As we enter the fall season, I am always intrigued at how my personal energy level seems to rise with the cooler weather and, as I observe my surroundings, it appears that there are so many different fall events to keep you busy and energized throughout the fall weekends! It is busy and energized here too in the Montgomery County Office of Drug & Alcohol!

In the month of September we held our 3rd Annual Lights of Hope event on September 5th with speaker, Tonier Cain. It was a beautiful evening for the event and attendance was over one hundred strong! On September 26th, our office co-sponsored with Family Services of Montgomery County it’s first ever PAYS Summit with over one hundred attending. On September 19th at the County Commissioner’s Board Meeting, an RFP Award was announced to the Council of Southeast PA/Pro-Act to operate a Recovery Center for Montgomery County with funding provided by the County Offices of Drug & Alcohol and Managed Care Solutions! These events and the Recovery Center information can be found in this edition of the newsletter. I urge you to “check it out”!

None of these events would have been possible without many talented and wonderful people working behind the scenes to make it all happen! To all of them, I say “Thank You!”

Wishing everyone an energized and wonderful fall season!

Kay McGowan

Kay McGowan
Administrator of Drug & Alcohol Services
The Montgomery County Office of Drug and Alcohol hosted its 3rd annual Lights of Hope event on Thursday, September 5, 2019 on the Montgomery County Courthouse Steps. Approximately, 150 Montgomery County residents and community partners participated in this luminary event to honor those in recovery, remember those who have lost their lives to the disease of addiction, and to raise awareness about prevention, treatment, case management, and recovery support services in the county.

Tonier Cain, founder and President of Tonier Cain International, was the Keynote Speaker at Lights of Hope. Tonier talked about her experience of years battling addiction, trauma, incarceration, homelessness, and mental health issues.
Giving children a “sip” of alcohol isn’t harmless

The changes alcohol causes in the wiring of a young and developing brain can result in that child finding alcohol more rewarding as they grow older. Children who begin drinking at age 13 have a 45% chance of becoming alcohol dependent later in life. That’s a four times greater chance than children who do not.¹

So when your child asks for a sip of your adult beverage, what do you say? Considering the potential harm alcohol can cause, the answer should be a simple and emphatic “no.”

Any amount of alcohol is risky for an underage child. Research shows that children who drink alcohol at a young age are likely to use other substances at higher rates when they become older.²

Still, some parents think it’s safer to let kids try alcohol at home where they can watch them. Others believe that letting kids sip alcohol makes it less mysterious and forbidden, so kids will be less likely to seek out alcohol on their own or with friends. Research found that two in five Pennsylvania parents would accept an underage child using alcohol on special occasions.³


³PLCB Underage Drinking Survey, Summary of findings from statewide telephone research with Pennsylvania parents of children under 21, Center for Opinion Research, February 2017.

The Montgomery County Office of Drug & Alcohol in partnership with Family Services hosted a PAYS (Pennsylvania Youth Survey) Summit on September 26th at the Public Safety Training Center in Conshohocken. There were 125 attendees representing school administrators, law enforcement, community agencies, and local government officials. Representatives from the PA Commission on Crime and Delinquency and the Penn State Evidence-based Prevention and Intervention Services (EPIS) Center presented on the 2017 Montgomery County data and discussed how it can be used to help local legislators, school districts, community and governmental leaders make informed decisions regarding services and programs for our youth.
The 2019 Montgomery County Leadership Breakfast was held on Friday, September 27, 2019 at the Blue Bell Country Club. This year’s theme, *Innovations in Integrated Practice*, focused on the new and exciting integrated care practices that have been implemented in our county. The breakfast featured a panel representing Montgomery County behavioral health providers who shared examples of their existing efforts in this emerging area. The Office of Drug & Alcohol is proud to announce Womanspace – Ardmore as one of the providers recognized for their efforts! Womanspace-Ardmore spotlighted their Wellness in Recovery Program which is based on SAMHSA’s Eight Dimensions of Wellness and focuses on whole person recovery. Through community and county partnerships, Womanspace-Ardmore has been able to infuse their treatment program to address whole person wellness and incorporate these themes into treatment & recovery planning. **Kudos to Womanspace-Ardmore!**

