

New Orleans Addiction Professional Association News

Harvest Time Fall 2012 3rd Annual Workshop

Volume 2, Issue 1

District #1

January 2013

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“The Vicious Cycle of Stress and Addiction”

News Summary

Harvey, LA, 10.27.2012

NOAPA Supports the Addiction Professionals Community

The District 1 Educational Institute hosted the 3rd Annual professional development workshop for Addiction and Prevention Professionals titled

“The Vicious Cycle of Stress and Addiction”.

Addiction professionals were able to engage in and leave the workshop with a basic overview of the following:
A systematic overview of alcohol, suicide and stress, The psychological creation of ad-

diction and distress and The addiction process and the necessary ingredients for a true addiction diagnosis

The Presenters were Rochelle Head-Dunham, MD, Board Certified in both Adult Psychiatry and Addiction Psychiatry by the American Board of Psychiatry and Neurology (ABPN) applied within standards of care in the treatment of co-occurring mental illness and addictive disorders and

Dr. Arnold James, Ph.D., Clinical Psychology, Consultant, Trainer, Behavioral Health Director – Acute and Special Populations, Psychotherapist, Clinical Researcher and

Published Author within the scope of Human Relations and Addictive Disorders.



PROFESSIONAL DEVELOPMENT WORKSHOPS

Harvey, LA

09.29.2012

Mr. Martin Thibodeaux, CCS, LAC presented on the topic of Basics of Addiction treatment—Addiction 101

The History (morals, deficits, incarceration) components of a disease, characteristics of addiction, stages of addiction, the Go-System (triggers) the Stop System, and stages of change (the trans-theoretical model) described the process and phases of treatment in the addiction cycle.

“A positive, productive and effective impact goes a long way in these tough times”

November Bowling Fundraiser

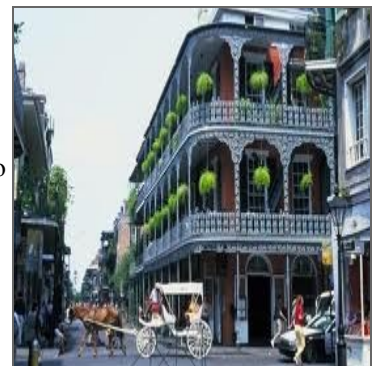
The Bowling Fundraiser “Pinning for Recovery” was a fun and exciting event taking place on November 17, 2012 from 7 - 9:30 p.m. at the Carrollton area Rock N Bowl!

The fundraiser pitted “teams” composed of NOAPA members and volunteers. NOAPA would like to thank and extend sincere appreciation as the fundraiser relied on the foundational enhancement of five (5) NOAPA members who committed to forming the bowling teams.

These team captains were responsible for collecting funds and submitting them to

the treasurer; Ms. Trichell Dumas, Rev. Gwendolyn Cotton, Ms. Shaneeka Harrison, Ms. Undrella Perkins and Ms. Andrea Lee

These especially outstanding professionals came together, demonstrated a united front, and built strength with numbers of support.



First-ever credential for interventionists will debut by spring

December 5, 2012 by Gary A. Enos, Editor—Addiction Professional Magazine



"That's our new mission statement."

**"Objectives,
proposals,
and
Procedures
for direction
are
welcome.."**

"It is the mission of the New Orleans Addiction Professional Association to provide quality services to meet the educational need of all Addiction Professionals through: networking, public awareness, motivational speakers, discussion groups, continuing education, and leadership in education without limitations."

Interventionists, long referred to as the last group of addiction professionals operating in a fully non-credentialed and unregulated environment, should by next spring have the opportunity to receive a professional certification in a manner similar to what addiction counselors and other professionals have available. A "Certified Intervention Professional" (CIP) credential should be formally introduced to the field by March 2013, say architects of the plan to professionalize the role of interventionists and to create an oversight mechanism. The Pennsylvania Certification Board, the entity that offers professional certification for addiction counselors in Pennsylvania, will administer the CIP process, but the credential will be available nationally to all individuals who can demonstrate expertise in the competencies associated with intervention.

Carol Lawyer, an interventionist based outside of Philadelphia and one of the key planners of this effort, says the idea to move in this direction grew out of observations that some interventionists were touting professional credentials that essentially had no meaning, because these individuals simply had been sold an acronym with no organizational teeth behind it.

"Some people were out there selling fraudulent credentials—it was pretty upsetting to me," says Lawyer. "I feel a lot of people can be harmed by individuals who do not have the appropriate background to deal with families and crisis situations." Rebecca J. Flood, CEO of the New Directions for Women treatment facility in California and board president of the Association of Intervention Specialists (AIS), says she and others often refer to interventionists as "the last of the cowboys" on an unregulated frontier. "There are no state licensing requirements, and insurance doesn't pay for the services," Flood says. "We have been left to police ourselves, and set our own standards."

A handle on the numbers—As a result, while AIS's ranks number around 200, some observers estimate that probably at least 500 individuals across the country market themselves as interventionists, offering their services at any number of payment rates and at a time when desperate families can feel particularly vulnerable to a sales pitch. "I often get correspondence from people I don't know, not only advertising themselves but also saying that they do training," says Lawyer. Adding to the sense of urgency about professionalizing the field, says Mary Jo Mather, executive director of the Pennsylvania Certification Board, is the higher profile that intervention has gained with the general public in recent years. "Good, bad or indifferent, intervention has made it to television," Mather says, referring both to ongoing TV series and periodic attention to the latest celebrity to become the target of an intervention. Mather, who also is executive director of the International Certification and Reciprocity Consortium (IC&RC), says that one desirable byproduct of a credentialing process is that "credentialing does better identify your workforce."

