



February 2016

2016 – A Tipping Point Year?

Dear Friends:

Fall of 1981 a counselor told me that my son Jim's substance problem was my fault. I had divorced his father and worked outside the home. Later, talking to Jim's grandfather about this as a family disease, he said, "I can't be an alcoholic. My parents were Baptists." During this same period drug treatment programs often served alcohol for dinner. Today we are somewhat smarter.

Almost 35 years later, the world sees substance use disorders radically different. Most understand the shift from a moral model of blame and shame to a disease model. With the epidemic of opioid and heroin addiction, the escalation of deaths, the spread of addiction to every corner of our communities and country, is 2016 a tipping point year?



Momentum continues to build at the highest levels of health and governmental officials. We have updated Good Samaritan laws and increasing access to naloxone. The push for comprehensive recovery programs, more treatment beds, 24/7 crisis clinics, improved prescribing guidelines, funding to pay for these and more is on the agendas at state and federal levels.

Much progress has been made. Every senior public health official from President Obama to our local health departments is dedicating effort to save lives. CBS is airing a PSA with Surgeon General Murky and the cast of MOM on **Thursday, February 18th**. The cavalry is not yet coming near enough to save as many lives as we would like. Ignorance and arrogance still kill. Denial is a powerful antidote to saving lives.

History says more must die while we learn **integration and collaboration**. Recent history - think AIDS and Big Tobacco - points to things getting worse before they get better. We at James' Place believe the tipping point to revolutionary change is closer than the cavalry. Keep on keepin' on!

Barbara Allen
Jim's mom, Bill's sister, Amanda's aunt

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2016 – The Year of Government Action on the Opioid Epidemic?

From discussions on the presidential campaign trail to actions by federal and state agencies to federal and state budget proposals, the news is filled not only by stories of the opioid addiction problem, but also by proposed solutions. We join others to press these proposals into effective actions.

The dialogue is changing...

If you pay attention to the way Republican presidential candidates are talking about drug abuse, it seems vastly different from the way the party leaders of the past talked about the issue.

Reagan, 1986: "We will refuse to let drug users blame their behavior on others."

In New Hampshire, Republican presidential candidates are using compassionate language when it comes to drug abuse: "This is a disease. It's not a moral failing."
"We need to eliminate the stigmas and the barriers."



See the article at www.npr.org: [“WATCH: Republicans — Then and Now — Talking About Drug Addiction”](#):

Money in Budgets...

Federal – President Obama’s proposed budget includes \$1 Billion in new mandatory funding over two years to expand access to treatment for prescription drug abuse and heroin use. This funding will boost efforts to help individuals with an opioid use disorder seek treatment, successfully complete treatment, and sustain recovery.

Rally cries include: "It’s about time!" "We need more beds NOW!" Let’s not go backward and argue what should have been. Keep our eyes on the prize and push forward!

<https://www.whitehouse.gov/the-press-office/2016/02/02/president-obama-proposes-11-billion-new-funding-address-prescription>

Maryland - Governor Larry Hogan’s proposed Fiscal Year 2017 Budget includes funding for implementation of his Opioid and Heroin Emergency Task Force recommendations. In addition to the \$341.9 million in the FY 2017 budget dedicated to existing substance use disorder and addiction programs, \$4.8 million in new funding will be used to implement recommendations set forth by this task force. These new funds will be used to enhance quality of care, expand access to treatment and support services, boost overdose prevention efforts, and strengthen law enforcement options.

Your State? – What’s happening where you live?

Revised Guidelines Proposed by the FDA and CDC...

FDA Unveils Sweeping Changes to Opioid Policies - In response to the ongoing opioid abuse epidemic, top officials at the US Food and Drug Administration (FDA) announced plans to reassess the agency's approach to opioid medications. The multicomponent plan will focus on policies aimed at reversing the epidemic, while still providing pain patients access to effective medication.

Read the details:

<http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm484765.htm>

**“THE SECRETE OF CHANGE IS TO
FOCUS ALL OF YOUR ENERGY,
NOT ON FIGHTING THE OLD,
BUT ON BUILDING THE NEW”.**

- SOCRATES

These are important proposals. If they actually take into account advisory committees' recommendations, if they include alternatives to medications and if they follow these proposals, the American public could trust the FDA to care about us more than Big Pharma.

CDC Guidelines Do Matter – In an effort to update prescriber guidelines for opioids, the CDC posted updates for review. Draft recommendations ([Guideline for Prescribing Opioids for Chronic Pain, 2016](#)) suggest that physicians tackle chronic pain with other methods, such as physical therapy and non-opioid analgesics, before turning to the powerful medications. If opioids, such as OxyContin and Percocet, are necessary, the agency recommends short-acting versions over extended release formulations, the lowest possible dose and short-term prescriptions.

As reported in the [Washington Post](#), The Centers for Disease Control and Prevention has urged primary-care physicians who prescribe opioids for pain relief to rein in their use of the drugs, proposing new guidelines that call for a more conservative approach than the one that has led to a crippling epidemic of addiction to the powerful narcotics.

"What we want to just make sure is that doctors understand that starting a patient on an opiate is a momentous decision," said CDC director Tom Frieden. "The risks are addiction and death, and the benefits are unproven."

Andrew Kolodny, executive director of Physicians for Responsible Opioid Prescribing, said Monday that the recent delay in approving the revised guidelines is a victory for the pharmaceutical industry, which, he contended, has waged a "very well organized effort...to block release of the guidelines."

Comprehensive Addiction and Recovery Act, (CARA)...

