

VAADAC VIEWS

Virginia Association of Alcoholism & Drug Abuse Counselors,
an affiliate of NAADAC, The Association for Addiction Professionals

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VAADAC Board

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President

Contact information:

Jennifer Johnson, President
P.O. Box 25779
Richmond, VA 23260
p: 804.527.6222
f: 804.861.5625
jjohnson@rhcc.com

www.naadac.org/va

Contact the VAADAC VIEWS Editor:

VAADACcentral@embarqmail.com

Advertising:

VAADAC VIEWS does accept advertising for publications, treatment centers, clinics, and job postings. Contact us if you are interested in advertising.

VAADAC Positions

The Board is continuing to take nominations for positions of Secretary and Board of Directors. Deadline for notifying the Board is February, 28, 2009. Interested persons, please contact VAADAC President, Jennifer Johnson at jjohnson@rhcc.com mjckjohnson@copper.net 540-564-5629

Changes in Clinical Supervisor Qualifications

The following are Virginia Board of Counseling changes in professional counseling practice regulations regarding qualification requirements of those providing clinical supervision. Under 18VAC115-20-52. Residency. "Part C. Supervisory qualifications. A person who provides supervision for a resident in professional counseling shall:

1. Document two years of post-licensure clinical experience;
2. Have received professional training in supervision, consisting of three credit hours or 4.0 quarter hours in graduate-level coursework in supervision or at least 20 hours of continuing education in supervision offered by a provider approved under 18VAC115-20-106. Persons who have provided supervision for a residency prior to September 3, 2008 shall complete such coursework or continuing education by September 3, 2010; and
3. Shall hold an active, unrestricted license as a professional counselor, marriage and family therapist, substance abuse treatment practitioner, school psychologist, clinical psychologist, clinical social worker, or psychiatrist in the jurisdiction where the supervision is being provided. At least 100 hours of the supervision shall be rendered by a licensed professional counselor." --- Direct quote taken from --- Title of Regulations: 18 VAC 15-20-10 et seq.,

Statutory

Authority: §§ 54.1-2400 and Chapter 35 of Title 54.1 of the *Code of Virginia*,
Revised Date: September 3, 2008

VAADAC Call for Award Nominations

Nominations continue to be accepted for VAADAC's 2009 Annual Awards. The awards are given in recognition of hard work, professionalism, and dedication to the field.

Nominations can be made by any member of VAADAC by submitting a nomination letter to Madeleine Dupre, the Chair of the Nominations and Elections Committee. Letters may be sent via snail mail to: Madeleine Dupre, Commonwealth Center for Children & Adolescents, P. O. Box 4000, Staunton, Va 24402, or by FAX (540) 332-2202, or via e-mail: madeleine.dupre@ccca.dmhmsas.virginia.gov.

Counselor of the Year: An active VAADAC member for the past year who is not a Board member, who has made outstanding contributions to the treatment and recovery of clients, has exceptional dedication to the field, and a high level of professionalism.

Distinguished Service Award.

A person or organization distinguished by outstanding contributions in the field of addiction and recovery (award limited to one per year). Current members of the Association Board are not eligible for nomination.

Citizen of the Year Award.

A person who has made significant contribution to the field of addiction and is not employed in addiction counseling.

Walter Kloetzli Award.

This award is in honor of Walter Kloetzli, a long time VAADAC member and past President of VAADAC, who has spent the better part of three decades advocating on behalf of addiction professionals and those in their care. His

relentless pursuit of appropriate support and recognition for substance abuse professionals has been unmatched and integral to the growth and development of VAADAC and the profession. The recipient of this award will be VAADAC member who has served at the chapter, regional or state board level and who has demonstrated extraordinary dedication in advocating for the addiction profession and VAADAC.

(This article was written by a VAADAC member.)

Around the State

Central Region

The Recovery Walk-A-Thon on September 13, 2008 in Staunton Virginia was a success. The first recovery walk in this area had approximately 70 people in attendance, and included children and teenagers, as well as adults. Plans are underway for next year's Recovery Walk-A-Thon.

On October 28, 2008 Charlotte Chapman presented Ethical and Legal Issues for Counselors. The 6 hour presentation focused on ethical dilemmas and legal concerns specific to substance abuse counseling. The ethical principles of autonomy, beneficence, competence, discretion, justice and nonmaleficence were defined.

Each was presented with one or more dilemmas and related legal issues as well as practices which support competence, practices supporting discretion, practices which support justice. "Ethical decision making process possibilities" were identified. The group divided into smaller groups to process a variety of ethical dilemmas.

