

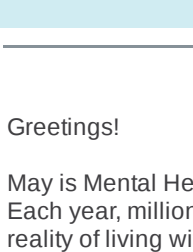
May 2021

## NOW PROVIDING TELEHEALTH

for the treatment of  
Substance Use Disorders.

[www.themortoncenter.org](http://www.themortoncenter.org)

[tmcinfo@themortoncenter.org](mailto:tmcinfo@themortoncenter.org) - ph. 502-451-1221



Restoring self,  
preserving family.

Celebrating 37 Years

## Morton Center Updates

Greetings!

May is Mental Health Awareness Month. Each year, millions of Americans face the reality of living with a mental illness. In May, NAMI joins the national movement to raise awareness about mental health. Each year we fight stigma, provide support, educate the public, and advocate for policies that support people with mental illness and their families.

You Are Not Alone

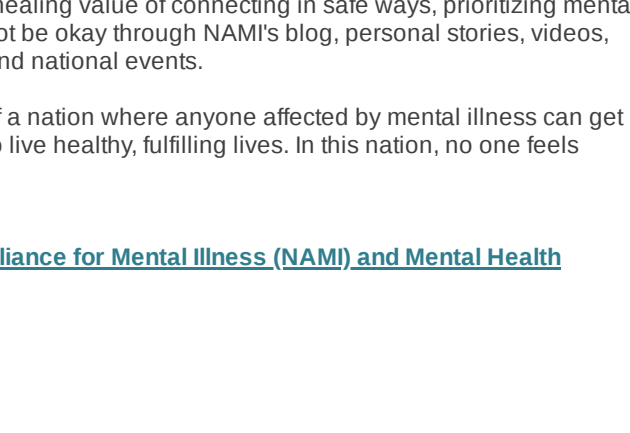
For 2021's Mental Health Awareness Month, NAMI will continue to amplify the message of "You Are Not Alone." We will use this time to focus on the healing value of connecting in safe ways, prioritizing mental health, and acknowledging that it's okay to not be okay through NAMI's blog, personal stories, videos, digital toolkits, social media engagements, and national events.

Together, we can realize our shared vision of a nation where anyone affected by mental illness can get the appropriate support and quality of care to live healthy, fulfilling lives. In this nation, no one feels alone in their struggle.

[For more information about the National Alliance for Mental Illness \(NAMI\) and Mental Health Awareness Month visit NAMI.org.](#)

*Priscilla McIntosh*

Priscilla McIntosh  
Chief Executive Officer  
The Morton Center, Inc.



### Tips & Research

#### The Opposite of Addiction is Connection?

by Robert Weiss, Ph.D, MSW

First published on [PsychologyToday.com](http://PsychologyToday.com),  
September 20, 2015

*New addiction research brings surprising discoveries.*

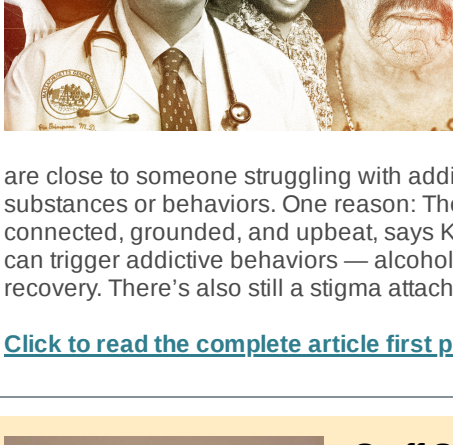


#### What Causes Addiction?

In an increasingly widely disseminated TED Talk titled "Everything You Think You Know About Addiction is Wrong," British journalist Johann Hari discusses the available research into the underlying causes of addiction and concludes, rather brilliantly, that the opposite of addiction is not sobriety, it's connection. His statement echoes a theme that I and many 21st Century addiction specialists have espoused for years — that addiction is not about the pleasurable effects of substances, it's about the user's inability to connect in healthy ways with other human beings. In other words, addiction is not a substance disorder, it's a social disorder.