The Montgomery County Office of Drug & Alcohol would also like to congratulate Eagleville Hospital as a first recipient of Magellan Behavioral Health’s Co-Occurring Disorders (COD) Provider Certification of Distinction. Eagleville Hospital staff have worked diligently since 2016 with Magellan Behavioral Health Consultant, Dr. Kerry King, to align themselves with the values contained within the Adult Co-Occurring Integrated Service Guidelines for Treatment put forth by Magellan Behavioral Health. As a COD Provider of Distinction, **Eagleville Hospital** has displayed a desire and a determination to effectively treat individuals who present with both substance use and mental health considerations. The effort demonstrated by Eagleville Hospital to provide services with such a valuable integrated approach is highly recognized by Montgomery County Leadership. **Congratulations Eagleville Hospital!**

We encourage all of our providers to demonstrate innovative techniques within their service systems to better serve Montgomery County residents.

Victoria Jankowski, MA, LPC, CAADC  
SCA Representative  
Office of Drug and Alcohol (Montgomery County SCA)

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**Drug & Alcohol Newsletter Survey for “The Connection”**

The Montgomery County Drug and Alcohol Program office is looking for feedback on it’s newsletter, “The Connection”.

Click on the [link](https://www.surveymonkey.com/r/FH3LBFC) below to go to the ‘Drug and Alcohol Newsletter Survey’.

Thank you for taking the time to complete this brief survey. The information you provide will give us a better understanding of the content you would find most helpful.
In October 2017, the Montgomery County Office of Drug and Alcohol launched its mini grant project coordinated by Family Services of Montgomery County. This mini grant project is designed to support local groups and organizations in their drug and alcohol prevention efforts. Below is a list of projects funded to date for the 2019-2020 award cycle (7/1/19 – 6/30/19).

<table>
<thead>
<tr>
<th>Mini Grant Recipient</th>
<th>Project</th>
<th>Amount Awarded</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abington Township Police Department</td>
<td>DARE “keepin’ it REAL” program for 700 5th grade students</td>
<td>$4,965</td>
</tr>
<tr>
<td>Ancillae-Assumpta Academy</td>
<td>“Brain Drain” presentation for 7th grade; “Marijuana Facts” for 8th grade; Parent/Student presentation for 8th graders and their parents</td>
<td>$1,200</td>
</tr>
<tr>
<td>East Norriton Township Police Department</td>
<td>Too Good for Drugs/Too Good for Violence workbooks/kits for 5th and 7th grade students</td>
<td>$1,250</td>
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<tr>
<td>Expressive Path</td>
<td>Creative art workshops focusing on cultural diversity and ATOD messaging for 300 NASD students, culminating in art exhibit</td>
<td>$5,000</td>
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<tr>
<td>Friends Central School</td>
<td>Year-long Substance Use Prevention Program for middle and high school students</td>
<td>$5,000</td>
</tr>
<tr>
<td>Girls on the Run</td>
<td>10-week physical activity-based positive youth development program for 3rd-8th grade girls</td>
<td>$5,000</td>
</tr>
<tr>
<td>Gwynedd Mercy University</td>
<td>AOD education series, featuring Party O. speaker/trainer, Mocktail-centered information event, and Wake &amp; Bake Marijuana trivia game</td>
<td>$3,052</td>
</tr>
<tr>
<td>Montgomery County Health Alliance</td>
<td>Anti-Vaping Poster Contest and Rapping About Prevention assemblies for middle and high school students</td>
<td>$5,000</td>
</tr>
<tr>
<td>Montgomery Township Police Department</td>
<td>DARE “keepin’ it REAL” program for 250 5th grade students</td>
<td>$3,394</td>
</tr>
<tr>
<td>Montgomery Township Police Department</td>
<td>DARE activity books/supplies for public education events</td>
<td>$495</td>
</tr>
<tr>
<td>Norristown Area School District</td>
<td>Eisenhower Middle School Mentoring Program for 5th and 6th grade students</td>
<td>$1,305</td>
</tr>
<tr>
<td>Spring-Ford High School</td>
<td>“The First Day” presentation by Chris Herren for 1,250 11th and 12th grade students</td>
<td>$5,000</td>
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<tr>
<td>Spring-Ford High School Athletics</td>
<td>Peak Performance presentation for athletes and coaches</td>
<td>$300</td>
</tr>
<tr>
<td>Upper Dublin High School</td>
<td>“You Don’t Know Me Until You Know Me” presentation by Dr. Mykee Fowlin for 650 11th and 12th grade students</td>
<td>$2,000</td>
</tr>
<tr>
<td>Upper Gwynedd Township Police Department</td>
<td>DARE “keepin’ it REAL” program for 230 5th grade students</td>
<td>$4,294</td>
</tr>
</tbody>
</table>

