

March 2020

NOW PROVIDING

TELEHEALTH

for the treatment of
Substance Use Disorders.

www.themortoncenter.org
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Celebrating 35 Years

Morton Center Updates

Services Update

Hello,

At The Morton Center, we believe it is our role and responsibility during this time to prioritize two things: the health and well-being of our clients and staff, and supporting local health officials and government leaders as they work to contain Coronavirus.

As a nonprofit working with individuals and families affected by substance use disorder, we know this is a difficult time and many are being adversely affected. Social distancing is necessary to contain the virus but know the impact this has on many people's recovery. During this time, The Morton Center is taking the precaution and limited all services to Telehealth for current clients and new referrals. Please call us at 502-451-1221 or [Email](mailto:info@themortoncenter.org). We are doing our best to remain available for our clients, and we wish health and wellness for everyone as we work through these difficult and uncertain times.



Priscilla McIntosh
Chief Executive Officer
The Morton Center, Inc.

"The Doctor's Opinion"

Dr. Ashley Peak, MD, ABPN, ABAM
Medical Director

The Recovery Process

The recovery process varies for each individual. Substance use often starts for one reason and continues for another reason. Various factors present a spectrum of challenges in recovery: physical health,



financial stability, lack of social support, trauma, mental health issues, etc. Regardless of cause or challenge, self-honesty is always the place to start. Peeling away the barriers one layer at a time can often feel overwhelming or even impossible for some. This is why viewing recovery as a process rather than a destination is so critical. Relapse is often a part of this process. As is joy, heartbreak, loss, celebration, grief, contentment, and struggle. Healing requires losing ourselves and then finding ourselves, over and over again. Forming a new Personal Narrative with the help of a therapist and support group can give new

meaning to the process of recovery. Staff at TMC are trained to support clients at every level of the process, from pre-treatment through continuing care. Thank you for supporting our mission!

The Clinician's Point of View

Michael Rose, MA, NCC, TCADC
Counselor at The Morton Center

Recovery Is Possible

As an addiction specialist, I am often asked about the recovery process, what it is and what it entails. My answer has two parts: first, it is a process, meaning it takes time, and second, it is ongoing, meaning it does not end. Recovery doesn't (usually) happen overnight. While the addicted brain has learned to seek immediate gratification, there is no quick fix in recovery. That is why we say that one is "in recovery," and not "recovered" or "cured." There is no cure for addiction, but there is a solution based on actions and ongoing efforts. With these two crucial components, recovery can be sustained and maintained. Addiction can be in remission, or inactive, just like any other disease. But we must continue to take the medicine, and that is recovery.



In short, recovery is a regimen of treatment that puts the disease of addiction into remission. Research shows that the most effective treatment for addiction is a holistic approach, and that is what we promote at The Morton Center. By concentrating on the four elements of recovery: body (biological, physical health), mind (psychological, emotional), environment (social elements, family), and spirit (higher power, connection, altruism, purpose), we promote a method of recovery that embraces the whole being; all of the components of a well-lived life.

Active addiction may have ruled one's past, but it does not have to rule one's future. The process of recovery allows individuals an opportunity to grow and alleviates some of the pressure associated with unrealistic expectations like perfection. In recovery, guilt is transformed into positive pride, shame is transformed into confidence, and resentment is transformed into gratitude. Recovery is not about finding something that we lost, it's about finding something that we likely never knew we had. Recovery is a lifestyle of our choosing, and recovery is possible.



The Research

Pathways to Long-Term Recovery: A Preliminary Investigation

by Alexandre B. Laudet, Robert Savage, and Daneyal Mahmoud

First Published in *Journal of Psychoactive Drugs*. 2002; 34(3): 305-311. doi: 10.1080/02791072.2002.10399968

A new study of opioids reveals a tie between drug addiction and social connection

Abstract

Recovery from addiction is a lifelong process. While there is a large body of empirical data on the short-term effectiveness (1-2 years) of various treatment modalities, very little is known about the processes of recovery over time. This is particularly unfortunate as treatment gains are often short-lived and even multiple treatment episodes do not always succeed in breaking the addiction cycle. Further, treatment represents only one of the paths to recovery.

This paper reports on a study of individuals in long-term recovery from substance abuse (median = 12 years) and examines the factors they cite as important in establishing and maintaining their recovery status. Key factors

reported were social and community support, affiliation with 12-step organizations and negative consequences of substance use. Implications for clinical practice and future research directions are discussed.

