://secure.entango.com/donate/geBL5zhEans>

Please make checks payable to the IAIC
mail to: Indiana Addictions Issues Coalition
1431 North Delaware Street
Indianapolis, Indiana 46202

Name _____

Organization _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

Prescription Pain Medication & Heroin: The Problem, Response, Remedies

Wednesday, April 14, 8:30 a.m. – 4 p.m.

Indiana Government Center South 302 W Washington St Indianapolis

Learn more about this important topic from the experts, including community members and individuals in recovery.

Register online at <http://recoveryindiana.org/opioidConference2010RegistrationForm.php>

**Indiana FSSA Division of Mental Health Addiction, Indiana Addictions Issues Coalition,
Drug-Free Marion County**



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....helping Hoosiers in recovery.

*The Indiana Addictions
Issues Coalition works to promote
recovery through advocacy public edu-
cation and service. The coalition is a
broad-based, diverse, not-for-profit
organization focused on
taking advantage of opportunities to
influence and advocate for addiction
issues with the goal of changing atti-
tudes, beliefs and minds about addic-
tion in order to improve the lives of
those affected by addiction.*

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