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**Subject:** The Morton Center Newsletter - February 2021  
**Date:** February 25, 2021 at 5:05 PM  
**To:** [nwilliams@beckettmarketing.com](mailto:nwilliams@beckettmarketing.com)

TC

February 2021



Restoring self,  
preserving family.

Celebrating 36 Years

## Morton Center Updates

Hello Nick,

Just checking in with you.

We're still here! You're still here. No matter what you're facing right now, you're still here.

I saw a post yesterday on Instagram by Dr. Teri Murphy, a therapist, and I thought I'd share it with you. It really made me think.

If someone is panicking, they're scared.

If someone is rambling off news headlines, they're scared.

If someone is angry, they're scared.

If someone is hoarding groceries others are buying, they're scared.

Like a child, when someone is scared, they deserve more love - not less.

Remember love. Remember we all have the capacity for it. And remember that it is endless.

**More Love. Not Less.**

This is for you, too. Be kind to yourself. Take care of yourself. Love yourself. It's important to those that love you.

And... just breathe.

Stay safe, my friend. We're here if you need us.

*Priscilla McIntosh*

Priscilla McIntosh  
Chief Executive Officer  
The Morton Center, Inc.



### Tips & Research

#### **7 Truths If Someone You Love Is Addicted** by David Sack, M.D.

If someone you care about is using drugs or alcohol in a way that's threatening their health, relationships, finances, career, and perhaps even their life, you no doubt feel overwhelmed and desperate to help them come to their senses. But in order to truly help those who have lost control, it's important to understand some of the realities

of addiction:

#### **1. It's not about you.**

It can be tough for loved ones, especially parents and significant others, not to take addiction personally. It's not unusual to think that something you did caused them to use drugs or that you could've spared them from harm if only you did things differently. But their addiction is not about you. Guilt isn't productive for anyone's healing, but your involvement in their treatment and recovery can give them much-needed strength and support. Practice forgiveness and let go of the past so you can have that new beginning you have all worked toward...

[Click to read the complete article first published by \*Psychology Today\*.](#)



### Staff Spotlight

Missy Vannarsdall  
Lead Receptionist at The Morton Center

Missy is our Lead Receptionist who joined The Morton Center in January 2012. Missy grew up in Henry County, Kentucky. She currently resides in Indiana. Missy has over 20 years' experience and enjoys interacting with our clients. Missy is well versed in multi-tasking!

Missy loves being around her children, grandchildren and pets. She enjoys spending time with her friends and family cheering on a UK game, Green Bay game, listening to a live band or just being in good company. Her preferred getaway is to the beach to enjoy the beautiful sunshine.

### The Clinician's Point of View

**Loving Someone with Addiction**  
Amy Travis, LMFT, LCADC  
Counselor at The Morton Center

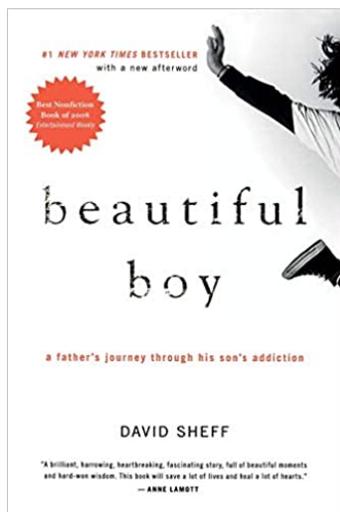
Loving someone

When first asked to write about loving someone with addiction I thought that I might write about all



the topics we talk about in Concerned Persons on Tuesdays. I thought I might weave together ideas on setting boundaries, healthy detachment, stopping enabling behavior, effective communication, and self-care. I thought I might try to bring the perspective that sometimes love needs to be from a distance. All of those topics are important, but when I really starting thinking about this article I thought about love itself and how loving someone with an addiction is in many ways like loving any other person. It's hard. It's fraught with opportunities to be misunderstood or hurt. It's full of unhealthy patterns that get repeated without awareness. It's also brimming with opportunities for healing and hope.

It's important to remember that when talking about loving someone with an addiction, we're using the word as a verb. It's an action-oriented word that is full of energy and direction. It's easy, however, when active addiction is present, to direct all of that energy the wrong way. It's easy to feel like we're really showing love when all we're doing is repeating unhealthy patterns. Sometimes our actions and energy need to be redirected. To love someone with addiction may mean that the action needed is to change something in your own way of being in a relationship. It may mean that you change your definition of love itself as you explore new ways of giving and receiving the connection with another human. It may be that you have to allow old habits to shift and old roles to change so that new patterns of interaction can be imagined and created. It may be that you learn how to say no to hurtful patterns and in so doing begin to say yes to a healthier life than you ever imagined. It may be that part of your healing process is learning to have compassion and empathy for yourself. And it may be that you discover that part of loving them is learning to love yourself too.



### Reading List

#### **Beautiful Boy: A Father's Journey Through His Son's Addiction** by David Sheff

*#1 New York Times bestseller*

*"Filled with compelling anecdotes and important insights . . . An eye-opening memoir." — Washington Post.*

*"A brilliant, harrowing, heartbreaking, fascinating story, full of beautiful moments and hard-won wisdom. This book will save a lot of lives and heal a lot of hearts." — Anne Lamott*

*"When one of us tells the truth, he makes it easier for all of us to open our hearts to our own pain and that of others.' That's ultimately what Beautiful Boy is about: truth and healing." — Mary Pipher, author of Reviving Ophelia*

What had happened to my beautiful boy? To our family? What did I do wrong? Those are the wrenching questions that haunted David Sheff's journey through his son Nic's addiction to drugs and tentative steps toward recovery. Before Nic became addicted to crystal meth, he was a charming boy, joyous and funny, a varsity athlete and honor student adored by his two younger siblings. After meth, he was a trembling wraith who lied, stole, and lived on the streets. David Sheff traces the first warning signs: the denial, the three a.m. phone calls—is it Nic? the police? the hospital? His preoccupation with Nic became an addiction in itself. But as a journalist, he instinctively researched every treatment that might save his son. And he refused to give up on Nic.

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

### Video Spotlight:

#### **Wasted: Exposing the Family Effect of Addiction**

by Sam Fowler - March 18, 2018, Presented at TEDxFurmaU



Posted on YouTube.com

After her brother was diagnosed with the disease of addiction, Sam Fowler and her family had to change the way they lived their lives. In her talk, she tells about her experiences suffering from "the family disease."



This talk was given at a TEDx event using the TED conference format but independently organized by a local community. Learn more at <https://www.ted.com/tedx>



### Winter Programming News:

### **The Morton Center Launches New Website and Expanded Services**

The Morton Center is proud to announce the launch of a new website to better serve clients and the community. "As we continue to expand our services, and the number of clients we reach increases, we wanted an improved and refreshed platform on which to provide this

information to the public. We're happy with the results of the new look and the user-friendly navigation of the site," said CEO, Priscilla McIntosh.

Email [tmcinfo@themortoncenter.org](mailto:tmcinfo@themortoncenter.org) for more information, or [click here to explore the new site.](#)



### **CONCERNED PERSONS PROGRAM**

*The Morton Center believes that one's probability of success in recovery is greatly increased by family participation in the recovery process. We also recognize that families often benefit from therapy focused on the needs and behaviors of its non-substance abusing members. This special program is for adults who have been affected by another person's substances use. These classes provides the educational component of our adult codependency services.*

. No registration. No cost. Currently provided by telehealth.

Tuesdays, 5:30 – 6:30.

[atravis@themortoncenter.org](mailto:atravis@themortoncenter.org)

## 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 addiction.

Contact us:

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