



NOW PROVIDING
TELEHEALTH
for the treatment of
Substance Use Disorders.

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Celebrating 37 Years

Morton Center Updates

Greetings!

I've worried about my girls for a year. Myah is 9 and Madison is 12. They've both had a really inconsistent and tough school year – in and out of the school building. Lots of online school.

I'm just like every other parent I know. I question myself constantly.

Am I doing enough? Are they ok? Am I letting them spend too much time in front of a screen? What am I missing? Am I being too soft?

The questions go on and on and on and on.

But every once in a while, those questions get answered by Myah and Madison.

WARNING: Incoming Mom Brag

A few days ago, Myah and Madison asked Chip, my husband, and me to come to the living room. They had something they wanted to show us. So, off we went to the living room!

Madison handed the laptop over to Chip and instructed him to “plug it in, Dad!”

And then they proceeded with a 20-minute presentation and PowerPoint about why they should be able to get a hamster.

They broke down the initial costs, the monthly costs, the commitment, and who would take care of what.

It was stellar.

And at that moment I realized: The kids are ok.

This was nothing I had taught them. I certainly didn't teach them how to use PowerPoint. Who knows where they learned how to break down costs? LOL

More important than being able to solve an algebra problem or break down sentence structure in a paragraph... somewhere this year, in all the inconsistency, they learned critical thinking skills.

So, Moms and Dads... I think the kids are going to be ok. And I think we need to stop questioning and beating ourselves up.

We're all doing our best. And if we've spoiled our kids a little, that's ok, too.

Give yourself a break. Have a nice piece of chocolate. And let the kids have those M&Ms.

Priscilla McIntosh
Chief Executive Officer
The Morton Center, Inc.



Tips & Research

What is Alcohol Use Disorder and What is the Treatment?

Written by Tim Newman
Reviewed by Timothy J. Legg, Ph.D. CRNP
First published on MedicalNewsToday.com, May 29, 2018

Alcoholism, now known as alcohol use disorder, is a condition in which a person has a desire or physical need to consume alcohol, even though it has a negative impact on their life.

In the past, a person with this condition was referred to as an “alcoholic.” However, this is increasingly seen as an unhelpful and negative label. Health professionals now say that a person has an alcohol use disorder (AUD).

According to the National Institute of Health (NIH), in 2015, 15.1 million American adults (6.2 percent of the population) had an alcohol use problem. According to the World Health Organization (WHO), globally, 3.3 million deaths every year result from the harmful use of alcohol.

Definition

Alcohol use disorder refers to a long-term addiction to alcohol. The National Institute on Alcohol Abuse and Alcoholism (NIAAA) describes alcohol use disorder as “problem drinking that becomes severe.” A person with this condition does not know when or how to stop drinking. They spend a lot of time thinking about alcohol, and they cannot control how much they consume, even if it is causing serious problems at home, work, and financially.

[Click to read the complete article first published by MedicalNewsToday.com.](#)



Staff Spotlight

**Amy Travis, LMFT, LCADC
Counselor**

Amy Travis received her Master of Arts in Marriage and Family Therapy and Master of Divinity dual degree from Louisville Presbyterian Theological Seminary in 2017. Amy has been a family therapist with The Morton Center since fall of 2017.

Amy believes in the power of systemic healing and that change is possible and powerful. She loves to help people by creating a space for radical acceptance and whole-person healing work. In her free time, Amy enjoys making music and art, baking, and spending time with family, friends, and pets

The Clinician's Point of View

**Kristin Wells, M.Ed., TCADC
Client Retention Specialist**

What is Alcohol Awareness Month?

