



Fall 2013

COLUMBIA
ADDICTIONS
CENTER

In the news...



The County Council of Howard County issued an Honorary Resolution to celebrate the 25th Anniversary of Columbia Addictions Center. Eileen Dewey, LCSW-C, Director of Columbia Addictions Center, and Michael Green, MHS, CAC-AD, BCPC were pleased to receive this award on behalf of CAC. Howard County Council Member, Courtney Watson, presented the Honorary Resolution.

Eileen Dewey has joined the Board of Directors of Living In Recovery, Inc., a non-profit 501(c)(3) organization that offers support and services for sober living in Howard County. Three men's houses are currently operational and a women's sober living home is in the planning stages.

The Maryland Chapter of the National Association of Social Workers (NASW) and Columbia Addictions Center co-sponsored a workshop entitled "*An Integrated Functional Approach to Mental Disorders and Addictions*" on October 14, 2013. The workshop, featuring Dr. Nicholas Scotto, Certified Nutrition Specialist Courtney Carpenter, and acupuncturist Lori Horton, provided an overview of advances in neuropsychiatry and its implications for treatment.

Judy Jakubowski, MS, CAC-AD has earned her MAC (Master Addictions Counselor) certification through the National Association of Alcoholism and Drug Abuse Counselors (NAADAC). Ms. Jakubowski has been promoted to be the Assistant Director of Columbia Addictions Center!



Opioid Dependence

Like me, you may be wondering why so many talented young adults are dying of heroin overdoses. Why are they getting 'hooked' on opiates? This epidemic is in our neighborhoods, in the news and sadly in our hearts. A growing number of young adults are using and becoming addicted to opiates, using either heroin or prescription medications such as Oxycodone, or morphine.

Why are these drugs so addictive?

Opiates stimulate the brain to activate certain neurotransmitters which cause strong feelings of euphoria. Over time, however, more and more of the drug is needed to produce the same euphoric effects. For these individuals, taking the opiate is no longer about the positive feelings that were felt the first few times they took the drug. Now, the opiate use is about avoiding physical illness and symptoms of withdrawal. This is the vicious cycle of opiate addiction.

Why are prescription drugs a potential gateway for heroin use?

Opiate abuse often escalates to heroin abuse because opiate tolerance builds up quickly. The higher tolerance means it takes higher doses of the drug to produce the same effects. Heroin is often cheaper and easier to access than painkillers. Therefore, many users transition to heroin.

Where can I find help?

There are a number of 'best practice' medical and therapeutic interventions for the treatment of opiate addiction. Treatment options include:

- Pharmacological treatments such as Suboxone® (buprenorphine and naloxone) to manage physical symptoms of withdrawal and reduce cravings in an outpatient setting
- Professional counseling (individual or group therapy)
- 12-step meetings
- Inpatient treatment

How can Columbia Addictions Center help?

Columbia Addictions Center offers outpatient counseling for groups or individuals, and has a full time psychiatrist on staff to address the needs of our clientele. If a higher level of care is needed, we work closely with a vast network of providers to find the most appropriate inpatient placement for each individual.