

# VAADAC VIEWS

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

Volume 25 No 5  
Winter 2013

## VAADAC Board

John Savides	President
Patrice Porter	President Elect
Ebony Stockton	Secretary
Ron Mills	Treasurer
David Semanco	Northern President
Ebony Stockton	Southeast President
Patrice Porter	Central President
Paul Harmon	Central President
Paul Harmon	Central Reg. Treasurer
Lou Argow	Delegate At Large
Ron Pritchard	Delegate At Large
John Haywood	Delegate At Large
Denise Cooper	Delegate At Large
Caroline Thompson	Delegate At Large
Bianca Waechter	Student Member

### Contact information:

John Savides, President  
Phone: (434) 996-3475  
Email: [2popavides@gmail.com](mailto:2popavides@gmail.com)

### VAADAC Web Address:

[www.naadac.org/va](http://www.naadac.org/va)

### Contact the VAADAC VIEWS Editor,

Denise Cooper:  
[Cooperd@rbha.org](mailto:Cooperd@rbha.org)

### Advertising:

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

## Letter From ... ...The Editor

Thank you to the VAADAC membership and the Board of Directors for the wonderful opportunity of being your VAADAC VIEWS newsletter editor. I would like to share with you my vision for your newsletter and personally extend an invitation for your engagement.

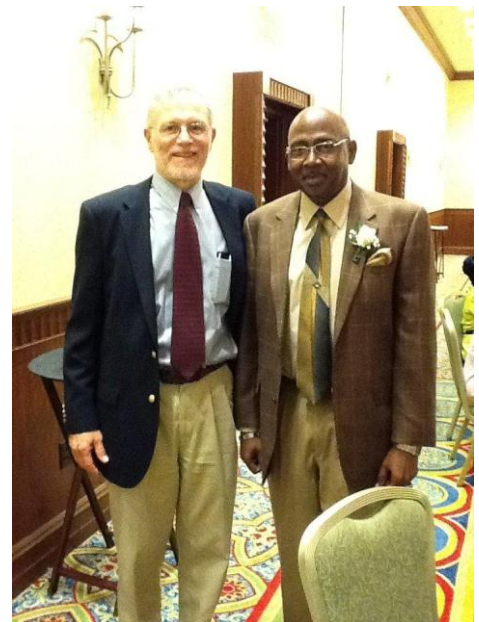
The VAADAC BOD and I know that there are many people within our membership providing wonderful services in behavioral health throughout their communities. What we do not know is whether or not these wonderful professionals are receiving recognition for their work. It benefits the membership to know that you were promoted, received an award, have published an article and/or have beneficial knowledge to share with the rest of us.

I want to know what is going on in your part of the world-be it an article you had published, an award you received or an idea for the newsletter. This is your newsletter – meant to keep you informed of what’s happening within the VAADAC body of membership and our profession. Your input is crucial to the continuing support, encouragement and enlightenment of others.

I want your “voice” to be heard in your newsletter. Feel free to send me ideas and articles to [cooperd@rbha.org](mailto:cooperd@rbha.org). I look forward to hearing from you soon!

Denise Cooper, LSATP, CRC, MAC

## First Recipient of the Patti L. Gilbertson Excellence in Service Award



Fred Gilbertson and John Haywood

**John F. Haywood** was selected as the first recipient of the inaugural Patti L. Gilbertson Excellence in Service Award in November 2012. The Patti L. Gilbertson Excellence in Service Award is given each year to a Hampton-Newport News Community Services Board employee who exemplifies the essence of service to others and commitment to the mission of the Hampton-Newport News Community Services Board. This award is dedicated to the memory of Patti L. Gilbertson, a longtime employee and advocate for behavioral

healthcare in the Commonwealth.

John was nominated by his peers and a committee, representing the employees of the Board, the Board of Directors and the Consumer and Family Member Advisory Council, made the final selection of him as the recipient of this prestigious award. His selection for this honor speaks highly of the value of his service and the dedication he has given the Hampton-Newport News Community Services Board and the individuals we serve. We congratulate John on his receipt of this award!

## Motivation Needed -

The need for motivation is a major but overemphasized element in success measures for substance abuse treatment programs. It is not always the key element for positive treatment outcomes. We can only ask ourselves of the people we see, how many are truly committed to change and recovery? Is it the chicken or the egg?

The 2006 National Survey on Drug Use and Health estimated that more than 20 million Americans older than 12 years were classified as having a substance abuse and/or dependence problem with alcohol or other drugs (AOD) within the past month. This represents around 8.5 percent of the total population (National Survey of Drug Use and Health, 2006). But the problem is not just the number of Americans with a drug and/or alcohol problem—it is their motivation level, which often prevents them from obtaining readily available treatment. Research has determined that only around 4.0 million, or 1.6 percent with substance abusing problems, will seek some form of voluntary treatment (National Survey of Drug Use and Health, 2006). These numbers show that many people affected by the disease is often less than motivated

for recovery. They may very well know there is a problem, but making a change is difficult without proper motivation.