This, of course, is contrary to what most folks believe about substance abuse. In general, people think that the pleasurable effects of alcohol, cocaine, heroin, and the like are the primary drivers of addiction. And why not? We know for certain that once ingested these substances trigger the release of dopamine and several other pleasure-related neurochemicals into the brain. In other words, potentially addictive substances make us feel good, and because we like to feel good, we tend to go back for more. Hence, the human propensity for addiction. Or so it seems at first glance...

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



#### Addiction Isn't a Weakness, but Recovery Takes Strength

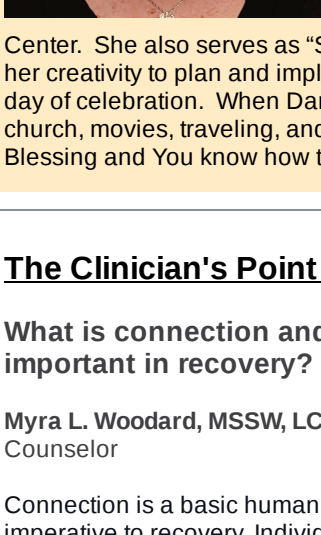
By Spencer Dukoff & Paul Kita

Originally Posted on [MensHealth.com](http://MensHealth.com), May 04 2021

*Meet 12 people who faced their struggles head-on and discovered sobriety as a means to stronger, happier, healthier lives.*

People in recovery will tell you that addiction isn't just about neurochemical dependency, or intoxicating substances, or thrill-seeking behaviors. Addiction is also connected to control, security, and self-worth — all of which took a massive beating during the pandemic. Addiction trends accelerated during Covid-19 as stress levels increased and support networks crumbled. When Men's Health polled 1,111 people, 75% of respondents said they increased and 40% reported an increase in cravings for addictive substances or behaviors. One reason: They didn't have other people around to keep them feeling connected, grounded, and upbeat, says Ken Duckworth, M.D., CMO of NAMI. The fraying of connectivity can trigger addictive behaviors — alcohol, painkillers, drugs, porn, gambling — and relapse for those in recovery. There's also still a stigma attached to addiction, which means people often suffer in isolation.

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



### Staff Spotlight

**Daryn Martinez-Seda**

Lead Insurance & Client Services Specialist

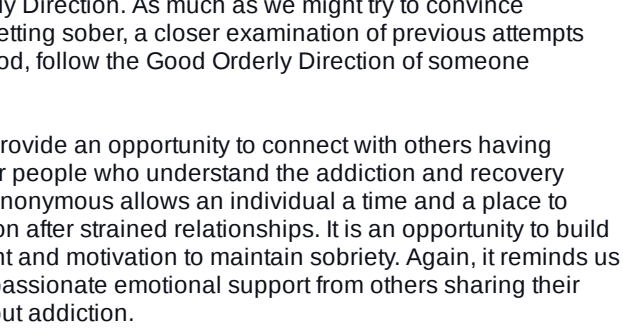
Daryn received an AS in Medical Assisting from Keiser College in 2001. She grew up in Florida before relocating to Kentucky in 2011 with her husband Pedro. She has worked for over 20 years in the medical field and joined The Morton Center in January 2012. As Lead Insurance Specialist, Daryn works with clients and their insurance companies. She works on all aspects of billing from checking eligibility, prior authorizations, billing claims, and insurance follow-up.

Daryn loves working with clients and the team at The Morton Center. She also serves as "Safety Officer" on-site, keeping clients and staff safe. In addition, she uses her creativity to plan and implement all the staff birthdays, making sure everyone feels special on their day of celebration. When Daryn is not working, she enjoys time with family and friends, going to church, movies, traveling, and arts and crafts. Daryn lives each day by words from her Momma, "Be a Blessing and You know how to Act!"