Total Awarded: $48,604

If there’s alcohol abuse or addiction in your family, consider using situations your child has seen as teachable moment. KNOWWHENKNOWHOW.Org
COMMUNITY EVENTS

OPIOID AWARENESS COMMUNITY NIGHT

HOSTED BY THE MONTGOMERY COUNTY OVERDOSE TASK FORCE WORK GROUP

Tuesday, December 3, 2019
4:30pm – 6:30pm
Montgomery County Community College*
Parkhouse Atrium (enter from Rte 202)
340 DeKalb Pike
Blue Bell, PA 19422

Meet with community leaders, county staff, and other vendors about resources available to combat the opioid crisis in Montgomery County. Learn about:
• How to administer Naloxone and how to access it
• Recovery support resources for individuals and families
• Where and how individuals, families, and friends can seek treatment and more

*Montgomery County Community College is not affiliated with the event and the College should not be contacted regarding the program.

Contact for Tabling Opportunities:
Teresa Harris
Public Affairs Manager
tharris@montcopia.org

Montgomery County Board of Commissioners:
Valerie A. Arkoosh, MD, MPH, Chair
Kenneth E. Lawrence, Jr. Vice Chair
Joseph C. Gale, Commissioner

Tuesday, December 10, 2019
Montgomery County Human Services Center
1430 Dekalb Street, 1st Floor
Norristown, PA 19401
6:00 pm Registration
6:30 pm - 8:00 pm Program

MONTGOMERY COUNTY
Naloxone
EDUCATION & DISTRIBUTION EVENTS

Register online: www.montcopia.org/naloxoneregistration

THE CONNECTION
The Pennsylvania Department of Drug and Alcohol Programs (DDAP) has a coordinated online registration system for their sponsored trainings called the Training Management System (TMS). In order to attend a DDAP sponsored training you are required to register your information with the system and create a user profile. Once a profile is created, users can search and register for Onsite, Mini-Regional, or Specialized trainings by clicking on the “Course Search” option on the left-side menu. Courses can be searched by title, type, trainer, region, or date. Some trainings allow for self-registration while others will direct individuals to contact the training site host. Please be advised some trainings will have a fee. The host site is responsible for collecting any fees associated with a DDAP training.

DDAP Disclaimer: Once you are registered for a course, if you are unable to attend then you MUST cancel your registration or you will be charged a $50 No Show fee and will not be able to register for future trainings until the fee is paid. To cancel a course, select the “Cancel Registration” link in the left navigation panel, choose the course name, and follow the prompts.

The Training Management System (TMS) can be accessed at https://apps.ddap.pa.gov/tms. If you need support with your TMS account, DDAP can be contacted at (717) 736-7452 or RA-DATRAINING@pa.gov.

