



# McDowell County FACES Newsletter

## The FACES of HOPE

August, 2013

facesfrn.com

email: facesfrn@yahoo.com



### AVAILABLE WORKSHOPS

#### Children's Home Society

Forever Families Community Center,  
Northfork, WV

Car Wash and Bake Sale

August 3, 2013

11:00 am—3:00 pm

Donations Only

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#### Brushy Fork 2013 Annual Institute: September 17-20, 2013 Shared experience. Diverse perspectives. Engaged citizens.

The Brushy Fork Annual Institute is a three-day training event featuring hands-on workshop tracks and informative plenary sessions presented by nationally-known experts. The Annual Institute is hosted each September on the beautiful campus of Berea College, just off I-75 in Central Kentucky. Our event brings together citizen leaders from all across Appalachia who serve as catalysts for community transformation to work and learn together and to participate in creating a more prosperous future for our Appalachian communities.

By attending the Annual Institute, you will:

- Join a group of inspired leaders who are making a positive difference throughout Appalachia.
  - Expand your network of contacts and gather resources for turning your ideas into reality.
- Acquire hands-on skills to meet your

community's challenges and needs. To learn more about this event, please use the navigation panel to the left. If you would like to be added to our mailing list so that you will receive more specific information, please complete our [information form](#).

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#### HIV & Hepatitis in WV- What ADC's & Other Behavioral Health Professionals Need to Know

Friday August 16, 2013 from 8:30 AM  
to 4:00 PM EDT

First Presbyterian Church  
1341 Juliana Street  
Parkersburg, WV 26201

Join us for two sessions in Parkersburg  
on Friday August 16, 2013.

The first session is about HIV/AIDS in WV. This session will help behavioral health professionals (substance abuse and mental health) and health professionals understand the current state of HIV/AIDS transmission and risk factors and the rates in WV. We will also focus on the role of substance use disorders with HIV/AIDS and information specific to the rates of these conditions in West Virginia. Session one will be from 8:30am-12

Noon. Cost for session one is \$30 for WVAADC members and \$45 for non members. Cost for both sessions for members is \$60 and non members \$90. <http://www.naadac.org/membership/join>

The second session is about Hepatitis in WV. This session will help behavioral health professionals (substance

abuse and mental health) and health professionals understand the current state of Hepatitis transmission and risk factors and the rates in WV. We will also focus on the role of substance use disorders with Hepatitis and information specific to the rates in WV. Session two will be from 12:45-4pm. Cost for session two is \$30 for WVAADC members and \$45 for non members.

We will be discussing local (state) policies and resources for testing and treatment in each session. Presenter Laura Safford-Cathers Ph.D (c) is a research associate & HIV program coordinator at Virginia Commonwealth University Institute for Drug and Alcohol Studies and brings a wealth of knowledge about HIV/AIDS & Hepatitis. 3 ce's will be awarded for each session for addictions, credit approval is pending for LPC, Social Work, Psychology and Nursing.

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#### Student Resource Center Planning Meeting

August 8, 2013  
10:00 a.m.

FACES Community Room—25  
Bank Street

Opportunity for providers of services to complete initial planning for the Student Resource Centers we are working on for both high schools. If you wish to be involved or participate in this process, contact Kathie Whitt at 304-436-5255 or facesfrn@yahoo.com

## Estimating the Prevalence of Opioid Diversion by “Doctor Shoppers” in the United States

Almost one percent of all buyers of addictive pain medications in the U.S. were estimated to be “doctor shoppers” who bought large amounts, presumably for illicit use, according to a study from Abt Associates published today in the journal *PLOS ONE*.



One out of every 143 patients who purchased opioid painkillers from retail pharmacies in 2008 received a suspiciously large number of prescriptions from multiple prescribers — an average of 32 prescriptions from 10 different doctors.

Although they constituted a small portion of patients prescribed opioids, they purchased an estimated 4.3 million prescriptions, or almost 2 percent of all prescriptions for highly controlled opioids, amounting to about 4 percent of all opioids by weight.

Abuse of prescription opioids — commonly known as painkillers — is linked to rising numbers of overdose deaths and admissions to emergency departments and treatment facilities. In the absence of adequate patient information systems, individuals can go “doctor shopping” to get excessive quantities of drugs for their own use and abuse as well as for selling to oth-

ers.

