



24/7 Newsletter

The number of hours we spend making Houston better

MARCH 2024



HRC and Justice Forward Speak to the NBLSA

Leonard Kincaid, Houston Recovery Center (HRC) CEO, Mary Covington of Justice Forward, HRC's Melissa Tucker and Chad Armstrong joined Students from the National Black Law Students Association (NBLSA) in a panel discussion about the issues surrounding substance use and what HRC is doing to combat this problem. Melissa and Chad also gave a demonstration of the use of Naloxone (Narcan) the most effective counter to opioid overdose.



**Houston
Recovery
Center**



HRC is Gearing Up for the 2025 Chevron Houston Marathon

Yes, it's time to start thinking about the 2025 Chevron Houston Marathon and HRC's Run for a Reason Campaign. Grab your running or walking shoes and join us. You can sign up to join our team and participate in the 5K, Half Marathon, or Full Marathon events. You can also join in our fundraising efforts and the Corporate Partner Program (CPP). The fundraising campaigns run all year, but why wait?

Register at: chevronhoustonmarathon.com/charity-program

Support HRC: donate.hakuapp.com/donations

For information on the Corporate Partners Program go to: chevronhoustonmarathon.com/corporate-participation



Join Houston Recovery Center At The 2024 National Sobering Collaborative's Sobering Summit, Oct 10-11, 2024, Houston, Texas

Join Houston Recovery Center at this year's Annual Sobering Summit. The collaborative will be exploring the theme "Putting the Pieces Together." In a world where the challenges of harmful substance use impact individuals, families, and communities alike, it's crucial that we work collaboratively to address these issues. This theme speaks to the importance of systems-wide approaches, where various organizations and stakeholders come together, like puzzle pieces, to create a comprehensive solution.

But it's about individuals, too. It's about each person's journey to recovery, where



they work to put their own pieces together to create a picture of hope and resilience. At this year's summit, we'll explore how collaboration, both at the systemic level and within ourselves, is essential for creating lasting change. Together, we'll uncover strategies and initiatives that promote a holistic approach to addressing harmful substance use and related issues.

**Suzanne Jarvis,
MPH**
NSC Vice President

Join us as we piece together a brighter future for all.
Register at: <https://nsc.wildapricot.org/event-5622813>



Harris Health Expands Mobile Health Services

On March 26, HRC attended an event hosted by Harris Health System. The HHS is making it easier for people experiencing homelessness to access healthcare services. Healthcare shelter-based clinics and mobile units, provide primary medical care, dental care, mental health and substance use services, and a variety of support services to persons experiencing homelessness. For more information: Main: 346-426-0500 or Mobile Medical Unit and services: 832-547-4381 or at <https://www.harrishealth.org>



DEA: *Drugs: Costs and Consequences* Exhibit at the Houston Health Museum until June 2, 2024

This exhibit is designed to shed light on drug addiction, the costs to individuals and society, it is an important must see for everyone interested in protecting their family, friends and our community from the harmful effects of substance use. To learn more about this DEA Museum's Traveling exhibit visit: <https://www.drugexhibit.org>

Houston Recovery Center Success Story: Corey Pitman

"Be open minded, be willing to follow through with recovery."

Corey had been in and out of recovery many times, most recently since May 3, 2023. He came to the Houston Recovery Center (HRC) as a referral from Memorial Hospital in Baytown. Corey is 51 years old and began using drugs in his teens. Eventually he began using coke and prescription drugs, "just recreationally" – to feel good and fight depression, however, in his late 30s, hanging out with the wrong people, he began using methamphetamine and his life changed.

Now thanks to HRC, Eric his recovery coach and his recovery program things are beginning to work. He successfully got a job with Goodwill and was able to be placed in a sober living facility. This led to his working for a sober living facility as a supervisor. He has stayed connected to the recovery community in Houston for continued support in his own recovery. Today he is feeling much better mentally. He is finally happy and satisfied with my life and now in a position to help others who are where I use to be. To those struggling with substance use, be open minded and be willing to follow through with recovery. It is not always pleasant, but put in the time. The people at HRC know how to help.



IN THE NEWS

New NIH study reveals shared genetic markers underlying substance use disorders

Breakthrough findings could lead to more effective prevention and treatment strategies for multiple substance use disorders

By combing through genomic data of over 1 million people, scientists have identified genes commonly inherited across addiction disorders, regardless of the substance being used. This dataset may help reveal new treatment targets across multiple substance use disorders, including for people diagnosed with more than one.

"Genetics play a key role in determining health throughout our lives, but they are not destiny. Our hope with genomic studies is to further illuminate factors that may protect or predispose a person to substance use disorders..." said NIDA Director, Nora Volkow, M.D.

Compared to other genetic predictors, the genomic pattern identified here was also a more sensitive predictor of having two or more substance use disorders at once.

"The shared genetic mechanisms between substance use and mental disorders revealed in this study underscore the importance of thinking about these disorders in tandem," said NIMH Director Joshua A. Gordon, M.D., Ph.D.

Read the complete article at: <https://nida.nih.gov/news-events>



SAMHSA Announces National Survey on Drug Use and Mental Health Levels in 2021

The U.S. Department of Health and Human Services (HHS) Substance Abuse and Mental Health Services Administration (SAMHSA) has released the results of its annual National Survey on Drug Use and Health (NSDUH), which shows how people living in America reported about their experience with mental health

conditions, substance use, and pursuit of treatment in 2021.

Key survey results:

- Among people aged 12 or older in 2021, 61.2 million people, 21.9% of the population, used illicit drugs in the past year.
- In 2021, 94% of people aged 12 or older with a substance use disorder did not receive any treatment.
- In 2021, 3 million adults aged 18 or older had serious thoughts of suicide in the past year, 3.5 million made suicide plans, and 1.7 million attempted suicide.
- 2 in 3 (66.5 percent or 38.8 million) adults who ever had a mental health issue considered themselves to be recovering or in recovery.

The Biden-Harris Administration has invested \$3.8 billion through the American Rescue Plan and more than \$800 million through the Bipartisan Safer Communities Act in SAMHSA grant programs as part of a comprehensive effort to improve access to mental healthcare, prevent overdoses, and save lives.

Read the entire article at: <https://www.samhsa.gov/newsroom>

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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