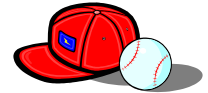


BASES Teen Center Newsletter



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www.basesteencenter.org

October 2006

Director's Update

We are busier than ever with the Recovery High program—presently at 20 teens in the residential component. Since 1997,



Scott Kelly, Executive Director

866 teens and 688 parents have attended groups at BASES. 272 teens from 36 different counties have participated in the residential program since 1999. Locally, we have a number of teens that are drug free one to two years. Local drug use surveys in Charlevoix County last year showed a reduction in use since Recovery High was fully implemented in 1999. Local teens that do not need residential services can attend all groups at BASES at no cost. In recent years we have averaged over 40 local participants in BASES groups per year.

We have made a few renovations at BASES with a new sidewalk at our entrance, asphalt driveway and asphalt parking lot across the street that creates 27 parking spots plus 2 handicapped slots. We had help from a number of local businesses who donated time and services—Performance Engineering for creating a water drainage plan, Ferguson &

Chamberlain Associates for surveying, Swanson K&D for a reduced price on asphalt work and Asphalt Maintenance Service for lining the parking lot. Thank you all for a terrific job that has received many compliments from the neighborhood and BASES participants.

We've also tripled our book shelf space for internet sales by adding three large book cases in the garage. Many of the books that are donated to BASES are offered through our on-line sales program which can be accessed through our web-site. Our annual used book sale income has increased ten fold since we started this project 18 months ago. Once the books are listed on the web, we have to keep them out of circulation so they are not sold through our walk-in book sale that is available during all hours of operation.

We've added three new board members in recent months. Doug Drenth, teacher and new athletic director at Charlevoix Schools, Rick Randall, Chiropractor from Charlevoix, and Mary Lee Campbell, Speech and Language Pathologist for Char Em ISD, have all joined the board recently.

We have benefited from fundraising projects by local groups as well. BASES was the beneficiary of the Charlevoix Bridge Walk held this past Labor Day, as well as being the beneficiary for a Sunday Film Series at Cinema III. Thanks to Patti Sitzema for her

efforts with the Bridge Walk and to Bill Supernaw at Cinema III. Bill also helped us out this summer during an unusual heat wave by allowing 24 teens to come to an afternoon movie in the air conditioned theater at a reduced price for tickets and refreshments.

We also had two first time experiences! We received more money than requested from the United Way and from the Charlevoix County Community Foundation. Both requests were for assistance with the Recovery High program in support of local youth accessing services. Thank you to all involved with these organizations.

The contract with East Jordan Iron Works for employees and their family members to be able to access services at BASES is being utilized more.

More community members are realizing we work with adults as well!

Thanks to many of you, we are thriving during these interesting times! THANK YOU ALL!!

BASES BOARD OF DIRECTORS

Kraag Lieberman-President
Chuck Adams-Vice-President
Debbie Neidhamer-Secretary
Ike Boss-Treasurer
Bruce Herbert, Ellen Breining
Bob Grove, Doug Drenth
Rick Randall, Mary Lee Campbell

Substance Abuse Services for Adolescents

1. **Drug and Alcohol Assessments**
2. **Recovery Skills Groups**—Monday thru Thursday 3:00-4:00
3. **Educational Groups**—Sunday, Tuesday & Thursday 4:00-6:00
4. **Life Skills Groups**—Monday & Wednesday 4:00-6:00
5. **Parent Education & Support Groups**—Sunday 4:00-6:00
6. **Drug Testing**—Sunday 3-6, Monday-Thursday 10-6, Friday 10-5

Adverse Reactions to Prescription Drugs Lead- ing Cause of Death in US

“Adverse drug effects...are a primary reason why a leading cause of death is iatrogenic illness, i.e. illness resulting from medical treatment. According to conservative estimates published in the *Journal of the American Medical Association*, iatrogenic illness is the third-leading cause of death in this country. More than 120,000 people die from adverse effects of prescribed medications each year. [Starfield 2000] However, last year a new study, came up with even more dismal figures. [Null, et al, 2003] That study concludes that iatrogenic illness is actually the leading cause of death in the United States and that adverse reactions to prescription drugs are responsible for more than 300,000 deaths a year.”

The Biology of Belief by Bruce Lipton Ph.D. 2005, pp. 107-108.

Null, G., Ph.D., C. Dean, M.D. N. D., et al. (2003). *Death by Medicine*. New York, Nutrition Institute of America.

Starfield, B. (2000). “Is US Health Really the Best in the World?” *Journal of the American Medical Association* 284(4): 483-485.