### The Clinician's Point of View

What is connection and why is it important in recovery?

Myra L. Woodard, MSSW, LCADC  
Counselor

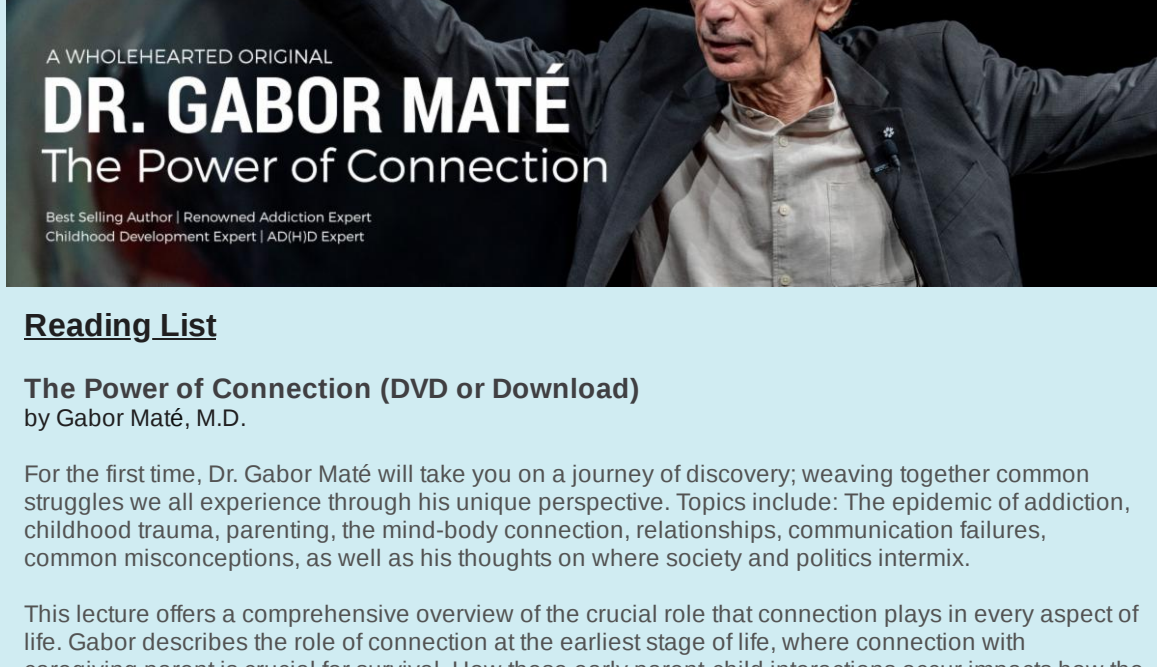


Connection is a basic human need that is imperative to recovery. Individuals with sustained sobriety recognize the importance of connecting and reconnecting with others as an essential element of changing their lives. According to psychologists, love and belonging are two of our most basic human needs, from social needs to having meaningful friendships to family ties. Other common ways to connect include nurturing one's Spirituality, Fellowship/ Self-help Meetings, and Family Support.

**Spirituality:** Spirituality involves cultivating a connection to something greater than oneself. This means looking externally to find a sense of connection internally. An external connection may be through nature, the universe, humanity, God, or a higher power of one's own understanding. There is no wrong or right way to be spiritual, only that one finds their personal connection for direction and understands they are not alone. Some struggle with the God concept. If you are struggling, I invite you to keep it simple and utilize the acronym of Good Orderly Direction. As much as we might try to convince ourselves that we don't need anyone's help getting sober, a closer examination of previous attempts may indicate otherwise. If you struggle with God, follow the Good Orderly Direction of someone successful, someone other than yourself.

