



# The INSIDER

Mecklenburg County S.T.E.P. Drug Treatment Courts

Volume 9, Issue 2

Winter 2009-2010

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

## REACH OUT DURING THE HOLIDAYS

By: Ted H. (Drug Court Alumni)

As a child, I remember how the holiday season meant a feeling of joy, a spirit of good cheer, and the world felt like a better place for awhile. My science textbook said that December 21<sup>st</sup> was the shortest day of the year, but I remember December 24<sup>th</sup> (Christmas Eve) as being the longest.

Later, when my addiction took control of my life, I remember that my primary holiday concern was that my dealer was going to be harder to catch up with.

When I entered the S.T.E.P. program (Drug Court) in 1996, I didn't quite know how to deal with the holidays. The addiction had killed the childhood feelings and my drug-using associates were toxic. That left me with two options: (1) isolation, the more attractive option because it was a natural extension of the lonely world of deception and secrecy that is addiction, or (2) reaching out to those people in the 12-step fellowship that I attended (NA) and getting acquainted with a whole new circle of associates. This was, by any measure, the healthiest option available to me, but the least attractive because it meant getting outside of my comfort zone. You see, my addiction taught me to avoid new people whenever possible -- unless they could get me high or provide ways and means for me to get high.

Reluctantly, I made a decision to attend the holiday marathon meeting that NA held on Thanksgiving called "Hugs for the Holidays." At the time, I had been clean for only three weeks and I didn't know anyone there. I didn't intend to stay for more than a few minutes, but instead of the huddle of lonely, depressed and desperate people that I expected to find, I encountered a feeling of joy and hope,

a spirit of good cheer, lots of laughter and the world seemed like a better place for awhile.

That was 13 years ago. One year later, in 1997, I graduated from Drug Court. If you are like most of us, the holidays can be the most depressing time of the year. We can become nostalgic for those holiday memories of times before the drugs became "The Grinch Who Stole Christmas."

We have found that the best way to deal with nostalgia over old traditions is to start new traditions. This will be my 14<sup>th</sup> "Hugs for the Holidays," my new holiday tradition. How did I get started? I showed up. I got telephone numbers and I used them. Don't worry about what to say. The people who give you their phone numbers expect you to call and they know that you don't know what to say any more than they did when they were new. I just said, "This is Ted H. I met you at ..., and my sponsor said that I needed to practice picking up the phone." The person on the other end always took it from there, and I later realized that they usually had no idea who they were talking to; just another addict new to recovery who was willing to do what was necessary to stay clean.

If you really want to stop using, lose the desire to use and find a new and better life, there are some things that you must do. You can get started this holiday season by reaching out to other recovering people who believe in you and want to help you in your recovery. We are reaching out to you, because we can keep what we have only by giving it away.

### *Did you know?*

There are "Hugs for the Holidays" events for Christmas and New Year's as well! Please see page 5 for specific information!



## LETTING YOUR SOUL CATCH UP

By: Steve Goodier

Did you know that practicing some form of relaxation is one of the greatest gifts you can give yourself? Taking time each day to quiet your mind and breathe deeply can make a big difference in how you feel throughout your day and into the night. And dedicating a day every week for mental and spiritual renewal is equally important.

We're told that the word "relax" has its origin in the Latin word "relaxare," which means "to loosen." When we relax, we are in effect loosening tension, releasing tightly held energy and letting go. From the state of relaxation we can experience calm peacefulness.

Another great word is the Hebrew word "Shabbat," which of course, is a day of rest. But it quite literally means to "quit; stop; take a break." Whatever you are doing, stop it. Whatever you are saying, be quiet. Sit down and take a look around. Don't do anything. Don't say anything. Fold your hands. Take a deep breath...

Extended periods of rest are a biological necessity. The human body is like an old-fashioned wind-up clock. If it is not rewound by rest, ultimately it will run itself down.

A group of Americans made a trip with Brazilian natives down the Amazon River. The first day they rushed. The second day they rushed. The next day they rushed. One day, anxious to continue the trek, they were surprised to find the natives seated together in a circle.