“Awareness is like the sun. When it shines on things they are transformed.” -Nhat Nanh

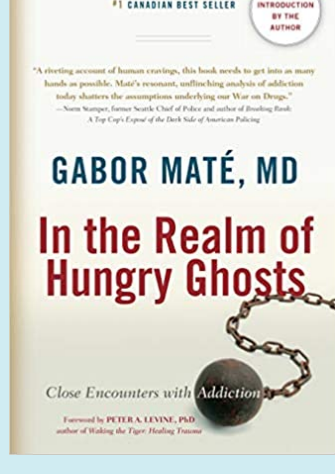


April is Alcohol Awareness Month across the country, and the importance of alcohol education has never been more critical. According to the CDC, excessive alcohol use is responsible for more than 95,000 deaths in the United States each year, or 261 deaths per day. During the COVID 19 pandemic, the rate of alcohol consumption has skyrocketed. The combination of more people working from home, the uncertainty of the virus itself, and the normalization of drinking alone has caused many to question their use of alcohol. While alcohol is legal and can be enjoyed in moderation, it is far from benign. For those struggling with depression or anxiety, alcohol may seem like a quick fix, when in all actuality, it can increase mental health-related symptoms. An important part of Alcohol Awareness Month is choosing an alcohol-free weekend during April (i.e. stop drinking from Friday through Monday) and then gauge the alcohol-free days' effectiveness. For those who consume alcohol regularly (or binge drink often), a physical dependence can develop, so quitting “cold turkey” would not be advised. If you are concerned about your drinking, you may want to ask yourself the following questions:

1. Have you ever felt you should cut down on your drinking?
2. Have people annoyed you by criticizing your drinking?
3. Have you ever felt bad or guilty about your drinking?
4. Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover?

If you answered “yes” to 1 or more of these questions, seeking out a substance use professional who can provide assessment and counseling may be necessary. At the Morton Center, we have seen an increase in substance use calls within the last year. Through Telehealth, we have reached many people who may have been unable to attend services due to distance, transportation, and scheduling conflicts. With so many people seeking therapy or treatment for the first time, Telehealth provides a safe and confidential place to meet with a counselor. Many Alcoholics Anonymous groups have moved their meetings online, so seeking support has never been easier. So, whether you are taking a trial break from alcohol this month or you are ready to give it up altogether, we are here to help.

Call Client Retention Specialist Kristin Wells to schedule an assessment and learn about our services at (502) 456-1025.



Reading List

In the Realm of Hungry Ghosts: Close Encounters with Addiction

by Gabor Maté, M.D.

From bestselling author Gabor Maté, the essential resource for understanding the roots and behaviors of addiction—now with an added introduction by the author.

Based on Gabor Maté's two decades of experience as a medical doctor and his groundbreaking work with the severely addicted on Vancouver's skid row, In the Realm of Hungry Ghosts radically reenvision this much-misunderstood field by taking a holistic approach. Dr. Maté presents addiction, not as a discrete phenomenon confined to an unfortunate or weak-willed few, but as a continuum that runs throughout (and perhaps underpins) our society; not a medical “condition” distinct from the lives it affects, instead of the result of a complex interplay among personal history, emotional, and neurological development, brain chemistry, and the drugs (and behaviors) of addiction. Simplifying a wide array of brain and addiction research findings worldwide, the book avoids glib self-help remedies instead of promoting a thorough and compassionate self-understanding as the first key to healing and wellness.

The Realm of Hungry Ghosts argues persuasively against contemporary health, social, and criminal justice policies toward addiction and those impacted by it. The mix of personal stories—including the author's candid discussion of his own “high-status” addictive tendencies—and science with positive solutions makes the book equally useful for lay readers and professionals.

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

Video Spotlight:

Craig Ferguson Gets Personal about Alcoholism

by Craig Ferguson- Originally aired on CBS - February 20, 2007 - Posted on YouTube.com

On February 20, 2007, talk show host Craig Ferguson got personal about his alcoholism and recovery. Over fourteen years later his monologue remains one of the most honest (and funny) accounts of the disease of addiction. He speaks of what it takes to get sober and stay that way. While some of the material is dated (Brittany Spears??), the fundamentals are as solid as ever, and poignant for anyone who wakes up one day and finally recognizes the need for change.



Spring Programming News: Concerned Persons Program

Upcoming Topics:

- 4/20 - Grief & Recovery
- 4/27 - Boundaries
- 5/4 - Communication Challenges & Conflict Resolution



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.

tmcinfo@themortoncenter.org

About The Morton Center

The Morton Center is a full-service addiction recovery 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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