**Fellowship & Self-help Meetings:** Meetings provide an opportunity to connect with others having similar goals and aspirations, with other sober people who understand the addiction and recovery process. A self-help meeting like Alcoholics Anonymous allows an individual a time and a place to focus on recovery and to fill the void of isolation after strained relationships. It is an opportunity to build new relationships and receive encouragement and motivation to maintain sobriety. Again, it reminds us that we are not alone. Meetings provide compassionate emotional support from others sharing their experience, strength, and hope for a life without addiction.

**Family support:** Family connection and support are crucial elements of any strong sober support system. Reconnecting with the family in a healthy way is vital for maintaining recovery and will often happen over time if the family is involved. Addiction is a family disease. It is essential that family members be a part of their own healing process, learn about addiction and learn how to support their loved ones throughout recovery appropriately.



### Reading List

**The Power of Connection (DVD or Download)**  
by Gabor Maté, M.D.

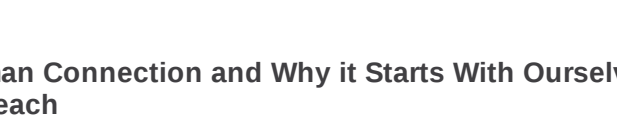
For the first time, Dr. Gabor Maté will take you on a journey of discovery: weaving together common struggles we all experience through his unique perspective. Topics include: The epidemic of addiction, childhood trauma, parenting, the mind-body connection, relationships, communication failures, common misconceptions, as well as his thoughts on where society and politics intermix.

This lecture offers a comprehensive overview of the crucial role that connection plays in every aspect of life. Gabor describes the role of connection at the earliest stage of life, where connection with caregiving parent is crucial for survival. How these early parent-child interactions occur impacts how the brain and its neural pathways develop, and influences our emotions, the development of our immune system, our communication and coping strategies later in life, our risks of addiction, serious illness such as asthma, MS, arthritis and cancer, and more.

Gabor skillfully weaves together the medical, scientific, and psychological research on how brain and body interact, and how our relationships affect that development, and paints a picture that helps us understand why and how we behave, and how our perceptions influence our world... but before that, how the world influences our perceptions.

This one-hour video is an excellent introduction to Gabor's perspective on the absolute necessity of connection to healthy existence, and how deficits in connection early in life influence everything from our bodies, to politics, to society. He ends by encouraging us to consider what changes we could make and what we'd need to do to begin to make those changes. 67 Minutes - Released 2020

[Click here to purchase on RecoveryBookstore.com](#)



### Video Spotlight:

**The Need for Human Connection and Why it Starts With Ourselves | Molly Carroll TEDxManhattanBeach**

by Molly Carroll - January 21, 2020 - Posted on YouTube.com

Molly Carroll shares staggering suicide and loneliness trends, making a plea for deeper human connection. "Our brains are wired to reach out and interact," she says. In her poignant talk, Molly shares how human connection lowers anxiety, depression, and suicide ideation, and how improving our connection with ourselves helps us better connect with others. Molly Carroll is a licensed therapist and professional coach who holds a master's degree in Counseling Psychology. Molly is an expert in her field with over 25 years of experience in education and mental health. She is a non-fiction writer, educator, and founder and director of the social-emotional curriculum Flourish.

In 2015, Molly published an artistic self-help journal Cracking Open. Two years later she published her second book about around trusting and following your intuition, Trust Within: Letting Intuition Lead.

Molly is also a successful public speaker for corporations such as Apple, Delta Dental, Lifesize and LinkedIn, and no stranger to the TEDx stage. She conducts popular retreats throughout the United States, Mexico and Costa Rica. 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>

### Spring Programming News: Concerned Persons Program

#### Upcoming Topics:

5/25 - How to talk with loved ones about substance use  
6/1 - Grief and Recovery

**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](mailto:tmcinfo@themortoncenter.org)

## Executive Insights with Louisville Business First - Mental Health & Substance Use [Click to view](#)

## 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:  
The Morton Center - 1028 Barret Avenue, Louisville, KY 40204  
ph. 502-451-1221

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