

June 2011  
Volume 2, Issue 10

Inside this Issue

**The Power of Choice in Addiction and Recovery—Joel Christiansen**

**Drug-Related Suicide Attempts for Women 50 plus up 49%**

**Personality Affects how likely we are to take our Medication**

**Hand in the Cookie Jar—by Jonathan R. Fennick RN**

**I'll Tell You One Secret About Managing Addiction—Elisabeth Davies, MC**

**Courage to Change Addiction Recovery Ranches**

**Appaloosa Ranch  
Colorado Springs, CO**



**White Eagle Ranch  
Estes Park, CO**

**Career Enhancement Program for Professionals with Endangered Licenses**



Judith Ann Miller Ph.D. - CEO and Co-Founder of

Courage to Change Ranches was recently named to the Board for the Alliance for Addiction Solutions. AAS is an international nonprofit organization dedicated to promoting effective nutritional and other natural methods for the treatment of addictive disorders.



**Personality affects how likely we are to take our medication**

May 9, 2011

The results of a unique study from the University of Gothenburg, Sweden, show that personality has an impact on how likely people are to take their medication. This is the first major study of its kind to be published in the online journal *PLoS ONE*.

The study was based on 749 people with chronic diseases who responded to a questionnaire on medication adherence behaviour, in other words whether they take their medicine....

A person who is greatly influenced by conscientiousness can be described as target-oriented and structured. In the study this tied in well with how this type of person approached their medication as they were careful to follow the doctor's prescription. However, the personality trait of neuroticism can mean that a person is fairly anxious which, according to the study, had a negative impact on taking medication.

Cont. on Page 2



**The Power of Choice in Addiction and Recovery by Joel Christiansen**

**Neuro-Psycho-Physio-Spiritual-Logical Regime for Sustainable Addiction Recovery**

**855-572-1547**  
**dr.jmiller@c2cranches.org**

It could be argued that addiction is a choice. It cannot be argued that recovery is a choice. Zig Ziglar said, "You are free to choose, but the choice you make today will determine what you have, be, and do in the tomorrow of your life." Every day begins and ends with choices. Your attitude and life become the sum total of what you choose, think, and who and what you attract. Addicts and alcoholics do not choose good or attract good when they are being held hostage to their addiction. It is only in their recovery that they become enlightened and empowered to make better choices.



Joel Christiansen

President, Joel Christiansen Speaking Services

Iyanla Vanzant, in her book, *One Day My Soul Just Opened Up*, said that learning happens by force, by choice,

Author *Out of the Ashes the Resurrection of an Addict and Stop Whining and Start Winning: The Power of Life's Choices*

and by being forced to make a choice. During my 30 years of recovery, I have never met an addict or alcoholic who wasn't forced to make a choice. Addiction wears you out. It wears everyone around you out. Worn out doesn't work. When you are worn out, you must stop doing what wears you out. Surviving is not thriving. An addict or alcoholic can only thrive in recovery. And that only happens when they are willing to make a choice to change their viewing, thinking and doing.

Everyone sits down to a banquet of consequences for the choices they make. There is a slogan in AA that reminds us to keep it simple. It is simple. Good choices, good outcomes. Bad choices, bad outcomes. Addiction is a bad choice.

Every transformation begins from the right now of your life; not from your past. There is a reason the rearview mirror is smaller than the windshield. If you don't like where you are, you can choose to change that. Change can be better than a holiday.

None of us in life is spared a setback, disappointment or loss. Those can be used to blame, be a victim, and as an excuse to give up or give in. Or, they can be used as motivation to persevere, overcome and thrive. Blame always finds its way back to its rightful owner, and no one should get used to being a victim or suffering. The choice is yours to get and stay straight and sober, or to stay attached to the passionate love affair with your addiction. Choice is never neutral.

**Drug-related suicide attempts for women 50-plus up 49%**



**Health Medical and Science Updates**

May 19, 2011

A new national study shows that from 2005 to 2009 (the most recent year with available figures) there was a 49-percent increase in emergency department visits for drug related suicide attempts by women aged 50 and older — from 11,235 visits in 2005 to 16,757 in 2009. This increase reflects the overall population growth of women aged 50 and older.

The report by the Substance Abuse and Mental Health Services Administration (SAMHSA) also shows that, while overall rates for these types of hospital emergency department visits by women of all ages remained relatively stable throughout this period, visits involving particular pharmaceuticals increased. For example, among females, emergency department visits for suicide attempts involving drugs to treat anxiety and insomnia increased 56-percent during this period – from 32,426 in 2005 to 50,548 in 2009.