Procedural issues

After AIS and the Pennsylvania board agreed in 2011 to collaborate on establishing a credential, the groups brought together subject matter experts for an analysis of the working roles of an interventionist. They then forwarded information about these content domains to the field for comments. The finalized domains are referred to as pre-intervention, intervention, post-intervention, and professional and ethical responsibility, with relevant tasks listed under each. The professional standards for a CIP that grew out of these discussions outline the experience and educational background required for certification. Experience standards are listed on a scale based on education attainment, with 1,000 hours of experience required of a doctorate holder and 6,000 hours required of someone with a high school degree or equivalency only. Education and supervision requirements are structured similarly, with a range of 80 to 270 relevant hours of education (six hours must be specific to ethics training for intervention) and 60 to 200 hours of supervision (no supervision is required for an individual with a doctorate).

Organizers are now in the process of refining the written exam component of the CIP. Mather says the computer-based exam will consist of 100 questions. For six months after the credential becomes available, intervention professionals will be able to avoid the exam requirement (but no other requirements) during a grandparenting phase for the CIP.

Lawyer says of her expectations for her interventionist colleagues, "I think most of our members will pursue [the credential]. I think it's that important to us." While pursuing the certification will be voluntary, of course, receiving it will commit individuals to signing off on a code of conduct, which in turn could give families some form of recourse if they feel they have been harmed by the actions of a certified interventionist.

"This credential speaks directly to consumer protection, which is what credentialing is all about," says Mather.

For more information about the Certified Intervention Professional credential, contact the Pennsylvania Certification Board at (717) 540-4455 or info@pacertboard.org.

Community News

Faces and Voices of Recovery
www.facesandvoicesofrecovery.org

Sober 24
Www.sober24.com

Alcohol Screening
www.alcohol screening.org

Drugscreening.org
www.drug screening.org

RethinkingDrinking.niaaa.nih.gov

Nida-Need resources for medical
and health professionals

SAMSHA sponsored Buprenorphine
Physician clinical support system.

Smart Recovery
www.smartrecovery.org
Alcoholics Anonymous
www.aa.org

Narcotics Anonymous
www.na.org

The Addiction project (by
HBO)
www.hbo.com/addiction/

National Association for Chil-
dren of Alcoholics
www.nacoa.org

Oxford House, Inc.
www.oxfordhouse.org

Nar-Anon/Narateen

www.naranon.com

Teen Challenge International
www.teenchallenge.com
Al-Anon/Alateen
www.al-anon.alateen.org

Association of Recovery
Schools
www.recoveryschools.org

Adult Children of Alcoholics
www.adultchildren.org

New Orleans Addiction Professional
Association, Inc. District 1
Post Office Box 116
Harvey, LA 70059

**“Humility is
not thinking
less of
yourself, It is
thinking of
yourself
less.”
AA Slogan**

Treatment Works

Detoxing and Cannabis

Detoxing is the way in which your body gets rid of the toxins accumulated from years of using. It happens the first few days or weeks after stopping habitual use or getting clean and sober. It is also the onset of getting used to dealing with reality and coping with genuine feelings without a numbing agent.

Can there be physical effects from quitting marijuana?

In spite of numerous years of being told that there are no physiological effects from cannabis, many persons in recovery have had definite withdrawal symptoms. Whether physical or psychological, the results are physical. Others have just had emotional and mental changes.

Why do some effects last so long?

THC – tetra-hydro-cannabinol (the active chemical in cannabis) is stored in the fat cells and therefore takes longer to fully clear the body. This means that some parts of the body still retain THC even after a couple of months, rather than just the couple of days or weeks for water soluble drugs.

Can this affect a drug test?

Some individuals have shown that if you quit Cannabis and expect to take a drug test you should not go on a crash diet at the same time. Fasting, or a crash diet, can release the THC into the bloodstream very rapidly and can give a positive reading.

What are some of the more common symptoms?

By far the most common

symptom of withdrawal is insomnia. This can last from a few nights of practically no sleep at all, up to a few months of occasional sleeplessness. The next most common symptom is depression (that is, if you're not euphoric), and next are nightmares and vivid dreams. Cannabis tends to dampen the dreaming mechanism, so that when you do get clean the dreams come back with a crash. The fourth most common symptom is anger. This can range from a slow burning rage to constant irritability to sudden bursts of anger when least expected: anger at the world, anger at loved ones, anger at one-self, anger at being an addict and having to get clean.

**Marijuana Anonymous
World Services
P.O. Box 2912
Van Nuys, CA 91404
Toll Free: 1-800-766-6779**

**“Treatment
Works”**



District 1 comprises

Metropolitan New Orleans
Jefferson, Orleans, St. Bernard &
Plaquemines Parishes

Florida Parishes
Livingston, St. Tammany Tangipahoa
& Washington

River Parishes
St. John, St. Charles & St. James

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Trichell M. Dumas
Travis Johnson

District 1

Newsletter Editor Correction

Due to the publishing deadline—the Fall Quarterly Newsletter posted incorrect advertisement pricing.

The Correct Pricing for advertisement space in the quarterly NOAPA newsletter is distributed as

Full Page: \$100.00

Half Page: \$75.00

1/4 Page \$50.00

1/8 Page: \$35.00

Card Size: \$20.00

Upcoming Events

New Orleans Addiction Professional Association, Inc.
January Meeting—Saturday January 26, 2012 10:00 a.m.
White Dove Fellowship, 3600 Manhattan Boulevard
Harvey, LA 70058

New Orleans Addiction Professional
Association
District 1

For more information about NOAPA
Contact

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The Website is under renovation!

noapadistrict1.com

Any Comments, Suggestions, Articles,
Pics or “Your Idea for a Vision” to pub-
lish?

Send to noapadistrict1@yahoo.com

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