



McDowell County FACES Newsletter

The FACES of HOPE

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facesfrn.com

email: facesfrn@yahoo.com

LOVE IS IN THE AIR



As a child I remember the first love poem we learned was:

Roses are red, violets are blue,
Sugar is sweet, and so are you.

As we got older we began to understand the depth of love and its many levels learned through multiple relationships from family, friends, soulmates etc.

Love is a variety of different feelings, states, and attitudes that ranges from interpersonal affection ("I love my mother") to pleasure ("I loved that meal"). It can refer to an emotion of a strong attraction and personal attachment. It can also be a virtue representing human kindness, compassion, and affection—"the unselfish loyal and benevolent concern for the good of another". It may also describe compassionate and affectionate actions towards other humans, one's self or animals.

Ancient Greeks identified four forms of love: kinship or familiarity (in Greek, *storge*), friendship (*philia*), sexual and/or romantic desire (*eros*), and self-emptying or divine love (*agape*). Modern authors have distinguished further varieties of romantic love. Non-Western traditions have also distin-

guished variants or symbioses of these states. This diversity of uses and meanings combined with the complexity of the feelings involved makes love unusually difficult to consistently define, compared to other emotional states.

Love in its various forms acts as a major facilitator of interpersonal relationships and, owing to its central psychological importance, is one of the most common themes in the creative arts.

Love may be understood as a function to keep human beings together against menaces and to facilitate the continuation of the species.

In the United States, the first mass-produced valentines of embossed paper lace were produced and sold shortly after 1847 by Esther Howland (1828–1904) of Worcester, Massachusetts. Howland took her inspiration from an English Valentine she had received from a business associate of her father. She began her business by importing paper lace and floral decorations from England. In the second half of the 20th century, the practice of exchanging cards was extended to all manner of gifts. Such gifts typically include roses and chocolates packed in a red satin, heart-shaped box. In the 1980s, the diamond industry began to promote Valentine's Day as an occasion for giving

jewelry.

The U.S. Greeting Card Association estimates that approximately 190 million valentines are sent each year in the US. Half of those valentines are given to family members other than husband or wife, usually to children. When you include the valentine-exchange cards made in school activities the figure goes up to 1 billion, and teachers become the people receiving the most valentines. The average valentine's spending has increased every year in the U.S, from \$108 a person in 2010 to \$131 in 2013.

The rise of Internet popularity at the turn of the millennium is creating new traditions. Millions of people use, every year, digital means of creating and sending Valentine's Day greeting messages such as e-cards, love coupons or printable greeting cards. An estimated 15 million e-valentines were sent in 2010. Valentine's Day is considered by some to be a Hallmark holiday due to its commercialization.



February: National Bird Feeding Month



For years, the winter joy for my mother and father was to feed the birds and simply watch through the windows at their activity and enjoy the many different types of birds, their beautiful coloring, and to enjoy the time together with God's simple pleasures. Even in the summer, dad could stand with his finger outstretched at the hummingbird feeder and they would fly all around him, in his pocket, on his finger etc.

As my father passed, the tradition continues for my mother, literally moving her den chair around so she could see her birds, making sure someone is out there filling the feeders, and enjoying cardinals so much she puts feather made ones on her tree at Christmas, has two bird cages I bought her in the kitchen and den, and a mechanical set on her entertainment center that Brenda bought her this year.

The following article inspired me to not only encourage mom to continue but to consider doing more myself.

February is **National Bird-Feeding Month** in the United States. This celebratory month was created to educate the public on the wild bird

feeding and watching hobby. Because of National Bird-Feeding Month, February has become the month most recognized with wild bird feeding promotions and activities. The month is an ideal time for promoting and enjoying the bird feeding hobby, which is home-based and nature-oriented.

On February 23, 1994, John Porter (R-IL) proclaimed February as National Bird-Feeding Month when he read a resolution into the Congressional Record. Below is the formal resolution that he read.

“Mr. Speaker, I would like to recognize February, one of the most difficult months in the United States for wild birds, as National Bird-Feeding Month. During this month, individuals are encouraged to provide food, water, and shelter to help wild birds survive. This assistance benefits the environment by supplementing wild bird's natural diet of weed seeds and insects. Currently, one third of the U.S. adult population feeds wild birds in their backyards.

In addition, Mr. Speaker, backyard bird feeding is an entertaining, educational, and inexpensive pastime enjoyed by children and adults. Bird feeding provides a needed break from today's frantic lifestyles. Adults enjoy the relaxation and peacefulness afforded by watching birds -- nature serves to relieve the stress and can get one's day going on a tranquil note. Young children are naturally drawn to the activities involved in feeding wild birds, which can serve as excellent educational tools. Children can identify different species of birds with a field guide and can

learn about the birds' feeding and living habits. These observations can then provide excellent research opportunities for school projects and reports.