Researchers Douglas McDonald and Kenneth Carlson of Abt Associates examined a nationwide sample of 146.1 million opioid prescriptions dispensed during 2008 by 76 percent of U.S. retail pharmacies.

Although getting prescriptions from several different physicians may signal dangerously uncoordinated care rather than fraud, researchers said that most “patients” who get an average of 32 prescriptions from nearly a dozen different doctors in one year are probably deceiving their prescribers rather than receiving badly coordinated care for legitimate medical conditions.

States have created prescription drug monitoring programs to collect sales records of drugs that pose a high risk of abuse, but many physicians do not access these prescrip-

tion histories before writing patients’ prescriptions.

“Physicians and other healthcare providers are the front lines of defense against deceptive patients who use these drugs for non-medical purposes, but many of them lack the time and the tools to de-

termine if a patient is abusing opioids,” said Douglas McDonald, the study’s lead author.

The researchers write that physicians could prevent doctor shopping by screening new patients for their risk of abuse and by monitoring patients’ adherence to prescribed treatments. Moreover, they recommend that prescription monitoring programs and insurers scan prescription data to flag purchasing patterns indicative of possible doctor shopping and then alert physicians and pharmacists about these patients.

The study, “Estimating the Prevalence of Opioid Diversion by “Doctor Shoppers” in the United States,” was funded by the National Institute on Drug Abuse and is available online at PLOS ONE: <http://dx.plos.org/10.1371/journal.pone.0069241>.

# TEENS AND OVER THE COUNTER COUGH MEDICINE

**Calling all advocates!** 1 in 20 teens abuse over-the-counter cough medicine to get high. You make a difference in the fight to protect minors from medicine abuse. CADCA's partner the Consumer Healthcare Products Association (CHPA) and its campaign Stop Medicine Abuse have a new tool to link you directly to your elected officials! Click here to ask your U.S. senators to co-sponsor the Preventing Abuse of Cough Treatments (PACT) Act (S.644).

While millions of Americans every year safely rely on OTC cough medicines containing dextromethorphan (DXM) to relieve their cough symptoms, abusers ingest excessive amounts of DXM to get

high – sometimes 25 times or more the recommended dose of these medicines. This means some teens ingest multiple packages of pills or bottles of liquid OTC cough medicines. Slang terms for DXM abuse include “triple c’s,” “robotripping,” “skittling,” and “dexing.” Many teens say they abuse this medicine because it is easy to get –



they can take it from a home medicine cabinet or purchase it themselves.

Passage of a national law to limit teen access would be a powerful tool in the fight to prevent teen cough medicine abuse. The Preventing Access to Cough Treatments (PACT) Act (S. 644), introduced by Senators Bob Casey (D-PA) and Lisa Murkowski (R-AK), would prohibit those under 18 from purchasing these medicines and would ensure that only legitimate entities can buy raw, unfinished (bulk) DXM.

Visit the Stop Medicine Abuse Legislative Action Center for more information at [stopmedicineabuse.org](http://stopmedicineabuse.org).

## RESOURCES

### Substance Abuse Resource Directory: Southern West Virginia

A project of Community Connections, Inc., and distributed through McDowell County FACES and the Prevention Without Borders Partners. This directory includes:

1. Signs of Drug Abuse
2. Prevention
3. Early intervention
4. Treatment
5. Recovery
6. General information about drug use and abuse
7. WV Quit Line Numbers

Copies are available at the FACES office and will be distributed at meetings and events as well.

### You Can Quit, We Can Help Stock Cards

Taking the first step toward recovery, and call!

These stock cards can be given out to clients, placed in pharmacy bags, displayed for general usage.

They include the WV Quit Line and web site information. They list questions on the back that can help you determine if you or someone you know may be at risk.

Copies are available at the FACES office and will be distributed at meetings and events as well.

### McDowell County FACES Resource Directory

The 2013 Resource Directory is at the printers and should be available during August for distribution.

There are copies available for agencies, service providers, and any group that works with the public.

The directory is currently on the facesfrn.com website. Contact FACES at 304-436-5255 for additional information.

Copies will be available at the FACES office and will be distributed at meetings and events as well.

# MCDOWELL EXPO: REMINDER



**What: McDowell EXPO**

**When: October 4-5, 2013**

**Where: Welch Armory**

For a long time, McDowell County has struggled with economic devastations, high unemployment, poverty, poor statistics, and loss of people. There are 22,000 citizens of McDowell County that have not left, quit, or lost hope.