Ms. Chapman provided a variety of resources for codes of ethics. Of particular interest is www.kspope.com, a site which provides links as well as articles on a variety of ethical topics and related issues. Ms. Chapman recommends having a copy of laws pertaining to counseling on hand so that this can be accessed readily, if needed.

On March 25, 2008, *Pain Management & Addiction* will be presented by Mary G. McMasters, MD. This will provide 4 hrs/4 CEUs.

The training will include:
1 hour-Basic science and epidemiology substance misuse disorders
1 hour- Basic pain medicine
1 hour- Differentiating between substance misuse disorders and chronic pain
1/2 hour- What to expect from a physician practicing safe pain medicine
1/2 hour- Treating substance misuse disorders

Registration on site is from 11:30 AM – 12 Noon, with the event taking place from 12 Noon – 4:00 PM. Attendees may bring their own lunch. The cost is free to individual members, \$40 for nonmembers and \$20 for students. The event will be held at Commonwealth Center for Children & Adolescents (CCCA), Staunton, Virginia (free on-site parking)

A preregistration flyer will be sent to members via e-mail. For further information, contact madeleine.dupre@ccca.dmhmrzas.virginia.gov

The region is planning a 6 hr presentation on the topic of Clinical Supervision with two of the hours focusing on ethics as related to clinical supervision. Check for updates at: www.naadac.org/va, under Virginia Upcoming Events. The presentation will be free to VAADAC individual members and open to nonmembers for a \$50 fee.

Southeast Region

The Recovery Month event was celebrated with two recovery events. 65 individuals attended a forum facilitated by John Haywood, CSAC, ADS, and President of the Southeast region. Recovering individuals presented a forum discussing specific recovery

issues and included individuals recovering from various drugs.

Another event provided the community with an opportunity to meet recovering persons, ask questions, and speak with a healthcare professional.

Southwest Region

Planning is underway for a presentation on Buprenorphine. The presentation will be free to VAADAC individual members and open to nonmembers for a fee. Check for updates at: www.naadac.org/va, under Virginia Upcoming Events.

Northern Region

The Northern Region is seeking individuals to represent that region and serve on the VAADAC Board or VAADAC committees.

Annual Member's Meeting

The Board is planning the Annual Member's Meeting on March 13, 2009. Cynthia Moreno Tuohy, NCAC II, CCDC III, SAP, Executive Director of NAADAC will present 5 hours/5 CEUs of conflict resolution training. In order to provide 5 hrs of training, the meeting will end at 4:00 PM.

This meeting is free to individual members of VAADAC and will be held in Williamsburg.

Passing of a Leader in Counseling

Dr. Carl Swanson died on October 24, 2008. Dr. Swanson was an exemplary leader in the field of counseling who provided guidance and support to recovering alcoholics and addicts for many years. Dr. Lennie Echterling of James Madison University in Harrisonburg, Virginia describes him as

“an exceptionally warm, empathic, genuine and sensitive person”.

Dr. Swanson had been a counselor for over thirty years. He came to Virginia in 1973 to teach at James Madison University and founded the university’s counselor education program. He also served on the faculty at Virginia Tech and Eastern Mennonite University and taught the first substance abuse counseling course offered in the Commonwealth of Virginia. He was a passionate teacher, an insightful scholar, and a steadfast and ardent promoter of the counseling profession. He produced over 300 professional presentations and publications in counseling. He was involved in historic developments that have affected the entire counseling profession and has held many leadership roles in local, state, and national counseling associations. He successfully lobbied the Virginia legislature to pass the country’s first counselor licensing law in 1976. He was instrumental in establishing the credentialing process for Virginia Certified Substance Abuse Counselors and Licensed Professional Counselors.

Dr. Swanson was also an ordained Episcopal priest. For decades he provided counseling, spiritual direction, and friendship to men and women recovering from alcoholism and drug addiction. He is well loved and respected. Countless lives have been touched by his compassion, wisdom, and commitment to helping others. Dr. Swanson will be missed.

-Article written by a VAADAC member in conjunction with Dr. Lennie Echterling.

In The News

The Newport News Adult Drug Court Treatment Program hosted a celebration of its Tenth Anniversary on Friday, October 17, 2008 at 12 noon at the

Newport News City Center Conference Facility in Town Center.

The Newport News Adult Drug Court Treatment Program was established ten years ago in October of 1998, when the City of Newport News was awarded a two year federal drug court implementation grant by the U.S. Office of Justice, Bureau of Justice Assistance as part of a competitive grant process.