A.L.L. We Need

By D. Scott Kelly

Recovery from an addiction / compulsive behavior requires three main ingredients. First, we need to **ABSTAIN** from self-defeating behaviors. As we expand our definition of health, we include more self-defeating behaviors to abstain from. The second main ingredient of recovery involves **LIFESTYLE CHANGE**. As we change our behaviors and habits to better reflect our new definition of

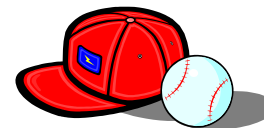
health, we find new faces and new places. The third ingredient of recovery involves **LEARNING**. Learning how to learn is a crucial skill in recovery. None of us lives long enough to learn only from our own mistakes. Learning from the experience, strength and hope of others are cornerstones of 12 step recovery. A - abstinence, L - lifestyle change, L - learning: these are the three main ingredients of recovery.

Knowledge is power. Knowledge about myself and how to live becomes self-empowering. Through our addictions we are faced with powerlessness and in our recovery, we learn how to align ourselves with higher ideals, work on cleaning up our attitudes and behaviors and then help others. Learning this template for change, we begin to apply these principles to other areas of our life and we become healthier than we could have imagined. Through learning, our whole attitude and outlook on life can change. Knowledge combined with healthier choices leads to an increase in our quality of life that was previously unimaginable.

Many of you have heard of the *placebo effect*. Some people get better when they *believe* (falsely) that they are getting medicine. Some call it the perception effect, while others refer to it as the “belief effect” because whether our belief is accurate or inaccurate, our attitudes and behavior are impacted just the same. An example of the placebo / belief effect comes from a 2002 study from the Baylor School of Medicine where they evaluated surgery for patients with severe, debilitating knee pain. The lead doctor in the study was quoted prior to the study as saying, “All good surgeons know there is no placebo effect in surgery.” But he was trying to figure out which part of the surgery was giving his patients relief. Patients in the study were divided into three groups. Damaged cartilage was shaved in the knee of one group. For another group, he flushed the knee joint, removing material thought to be causing the inflammatory effect. Both of these are considered standard treatments for arthritic knees. The third group got



BASES Teen Center is supported by Char-Em United Way (231) 487-1006



“fake” surgery. Patients were sedated, three standard incisions were made, the doctor talked and acted just as he would have during the real surgery and after 40 minutes, the doctor sewed up the incisions as if he had done the surgery. All three groups were prescribed the same postoperative care that included an exercise program. The results for the first two groups were as expected—significant improvement; however, the placebo group improved just as much as the first two groups! (*The Biology of Belief* by Lipton, 2005)

“Studies have shown the placebo effect to be powerful in treating other diseases, including asthma and Parkinson’s. In the treatment of depression, placebos are stars... eighty percent of the effect of antidepressants, as measured in clinical trials, could be attributed to the placebo effect...in more than half of the clinical trials for the six leading antidepressants, the drugs did not outperform placebo, sugar pills.” (Lipton, p.141)

“Almost every major illness that people acquire has been linked to chronic stress.” (Lipton, p.152)

Attending 12-step meetings gives us support to abstain, encouragement to change our lifestyle and opportunities to learn more from others. Attending meetings is an easy way to connect with other like-minded people. By reducing our stress, our health will improve. Doing what we believe to be “the next right thing” probably will be. Choose change - it is worth the initial discomfort and temporary struggle. New habits can be learned!

Reference: *The Biology of Belief* by Bruce Lipton, Ph.D. 2005 - www.brucelipton.com

BECOME A BASES TEAM MEMBER

NAME _____

ADDRESS _____

CITY, STATE, ZIP _____

PHONE _____ E-MAIL _____

Hall of Fame	\$10,000+
World Series Champion	\$5,000+
MVP Award	\$2,500+
Cy Young Award	\$1,000+

Perfect Game Club	\$500+
Grand Slam Club	\$250+
Home Run Club	\$100+

My gift of \$ _____



BASES Teen Center - a non-profit organization

All charitable contributions are tax deductible, IRS designation 501(c)3.
 Please make checks payable to: BASES Mail to: 208 West Lincoln, Charlevoix, MI 49720

----- Cut Here -----

What is Enabling?



One of the 3 new bookcases for internet book sales in the garage.



New sidewalk & grass at entrance.



New felt on pool table-last done '95.