When asked the reason for the delay, a guide answered, "They are waiting. They cannot move further until their souls have caught up with their bodies."

Do you owe yourself time to let your soul catch up with your body?

### **NOW AVAILABLE: Online Recovery Support!!!**

There is now an "Online Recovery Support" website that offers a place for people to gather and share anything they feel is appropriate and relevant to the healing or recovery process. This site is free and open to **EVERYONE!** Professionals are invited to share information about services and family members, partners, therapists, counselors and addicts are encouraged to contribute suggestions, words of encouragement or friendship to help others continue the process of recovery.

Check it out at:

[www.onlinerecoverysupport.ning.com](http://www.onlinerecoverysupport.ning.com)



## SPOTLIGHT: Clients of the Quarter



### SUPERIOR

James M. came to the Superior Drug Treatment Court in 2008. He has been 100% compliant for several months and is diligently pursuing vocational training and employment. Most notable in the story of James M. is the renewed bonds he continues to nurture with his family and children. In this new and substance free chapter of his life, James has done an excellent job utilizing learned skills and behaviors. It has been our pleasure to observe his growth. We wish him all the best in his continued efforts and upcoming graduation!



### DWI-C (Photo Not Available)

John S. has been chosen as "Client of the Quarter" for the DWI-C Court. This award recognizes his perseverance and willingness to maintain compliance for the 90 days of the quarter. John is an active participant of the SABER Residential Program. Congratulations to John!

### DWI-D (Photo Not Available)

Robert B. has been chosen as the DWI-D "Client of the Quarter." Since entering and successfully completing a 28-day program, Robert has remained 100% compliant with all of the DTC program requirements. He was also recently named "Client of the Month" and received the "atta boy" golden coin. Robert continues to work with his sponsor on his STEP work. The DWI Team wishes Robert continued success!

### DISTRICT A (Photo Not Available)

Jonathan P. has been chosen as the District A DTC "Client of the Quarter." As a client, Jonathan has always conducted himself in a very respectable manner. His character speaks for itself and he is a person who keeps his word because he believes that your word is your bond. He describes his attitude in this manner: "**giving up is not an option,**" which speaks volumes to his character. Since entering the program in January 2009, Jonathan received his 90-drug free day certificate and Phase II movement in June, was honored with the Striver Award in September and in October he moved to Phase III. He is currently on target for program completion. Jonathan very seldom makes himself known to others. He is an observer of life, taking in what he sees and dispensing of the things that are not positive influences. He is a learner of life's lessons. Congratulations to Jonathan!

### MENTAL HEALTH COURT

The Mental Health Court is pleased to announce that Samantha P. has been chosen as "Consumer of the Quarter." Samantha entered MHC in March of this year and has worked very hard over the last eight months. She is currently living in her own apartment, has graduated from Anuvia and is truly tied into her community support group. On October 8, 2009, Samantha was honored with the Nami Annual Celebration of Success Award of 2009, which is given to consumers that have made successful strides in their lives. Samantha is also a proud mother of three children. When asked what she had gained within the last eight months, Samantha stated, "I've learned to surrender this go around, and this time I'm going to stick and stay." Samantha will celebrate one year substance-free in December! Great work, Samantha!!



*We would like to extend a special thank you to the following organizations for their financial support of this year's special December Court Session:*

*Safe and Sober Celebration*

*Justice Initiatives, Inc.*

*Southeast Addiction Institute & Learning Center, Inc.*

*Anuvia Prevention & Recovery Center*

*Mecklenburg County*

*Medical University of South Carolina*

*We Greatly Appreciate Your Contributions!!*

### **MANY THANKS!!**

The FIRST Program would like to acknowledge Sue Betts for all of her hard work and dedication to the program. Sue was the FIRST QSAP for six years and contributed to the success of the program in many ways. Ms. Betts will be leaving us on December 1<sup>st</sup> and we wish her much success in her new endeavor.



### YOUTH TREATMENT COURT TRANSITION

Beginning in January 2010, Judge Elizabeth Trosch will be presiding over the YTC Program.