Feeding wild birds in the backyard is an easy hobby to start and need not overtax the family budget. It can be as simple as mounting a single feeder outside a window and filling it with bird seed mix. For many people, the hobby progresses from there. They discover the relationship between the type and location of feeders, and the seeds offered in them, and the number and varieties of birds attracted. Parents can challenge an inquisitive child's mind as they explore together these factors in trying to encourage visits by their favorite birds.”

Making homemade birdfeeders are as simple as a milk jug and string. You can have fun with your children making these and while they provide seed, they also provide shelter for the bird while eating. Just make sure and fasten them to a tree or porch carefully so not to cause them to blow away. Visit

http://www.ehow.com/info_7747006_homemade-bird-feeders-craft-kids.html.



National Rx Drug Abuse Summit: Agenda Items

— Atlanta, GA • April 6-9, 2015 —

NATIONAL RX DRUG ABUSE SUMMIT

NationalRxDrugAbuseSummit.org

Speakers: Latest Research on Intrauterine Drug Exposure (IDE) and Neonatal Abstinence Syndrome (NAS); Presentation by National High Intensity Drug Trafficking Area (HIDTA), Centers for Disease Control and Prevention (CDC); Engaging State Leadership to Reduce Rx Drug Abuse (National Governors' Association); Using Social Media to Recruit Young People in Recovery to Become Advocates (Faces and Voices of Recovery)

Clinical Integration: Maternal-Fetal Issues for Physicians; State Initiatives Impacting Physicians and Patients; Diagnosis of Addiction and Impact of Pain; FDA on Decreasing Opioid Risks and VA on Exploring Non-Opioid Options; U.S. and Canadian Prescriber Attitudes and Education

Education & Advocacy: Planning and Best Practices for Community Response Evolution of Diagnosis and Treatment Options; Prevention Campaigns Targeting Young Adults; Collaboration, Coordination and Data: Three Keys for State Progress; A Consensus Roadmap to Curb Deaths from Rx Drug Misuse and Abuse in the U.S.; Parent Advocates Moving Legislation; Using Social Media and Marketing for Rx Drug Abuse Education

Prescription Drug Monitoring Program (PDMP): Panel Discussion/Sessions: Prescriber Viewpoint: How Mandating Compliance is Working; Combining PDMP and other data to combat RX Drug Abuse; Using PDMPs to Identify and Address Problematic Prescribing; PDMPs as Public Health Surveillance Tools: Early Lessons from CDC's Prevention Boost; PDMPs as User-Friendly Clinical Decision Support Tools; PDMPs and TPPs: Workers Compensation

Pharmacy: Expanding Use of Naloxone; Lessons Learned from Rx Disposal Programs; Identifying and Remediating Internal Diversion Issues; Perspectives of the Pharmacy Industry from GAO Study on Rx Drug Abuse Treatment: Optimizing Utilization and Outcomes of Urine Drug Testing; DEA Regulations Update: Corresponding Responsibility and Proper Disposal; Pharmacists Working With Local Coalitions and PDMPs

Law Enforcement: Enhancing the Role of Law Enforcement: Intervening in Rx Abuse and Protecting Children; Lessons from the Supply Side; Law Enforcement Responses to Fraud Rings, Burglaries and Robberies; Enhancing the Role of Law Enforcement: Education and Awareness and Naloxone Programs; Diversion Trends and Proper Disposal

Treatment: Treatment as Part of the Community; Inpatient and Outpatient Treatments for Pain and Addiction; The Evidence Base for Opioid Addiction Treatment and the ASAM Criteria; Preventing Opioid Overdose Deaths: Practical Skills for Clinicians;

Third-Party Payer: Proactive Identification and Intervention Approaches; Workers' Compensation: Examining Policy Issues and What Works; Financial Toll of Rx Addiction; Rx Drugs and Urine Testing: Knowing What's Too Much, Too Little and Just Right; Legislative and Medication Trends Impacting Third-Party Payers

Trending Topics: Trends in Youth and Rx Drug Abuse; Emerging Epidemic: Hepatitis C Infection Among Young Persons Who Inject Drugs; Heroin: The Perfect Storm; Marijuana: Emerging Medical and Legal Issues; The Naked Truth About "Medical" Marijuana: Translating the Science into Messages that Matter; Data-Driven Trends

Typically Education Units are available through these conferences. To view all details for the Summit or to obtain contact information for all your questions, visit <http://nationalrxdrugabusesummit.org>. There are early registration savings as well.

Seven Steps to Fix the Opioid Addiction Crisis Now

By Dr. Richard Juman 01/20/15

We already have most of the tools we need. Richard Juman—a licensed clinical psychologist who has worked in the integrated health care arena for over 25 years providing direct clinical care, supervision, program development and administration across multiple settings—is also former President of the New York State Psychological Association.

[dr.richard.juman@gmail.com]

Find him on twitter—

@richardjuman

Last week, Professional Voices revisited an issue that *The Fix* has been focused on since its inception: the public health debacle caused by the overprescribing of opioid pain medications, and the related increase in heroin use and overdose, which has contributed to the deaths of tens of thousands of U.S. citizens. By now, the underlying issues that developed the epidemic are well-known, which makes the fact that we are still deeply embedded in the crisis that much harder to stomach.