Please try to make visiting the DDAP training website a routine part of your work.
CrossFit Pottstown Resurgence (CPR) is a non-profit fitness based recovery program that is free to participants who are in recovery. CPR is funded by many organizations such as the Pottstown Health and Wellness Foundation and Montgomery County Office of Drug and Alcohol. Group fitness classes (WODS - workout of the day) are held 3 days a week at the Pottstown Athletic Club located at 263 King Street Pottstown. We also have a support group meeting that is held one day a week. This meeting is similar to an NA or AA meeting, where individuals get a chance to talk to other recovering persons about their struggles. All CPR coaches are CrossFit level 1 certified and are in recovery themselves. We recognize that a big part of recovery is developing a lifestyle change. This program gives individuals that opportunity to WOD in a group setting with other recovering individuals. Participants get an understanding of what it feels like to be involved in a healthy community setting. Additionally, participants gain strength, confidence and most importantly an elevated sense of self-esteem by giving them a chance to be proud of themselves for accomplishing a workout. We have had many successes with this program. A large percent of our participants who come 3 days a week have remained sober and are now giving back to the community themselves. Our motto is, ‘one workout at a time’.

CrossFit Program
Pottstown, PA

TRAINING OPPORTUNITIES
(Continued from Page 7)

Wyndham Garden Philadelphia Airport
45 Industrial Highway, Essington, PA 19029
11/19/19  Addictions 101  9am-4pm  No Fee
11/19/19  Basic HIV       9am-4pm  No Fee
11/19/19  Opiate Abuse/Addiction 9am-4pm  No Fee
11/19/19  Screening and Assessment 9am-4pm  No Fee
Self registration via Training Management System (For Above)

Northampton County Human Services Building
2801 Emrick Boulevard, Bethlehem, PA 18020
12/19/19  Prevention 101-Part 1: Mastering the Basics 1pm-4pm  No Fee
12/20/19  Prevention 101-Part 2: Case Study and Application 9am-4pm  No Fee
Registration: Contact Kathleen Dilts at 610-829-4720 or kdilts@northamptoncounty.org

Inn at Reading
1040 North Park Road, Reading, PA 19610
11/8/19  Addictions 101  9am-4pm  No Fee
11/18/19  Basic HIV       9am-4pm  No Fee
12/2/19  Confidentiality 9am-4pm  No Fee
12/5/19  Screening and Assessment 9am-4pm  No Fee
Self registration via Training Management System (For Above)

Check out Montgomery County Department of Health and Human Services website

Help Starts Here!

www.montcopa.org/hhs
Did you know... There is quite a bit of useful information on the Montgomery County Drug and Alcohol website? Information on the site includes:

- Support Group Websites and Meetings (AA, NA, Al-Anon, etc.)
- State and Federal Agencies for Substance Abuse Services
- Apply for Medical Assistance On-Line
- PRO-ACT Ambassadors for Recovery, and more…

Check it out! [http://www.montcopa.org/drugandalcohol](http://www.montcopa.org/drugandalcohol) Will link you directly to our web page.

GET THE FACTS!

Finding a Job After Recovery

Many people lose their jobs due to problematic drug or alcohol use, and this may have prompted them to seek treatment in the first place. Unfortunately, it can sometimes be challenging for those in recovery to find a job, especially if they have a criminal record.

Here are some tips for those seeking employment:

- Attend an aftercare program or sober living community that assists with job placement.
- Offer to volunteer with a company until you can build rapport and hopefully get a paid position later on.
- Attend a work assistance center that can help you build your resume and look for a job.
- Ask friends, family, or fellow 12-step members for job referrals.
- Use job websites such as Indeed, Monster, or LinkedIn to look for open positions for which you may qualify.
- Read the classified ads in your local newspaper.
- Search for a job using your college alumni network.