Agencies and government have consistently worked on improving the County and it is time that we **show off what we have** in the Wonderful County of McDowell.

On October 4-5, government, quasi-government, agencies, organizations, nonprofits, providers, companies, etc., are coming together to showcase the County.

On October 4-5, the EXPO will provide county residents an opportunity to come in, look around, participate in activities.

Everything is in the planning stages, however we know we will have a jobs fair, health screenings, information booths, entertainment, and other activities.

Plan to attend, get to know your County, get involved in the future

of the County, and enjoy the event.

Early bird registration will save you some money and hopefully reserve a good spot. Electricity, tables with skirts, chairs, and drapes will be provided.

**If you are interested in obtaining a booth or need a contract or information, contact Peni Adams at the EDA at 304-436-3833.**



## The Healing Powers of Plantain



Plantain: you probably call it a weed. It grows everywhere, even in gravel, as you can see. For bites of

all kinds you can not beat this plant. Just pluck a leaf, crush it up with your fingers, and hold it on the bite. You can even put a band aid over it and hold it there that way for a while. The leaf will draw the poison or venom out of bite. Its magic. It grows everywhere, even in gravel, as you can see.

Plantain is edible and medicinal, the young leaves are edible raw in salad or cooked as a pot herb, they are very rich in vitamin B1 and riboflavin. The herb has a long history of use as an alternative medicine

dating back to ancient times. Being used as a panacea (medicinal for everything) in some cultures, one American Indian name for the plant translates to "life medicine." And recent research indicates that this name may not be far from true!

For recipe's and additional information, visit:

[www.altnature.com/gallery/plantain.htm](http://www.altnature.com/gallery/plantain.htm)

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FACES Meeting: 2nd  
Thursday of each month at  
noon —open to the public.

HOPE Meeting: 4th  
Monday at 10:30 a.m.—  
open to the public.

**Location: FACES Office**

This newsletter  
brought to you by  
funds from the WV  
DHHR.

## Change The Future, WV Making Healthy Changes in McDowell County



Throughout McDowell, Wyoming, and Mercer Counties, Ginger in connecting with Supermarkets, Grocery Stores, Vendors, Farmers Markets, and Fruit and Vegetable Stands to provide small refrigerators, basket stands, signage, etc., to encourage an atmosphere that promotes the consumption of healthy snacks and beverages.

Change the Future is a state-wide initiative designed for people who want to improve opportunities for healthy eating and physical activity in their communities. It focuses on changing local environments in ways that make it easier for people to choose healthy options.

If you would like more information on Change the Future WV please contact Ginger Day, Program Coordinator serving McDowell, Mercer and Wyoming counties at 304-436-5255.

## Happy Anniversary

On August 1, 1981, I married Paul Whitt (32 years ago—it does not seem that long). Paul and I knew each other as children however he hung around with my older brothers and sisters and I hung around with his younger siblings. We had both left McDowell County in the 70's and came home just a week apart in 1980 where we met again through Church and were married. In July 1982 Paul was in a construction site accident and I nearly lost him. I was 3 months pregnant and I believe in my heart the child kept Paul from giving up. He had many physical problems from the accident but went back to school and became a teacher but because of health had to retire just after 15 years. Paul chose to provide a better life for his family, battling constant pain, and traveling long distances for his education and health care. Through many trials and hardships we have always loved each other.

We were blessed with Daniel Allen Whitt in 1983 and again with Mary, Cloie, Chay, and Makayla in 2005 and 2006. To see your son become a good man with values and compassion is the ultimate reward for all the things we have faced in life. Named after Daniel Cyphers and Ronald Allen Foster, and raised with Paul's values, he shares their characteristics of steadfastness, unconditional love and forgiveness, dedication, and commitment.

Paul has always supported my decisions in life: not to work while Daniel was young; caring for my father when he was ill and my mother since his death; and finally, he is proud of the work I do for the people in our county.

I am always asked what makes for long marriages. Paul and I have talked about it and both agree that it doesn't just happen. You have to put God in the middle of the relationship and honor commitments made. You must realize that most times the person causing problems is the one looking back at you in the mirror. Friends are for children while marriage is for adults and you must define the lines and boundaries of your relationship, your children, extended families, and those outside the realm of your relationships. You have to build that protective hedge around the marriage just as God does around each of us. Guard it well as it only takes a minute and they could be gone.