



# THE JOURNEY



The Official Newsletter of The Alcohol & Drug Abuse Council for the Concho Valley

March 2022

## March 2022

ADACCV is enjoying the fresh spring season which brings hope, joy and brighter days for everyone. And much like spring, ADACCV has been working hard all year long to do the same for those in need for our services. With committed hope and expectations for positive change ADACCV continues to provide much needed help to persons in our community who seek our services.

Although our weather and temperatures change, the need for prevention, treatment and recovery services for substance use disorders never changes. According to the National Institute on Drug Abuse (NIDA), 90,000 people died from drug overdose in 2020. Further, a recent study by Massachusetts General Hospital (MGH) researchers and published in *JAMA Network Open* shows “that using products containing THC/cannabis to treat pain, anxiety and depression failed to improve these symptoms while doubling the risk of developing the addictive symptoms of cannabis use disorder.”

Unfortunately, substance use disorders are prevalent in our society and the adverse consequences are felt not only by the person suffering from the substance use disorder (SUD), but also by their

family, friends and co-workers. Often it is family and those closest to the individual with the SUD who experience the brunt of indirect negative consequences created by the disorder.

New research by Hazelden reveals that “Due to misinformation, families may face labeling and may be accused of being enablers, neglectful and abusive. Unfortunately, stigma may prevent families from reaching out and getting help, which can contribute to isolation, financial and psychological burden.”

ADACCV is committed to bringing awareness, education and information of these issues to our community, the individuals suffering from substance use disorder and their families and friends. We understand the importance and significance of working with multiple community resources, stakeholders, families and community partners to mitigate the destructive consequences of substance use disorders. Towards this goal, ADACCV utilizes the latest, research-proven prevention strategies, treatment practices and recovery methods which are available for our entire extended and broader community of the Concho Valley. ADACCV values all our staff, our friends, partners and supporters and we recognize that without their help we would

not be able to deliver these quality substance use disorder services that our community needs.

We strongly encourage anyone who is struggling with the effects of substance use disorders to seek immediate help. Anyone who needs help and/or information about substance use disorder issues can contact us on our **24 Hour Crisis Hotline, 1-800-880-9641** or through our website, [www.adaccv.org](http://www.adaccv.org). All of our services are confidential.

### ADACCV Board of Directors

*President:* Dr. Gary Jenkins, Ph.D

*Immediate Past President:* Allen Heckaman

*Vice President:* Ryan Linebaugh

*Treasurer:* Scott Zaruba

*Secretary:* Sue Blaylock Wallace, LVN

#### *Members:*

Don Griffis

Maria Hawkins

Joe Johnson

Sara Lummus

Louis Taylor

Tony Villarreal

Amy Wolslager

Gregg Fisher

Gabe Hughes

CEO: Eric A. Sanchez



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## DECEMBER HIGHLIGHTS

### ADACCV's Annual Christmas Work Party!

In December, ADACCV staff celebrated the Christmas season by being festive and enjoying a white elephant gift exchange and a nice potluck together!



Here were our contestants for the Most Festive Contest! JRC Counselor, Ray Perez came in first! Our staff at both JRC and CLC participated in Elf on the Shelf work edition!



Our maintenance team gathered together for a photo with Santa!

Left to Right: Adolf Garza, Juan Guevara, Joe Hernandez, Sandy Taylor, Ramon Ortiz



From left to right: Bernie Brooks, Patrick Box, Courtney Bingham, Emily South, Melissa Potts, Joe Hernandez, Solo Adame, Chelsea Ashton, James Knight, and Leroy Sennette



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## JANUARY HIGHLIGHTS

### Concho Valley Stronger Together!

ADACCV staff wore their new 'Concho Valley Stronger Together' t-shirts to recognize how crucial community is in spreading services, resources, and support to others.

Check out the T-Shirt design!



Left to Right: Lauren Solis, Ray Valadez, Gilbert Mendoza, Jennifer Flores, Haylee Kypfer, Jorge Gonzales, and Michael Cuellar

STRONGER  
*Together*

### Suicide Prevention Training

ADACCV's Prevention Team became certified in AFSP Talk Save Lives Suicide Prevention Training taught by West Texas Counseling & Guidance.





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## FEBRUARY HIGHLIGHTS

### Have A Heart for ADACCV's Annual E-Auction Fundraiser!

ADACCV's HAHFA fundraising event was another huge success this year! We want to thank all those that donated items, baskets, and also participated in the e-auction this year! We were able to exceed our annual goal!



Left: CharCUTEerie for my CUTIE basket auctioned for HAHFA

Above: It's More Than Puppy Love basket



Baskets and/or basket items are donated by our Board of Directors, CEO, and departments at ADACCV! If you missed this auction this year, be sure to save the date for next Valentine's Day!

