

# foundations

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## Voice of Recovery: Dwayne

Dwayne is a person in recovery who works for Community Care as a Community Outreach Recovery Specialist (CORS). In his work, Dwayne offers support to people when they have a medical admission to a hospital related to substance use. Dwayne works with staff at two hospitals in the Pittsburgh area. He is a resource for a person if they have a substance use disorder, which includes the disease of addiction and mental health issues. Dwayne's goal is to meet a person where they are and help them get drug and alcohol, mental health, or community services (food bank, AA or NA meetings, etc.).

Dwayne says that being able to help someone at a stressful time is the most rewarding thing about being a CORS worker. If someone is struggling with drug addiction, he helps them in their next phase of getting better. Dwayne calls rehabs, sets up a pickup time, or sets up an appointment. He can meet people at their first appointment.

Dwayne also links people to the community. "I've met people at 12-step meetings or other community resources," Dwayne said. The length of time that Dwayne stays connected with a person varies. If they get out of rehab and need a halfway house or other services, they can call Dwayne to help set that up. And, if someone refuses Dwayne's help when he sees them on his first contact, he leaves his information so they can contact him later.

"It's helpful for my own recovery to be in contact in supporting people," Dwayne said. "By giving back what was so freely given to me. By helping someone else, it helps me automatically."

Dwayne defines recovery as being about change and being able to live with one's self.

### Goals of CORS:

- Discuss possible treatment options for a substance use disorder
- Discuss available services, like substance use disorder treatment, community-based resources, or how to get an assessment for treatment
- Use personal experience to help promote and support recovery
- Help people access resources or find social service agencies



Dwayne's goal is to help people get drug and alcohol, mental health, or community services

## Antipsychotic Medicine Q&A

### What are antipsychotic medicines?

They are medicines mainly used for schizophrenia and bipolar disorder. Doctors may also prescribe them for other reasons, such as to treat severe depression or symptoms associated with autism.

Common antipsychotics include:

- Risperidone (Risperdal®)
- Aripiprazole (Abilify®)
- Quetiapine (Seroquel®)
- Ziprasidone (Geodon®)
- Olanzapine (Zyprexa®)
- Haloperidol (Haldol®)
- Chlorpromazine (Thorazine®)
- Fluphenazine (Prolixin®)
- Lurasidone (Latuda®)

### What are the side effects?

All drugs have side effects. Not everyone gets side effects. Many side effects get better or go away over time. Side effects can include:

- Feeling tired
- Feeling dizzy
- Dry mouth
- Constipation
- Blurred vision
- Sunburn easily
- Feeling restless
- Tremors
- Nausea
- Increased appetite

Antipsychotic medicines can cause weight gain. They can also increase the risk of diabetes and high cholesterol. **It is important to have your weight, blood sugar, and cholesterol levels checked on a regular basis.**



### **How long does it take for antipsychotic medicines to work?**

Antipsychotics take time to work. Some symptoms may get better within 1-2 weeks. It may take several weeks for other symptoms to improve.

### **What should I do if I don't feel better?**

Tell your doctor if you do not feel better. You and your doctor may decide to change the dose of the medicine or try a different one.

### **Do I have to take my medicine every day?**

It is important to take your medicine as prescribed by your doctor. Antipsychotic medicines can only help if they are taken every day.

### **How long do I have to take antipsychotics?**

Some people may need to take antipsychotics for only a short time. Others may need them long-term. Talk with your doctor about your treatment plan and what is recommended.

### **What should I do if I miss a dose?**

If you miss a dose, call your doctor or pharmacist. You may be told to skip the missed dose and take your medicine at the next scheduled time. Never take two doses to make up for a missed dose.

### **Why should I keep taking my medicine if I feel well?**

Symptoms may return if you stop taking the medicine. Antipsychotics should only be stopped after you and your doctor discuss what is best for you.

For more information about antipsychotics and other mental health medicines, visit the website: <https://www.nimh.nih.gov/health/topics/mental-health-medications/index.shtml>



Medicines take time to work.  
Some symptoms may get better sooner than others.



Take your medicine  
as prescribed  
by your doctor



Talk to your doctor  
if you have questions  
about your medicine

## Healthy Eating and Portion Control for Children

Children are more likely to stay at a healthy weight and keep up good eating habits as they get older when they eat healthy portions. A portion is the amount of food that you eat at one time. Research shows that people eat more when they have more food in front of them. That means eating a lot more calories, which can cause weight gain.

