



24/7 Newsletter

The number of hours we spend making Houston better

OCTOBER 2023

GivingTuesday Imagining a world built upon our shared humanity.



Houston Recovery Center (HRC) cares for individuals affected by substance use from early intervention, community outreach, care coordination and innovative care management to achieving freedom from substance use.

GivingTuesday, November 28th

Join the movement and give – not just on Tuesday but every day.

It's a simple idea: every act of generosity counts and everyone can contribute toward building the better world we all want to live in.

Through philanthropic contributions, we help build stability in the programs our clients desperately need.

The resources necessary and the financial costs of care and treatment are staggering. We can only solve these public health and safety crises together. Community funding creates the opportunity to invest in the community we live and work in.

Every act of generosity counts and everyone has something to give.

Show Your Generosity

It's more important than it ever has been to show up for our communities.



PLAN A Good Time

Once again, the holiday season is upon us. During the holidays it is even more important that when you are celebrating you take time to **Make A Plan**.

The **Make A Plan** campaign is a national grassroots social media campaign highlighting the importance of responsible planning for holidays, events, other celebrations or anytime alcohol is consumed and for sober social alternatives for celebrating. Educating the community about responsible drinking and sobriety options and encouraging personal and social responsibility, keeps people safe and is the program goal.

"We are so grateful to law enforcement and government agencies for everything they do to stop people from driving under the influence, but we all need to do more to prevent this problem before it gets to that point. We must stay mindful about Making A Plan ahead of time to stay safe and NOT get in that position to begin with. Driving under the influence doesn't just happen when you get behind the wheel intoxicated – it is a series of wrong choices leading up to that act, with a result that's far too often, deadly," says Leonard Kincaid, Executive

Director of Houston Recovery Center.

Ultimately, we hope to reduce the number of impaired drivers and fatalities due to DWI/DUI instances. We hope that the media, our partners, influencers, and other allies will participate by sharing campaign content or by creating their own.

Prepare a designated driver

If you plan to drink, prepare not to drive. Schedule a ride in advance with Uber or Lyft. Use Houston's Metro Bus and Rail. Choosing a designated driver which is the best option.

Look for bars that offer alcohol-free options

Search for bars in your area that offer alcohol-free options or have a list of alternative drink choices that you should be able to order at any bar.

Allow yourself to take it slow

The pressure to drink increases during the holidays, so does the number of events and gatherings. There's no need to rush to throw back every shot. Take your time and stay hydrated.

Note how much you drink

Keep track of how much you drink during the night or day. Writing it all down helps you see how much you intake and it could raise personal awareness as the party progresses. Again, remember to hydrate!

See more on our social media platforms and our website: <https://plan.houstonrecoverycenter.org/>.



The Chevron Houston Marathon Weekend, January, 13-14 2024, is almost here!

Our Run for a Reason Program is off to a great start! We have 17 people signed up to participate in the 5K, Half Marathon, and Marathon events. Runner's fundraising efforts, plus our corporate partner contribution from Via Positiva, so far have totaled over \$6,700. This fundraising campaign runs until February 2024. [Click to support a runner or HRC.](#) We couldn't be more grateful for the community support! Stay tuned for special announcements!

The Houston Recovery Center thanks Via Positiva, and Jim Clarkson and Tommy Valdez

for their generous donation in HRC's name to the Chevron Houston Marathon's Run for a Reason Charity Campaign.

Via Positiva is a national behavioral health consulting firm with offices in Houston, Boston and Angel Fire, New Mexico. They provide a myriad of services including technical assistance, strategies for financial growth and sustainability, gaps analysis and strategic planning.



Jim Clarkson, MA, LADAC, President and Founder of Via Positiva



Tommy Valdez, Co-founder, Executive Administrator



(Left to Right) HRC's Suzanne Jarvis, Stacey Cramer-Morais with daughter Mara at the Run for a Reason Charities event held at Memorial Park the day the Roy H Cullen Timing Track opened. Stacey's holding her Winning Design for the Run for a Reason coaster contest. Congratulations Stacey!!

“Drugs: Costs & Consequences” Exhibit at the Houston Health Museum is still open through June 2, 2024

The **Drugs: Costs and Consequences** exhibit is an important must see for everyone interested in protecting their family, friends and our community from the harmful effects of substance use. This exhibit from the DEA at the Health Museum is designed to shed light on the science of drug addiction and the myriad costs of illegal drugs to individuals and American society. Through artifacts, exhibits, historical details, scientific content, and video and interactive stations, the exhibit provides a powerful look at one of the biggest issues facing America today. The exhibit is open through **June 2, 2024**.

To learn more about this DEA Museum's Traveling exhibit visit: <https://www.drugexhibit.org>



Client Success Story



Stacey Cunningham

Trust, listen, open your heart, every day is truly a blessing.

Before: Stacey's substance use began when he was 16 years old. He comes from a family with two alcoholic parents and a brother and sister that abused him from the time he was nine years old. Over the years he drank alcohol and tried any and all kinds of drugs he could, whatever was available. Looking back on his life he believes his father's death had a lot to do with his looking for a different, more carefree way of life and the beginning of his drug use. Through the years he tried to get "clean" a number of times and in a variety of facilities, but unsuccessfully. Years later, with the death of his mother he thought his life was over and he wanted to die.