Substance abuse treatment programs have clearly been shown to be more effective than no treatment at all (St. Gerard, 2004). Additionally, savings in medical expenses for treated substance abusers are much greater than the cost of treatment. However, abstinence rates of only 20 percent to 30 percent one year after treatment for alcohol and other types of substance abuse are typical, and most relapses occur within 3 months of beginning some form of treatment services (Hunsicker, 2006).

In an article detailing the research on motivation versus need for treatment among substance abusing consumers, Ashworth (2006), discusses motivation as an important element for successful outcomes in treatment. Motivation, however, is not always the key element for treatment services. Most consumers are “led to treatment” by other factors such as family, friends, employer, legal coercion, and/or the local Department of Social Service referrals, and motivation per say is not a major reason for treatment (Ashworth, 2006).

Substance abusing consumers encompass all populations and socioeconomic backgrounds. Meeting our clients where they are is essential, but so is seeking them out and appreciating where they have been. The reduction and or abstinence of any substance between entering and exiting a treatment program should assist in defining successful completion. As treatment providers, positive treatment results are truly what make a program successful regardless of the referral source. Overall, success is getting people to the level of sobriety that they can manage.

Michael Hayter, LCSW, CSAC, SAP  
Contributor

## Peer Recovery Corner

### Differences

*Please note* that while the approach, methods, scope of services and emphasis differs between peers/recovery supports, 12 step programs and professional services (counseling/treatment), the goal and problems they address are the same.

Some of the differences between the aforementioned entities are as follows -

Recovery coaches do not provide counseling – individuals are referred to a therapist when seeking relief from emotional or psychological pain.

Recovery coaches assist with job searches & qualifying for entitlements – mutual support groups and sponsorship do not.

Recovery coaches do not give advice – they are partners with the client in getting them to think and map out their recovery; focus on the present and not the past.

Recovery coaches do not do 12 –step work with clients as sponsors do.

Recovery coaches/peer supports reinforce involvement with professionals and mutual support groups.

There are also differences in funding sources for peer support services than for therapeutic services and 12 step groups.



---

## Reminders

### Submitting Articles

Articles submitted may be edited for length and content. The maximum length of submitted articles is three-quarters of a page, single spaced. The editor reserves the right to publish only articles which relate to the VAADAC's mission.

Articles will not be printed with a recovering person's name, identifying data, or photograph without the person's written permission submitted to the editor with the related article. The name of treatment facilities or providers will not be printed.

If you wish a by-line, submit your name and credentials as you wish it to be published. If desired, your e-mail address can also be listed.

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, contact the editor, **Denise Cooper at: [Cooperd@RBHA.org](mailto:Cooperd@RBHA.org)**

### Article Submission Deadlines

#### **February 15, 2013**

##### **Deadline 5 PM:**

Article submission for the Spring Edition,  
VAADAC VIEWS

#### **April 15, 2013**

##### **Deadline 5 PM:**

Article submission for the Summer Edition,  
VAADAC VIEWS

#### **September 13, 2013**

##### **Deadline 5 PM:**

Article submission for the Fall Edition,  
VAADAC VIEWS

#### **November 1, 2013**

##### **Deadline 5 PM:**

Article submission for the Winter Edition,  
VAADAC VIEWS

### Update Your Colleagues

Have you received a professional award? Do you know a VAADAC member who has received a professional award? Please send VAADAC Views this information so that the accomplishments of our members do not go unrecognized. We want your peers to know your success!

### Change in Your E-Mail Address

E-blasts to VAADAC members about VAADAC trainings and other events are performed by NAADAC, who maintains the VAADAC membership list. If you need to change your e-mail address, please write Autumn Kramer, Director of Membership Services, at: [akramer@naadac.org](mailto:akramer@naadac.org)

### Free CE's

VAADAC members can get free and low cost continuing education for your professional development, certification and licensure renewals from NAADAC. The NAADAC Institute continuing education is designed to match your needs and your schedule. Earn CEs from your home, online or in

face-to-face seminars. More information is available at: [naadac.org](http://naadac.org)

## VAADAC Upcoming Events

### **Hope You Registered! Members Meeting – March 15, 2013**

Hilton Garden Inn  
Fredericksburg, VA.22401

### **July 15 -17, 2012**

#### **Virginia Summer Institute for Addictions Studies**

"Concepts of Addiction Treatment: Untangling the Knot" Three full days of knowledge and contact hours! For more information visit [www.vsias.org](http://www.vsias.org)



BOD members John Savides, President, and Ron Pritchard, Delegate At Large, enjoying an Annual Members Meeting.



VAADAC members partaking of the delectables at an Annual Meeting.