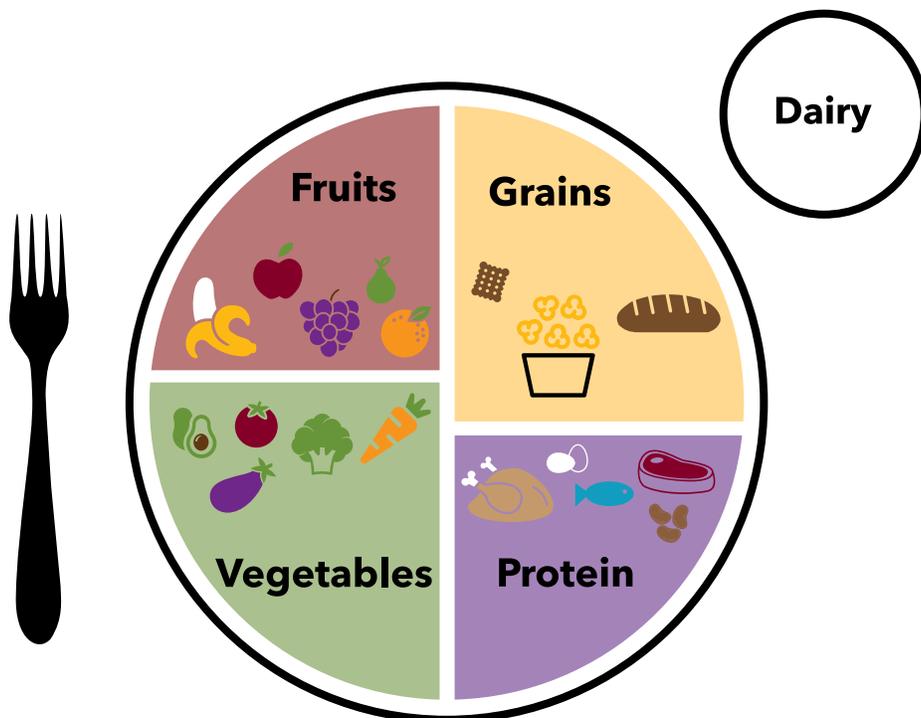
### Tips for Portion Control

- Serve food on individual plates instead of putting serving dishes on the table (which can tempt your child or family to reach for seconds).
- Put a small amount of a snack into a bowl or container instead of letting your child eat straight from the package.
- A healthy snack, like a piece of fruit or a small salad, is OK between meals. It can keep your child from overeating during a meal.

Eating healthy portions also means eating a variety of healthy foods. Try to make meals that have food from each food group:

- A protein, such as a lean meat or fish
- Low or non-fat dairy
- Fruits
- Vegetables
- Whole grains

The website [www.choosemyplate.gov/kids](http://www.choosemyplate.gov/kids) has more tips on healthy food and portions for children.



## The Benefits of Quitting Smoking

Many people know that quitting smoking is best for their health, but they may not know all of the benefits that quitting brings. Quitting smoking can have a positive effect on your health, and your family and friends' health.

If you are thinking about quitting, remember:

- Your health will benefit from quitting at any age.
- Your body will begin to heal as soon as you quit.
- It will be easier for you to breathe and live a more active lifestyle.
- Quitting smoking not only helps improve your overall health, but also protects your family and friends from secondhand smoke.

After you quit smoking, your body makes changes that can improve your health for years to come. As soon as 20 minutes after you quit smoking, your heart rate begins to drop. Within 12 hours of quitting, the carbon monoxide level in your blood will drop to normal and safer levels.

Quitting smoking greatly lowers the risk of these conditions:

- Heart attack
- Stroke
- Cancer, including cancer of the:
  - Mouth
  - Throat
  - Esophagus
  - Larynx
  - Lung
  - Cervix
  - Bladder
- Ulcers
- Peripheral Artery Disease



As soon as **20 minutes** after quitting, your heart rate drops.



**12 hours** after quitting, the carbon monoxide level in your blood will return to normal.



**72 hours** after you quit the bronchial tubes in your lungs relax.

The Pennsylvania Free Quitline is a free service you can use to talk to someone about quitting smoking. Call 1.800.QUIT.NOW.

