

January 2022

NOW PROVIDING  
**TELEHEALTH**  
 for the treatment of  
 Substance Use Disorders



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Restoring self,  
 preserving family.

Celebrating 37 Years  
**Morton Center Updates**

Greetings!

If you google the word "connection," you will see it described as "a relationship in which a person, thing, or idea is linked or associated with someone else." Words that could not ring more accurately in our current world. Connection is not only important in recovery but for everyone.

Last weekend, I took a girl's trip to a cabin (we all tested before we left). I needed that time with my girlfriends. We had so many laughs. You know the kind of belly laughs that make your face hurt.

This month the newsletter is intended to celebrate our alumni, and promote the types of connections that can begin with like-minded, recovery-oriented folks like those made within the group. Take time to reach out to someone and connect, connect with your community and connect with recovery. They may need it more than you do.



*Priscilla McIntosh*  
 Priscilla McIntosh  
 Chief Executive Officer  
 The Morton Center, Inc.

**The Clinician's Point of View**  
**Building a Strong Support System in Recovery**  
 Kishini Wells, TCADC, M.ED  
 Counselor



"One of the greatest barriers to connection is the cultural importance we place on going it alone." Somehow, we've come to equate success with not needing anyone. Many of us are willing to extend a helping hand, but we're very reluctant to reach out for help when we need it ourselves. It's as if we've divided the world into those who offer help/ and those who need help. The truth is that we are both. - Brené Brown

For those in active addiction, the concept of having a "support system" may feel foreign. The chronic and progressive substance use that leads to addiction is, in the end, an isolating experience. Fear of what people may think about us if they knew our truth causes shame. We shut people out based on the belief that we are protecting ourselves and others. This lack of connection can keep people stuck in the cycle of addiction for a long time.

When people make the choice to get sober, building a strong support system is essential. We know that support from loved ones can make a huge difference in treatment outcomes. Those in early recovery must think carefully about who they include in their support system (i.e., by not including old friends who still actively using substances, we are safeguarding our recovery). We may need to re-connect with loved ones after avoiding them while using drugs/alcohol. While our parents, friends, children, co-workers etc. can be a source of inspiration, it is also important to talk to others in recovery. Accountability from peers in AA or other support groups can be helpful because those people have been where we are. Supporters who are in recovery themselves can show us how they got sober by sharing their experience, strength, and hope.

Those who complete The Morton Center's IOP program are invited back once a month for Alumni Night. During this time, alumni share their stories and answer questions from current IOP clients. Alumni Night is held every five weeks, with the next on Thursday, January 27th, 2022.

**Change is never painful, only the resistance to change is painful.**  
 Buddha

**Tool Box Tips**  
**Thawing Out the Fear of Going Sober**  
 Published by [The Fix.com](#)  
 January 3, 2022

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Going sober can be so hard in the beginning. Most of us feel a freezing shame when we decide that we need to stop drinking. We are afraid that we won't be able to learn to live alcohol-free. Starting out sober is like learning any life skill. We are afraid that we will slip. That we won't be able to gain traction.

Why, oh why do we feel shame if we are a beginner? Why, oh why do we self-loathe if we make a mistake? Babies learning to walk don't feel shame. They do feel some bumps and bruises. They shed tears and find reassuring arms along the way.

Learning to ride a bicycle was daunting in my childhood years, yet I persisted and soared with flying hair through forests, bumpy dirt roads, and grassy vacant lots. Freedom!

I had no embarrassment or shame in learning to play a game, master the computer, or start driving. My first visit with Santa was so thrilling! When we're children, we approach challenges, new things, and changes with curiosity, devotion, and determination. Most of all, fun!

Then we get older. We start adulthood. Responsibilities galore. We "must" ourselves. We want to fit in. We want to belong. We want approval. Normal and healthy wants. But for many of us, these wants are not backed up by self-awareness or self-esteem. Enter dysfunctional, people-pleasing, manipulative, and deceptive behaviors. Enter numbing. Enter rationalizations. Destructive self-talk. Hidden shame. Denial. Enter toxic people, things, and situations.

The spiral begins.

And for many of us, lots of drinking, to numb the pain...