The Newport News Adult Drug Court Treatment Program was the first adult drug treatment court program established on the Virginia Peninsula and is one of twenty seven operational drug treatment court programs in the Commonwealth of Virginia. The drug court service delivery model is based on best practices in addiction treatment as defined by the National Institute of Drug Abuse including readily available treatment, counseling and other behavioral therapies, and frequent drug testing to monitor any use of drugs or alcohol.

The Newport News Drug Treatment Court Program receives a great deal of community support, not only from the Seventh Judicial Circuit Courts and Commonwealth Attorney’s office, but from the City of Newport News, the Newport News Sheriff’s Department, the Newport News Public Defender’s Office, the Newport News Police Department, District 19 Probation and Parole, the Hampton-Newport News Criminal Justice Agency and the Hampton-Newport News Community Services Board. The Honorable Timothy S. Fisher presides as the drug court Judge following in the footsteps of the Honorable David F. Pugh, Chief Judge, the Honorable H. Vincent Conway, Jr., retired Judge Robert W. Curran and former Judge Verbena M. Askew, who was the first drug court Judge.

The Tenth Anniversary Celebration included a Proclamation of Recognition

presented by the Honorable Mayor Joe Frank and keynote remarks by Honorable Catherine Hammond, from the 14th Judicial Circuit and is Co-Chair of the Statewide Drug Treatment Court Advisory Committee. The event was covered by the Daily Press Newspaper. A reception followed.

-Article written by a VAADAC member.

Seven Survival Tips for the Holi-DAZE!

It’s that time of year again! Lights, wreaths, and holiday cheer fill the atmosphere. For many, familiar feelings of joy and high expectations of togetherness with friends and family surge through our being. But for others, this season is loaded with emotional triggers – painful memories, family situations, and extra demands for time, attention and money – challenges that can be difficult to manage.

For those in recovery, this season can pose a special set of challenges, which in turn lead to dysfunctional behavior. The *holidays*, the most wonderful time of the year, could transform into the *holi-daze*, the hazy, crazy, painful time of the year. But the challenges of the season do not have to be a setback!

Bridging The Gaps, a Virginia-based integrative addictions treatment facility, recommends developing a tailor-made game plan for addressing familiar & dysfunctional triggers. Here are some tips for surviving and even thriving during the holiday season.

1. Stress Less!

Get organized & stay organized. Shopping, decorating, wrapping, baking, and cleaning should be done early. Last minute errands and chores lead to stress, stress & more stress.

If you find that you can’t get something done, let go

it go – with no regrets. Set aside time to actually enjoy the season. Simply observing festivities can lift your spirit & lighten your heart.

2. Stick with the Old!

Don't take on new commitments during the season. If asked to do something that you may find too stressful, simply say, "I'm sorry. I know I won't be able to give it the attention it truly deserves. I'm focused on some other things." Allow someone else to take care of it – and *you!*

3. Embrace Support!

This time of year – more than ever – people in recovery need to be in the company of others in recovery. Social invitations should not serve as replacements or distractions. Stay focused and maintain the routine. Attend as many support group meetings as possible. Check in with a sponsor or accountability partner. Ask probing questions and learn from their experience.

4. All in the Family!

Family events can either be the greatest means of support or the catalyst for dysfunctional emotional encounters. Thinking of spending time with the family? Be sure they completely accept and support your recovery lifestyle. Uncertain? Consider avoiding the event all together. If you decide to go, consider this plan:

- Bring a “buddy” – someone who supports the recovery lifestyle.
- Use your own transportation. You can leave if a situation becomes unbearable. Thank everyone, say goodnight, and leave.
- Avoid the punch bowl or other mixed drinks. Select non-alcoholic beverages poured from its original container.
- Develop a script for saying “NO” when offered products or asked to engage in activities contrary to your recovery.

5. Avoid Ritualistic Triggers!

Identify situations that could increase stress or be a dysfunctional trigger. Write them down. For instance, if you used to drink at the neighborhood bar, that should not be the spot for a reunion with friends. If you relapsed after last year's office party, you may want to skip it or bring your “buddy.” Purge your surroundings of all alcohol and/or paraphernalia that romanticize addiction. Fill your life with products and people that celebrate staying clean & sober!

6. Take Care of Your Body!

Be sure to get enough rest, eat nutritious meals, do meditation exercises, and stay hydrated. Read labels

and watch what you eat – certain holiday foods may contain “triggers.” Rebuilding the body after the ravages of addiction is important to maintaining sobriety.