## STDs and Domestic Abuse

An informational article from the Pennsylvania Department of Human Services.

Women are more at risk for sexual and physical abuse than men. The Centers for Disease Control and Prevention state that women who are victims of these types of abuse are more likely to have a sexually transmitted disease (STD). HIV/AIDS is one example of an STD. Other STDs can increase the risk of HIV/AIDS. Also, STDs can cause health issues whether or not a person has HIV/AIDS.

Sexual abuse can happen between partners of the same sex or between partners of the opposite sex. Giving a person an STD on purpose is a form of abuse. The abuse may be ongoing if a partner:

- Will not get treated for an STD
- Will not use a condom
- Forces or pressures a partner into sex when there is an STD
- Blames the other partner for cheating and causing the STD

Women risk ongoing health problems from having an STD. These may include:

- Pelvic Inflammatory Disease (PID)
- Problems getting pregnant
- Problems while pregnant
- Damage to reproductive organs
- Passing the STD to a baby during pregnancy or birth

Regular health check-ups can find an STD. To get help for an STD see a family or health clinic doctor right away. It is legal in this state for a person to get medicine for their partner to also treat the STD. A patient can ask their doctor to provide this service in a way that does not put the patient at risk for more abuse.



**Talk** openly about STDs with partners & health care providers.



**Get tested.** It's the only way to know if you have an STD.



**Treat it.** If you have an STD, work with your provider to get the right medicine.

### Resources

- To find the domestic abuse program in Pennsylvania nearest to you, visit <http://pcadv.org> and click on *Find Help* or use the Find Help map on the homepage.
- To reach the National Domestic Violence Hotline, call 1.800.799.SAFE. For TTY, dial 1.800.787.3224.
- To reach the National Teen Dating Violence Hotline, call 1.866.331.9474 or text "loveis" to 22522. For TTY, dial 1.866.331.8453.
- For more information on HIV and AIDS counseling and testing, call the Pennsylvania Department of Health AIDS Factline at 1.800.662.6080 or visit or visit <http://www.pa211.org/> and search resources in your county.

## Are You Satisfied with Your Behavioral Health Services?

Every county served by Community Care has a team of people that works to make sure individuals and their family members are satisfied with the behavioral health services they are getting. The satisfaction team in Allegheny County is called the Consumer Action Response Team (CART). The teams in the other counties are called Consumer/Family Satisfaction Teams (C/FST).

Satisfaction team members are either in recovery themselves or the family member of a child, youth, or adult receiving services. Satisfaction teams help individuals and their family members with concerns and complaints about services they receive. Team members ask individuals and their families if they are satisfied with their treatment and for ideas about how services can be improved. Providers are told the ideas for improvement. Providers are not told the name of the person suggesting the improvement, just the suggestion. To talk to a satisfaction team member, call the toll-free C/FST number for your county in the table below. To locate the Community Care member service line for your county, go to our [Contact Us page](#).

<b>County</b>	<b>Satisfaction Team</b>
Adams	717.843.6973
Allegheny	412.281.7333
Berks	610.775.3000
Blair	814.695.0665
Bradford	570.265.0620
Cameron	1.866.773.0302
Carbon	610.337.3794
Centre	1.877.270.1642
Chester	1.800.734.5665
Clarion	1.866.773.0302
Clearfield	1.866.773.0302
Clinton	814.695.0665
Columbia	570.416.0718
Elk	1.866.773.0302
Erie	814.452.4462
Forest	1.866.773.0302
Huntingdon	1.877.270.1642
Jefferson	1.866.773.0302
Juniata	1.877.270.1642
Lackawanna	570.342.7762

<b>County</b>	<b>Satisfaction Team</b>
Luzerne	570.342.7762
Lycoming	814.695.0665
McKean	1.866.773.0302
Mifflin	1.877.270.1642
Monroe	610.337.3794
Montour	570.416.0718
Northumberland	1.800.479.2626
Pike	610.337.3794
Potter	1.866.773.0302
Schuylkill	570.628.0155
Snyder	570.416.0718
Sullivan	570.265.0620
Susquehanna	570.342.7762
Tioga	1.877.315.6855
Union	570.416.0718
Warren	1.866.773.0302
Wayne	1.877.315.6855
Wyoming	570.342.7762
York	717.843.6973