Our nursing staff at Journey Recovery Center contributed this basket, All About Me!





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## STAFF HIGHLIGHTS

### Courtney Bingham, LCDC-I

#### What is your favorite part of your job?

“My favorite part is building rapport with clients and seeing the change that happens in their lives. Many of our clients have been hurt in so many ways and are often untrusting and have difficulties letting people into their lives. I love being able to sit with them, get to know them, and to be able to be a person that they trust. I love being a part of their journey and helping them to realize what they are truly capable of!”



### Cassandra Ynojosa, Admin Assistant

#### What would your perfect day off like?

“A perfect day off would be spending time with all my son’s and my little family and having a game night!”

### Sandy Taylor, Admin Assistant and Maintenance Supervisor

#### What do you do in your spare time to relieve stress and to relax?

“My husband and I love to travel. We have friends in recovery all over. I serve as a Deaconess at my church. I love bible study on Wednesday evenings and love serving others.”





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## JOURNEY RECOVERY CENTER

During the month of February, JRC Counselor Intern, Courtney Bingham made Valentines for the clients at JRC! It's little things like this that really show how much we value our clients and truly want them to have the best experience at our treatment facility.



In February, our facility was able to offer in person client visitations with their family again after halting it due to COVID guidelines and restrictions. It's a blessing for the clients' family to be able to see them and their progress!

## We are hiring!

### Direct Care Specialist (Full-time)

DCS will work closely with the Clinical Staff and clients in intensive residential treatment settings, ensuring their safety while monitoring them during the treatment process.

LVNs , RNs, CNAs for Detox facility

**Apply online at [www.adaccv.org](http://www.adaccv.org)!!**

*Join Our Team!*



## RECOVERY RESIDENCES

### WELCOME OUR NEW HIRE!

**Gina Burkhalter, Recovery Residence Manager**



**Why did you choose to work at ADACCV?**

“I absolutely love our mission and how the “team live it out” saving lives of not only the addicts and alcoholics but making a difference in the families lives too. Definitely building better communities starting the healing process from the ground up...nobody is denied.”

**What is my favorite part of working at ADACCV?**

“Listening to the men and women who are starting their journey go from no hope to watching them come back to a life of hope...getting jobs, getting to be parents again, healing relationships, eating better, living a better quality of life, getting jobs, going back to school are just some of the highlights, I love my boss, and I enjoy ...laughing and crying with them through their growing pains.”

**What is a funny memory of ADACCV?**

“It would be one of the times I was able to participate in the *Let It Go!* runs, I believe it was my first race ever, I won a medal and I was shocked because I got confused and lost going around the river and had to ask a police officer how to get back, I still got a medal and was soooooo excited but truly I was relieved I made it back.”

**What do you do in your spare time to relieve stress and relax?**

“Go to meetings, church, listen to music, I like to be outdoors, anything with water and sun....self care hanging out with family, I love movies and popcorn and of course candy.”

**What would your perfect day off look like?**

“My perfect day would be to have a family/friend BBQ, swimming, music, a bonfire at night, s'mores and/or fireworks. That's just one perfect day I have a few..lol”



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## PREVENTION

### December Activities

#### 4D Month!

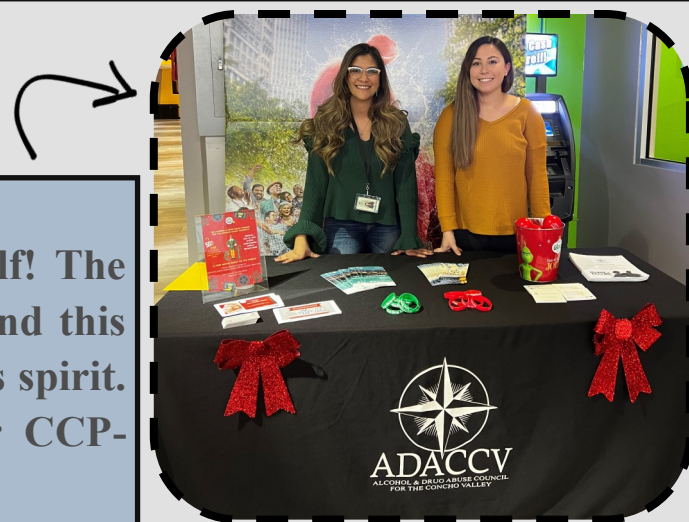
In December, the Prevention team brought awareness of National Impaired Driving Prevention Month (4D Month) to the Concho Valley with an informative panel from members of the community. This event reminded the community of the importance of sober driving during the holiday season and of the consequences of driving under the influence of drugs or alcohol.