After: Stacey was to discover that the Lord had a different plan for him. At 46 years old facing a third DWI and thinking he would be facing prison, he woke up at the Sobering Center at Houston Recovery Center (HRC) having been referred there by the Neurological Center at Ben Taub hospital. A staff member at the Sobering Center, John Turner, told him "you are broken." John and the entire staff treated me with kindness, something

Recovery Success Story



Carlene Cathey

Turning a life around

Before: Carlene's grew up in a house with both parents on drugs. She was molested by my aunt from the age of six to eight years old. Her mother lost her and her sister to Child Protective Services (CPS) and she had to begin looking after both of them. Her aunt molested her, giving her Thunderbird wine that started her substance use. At 11 years old, hanging around with 17-18 year old "friends" she started smoking weed. At 19 a girlfriend introduced her to "Primos" – weed laced with Crack. By 20 she was stealing and going to jail. She couldn't stop using even while pregnant. She lost her first two kids and started smoking crack cocaine. At that point she was a prostitute and became homeless. As her addiction got worse she finally decided that this life was not for her and I began to try and get clean.

After: In 2010 Carlene started rehab, now 13 years later and many relapses she has been able to sustain her sobriety. After I received her Recovery Services Peer Specialist (CRPS) certificate, she was accepted at the Houston Recovery Center (HRC) for an internship.

and the crisis team treated me with kindness, something I had not felt in a long time. They provided the resources to get me into a rehab. I attended AA meetings and started reading the Bible. God's plan was starting to be revealed. I never would have imagined that I'd be in this position and looking ahead to the rest of my life.

Reach out to someone, reach out to God, he has a plan for you.

Since August, 2023, she has been working in the Sobering Center with Lisa Rizo. Carlene says, "I thank HRC. They made the rehab experience feel personal and they advocate for you in many ways. To others, I say, never give up, you just have to work for it."

"Never give up, the sky is the limit, you just have to work for it."

IN THE NEWS

Runaway Prevention Training

The new [Runaway Prevention Training](#) is available now on the DFPS website. The training is for foster parents, prospective adoptive parents, and kinship caregivers of children and youth who are in foster care and at least 10 years old. It provides important information about:

- How trauma affects behaviors in children and youth, including how "trauma triggers" can increase the risk that a child or youth will run away or go missing.
- Strategies to prevent or reduce the risk that children and youth in foster care will run away or go missing.
- Steps to follow when a child or youth in foster care runs away or goes missing.

State law requires caregivers of children in DFPS conservatorship to complete training on runaway prevention and the steps to take if a child or youth runs away.

For complete information go to: https://www.dfps.texas.gov/Training/Runaway_Prevention/default.asp

Schools Stock Overdose Reversal Meds, but Some Worry About Stigma

Oct. 4, 2023

By Rae Ellen Bichell and Virginia Garcia Pivik | KFF Health News

More than 30 states have laws allowing schools or school employees to carry, store or administer naloxone, but concerns about being a 'bad school' have fueled a reluctance among some officials to stock it.

Last year, a student fell unconscious after walking out of a bathroom at Central High School in Pueblo, Colorado. When Jessica Foster, the school district's lead nurse, heard the girl's distraught friends mention drugs, she knew she had to act fast. Emergency responders were just four minutes away. "But still four minutes — if they are completely not breathing, it's four minutes too long," Foster said.

Foster said she got a dose of naloxone, a medication that can rapidly reverse an opioid overdose, and gave it to the student. The girl revived. Forty-five miles away in Colorado Springs, Mitchell High School officials didn't have naloxone on hand when a 15-year-old student overdosed in class in December 2021 after snorting a fentanyl-laced pill in a school bathroom. That student died.

Not all schools are on board with the idea, many school districts have not signed up in the face of ongoing stigma around the need for the overdose reversal medication, but 33 states now have laws that expressly allow schools or school employees to carry, store or administer naloxone.

To read the entire article go to: <https://www.usnews.com/news/health-news/articles/2023-10-04/schools-are-stocking-overdose-reversal-meds-but-some-worry-about-stigma>

New Opioids Are Joining the Illicit Drug Supply, and They're More Potent Than Fentanyl

By Alan Mozes HealthDay Reporter

Sept., 2023 (HealthDay News)

In recent years, the opioid epidemic has been worsened by the advent of street fentanyl, an illicit version of the powerful prescription painkiller. But experts now warn that the threat posed by fentanyl may ultimately pale in comparison to the emergence of an even more dangerous type of synthetic opioids that's now tainting the illegal drug supply — **Nitazenes**. That's because a new investigation finds Nitazenes are 1,000 times more potent than morphine, which makes them 10 times more powerful than fentanyl.

That means that Nitazenes are much more dangerous, because it takes a smaller amount of these drugs to have the same effect, and patients overdose more easily. Adding to the risk is that when a Nitazene overdose occurs it's very likely to be more severe — and more difficult to treat — than an overdose attributed to fentanyl.

Nitazenes started to show up again during the early days of the pandemic, when powder, tablets and liquid versions of the opioid were first found to have filtered into the street drug supply. Recently patients who were treated at an emergency department for a Nitazene overdose at some point between 2020 and 2022 were found to have tested positive for one of a number of Nitazene opioids (including Brorphine, Isotonitazene, Metonitazene and/or N-piperidinyI etonitazene).

However, Naloxone (Narcan) is an "opioid antagonist" that, when provided via injection or nasal spray, can quickly reverse and block the impact of opioids, thereby rescuing a patient whose breathing has slowed or even stopped. By that measure Nitazene overdoses seemed to be worse than heroin and fentanyl [overdoses], because patients required significantly more doses of Naloxone to reverse their overdose.

To read the entire article go to: <https://www.usnews.com/news/health-news/articles/2023-09-05/new-opioids-are-joining-the-illicit-drug-supply-and-theyre-more-potent-than-fentanyl>

All Email Blasts (7/emails)



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Sobering & Addiction Recovery Programs

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Forward to a Friend

The mission of Houston Recovery Center is to provide compassionate care to underserved individuals affected by substance use through early intervention and community care coordination to help them achieve lifelong recovery.

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