If you are seeking new employment, you may want to consider some ways that you can explain your addiction to future employers. Ultimately, it’s up to you if you wish to share this information. It’s illegal for prospective employers to ask these types of questions during an interview, though they may ask you about gaps in employment. You can say that you had a gap in employment due to illness or personal issues.

[https://www.recovery.org/aftercare/after-rehab/](https://www.recovery.org/aftercare/after-rehab/)

Need Drug and Alcohol Treatment?

The Montgomery County Office of Drug and Alcohol provides admission to outpatient and inpatient care for eligible uninsured persons seeking drug and alcohol treatment. If you or someone you know is seeking treatment and would like more information about eligibility or where to go, please contact a Case Management Office below or call 610-278-3642.

Preference for treatment placement is given to Pregnant Women, Injecting Drug Users, Overdose Survivors, and Veterans

HELP STARTS HERE!

Creative Health Services
(610) 327-1503
11 Robinson Street
Pottstown, PA 19464

Gaudenzia, Norristown
(610) 279-4262
166 West Main Street
Norristown, PA 19401

Gaudenzia, Willow Grove/Dresher
(215) 433-1634
Dresher Professional Building
830 Twining Road, Suite 1
Dresher, PA 19025

Penn Foundation Recovery Center
(267) 452-1910
271 North Bethlehem Pike, Suite 201
Colmar, PA 18915
RESOURCES

**Al-Anon Family Groups**
(1-800-344-2666) or (1-800-356-9996)
[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

**Alcoholics Anonymous (AA)**
(215-923-7900)
[www.aa.org](http://www.aa.org)

**SEPIA (Southeastern Pennsylvania Intergroup Association of ALCOHOLICS ANONYMOUS)**
(215-923-7900)
[www.aasepia.org](http://www.aasepia.org)

**PA Department of Drug and Alcohol Programs**
(717-783-8200)
[www.ddap.pa.gov](http://www.ddap.pa.gov)

**PA Problem Gambling**
(1-877-565-2112)
[www.PAproblemgambling.com](http://www.PAproblemgambling.com)

**Nar-Anon Family Groups**
(Support for families of drug abusers)
(1-800-477-6291)
(1-855-NAR-ANON (627-2666) (Hot-Line)
[www.nar-anon.org](http://www.nar-anon.org)

**Narcotics Anonymous (NA)**
(844-624-3575)
[www.eparna.org](http://www.eparna.org)

**SAMHSA**
(1-800-729-6686)
(1-877-726-4727)

**National Institute on Drug Abuse**
(301-443-1124)
[www.drugabuse.gov/](http://www.drugabuse.gov/)

**PA Public Health & Addictions Info Clearinghouse**
(1-877-724-3258) (Option 0)
[https://apps.ddap.pa.gov/clearinghouse/](https://apps.ddap.pa.gov/clearinghouse/)

**Pennsylvania Certification Board (PCB)**
(717-540-4455)
[https://www.pacertboard.org](http://www.pacertboard.org)

**PRO-ACT (Ambassadors for Recovery)**
The Council of Southeast Pennsylvania, Inc.
(215-345-6644) for referrals (1-800-221-6333)
[https://www.councilsepa.org/programs/pro-act](https://www.councilsepa.org/programs/pro-act)

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**Mission Statement:** Montgomery County Office of Drug & Alcohol is committed to the prevention and treatment of substance abuse in Montgomery County. Services are delivered in a partnership with qualified Providers and guided by a philosophy that imparts hope, respect and support for recovery.

“The Connection” is sponsored by:
Montgomery County Office of Drug and Alcohol
Montgomery County Human Services Center
1430 DeKalb Street, PO Box 311
Norristown, PA 19404 - 0311

For more information or to be placed on the mailing list for this newsletter contact:
Darnice Stephens at dstephe2@montcopa.org
or call 610-278-3642

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Follow Us on Social Media
@HHSMontco

THE CONNECTION
AUTUMN 2019

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