[Click to read the complete article from NCBI.](#)



Staff Spotlight

Alexander Geiman, LPATA, LCADC
Counselor at The Morton Center

Alex received a Bachelor of Arts in Studio Art from the University of Louisville in 2016, and a Master of Education in Counseling and Personnel Services with a concentration in Art Therapy from the University of Louisville in 2018. He began working at the Morton Center as a student intern in August of 2017 and has been employed as a professional art therapist at The Morton Center for almost two years.

Alex's interests lie in incorporating artmaking and experiential techniques in the therapeutic process. He believes that by utilizing an eclectic therapeutic approach wounds from the past can be acknowledged, tended to, and healed. Alex works with individuals to develop emotional connectedness, which allows for individuals to begin to process traumatic experiences and grief. For hobbies, Alex enjoys reading, running, video games, painting, traveling, and hiking.

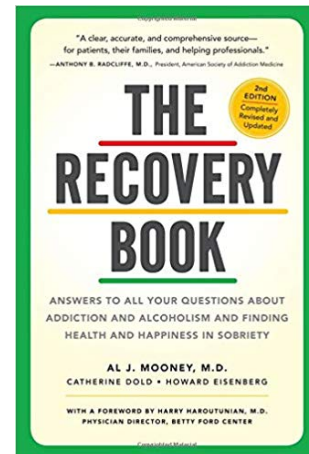
Reading List

The Recovery Book: Answers to All Your Questions About Addiction and Alcoholism and Finding Health and Happiness in Sobriety

by Al J. Mooney, M.D. (Author), Catherine Dold (Author), Howard Eisenberg (Author), and Harry Haroutunian M.D. (Forward)

"A classic. Read it. Use it. It can help guide you step by step into the bright light of the world of recovery." - from the Foreword by Harry Haroutunian, M.D., Physician Director, Betty Ford Center

"The Recovery Book is the Bible of recovery. Everything you need to know you will find in here." - Neil Scott, host, Recovery Coast to Coast radio



Hope, support, and a clear road map for people with drug or alcohol addiction.

The Recovery Book provides a direct and easy-to-follow road map to every step in the recovery process, from the momentous decision to quit to the emotional, physical, and spiritual issues that arise along the way. Its comprehensive and effective advice speaks to people with addiction, their loved ones, and addiction professionals who need a proven, trusted resource and a supportive voice.

The new edition of *The Recovery Book* features the revolutionary Recovery Zone System, which divides a life in recovery into three chronological zones and provides guidance on exactly what to do in each zone. First is the Red Zone, where the reader is encouraged to stop everything, activate their recovery and save their life. Next is the Yellow Zone, where the reader can begin to rebuild a life that was torn apart by addiction. Finally, the reader reaches the Green Zone, where he can enjoy a life a recovery and help others. Readers also learn how to use the Recovery Zone ReCheck, a simple, yet very effective relapse prevention tool. The Recovery Zone System works hand-in-hand with the 12-step philosophy and all other recovery methods.

In addition, *The Recovery Book* covers new knowledge about addiction mechanisms and neuroplasticity, explaining how alcohol and drugs alter the brain. The authors outline a simple daily practice, called TAMERS, that helps people to use those same processes to "remold their brains" around recovery, eventually making sobriety a routine way of life.

Written by Al J. Mooney, M.D., a recovery activist who speaks internationally on recovery, and journalists Catherine Dold and Howard Eisenberg, *The Recovery Book* covers all the latest in addiction science and recovery methods.

[Click here to purchase on Amazon.](#)



Spotlight on Telehealth

Telehealth is defined as the delivery and facilitation of health and health-related services including medical care, provider and patient education, health information services, and self-care via telecommunications and digital communication technologies. The Morton Center provides telehealth services for current and new clients unable to attend in-office individual counseling sessions. Telehealth allows for live distance counseling services anywhere in the state.

Email info@themortoncenter.org for more information, or [click here to learn more.](#)

Support The Morton Center

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Kroger Community Rewards

You can also shop on Amazon and help provide support to the scholarship program by clicking and following the steps below.

Amazon Smile



About The Morton Center

The Morton Center is a full-service addiction recovery facility offering professional counseling and therapy, as well as prevention and educational services, for individuals and families struggling with substance abuse issues. Since 1984, our customized, holistic approach has helped to reengage individuals and their families with lives of meaning and purpose often lost in



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