The Comprehensive Addiction and Recovery Act (House of Representatives, H.R. 953; Senate, S. 524) would authorize a multi-faceted federal response to the opioid epidemic by:

- Creating grant programs to demonstrate the effectiveness of medication-assisted treatment in the community as well as for those involved in the criminal justice system;
- Expanding opportunities to address drug-related crimes in the community using alternatives to incarceration;
- Supporting a range of drug treatment options;
- Educating the public and first responders about heroin and other opioids and options for treatment and recovery;
- Creating post-secondary education programs for people incarcerated in prison;
- Authorizing a task force to examine the collateral consequences of conviction that create barriers to employment, education, housing, public benefits, and participation in other life-activities.

Read the details: <http://www.cadca.org/comprehensive-addiction-and-recovery-act-cara>

CARA unanimously passed the U.S. Senate Judiciary Committee on Feb. 11, 2016, completing a huge step on the way to passage by the full Senate.

Education from the FBI and DEA...

In an effort to combat the growing epidemic of prescription drug and heroin abuse, the FBI and DEA produced a documentary aimed at educating students and young adults about the dangers of addiction. "Chasing the Dragon: The Life of an Opiate Addict" is a 45-minute documentary film that profiles the stories of several people who either abused opiates or had family members become addicts. It profiles the cycle of addiction and looks at the tragic consequences associated with opioid abuse. The documentary also features interviews with medical and law enforcement professionals discussing the effects of the addiction, and how this epidemic is unlike any this country has seen before. View and share.

<https://www.fbi.gov/.../chasing-the-dragon-the-life-of-an-opi...>



James' Place Provides Hope

2015 was an active year for James' Place. Thanks to our donors, we provided funding for recovery services to all qualified applicants received.

Through the scholarship process we have developed relationships with various treatment and sober/transitional programs, getting to know counselors, establishing relationships and trust first and foremost. Donor dollars are precious and must be invested wisely.

We were active in advocacy regarding substance use disorder (also known as the disease of addiction). A few highlights:

- James' Place attended the Rx Summit in Atlanta where presentations were made by the heads of the CDC, NIH, NIDA, Health and Human Services, FDA and many elected officials. Barbara Allen had the opportunity to meet with ONDCP Director Michael Botticelli (the White House Drug Czar) and eight other advocates, all super moms.
 - Barbara Allen testified before the Maryland legislature regarding the Good Samaritan and Naloxone access laws, as well as the Governor's Heroin & Opioid Emergency Task Force.
 - James' Place was a sponsor of the 4th annual FED UP! Rally (feduprally.org) at the Sylvan Theater on the grounds of the Washington Monument on October 3, 2015. Barbara Allen was one of the speakers ([read Barbara's remarks here](#)).
 - James' Place joined over 700 local, state and national organizations at the Sunday, October 4, 2015 "UNITE to Face Addiction" rally (FacingAddiction.org), a recovery event on the National Mall in Washington, D.C.
 - Maryland Governor Larry Hogan appointed Barbara Allen to the Behavioral Health Advisory Council for a three year term.
 - James' Place continues to be active with the National Council on Alcoholism and Drug Dependence of Maryland (NCADD-Maryland).
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Thank You to Our Sponsors and Donors

On behalf of our grantees and those to come, thank you for your generosity!

Our Sponsors for 2015 are:

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In loving memory of Chris and Nick Zuri

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Karen Thomson

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In loving memory of Jim Stallings

For a complete list of donors, please see our website jamesplaceinc.org/who-we-are/sponsors-and-partners.

Donations may be made via PayPal through our website www.jamesplaceinc.org/get-involved/donate. If you prefer, send a check to James' Place Inc., 8325 Fall Chill Court, Ellicott City, Maryland 21043.

News and Events

Tuerk Conference on Mental Health & Addiction Treatment

April 13 @ 8:00 am - 5:00 pm

Baltimore Convention Center, Pratt and Sharp Streets

Baltimore, MD

Speakers at the [Tuerk Conference](#) "Maryland's Public Health Crises" include: Michael Botticelli, MEd, Director of the Office of National Drug Control Policy (ONDCP); Leana Wen, MD, MSc, Commissioner, Baltimore City Health Department; William G. Borchert, Writer and producer, was nominated for an Emmy in 1989 for the highly acclaimed Warner Brothers movie "My Name is Bill"; Mel Pohl, MD, Medical Director, Las Vegas Recovery Center.

Barbara Allen, Executive Director of James' Place will participate in the "Empowering Families: A Panel of Family Members" workshop presented at 2:00 and 3:45 PM.

The Compassionate Friends National Conference

July 8 - July 10

The Fairmont Scottsdale Princess

Scottsdale, Arizona

"Hope Rises on the Wings of Love" is the theme of [The Compassionate Friends \(TCF\) 39th National Conference](#), which will include many workshops and sharing sessions. There will also be a performance by TCF's very special guests International superstar Olivia Newton-John, Canadian singer/songwriter Amy Sky, and Nashville-based singer/songwriter Beth Nielsen Chapman.

Barbara Allen, Executive Director of James' Place and Vice President of the TCF Board of Directors will present a workshop "Beyond Losing a Loved One to a Substance Related Cause".

Wristbands: No Shame or Blame - Just Love®

These popular wristbands are a means of sharing hope, respect and compassion with others. With a society oriented to shaming and stigmatizing that which scares the uninformed, we choose to spread hope, dignity and respect. To order wristbands, click here:

<http://jamesplaceinc.org/get-involved/wristband-order>



James' Place Inc., a 501(C)3 nonprofit, provides financial support for those needing assistance towards long term recovery. Through our "Shatter the Stigma" initiative, we embrace the work of advocacy and education necessary for hope.



www.jamesplaceinc.org

www.shatterthestigma.com

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