Left to right: CCP Director Jennifer Flores, Mark Rehm with ASU's Counseling Services, Officer Richard Espinoza with SAPD, ADACCV CEO Eric Sanchez, Prevention Director Ray Valadez, CCP Coordinator Chesney Stephens, and Sergeant Justin Baker with DPS.

#### Elf Movie Showing at Icon Cinema!

Prevention had the privilege of offering a free movie night showing of the Christmas classic, Elf! The movie theatre was filled with so many families and this night really got the community into the Christmas spirit. This event was the first activity held with our CCP-COVID relief project funds!



#### 40 Developmental Assets- Boundaries and Expectations

Search Institute has identified the following building blocks of healthy development that help young people grow up health, caring, and responsible.

**12. School Boundaries:** School provides clear rules and consequences.

**13. Neighborhood Boundaries:** Neighbors take responsibility for monitoring young people's behavior.

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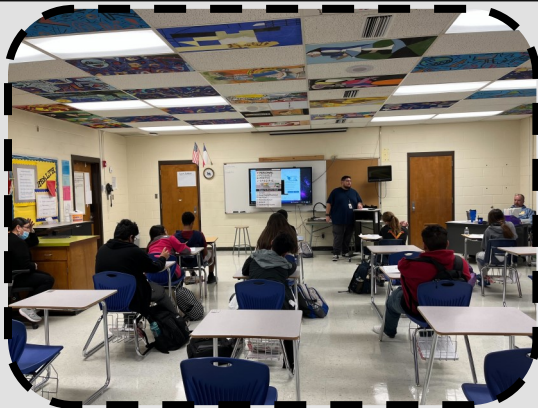
## PREVENTION

### January Activities

In January, Prevention Specialists taught Youth Connection curriculum at Big Lake ISD. This evidence-based curriculum provides skills and knowledge to the youth and empowers them to make positive choices and smart decision for their future.



Above: Haylee Kypfer educating 6th graders at Big Lake ISD on short term and long term goals.



Left: Gilbert Mendoza teaching on goal setting for 7th graders at Big Lake ISD

### February Activities

In February, Prevention distributed blankets and toiletries at the Soup Kitchen on what seemed like the coldest day of the year! Prevention also hosted a movie showing at Icon of The Karate Kid! Curriculum continued to be taught to schools in the Concho Valley.





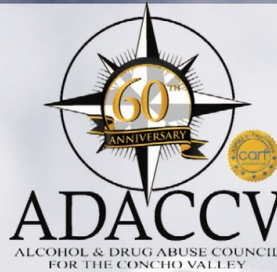
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## UPCOMING EVENTS

**Register  
Now!**



ADACCV'S 5TH ANNUAL

### SPRING LUNCHEON

Featuring DALLAS COWBOYS LEGEND

★ **Randy White** ★

THURSDAY, APRIL 28TH 11:30am-1pm

BENTWOOD COUNTRY CLUB

register online [WWW.ADACCV.ORG/LUNCHEON](http://WWW.ADACCV.ORG/LUNCHEON)

RSVP by April 15 FMI: 325-224-3481 | [PAULETTES@ADACCV.ORG](mailto:PAULETTES@ADACCV.ORG)

\$45 INDIVIDUAL TICKETS (LIMITED SEATING)

\$450 TABLE SPONSORSHIPS

8 seats with a 1 in 8 chance of winning an autographed football!

★ Lunch provided by  
★ BENTWOOD COUNTRY CLUB ★

### **RANDY WHITE**

DEFENSIVE TACKLE

1975-88

During Randy's 14 year tenure with the Dallas Cowboys, he was selected All Pro 8 times, was a Pro Bowl selection 9 times and played in 3 Super Bowls. After his performance in Super Bowl XII, he was selected as a Super Bowl MVP.

Meet & greet available! Reservation required. Contact ADACCV to schedule.

Proceeds benefit ADACCV's Treatment Programs and Endowment Fund.



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## Do you know someone in need of Quality Drug Treatment?

ADACCV offers quality treatment at a very affordable cost compared to other facilities across the state!



### Self-Pay Residential Treatment Fees

Adult Male/Female: \$175 per day with 30 day (\$5,250) and 45 day (\$7,875)

Woman w/ 1 Child: \$195 per day with 30 day (\$5,850) and 45 day (\$8,775)

### Outpatient Treatment – COTTON LINDSEY CENTER

12 week program - \$1000

**ADACCV offers Detox services for indigent, insured and self-pay clients.**

**NOW ACCEPTING MOST MAJOR MEDICAL INSURANCES!**



U.S. Department  
of Veterans Affairs

Veterans Choice Program