### IN THE EVENT OF INCLEMENT WEATHER:

You may call 686-0101 to determine whether court sessions have been cancelled for the day. You may also tune to your local television and radio stations for information regarding court cancellations or delays.

As a reminder, the cancellation of a court session does not excuse drug court clients from their drug court appointments. You must call your case coordinator and probation officer to determine if you will be required to meet with them.

You must also contact your treatment provider to find out if they are holding treatment that day.



# 2009 HOLIDAY COMMUNITY SUPPORT MEETINGS

## “HUGS FOR THE HOLIDAYS”

### NA EVENTS

#### CHRISTMAS

December 24-25, 2009

24 hours of meetings

beginning at 6:00 PM Christmas Eve  
& ending at 6:00 PM Christmas Day

#### NEW YEAR’S

December 31, 2009-January 1, 2010

24 hours of meetings

beginning at 6:00 PM New Year’s Eve  
& ending at 6:00 PM New Year’s Day

#### LOCATION FOR BOTH EVENTS:

Hope Building of Seigle Avenue  
Presbyterian Church  
600 Seigle Avenue  
Charlotte, NC 28204

\* FOOD WILL BE PROVIDED. \*

### AA EVENTS

#### CHRISTMAS ALKATHON

December 24-25, 2009

24 hours of meetings

beginning at 6:00 PM Christmas Eve  
& ending at 6:00 PM Christmas Day

#### NEW YEAR’S ALKATHON

December 31, 2009-January 1, 2010

24 hours of meetings

beginning at 6:00 PM New Year’s Eve  
& ending at 6:00 PM New Year’s Day

#### LOCATION FOR BOTH EVENTS:

Anuvia Prevention & Recovery Center  
100 Billingsley Road  
Charlotte, NC 28211

\* FOOD WILL BE PROVIDED. \*

**Recordemos el verdadero motivo de esta epoca tan especial, de nuestra familia en Drug Court le deseamos unas felices fiestas llenas de Amor, Paz, Prosperidad donde reine la sobriedad.**