[Click here for the full article from www.thefix.com](#)

**Staff Spotlight**

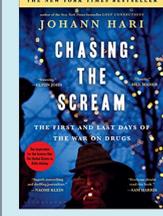
**Emma Henkel, CSW, TCADC**  
 Counselor



Emma received her Bachelor of Arts in Psychology in 2018 from DePaul University. She was awarded a Master of Science in Social Work from the Kent School of Social Work at University of Louisville in 2021. She is a licensed social worker in both Indiana and Kentucky and is working towards clinical licensing in social work and alcohol and drug counseling. Emma has experience in various avenues of social work and counseling and believes in a "one size fits one" approach to treatment. Emma is an ally and an advocate for all people and believes in amplifying voices that often go unheard.

Emma became part of The Morton Center in September of 2021 with the intention of creating meaningful change in the lives of those in the community. Emma is a self-identified "crazy pug lady" and spends much of her free time playing with her two pugs, Sonny and Cher.

**Reading List**



**Chasing the Scream: The First and Last Days of the War on Drugs**  
 by Johann Hari

What if everything you think you know about addiction is wrong? Johann Hari's journey into the heart of the war on drugs led him to ask this question—and to write the book that gave rise to his viral TED talk, viewed more than 62 million times, and inspired the feature film *The United States vs. Billie Holiday* and the documentary series *The Fix*.

One of Johann Hari's earliest memories is of trying to wake up one of his relatives and not being able to. As he grew older, he realized he had addiction in his family. Confused, not knowing what to do, he set out and traveled over 30,000 miles over three years to discover what really causes addiction—and what really solves it.

He uncovered a range of remarkable human stories—of how the war on drugs began with Billie Holiday, the great jazz singer, being stalked and killed by a racist policeman; of the scientist who discovered the surprising key to addiction; and of the countries that ended their own war on drugs—with extraordinary results.

*Chasing the Scream* is the story of a life-changing journey that transformed the addiction debate internationally—and showed the world that the opposite of addiction is connection.

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

**Video Spotlight:**

**Everything You Know About Addiction is Wrong**  
 Posted on YouTube.com, July 9, 2015  
 by Johann Hari

This month we promote connection as an antidote for addiction. While we have shared this video before, it is perhaps a good time to review. In this fascinating short video, writer and social scientist Johann Hari postulates that the opposite of addiction is connection; a concept that is fundamental to our programs at The Morton Center. Hari shares his perspective in a TED talk about an experiment that was conducted in Portugal back in 2000, as the country was suffering from one of the worst drug problems in Europe.

The outcome of this talk will change how you look at drugs and addiction in general, and it will make you realize that everything you think you know, and perhaps everything that perpetuates the social stigma of addiction, is wrong.



**Winter Programming News**  
**Hope Group: Expressive Therapy for Children**



An 8-week educational program, utilizing creative techniques to provide support for children (6-12 years) who have been impacted by another person's substance use.

The creative process of art-making improves and enhances the physical, mental and emotional well-being of individuals of all ages. Mindfulness practices help children to increase confidence, cope with stress, and handle difficult situations. Combining creative techniques and mindfulness practices nurture resilience. This group will provide a way to help children name feelings, separate themselves from the problem and develop language to describe their family system. Call to reserve your spot! 502-451-1221

**The Blog @ themortoncenter.org**

**Drug Rehab - 10 Outpatient Choices to Secure Success**  
 Posted October 22, 2021



Drug rehab is coming to a conclusion. At least the formal part. You or your loved one have come a long way. The work to repair broken relationships has begun. There may even have a sense of wholeness you haven't felt in years. Nevertheless, there is something else growing: FEAR.

Fear usually comes with questions. What do I do now? How do I maintain my sobriety? What if I relapse? What if I fail?

You need security. Not just today but for years to come.

The ideas in this article are not a substitute for you and your counselor or care team's plan. It is hopefully a reminder or a place you can come to when you need a reminder. Bookmark it in your browser or read it once and place all of the strategies on your phone. However, you choose to make these choices, they will serve to help secure a successful recovery, not just for you, but for your loved ones as well [...]

[Click here for the complete article.](#)



**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 provide 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 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.