7. Count Your Blessings!

Maintain a positive attitude and choose to have a good day – every day! Hold a funeral ceremony for the past! Then take a moment to visualize your future free from the ravages of addiction. Be thankful for your support network & make a point to tell them. When questioned about recovery, celebrate the accomplishments since gaining sobriety. Staying clean & sober, just for today is reason to be proud.

If your loved one is on the path to sobriety, here are a few things to keep in mind:

- ✓ **Better Watch out!** Avoid exposing the recovering person to alcohol and substances contrary to their new lifestyle.
- ✓ **Talk about it!** Allow open discussions of feelings regarding recovery and sobriety. Celebrate their progress thus far.
- ✓ **Do not pressure** your loved one to attend events that could cause emotional discomfort.
- ✓ **Support recovery related activities** and/or invite a recovering peer to family events.
- ✓ **Make the call** – If you suspect your loved one has relapsed or is in the “danger zone” call someone in their network or an addictions hotline.

So, take a deep breath, tap into the

support network around you, and reinforce a daily determination to stay on the path to recovery or support a loved one on that journey. For information on treatment for alcoholism and other addictions, contact *Bridging The Gaps* at **866-711-1234** or www.bridgingthegaps.com

Article written by Bridging the Gaps

Highlighting VAADAC Sustaining Members

From Personal Victory To Mission

Bridging The Gaps (BTG) is a Virginia-based, integrative addictions treatment facility founded by Stan Stokes, MS, LPC, CCDC. As a recovering alcoholic himself, Stan is a “poster child” for the benefits of the integrative addictions treatment – which simultaneously addresses healing the bodies, minds, and spirits of those ravaged by the disease of addiction. It was this holistic, alternative approach that finally set him on the path to long-term sobriety and served as the catalyst for founding BTG.

In 1973 Stan checked himself into a traditional 30-day treatment program, but afterwards he continued to experience both physical and emotional symptoms of addiction. This resulted in the **all too familiar and destructive pattern – treatment, relapse, back to treatment!** After suffering for five years in this pattern, he began to conduct his own research, looking for the way to sustained recovery. Stan discovered studies that showed the link between addiction and poor nutrition, allergies, and brain imbalances. With the introduction of nutrient therapy, Stan noticed a drastic reduction in his cravings and mood swings, symptoms that are experienced by most addicts and often lead to relapse.

Out of this personal victory with this integrative approach, Stan founded Bridging The Gaps, whose mission aims to “**bridge the gaps**” between **traditional and alternative treatment approaches**. Intravenous and oral nutrient supplements are helping BTG’s clients rapidly reverse the chemical deficiencies and brain imbalance common to addicts. This nutrient therapy, along with counseling, education, and a 12-Step program, treats the “whole person” – body, mind and spirit – and gives clients the tools needed for long-term recovery.

To learn more about Bridging The Gaps and how to **become a web partner**, call 1-866-711-1234 or visit our **newly renovated website** www.bridgingthegaps.com

Reminders Submitting Articles

If you would like to submit a newspaper article or an article that you have written yourself such as articles on current topics of interest, trends in counseling, or book reviews to VAADAC VIEWS for publication, please contact VAADACcentral@embarqmail.com.

By-Lines

If you wish a by-line, please submit the article title along with your name.

Change in Your E-Mail Address

Please write Donna Croy, Director of Membership Services, at dcroy@naadac.org to update your address with NAADAC as well as VAADAC. (VAADAC will receive your address with the next NAADAC update.)

Upcoming Events

January 1, 2009

VAADAC Board Meeting

March 13, 2009

Annual Member's Meeting

Training:

Conflict Resolution

presented by

Cynthia Moreno Tuohy, NCAC II, CCDC III, SAP, Executive Director of NAADAC

5 hours/5 CEUs

Schedule:

Registration on site:

8:30-9:00 AM

Event:

(Presentation, Lunch, Awards)

9:00 Am – 4:00 PM

Cost:

Free to individual members

Location:

Marriott

50 Kingsmill Rd

Williamsburg, Va

1-757-220-2500

March 25, 2009

Training:

Pain Management & Addiction

presented by

Mary G. McMasters, MD

4 hrs/4 CEUs

Schedule:

Registration on site:

11:30 AM – 12 Noon

Event:

12 Noon – 4:00 PM,

Bring Your Own Lunch

Cost:

Free to individual members

Nonmembers: \$40

Location:

Commonwealth Center for Children

& Adolescents (CCCA)

Staunton, Virginia (free on-site parking)

Pregistration flyer will be sent
via e-mail later.