**Feliz Navidad**

**Con el respeto de siempre,  
El personal de Drug Court**

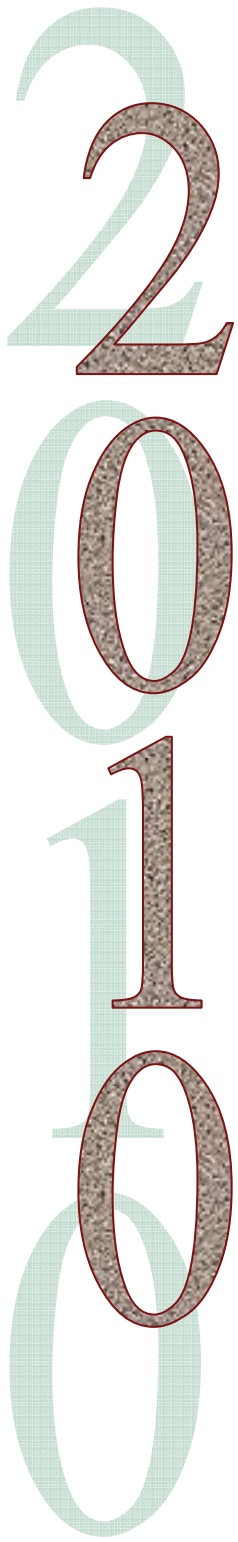


# DTC CALENDAR

January 2010				
Mon	Tue	Wed	Thu	Fri
				1 <i>HOLIDAY</i>
4	5 <i>DTCB—CR 4330 @ 3:30PM</i> <i>YTC—CR 8130 @ 4PM</i>	6 <i>MHC—CR4330 @ 11AM</i> <i>FIRST—CR4330 @ 2PM</i>	7 <i>DTCA—CR 4330 @ 11AM</i> <i>DWI—C—CR 4330 @ 4PM</i>	8 <i>Superior—CR 5350 @ 2PM</i>
11 8:30—4420 <i>District Team Mtg</i>	12 12:30—4420 <i>YTC Team Mtg</i>	13 12:30—5260 <i>Superior Team Mtg</i>	14	15
18 <i>HOLIDAY</i>	19 <i>DTCB—CR 4330 @ 3:30PM</i> <i>YTC—CR 8130 @ 4PM</i>	20 <i>MHC—CR4330 @ 11AM</i> <i>FIRST—CR4330 @ 2PM</i>	21 <i>DTCA—CR 4330 @ 11AM</i> <i>DWI—D—CR 4330 @ 4PM</i>	22 <i>Superior—CR 5350 @ 2PM</i> 8:30—9610 <i>Operations Cmte</i>
25	26	27 12:30—4420 <i>FIRST Team Mtg</i>	28 12:15—9610 <i>Management Cmte</i>	29

February 2010				
Mon	Tue	Wed	Thu	Fri
1	2 <i>DTCB—CR 4330 @ 3:30PM</i> <i>YTC—CR 8130 @ 4PM</i>	3 <i>MHC—CR4330 @ 11AM</i> <i>FIRST—CR4330 @ 2PM</i>	4 <i>DTCA—CR 4330 @ 11AM</i> <i>DWI—C—CR 4330 @ 4PM</i>	5 <i>Superior—CR 5350 @ 2PM</i>
8	9	10	11	12
15	16 <i>DTCB—CR 4330 @ 3:30PM</i> <i>YTC—CR 8130 @ 4PM</i>	17 <i>MHC—CR4330 @ 11AM</i> <i>FIRST—CR4330 @ 2PM</i>	18 <i>DTCA—CR 4330 @ 11AM</i> <i>DWI—D—CR 4330 @ 4PM</i>	19 <i>Superior—CR 5350 @ 2PM</i> 8:30—9610 <i>Operations Cmte</i>
22	23	24	25	26

March 2010				
Mon	Tue	Wed	Thu	Fri
1	2 <i>DTCB—CR 4330 @ 3:30PM</i> <i>YTC—CR 8130 @ 4PM</i>	3 <i>MHC—CR4330 @ 11AM</i> <i>FIRST—CR4330 @ 2PM</i>	4 <i>DTCA—CR 4330 @ 11AM</i> <i>DWI—C—CR 4330 @ 4PM</i>	5 <i>Superior—CR 5350 @ 2PM</i>
8	9 12:30—4420 <i>YTC Team Mtg</i>	10 12:30—5260 <i>Superior Team Mtg</i>	11	12
15 8:30—4420 <i>District Team Mtg</i>	16 <i>DTCB—CR 4330 @ 3:30PM</i> <i>YTC—CR 8130 @ 4PM</i>	17 <i>MHC—CR4330 @ 11AM</i> <i>FIRST—CR4330 @ 2PM</i>	18 <i>DTCA—CR 4330 @ 11AM</i> <i>DWI—D—CR 4330 @ 4PM</i>	19 <i>Superior—CR 5350 @ 2PM</i> 8:30—9610 <i>Operations Cmte</i>
22	23	24 <i>DWI Team Mtg: 9:30—4401</i> <i>FIRST Team Mtg: 12:30—4420</i>	25	26
29	30	31		



# TRAINING OPPORTUNITIES

## **“Stress in the Substance-Abuse Workplace”**

Speaker: Dave Sky  
January 15, 2010  
8:30AM - 4:00PM  
McLeod Conference Center  
515 Clanton Road, Charlotte

## **“Limbic Responses with Substance-Abuse”**

Speaker: Jeff Georgi  
February 19, 2010  
8:30AM - 4:00PM  
McLeod Conference Center  
515 Clanton Road, Charlotte

### **STRENGTHENING FAMILIES PROGRAM**

Anuvia Prevention & Recovery Center will once again be offering their “Strengthening Families Program,” which offers a free parenting class for parents in recovery. **The next series of classes will begin on January 8, 2010!!** The program is free of charge and meets on Fridays for 10 weeks from 12:15 to 1:15 PM at Anuvia Prevention & Recovery Center, 100 Billingsley Road in Charlotte. A certificate of program completion will be available to participants who attend all 10 sessions of the program. For more information about the program, please contact your case coordinator or Kia Thacker at 704-927-8799 or [kia.thacker@anuvia.org](mailto:kia.thacker@anuvia.org).