Enabling usually means helping or supporting something or someone. However, in the addictive family, what's being enabled (supported) are unhealthy behavior patterns. An enabler attempts to shield the person from the full impact of the harmful consequences. An enabler helps the other person delude themselves that their behavior is not the problem. When enablers cover up, the addict doesn't realize the effects of their behavior and has little reason to change. They miss the opportunity to gain what they need the most which is insight that their behavior is the problem. Without insight, the addict will remain the victim of their behavior. Simply put, doing something for someone else that they normally would do for themselves is enabling.

Two common rationalizations in response to inappropriate behavior involves: 1) excusing the behavior as unusual but still normal, 2) excusing the behavior because it's seen as the result of another problem.

The enablers frequently become the target of blame from the unhealthy person as they attempt to avoid their own guilt and remorse through projection onto others shown by statements such as, "if you'd do _____, then I'd be okay," or "with all the pressure you put on me, of course I _____."

With these conflicts, enablers may avoid the person or situation altogether. This avoidance allows the harmful behavior to progress be-

cause the offender has no description of the behavior that strained the relationship. If the offender is closely related to the individual and avoidance is not possible, the enabler may begin to believe that they are somehow responsible for the inappropriate behavior and may do things in attempt to control the other person's behavior such as take on more responsibilities that the offender used to perform.

Breaking the cycle of enabling requires the enabler to gain knowledge and awareness about unhealthy behavior patterns. With this new awareness will come the skills that will allow the enabler to stop shielding the offender from harmful consequences of their own behavior while realizing that by doing so is not cruel nor uncaring. The enabler may be able to help the offender by talking directly about the problem and stop hiding from the issues that need to be changed. This new information may help the offender identify the seriousness of the situation. With insight, enablers and offenders can both seek appropriate help they need to lead happier and healthier lives. Many alcoholics are sober today because the enablers in their life stopped supporting their harmful behavior. If you are not supporting another's healthy behavior, are you enabling?

Based on "The Family Enablers" by Johnson Institute and Hazelden, 1987.

BASES Mission - to provide substance abuse education and treatment to teens and adults.

Did you know that parents can bring their teen to BASES and have a confidential drug test done at a lab for just \$15? The test involves a urine sample that is sent to a laboratory and we have results within three days. We also have instant tests and a breathalyzer available to know a positive or negative result for various chemicals within minutes. Breathalyzers cost \$1.00 and instant tests cost \$15.



BASES
208 W. Lincoln
Charlevoix, MI 49720

BASES Phone: 231-547-1144
Teen Center: 231-547-2298
Fax: 231-547-4970
E-mail: info@basesteencenter.org
Web-site: www.basesteencenter.org

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Medical Compliance Rates

By D. Scott Kelly

Imagine you are in the audience where I am doing a presentation to a group of people and you heard the following: "I received the results from each of your doctor's about your most recent physical exam and I've got some bad news. Everyone in here has an illness. 1/3 of you have hypertension (high blood pressure), 1/3 of you have diabetes and 1/3 of you are chemically dependent on heroin. Each of these illnesses is treatable but not curable. Each of these illnesses involves sustaining a significant change in lifestyle to assist in your recovery. Now, the question is, 'Of these three illnesses - high blood pressure, diabetes or heroin addiction - which of these would you think has the highest rate of medical treatment compliance - the basic, following the doctors orders, message?'"

The medical compliance rates for these illnesses are: diabetes = less than 30%, hypertension = less than 50%, heroin addiction = 60% compliance. Heroin addicts follow the doctors orders better than the other two!

These numbers reflect adult compliance rates - adults who have resources, skills, medical insurance, responsibilities and reasons to take care of themselves because others are counting on them.

What do you think happens to the numbers when an adolescent is told they need to do this or that to confront their medical illness?

Recovering from chemical dependency is a process that takes time and cooperation from each individual to get to a place mentally where they will help themselves by plugging into the help that is readily available to them for their specific issue.

Adult success rates one year after treatment are about 15%. In our work with teens and their families, we talk about these issues and also review the stages of change on a regular basis: a) pre-contemplation, b) contemplation, c) preparation, d) action and e) maintenance. Teens can and do get better. When educated and informed in a realistic manner, they get better sooner than later - one at a time.



BASES welcomes our new Board members
LtoR: Doug Drenth, Mary Lee Campbell, Rick Randall

Visit our web-site at:

basesteencenter.org

From our home page, you can go to our two newest pages for additional resources and info:

**Resource Links
&
Community Bulletins**

You can also access our
on-line used book sale inventory of books
or even download
12 pages of "Young People in Recovery"
that was written by Scott and teens from the program in 1999. Also, see our newest link:
a slide show tour of our facility!