May 15- 16, 2009

Annual Board Retreat

July 20-22, 2009

**Virginia Summer Institute for Addiction
Studies at William & Mary,
Williamsburg**

Prevention, Intervention & Treatment of
Co-Occurring Addictions: Substance Use
Disorders & Process Addictions

VAADAC 2008 Sustaining Members

**Alliance for the Prevention and
Treatment of Nicotine Addiction**

Janis Dauer

3557 Chesapeake Blvd. #1

Norfolk, VA 23513

757-858-9934

757-858-8464 Fax

jdauer@aptna.org

Bridging the Gaps, Inc.

Stan Stokes

423 W Cork Street

Winchester, VA 23601

540-535-1111

540-450-1205 FAX

Stan.stokes@bridgingthegaps.com

Eastern Shore CSB

Shenay Wharton

19056 Greenbush Road – PO Box 1330

Parksley, VA 23421

757-665-1260

757-665-4184 FAX

swharton@escsb.org

Fairfax-Falls Church

Will Williams

3900 Jermantown Road

Fairfax, VA 22030

Will.williams@fairfaxcounty.gov

Father Martin's Ashley

Ernie LeClerc

2052 Columbo Avenue

Chesapeake, VA 23321

757-651-7449

757-465-0315 FAX

Ernielec@cox.net

Gemeinschaft Home, Inc.

Jennie S. Amison, Executive Director

1423 Mt. Clinton Pike

Harrisonburg, VA 22802

540-434-1690
540-432-9479 FAX
jennia@gemeinschafthome.com

VAADAC 2008 Sustaining Members

Goochland-Powhatan Community Services

Bill Desmond
3910 Old Buckingham Road
Powhatan, VA 23139
804-598-2200
804-598-8710 FAX
bdesmond@co.goochland.va.us

Hallmark Youthcare - Richmond

Shannon Allen/Dir. Bus. Devel./Com. Relations
12800 West Creek Parkway
Richmond, VA 23238
804-784-2200
804-784-5331 FAX
Shannon.allen@hallmarksystems.com

Hampton-Newport News CSB

Patty Gilbertson
300 Medical Drive
Hampton, VA 23666
757-788-0300
757-788-0967 Fax
pattyg@hnnscsb.org

Harrison House of Virginia

Steve Crow
5105-Q Backlick Road
Annandale, VA 22003
703-256-6474
703-256-1596 FAX
hhouse5105@aol.com

Inova Comprehensive Addiction Treatment Services

Joseph Dowd, Program Director
3300 Gallows Road
Falls Church, VA 22042
703-776-7742
703-776-7799
Joseph.Dowd@inova.com

Pathways/Centra Health

Brent McCraw
3300 Rivermont Avenue
Lynchburg, VA 24503-2053
434-947-4455
434-947-7467 FAX
Brent.mccraw@centrahealth.com

Life Recovery Program

Rockingham Recovery Hospital

Jennifer Johnson, Coordinator
235 Cantrell Avenue
Harrisonburg, VA 22801
540-564-5629
540-564-5823 FAX
jjohnson@rhcc.com

Riverside Behavioral Health Center

Cynthia Cotton
2244 Executive Drive
Hampton, VA 23666
757-827-1001
757-827-3161 FAX
vonnie.james@Rivhs.com

SAARA of Virginia, Inc.

Mark Blackwell, Executive Director
306 Turner Road, Suite P
Richmond, VA 23225
804-762-4445
804-762-4333 Fax
director@saara.org

VA Health Practitioners' Intervention Program

VCU Department of Psychiatry

Dr. Patricia Pade; Contact: Caroline Brown
700 E Franklin Street, Suite 300 Tower
Richmond, VA 23219
804-828-1551
804-828-5386 FAX
papade@vcu.edu

Virginia Hospital Center

Addiction Treatment Program

Kitty Harold, RN, LCSW
1701 N. George Mason Drive
Arlington, VA 22205
703-558-6314
703-558-6771 FAX
kharold@virginiahospitalcenter.com

VAADAC 2008 Sustaining Members

Western Tidewater CSB

Joe Sascowicz
5268 Godwin Blvd.
Suffolk, VA 23434
757-255-7123
757-255-7162 FAX
jsciscowicz@wtcsb.org

Williamsburg Place & The Wm. J. Farley Center

Gina de Peralta Thorne
5477 Mooretown Road
Williamsburg, VA 23188
(757) 565-0106
(757) 565-0620
gthorne@farleycenter.com