The response to this crisis has been tragically sluggish, because we actually already have the knowledge and the tools that we need to drastically improve matters. We know what needs to be done to keep those who are already addicted alive. We know how to help people who are struggling with addiction enter recovery. We know how to stop creating more problems with prescribed opioids. But we also know that we just haven't done a good job so far, and that now would be a good time to start.

Here's how—

1. First, keep people who are already addicted to opioids alive by making all of the effective tools available in this regard.
2. Second, make sure that all patients have access to the evidence-based, addiction medicine interventions that most opioid-dependent individuals are not receiving right now.
3. Third, provide enhanced training for physicians so that they become more adept at screening for, recognizing and treating addiction.
4. Fourth, make sure that all prescribers have access to Prescription Monitoring Programs and that they use them.
5. Fifth, make it as difficult as possible for opioid pain medications to be used in ways other than the ways they were intended or prescribed.
6. Sixth, educate the public about the risks of prescription pain medications.
7. Seventh, we need to make sure that people suffering from opioid addiction, as with other forms of addiction, have access to the kind of evidence-based psychotherapy that is so conducive to ongoing recovery.

As in all cases of addiction, “the object of study should be the individual, rather than the substance,” according to psychologist/psychoanalyst Debra Rothschild, PhD. We need to treat the real problem instead of simply dealing with its inevitable consequences.

Every patient brings to treatment a

unique history, biology and relationship to their drug use. A thorough treatment for opioid addiction should afford a stable, ongoing, non-stigmatizing treatment alliance with a primary therapist that patients work with on a regular basis. I believe that this type of therapeutic relationship, with a licensed mental health provider who has a sense of overall responsibility for their care, and who is able to help the patient come to an understanding of their addiction in the context of a variety of other factors, is essential. We know that addiction is often found along with other mental health issues such as trauma, depression and anxiety, not to mention the patient's underlying personality. So our patients “require professionals trained in mental health, skilled in psychotherapy, knowledgeable about the full range of psychological treatments, and fluent in the use of both addiction and psychiatric medications.”

We can have a transformative impact, in the very near future, on the epidemic of opioid addiction and on addiction more generally. Let's do everything in our power to make it a reality.

The rest of the article will be in the next newsletter or you can visit:

<https://www.thefix.com/content/let%E2%80%99s-fix-opioid-addiction-crisis-now>



R.V.H.S. SADD Chapter News



SADD Students at River View High School receive their SADD T-Shirts from McDowell County FACES Partnerships for Success Initiative. The students are working on activities and events for the upcoming months including "Youth Lighting the Way" event; Teen Dating Violence; National Eating Disorder Awareness Week.

McDowell County FACES SADD Bulletin Board reflecting the work of the RVHS Chapter over the past 2 months. Come by and see the board.



Meetings of Interest

Stop the Hurt, Inc.

War Head Start
Feb. 12 @11am
Eat With Me Day

Feb. 18 @11am
Endwell Head Start
Eat With Me Day

Feb. 19 @10am Diaper Days Stop
The Hurt

South Central Community Collaborative

February 19, 2015

Wyoming County DHHR

10:00 a.m.—12:00 noon

Addressing

Safe At Home Initiative: your
help is needed to keep our chil-
dren in WV.

Governor's Task Force on Substance Abuse

February 11, 2015

Beckley, WV

(venue/time TBD) Fayette,
Greenbrier, McDowell, Mercer,
Monroe, Nicholas, Pocahontas,
Raleigh, Summers, Webster,
Wyoming Counties are encour-
aged to attend.

McDowell County FACES

February 12, 2015
12:00 noon FACES Office

McDowell County HOPE Coalition

February 23, 2015
10:30 a.m. FACES Office

SAFE/SHED Board Meeting

February 10, 2015

4:00 p.m.

Starland Heights

Community Room

Region IV Summit

March 6, 2015

10:00 a.m.

Oakhill DHHR

DHHRs, FRNs, Providers and
Agencies serving children in
Region IV need to attend to
identify needs and issues related
to our children and families.

River View High School SADD Chapter

Youth Lighting The Way

**Wed Feb 4 at 6:00 p.m. at
Bradshaw Town Hall**

Everyone Welcome

Celebrating ways SADD teams
make a difference in lives and
communities.

SAFE Teen Domestic

Violence Presentations

February 3, 2015

Presentation at the Spoke Class
in Wyoming County

February 6, 2015

Presentation at Wyoming East

Reconnecting McDowell

Reconnecting McDowell Subcommittees participate in monthly con-
ference calls. The subcommittees are Early Childhood, K-12, College
& Career Pathways, Technology, Jobs & Economy, Housing & Trans-
portation, and Health, Social- Emotional Wrap-Around Services. If
you are interested in participating, send your name, phone number,
and subcommittee choice to Debra Elmore at delmore@aftwv.org

The Reconnecting McDowell Partner Meeting will be held on Mon-
day, March 16th in Charleston.