

NOW PROVIDING
TELEHEALTH
 for the treatment of
 Substance Use Disorders

www.themortoncenter.org
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the morton center
 Restoring self,
 preserving family.

Celebrating 37 Years

Morton Center Updates

Tips & Research

Recovery: The Many Paths to Wellness

Excerpt from *Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health* [Internet]. Washington (DC): US Department of Health and Human Services; November 2016



On October 4, 2015, tens of thousands of people attended the UNITE to Face Addiction rally in Washington, D.C. The event was one of many signs that a new movement is emerging in America: People in recovery, their family members, and other supporters are banding together to decrease the discrimination associated with substance use disorders and spread the message that people do recover. Much of the success of the event hinged on the growing network of recovery community organizations (RCOs) that have proliferated across the country, creating cultures of recovery and advancing recovery-positive attitudes, programs, and prevention strategies. Recovery advocates have created a once-unimagined vocal and visible recovery presence, as living proof that long-term recovery exists in the millions of individuals who have attained degrees of health and wellness, are leading productive lives, and making valuable contributions to society. Meanwhile, policymakers and health care system leaders in the United States and abroad are beginning to embrace recovery as an organizing framework for approaching addiction as a chronic disorder from which individuals can recover, so long as they have access to evidence-based treatments and responsive long-term supports.¹⁻⁴

Despite the growing popularity and importance of "recovery" as a concept, many people wonder what the term really means and why it matters. This chapter answers these questions by first defining the concept of recovery from substance use disorders and then reviewing the research on the methods and procedures used by mutual aid groups and recovery support services (RSS) to foster and sustain recovery...

[Click to read the complete article published by NCBI, part of The National Institute of Health \(NIH\).](#)

The Clinician's Point of View

Many Paths to Recovery

by Michael Rose LGADC, LPCC, NCC
 Counselor



Gone are the days of "one size fits all" and "cookie cutter" models of recovery. Individualization, personalization and customization are the norm, and these concepts also apply to recovery. This does NOT mean however that wishful thinking, abstract ideas, magic wands, or an "anything goes" approach will somehow come upon a person and make them sober. Research shows that recovery takes work, it takes time and effort and action is required. Statistically we know that the closer one adheres to an action-oriented plan for recovery, the better their chances are for sustained sobriety. In fact, one of the most common questions asked after a relapse is not "What were you doing when you relapsed?" but rather "What did you STOP doing when you relapsed?" It is well known that while a person enjoys sobriety, they are doing the work necessary to remain sober, and when those actions stop, so too does success. As with any disease, medicine is required, and with the disease of addiction, action is the medicine.

Most definitions of addiction contain two key words when describing the condition: "chronic and progressive." The word chronic means ongoing, it means that it doesn't go away, ever. Because of the chronic nature of the disease a lifetime commitment to the recovery process is a requirement and not a suggestion. The Morton Center believes that addiction is a multi-faceted disease, and effective treatment requires a multi-faceted approach. That is why our holistic treatment model includes the four key components that create an all-encompassing way of life, specifically: the body (physical, biological, medical), the mind (emotional, psychological), social elements (environmental, family, connection), and spiritual elements (self-actualization, meaning and purpose).

While there are many popular recovery-oriented self-help groups, a cursory examination may indicate that some groups are at odds with one another. In early recovery it is easy to become confused and overwhelmed with groups claiming that their way is "the best way," or even "the only way," to experience a successful recovery. However, a closer examination of such groups reveals more similarities than differences. Such groups can easily work congruently with one another, and each contains its own particularly powerful principles. While it's important to connect and build relationships within a single group, a more mature and eclectic approach that embraces the most helpful principles from each available source, is beneficial. Popular 12 Step Models, as promoted by [Alcoholics Anonymous](#) and [Narcotics Anonymous](#) have helped countless individuals become sober, "happy, joyous and free." Cognitive behavioral approaches, such as [SMART Recovery](#) and Psychotherapy ([The Morton Center](#)) are also highly effective recovery methodologies. Religious and spiritual programs such as Christian-based [Celebrate Recovery](#) or Buddhist-based [Refuge Recovery](#) are also well known and very effective models. Newer models are emerging daily and a quick internet search will reveal numerous options.

Taking the time to find a program that works best for you is a necessity for success, but ambivalence is not an excuse for a lack of action or commitment. Finding fault and discounting a program because one claims to disagree with a particular element of the overarching principles is laziness, and an unwillingness or inability to commit to a life of recovery. Simply speaking, it is the kind of short-sighted thought and behavior that created one's addiction from the start.