---

## VAADAC Sustaining Membership

### Alliance for the Prevention and Treatment of Nicotine Addiction (APTNA)

3557 Chesapeake Blvd #1  
Norfolk, Va. 23513  
Janis Dauer  
Ph 757-858-9934  
Fax 757-858-8464  
[jdauer@aptna.org](mailto:jdauer@aptna.org)

### Barry Robinson Center/St. Brendan's Harbor

443 Kempsville Road  
Norfolk, Va. 23502  
Grey Martin or Betty Selph  
Ph 757-455-6177  
Fax 757-455-6127  
[gmartin@barryrobinson.org](mailto:gmartin@barryrobinson.org)  
[bselph@barryrobinson.org](mailto:bselph@barryrobinson.org)

### Bridging The Gaps Integrative Addiction Treatment

423 West Cork Street  
Winchester, Va. 22601  
David Semanco  
Ph. 540-535-1111  
Fax 540-450-1205  
[dsemanco@bridgingthegaps.com](mailto:dsemanco@bridgingthegaps.com)

### Caron Treatment Centers

Jerri Shannon  
16 Lighthouse Drive  
Hampton, Va. 23664  
Ph. 757-876-5640  
[jshannon@caron.org](mailto:jshannon@caron.org)

### Centra Mental Health Services

3300 Rivermont Avenue  
Lynchburg, VA 24503  
Anne Marie Jones  
Ph. 434-200-4446  
[annemarie.jones@CentraHealth.com](mailto:annemarie.jones@CentraHealth.com)

### Farley Center at Williamsburg Place

5477 Mooretown Road  
Williamsburg, Va. 23188  
Gina Thorne  
Ph. 800-582-0106  
Fax 757-565-0620  
[gthorne@farleycenter.com](mailto:gthorne@farleycenter.com)

### Harrison House of Virginia

5105-Q Backlick Road  
Annandale, Va. 22003  
Steve Crow  
Ph. 703-256-6474  
Fax 703-256-1596  
[Hhouse5105@aol.com](mailto:Hhouse5105@aol.com)

### Hampton – Newport News Community Services Board

230 25<sup>th</sup> Street  
Newport News, Virginia 23607  
Sherry Glasgow  
Gloria Eley-Epps  
Ph. 757-247-2370  
Fax 757-247-2375  
[sglasgow@hnnncsb.org](mailto:sglasgow@hnnncsb.org)  
[geley@hnnncsb.org](mailto:geley@hnnncsb.org)

### Human Resources, Inc.

15 West Cary Street  
Richmond, Va. 23220-5609  
Karen Muscava Rose  
Ph. 804-644-4636  
Fax 804-648-4301  
[karenr@hricorp.org](mailto:karenr@hricorp.org)

### Integrative Music Institute

1008 E Jefferson Street  
Charlottesville, Va. 22902  
Cara Maranucci, LPC  
Ph. 434-960-2327  
Fax 434-296-0068  
[cara@caramarinuccilpc.com](mailto:cara@caramarinuccilpc.com)

### Pathways Treatment Center

3300 Rivermont Avenue  
Lynchburg, VA 24503  
Brent McCraw  
Ph. 434-200-4796  
Fax 434-200-7467  
[Brent.McCraw@CentraHealth.com](mailto:Brent.McCraw@CentraHealth.com)

### Phoenix House of the Mid-Atlantic

521 North Quincy Street  
Arlington, VA 22203  
Patricia Schneeman  
Ph. 703-841-0703 X93084  
Fax 703-243-7956  
[pschneeman@phoenixhouse.org](mailto:pschneeman@phoenixhouse.org)

### The Recovery Center of Northern Virginia

Herndon Office  
459-A Carlisle Dr.  
Herndon, VA 20170  
Ph. 703-464-5122  
Fax 703-464-5822  
Leesburg Office  
101 Loudoun St. SE  
Leesburg, VA 20175  
703-669-3103  
Desi Farren, Executive Director  
[desifarren222@gmail.com](mailto:desifarren222@gmail.com)

### Recovery Choice

#### Augusta Behavioral Health

79 N. Medical Park Drive  
Fishersville, VA 22939  
Clarissa A. Wood, LCSW  
Ph. 540-213-2525  
Fax 540-941-2555  
[cwood@augustahealth.com](mailto:cwood@augustahealth.com)

### SAARA of Virginia

306 Turner Road, Suite P  
Richmond, VA 23225  
Mark Blackwell  
Ph. 804-762-4445  
Fax 804-762-4333  
[markb@saaracenter.org](mailto:markb@saaracenter.org)

### Virginia Health Practitioners' Monitoring Program (HPMP)

700 East Franklin Street  
Suite 300 Tower  
Richmond, Va. 23219  
Penelope Ziegler, MD  
Ph. 804-828-1551  
Fax 804-828-5386  
[ppziegle@vcu.edu](mailto:ppziegle@vcu.edu)

### Wilmington Treatment Center

CRC Health Group  
2520 Troy Drive  
Wilmington, NC 28401  
Mandy Anderson-Ille  
Phone 910-815-3337  
Fax 910-762-7966  
[manderson@crchealth.com](mailto:manderson@crchealth.com)