### **SPRING COMMUNITY WELLNESS TRAINING SERIES**

Anuvia Prevention & Recovery Center will be offering their Spring Community Wellness Training Series again this year. It will most likely begin in March. More information will be included in the next edition of the newsletter.

### **UPCOMING CLE SERIES ON MENTAL HEALTH**

#### **2010 DATES:**

February 26th, March 26th, April 23rd & June 25th  
Location & Times: To Be Determined

#### **TOPICS TO BE COVERED:**

SA & Co-Occurring Disorders  
SA Resources  
Mental Illness & Treatment  
Mental Competency  
Mental Health Resources

For more information, please contact Janeanne Tourtellott at 704-686-0300 or Tara Miller at 704-686-0160.



**AA Meetings**  
**24 Hour Hotline:**  
**704-332-4387**  
**Toll Free: 1-877-233-6853**

**NA Meetings**

Charlotte: 704-336-8980  
Concord: 704-933-5559  
Conover: 828-323-3752  
Cornelius: 866-879-7166  
Davidson: 866-879-7166  
Huntersville: 866-879-7166  
Matthews: 704-336-8980  
Monroe: 704-366-8980  
 Mooresville: 866-879-7166  
Pineville: 704-336-8980

**DTC GRADS**

**DISTRICT A**

Larry P.  
Michael A.

**DISTRICT B**

Joseph A.  
Stephanie D.  
Tracy G.  
Jeanie H.  
Taraja J.  
Timothy L.  
Vardrick R.  
Elaina B.  
James D.  
Carol T.

**DWIC**

Sara F.  
Kenneth F.  
Jeffrey Y.  
Cheryl G.  
William C.

**DWID**

Diselder L.  
Timothy M.  
Abby P.  
Patrick H.  
Amy Y.

**SUPERIOR**

Vernon B.  
Shannon F.

**MHC**

Jack F.  
Priscilla S.  
Tywana W.

**YTC**

Brandon C.  
Floyd J.  
Jeffery W.  
Donald M.  
Jevante S.

**FIRST**

Carrie S.  
Ann W.  
LaKeisha R.  
Sharita W.  
Nancy M.  
Shamika W.  
Rachel F.

**Partners with Adult DTC Programs**

Mecklenburg County District Attorney's Office  
Mecklenburg County Public Defender's Office  
Mecklenburg County Division of Community Corrections  
Mecklenburg County Sheriff's Office  
Charlotte-Mecklenburg Police Department  
Mecklenburg County Area Mental Health  
Southeast Addiction Institute and Learning Center, Inc.  
Anuvia Prevention & Recovery Center  
McLeod Addictive Disease Center  
Mecklenburg County Jail Inpatient Treatment Program  
Freedom House  
Urban Ministries  
Salvation Army Residential Program  
Joblink Transformation Center  
CPCC Pathways Program  
Uptown Men's Shelter  
Emergency Winter Shelter

**Partners with FIRST Program**

Mecklenburg County Area Mental Health  
Anuvia Prevention & Recovery Center  
Community Choices CASCADE  
McLeod Addictive Disease Center  
Southeast Addiction Institute and Learning Center, Inc.  
Women's Commission  
NOVA  
Behavioral Health Center  
Department of Social Services, Youth & Family Services Division

**Partners with YTC Program**

Mecklenburg County Area Mental Health  
Department of Juvenile Justice and Delinquency Prevention  
Children's Law Center  
Mecklenburg County District Attorney's Office  
Charlotte-Mecklenburg Schools  
Family Preservation Services  
CMC-Behavioral Health Center  
Charlotte-Mecklenburg Police Department

**Drug Treatment Court**  
**832 East Fourth St., Suite 4351**  
**Charlotte, NC 28202**  
**Phone: 704-686-0150**  
**Fax: 704-686-0172**

**NEXT ISSUE:**  
**SPRING 2010**

**DRUG COURT WORKS**