Successful, long-term recovery is contingent upon two common elements that each of these programs possess: first, sobriety requires action, it does not simply happen; and second, sobriety requires connection, one simply can not do it alone. As much as one might like to believe it can be done alone, the evidence in no way supports such a notion. Addiction is about isolation, but recovery is all about connection. If one is committed to true recovery it is necessary to get out there, connect with others, and persevere with an action-oriented plan for recovery. Recovery is possible, but it takes action, it takes work, and it takes a sincere and profound commitment to change.

Staff Spotlight



Priscilla McIntosh
 CEO

Priscilla Hardin McIntosh is a native of Shelbyville, Kentucky. She graduated from Indiana Wesleyan University with a Bachelor's of Science Degree in Accounting.

In June of 2009, while working at Mountjoy Chilton Medley, McIntosh began providing accounting assistance to The Morton Center when the organization was experiencing a period of financial hardship. In February of 2010 McIntosh was invited to join the staff in a position created for her as Chief Finance Officer. In May of 2012 the Board of Directors requested she serve as the Chief Executive Officer.

McIntosh is a graduate of Ignite Leadership Louisville, a 2015 Forty Under 40 alum, 2016 Partners in Health Care alum, and 2018 Healthcare Hero. In her role as CEO, she shares her passion for helping family's triumph over substance abuse.

Priscilla is a wife and mother of two daughters. She enjoys family trips, making photo books and baking.

Reading List



Refuge Recovery: A Buddhist Path to Recovering from Addiction
 by Noah Levine

Bestselling author and renowned Buddhist teacher Noah Levine adapts the Buddha's Four Noble Truths and Eight Fold Path into a proven and systematic approach to recovery from alcohol and drug addiction—an indispensable alternative to the 12-step program.

While many desperately need the help of the 12-step recovery program, the traditional AA model's focus on an external higher power can alienate people who don't connect with its religious tenets. Refuge Recovery is a systematic method based on Buddhist principles, which integrates scientific, non-theistic, and psychological insight.

Viewing addiction as cravings in the mind and body, Levine shows how a path of meditative awareness can alleviate those desires and ease suffering. Refuge Recovery includes daily meditation practices, written investigations that explore the causes and conditions of our addictions, and advice and inspiration for finding or creating a community to help you heal and awaken.

Practical yet compassionate, Levine's successful Refuge Recovery system is designed for anyone interested in a non-theistic approach to recovery and requires no previous experience or knowledge of Buddhism or meditation.

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

Video Spotlight:

Roadmap for Recovery (Part 1): Recovery Begins With Withdrawal
 Created by: Substance Abuse and Mental Health Services Administration (SAMHSA)
 Posted on YouTube.com



This video presents the four stages of recovery—withdrawal, early abstinence, protracted abstinence, and adjustment and resolution. It explains what people in recovery and their families, friends, and loved ones can do during each stage to make the journey more successful.

Fall Programming News: Concerned Persons Program

Upcoming Topics:

- 8/31 Boundaries
- 9/7 Co-dependency in Families
- 9/14 Al-Anon speaker
- 9/21 Communication Challenges and Conflict Resolution
- 9/28 How to Talk to Loved Ones about Substance Use
- 10/5 Grief and Recovery
- 10/12 Al-Anon Speaker
- 10/19 Recovery Hope and Healing



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 substance 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

16 SEPT
 10 AM/EST
 9 AM/CT

Virtual EXPUNGEMENT CLINIC

In order to participate in this virtual event, you will need access to an internet-connected device. Please email virtualexpungement@adhealth.org to receive the registration link. Event participants – which will be capped at 50 – will receive guidance from legal aid regarding the expungement process.

Out of state charges are not able to be expunged at this time. This event is funded by Goodwill Industries of Kentucky.

ADULTS ONLY | **FREE TO ATTEND** | **ADULTS ONLY** | **ADULTS ONLY** | **ADULTS ONLY**

Check out the NEW BLOG!

Outpatient Alcohol Rehab - Is Online (Alcohol) Treatment Best for Me? August 17, 2021



Outpatient alcohol rehab is a powerful and effective treatment for individuals and families facing alcohol addiction and its challenges. Since March of 2020, the Covid pandemic has created two significant changes: (1.) Recent studies have shown alcohol use has made large increases. (2.) In-person and in-patient services have become difficult and, at times, not possible. With these [...]

<https://www.themortoncenter.org/blog/>

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Heroes for HOPE
 Annual Fundraising Luncheon

SAVE THE DATE!
September 21st

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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