Similarly, emergency department visits for suicide attempts among females involving pain relievers rose more than 30-percent from 36,563 in 2005 to 47,838 in 2009. The rise in the number of cases involving the misuse of two narcotic pain relievers, hydrocodone and oxycodone was particularly steep. There was a 67-percent increase in the number of cases involving hydrocodone (from 4,613 in 2005 to 7,715 in 2009), and a 210-percent increase in the number of these cases involving oxycodone (from 1,895 in 2005 to 5,875 in 2009).

"The steep rise in abuse of narcotic pain relievers by women is extremely dangerous and we are now seeing the result of this public health crisis in our emergency rooms," said Pamela S. Hyde, J.D. "Emergency rooms should not be the frontline in our efforts to intervene. Friends, family and all members of the community must do everything possible to help identify women who may be in crisis and do everything possible to reach out and get them needed help."

Read Full Article...

## Hand in the Cookie Jar - excerpted with permission

**Jonathan R. Fennick RN**

Jonathan Fennick had the childhood dream of playing professional sports one day. He never thought he would end up as a Nurse, let alone one that was addicted to drugs.

Of the approximate 3.5 million Nurses in the United States 10-15% of them divert narcotics and up to 20% are addicted to drugs.

### Introduction

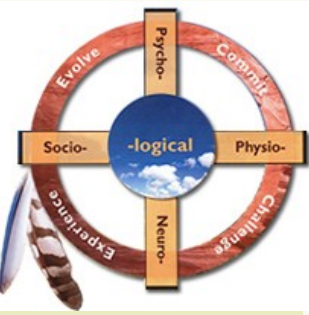
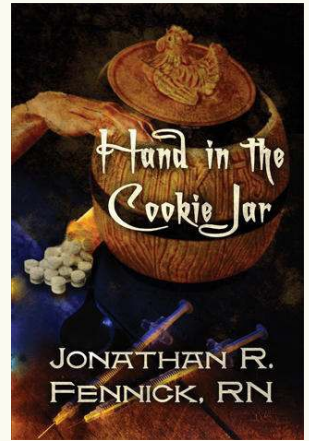
I have to start by telling you that this is a true account of the events that occurred during my life starting from around the year of 1982 until mid-summer of 2010. The only thing that has been altered is some names. I've changed the names of people so that nobody would be harmed from my past actions.

Enough people were harmed by my self-centered behaviors in the past and that's not what I am attempting to do anymore. However, I am attempting to reach the millions of people that struggle with drug addiction, as I once did, especially people in the nursing profession. From my investigations on the internet, I found from several posts and articles that on average 10%-15% of all nurses divert narcotics and up to 20% have problems with addiction. The percentages are alarming, but the actual problem is what needs the most focus. There is a very large amount of professionals that need help to stop. There is an alternative and I am living proof that it can be done.

This book takes the reader through more than just addiction. It also touches on things endured in my life such as child abuse, failed relationships, adultery, relocations, life threatening moments, and what it's like to be a nurse with a full-blown loss of control. It is not all bad. There is a light at the end of the tunnel and the light is surrender and recovery, which is available to everyone. Some of us just need a little kick in the butt to get started on the right path.

I also hope to help hospital and nursing home administrators see that addiction is a disease that is treatable and if not treated can be fatal. They should no longer pass the buck by firing an employee for their addiction without doing anything about it allowing the nurse to go onto the next place of employment doing the same things. I urge administrators across the country to take some responsibility in following through with whatever actions are needed to help the addicted employee. If an employee at your facility is addicted to drugs and you know about it, it is your responsibility to encourage them to get help by going into some sort of professional health monitoring program. Don't just fire them and make it the next facility's problem. If the employee refuses to get the voluntary help that is needed, then step up to the plate, and turn them into your State Board of Nursing. Yes, they may lose their license, but it may also save their life and save patients from suffering.

[Read More about Hand in the Cookie Jar...](#)



Cont. from Page 1

The researchers' results show that high scores for both of these personality traits can lead to lower levels of adherence. The same trend was evident when it came to agreeableness, which had a positive correlation with taking medication as prescribed.

"If the person with the trait of agreeableness also had a low score for conscientiousness, and is thus less methodical, this seemed to have a negative effect on medication adherence," says Malin Axelsson.

Her explanation for this is that people with high scores for conscientiousness are perhaps more likely to stick to their medication on account of a more structured temperament. On the other hand, those with low scores for the same personality trait can be described as slightly more unstructured and perhaps less inclined to introduce an element of routine into taking their medication.

"Both types may need different kinds of education and/or support," says Axelsson. "As such, it may be important to take different dominant personality traits into account when treating patients with chronic diseases. The results of similarly formulated interview questionnaires could help people to become more aware of their medication and access more tailored support and/or education from healthcare professionals."

[Read Full Article...](#)



### It Might Have Been

Unless we live in the now, we are in danger of suffering the agony of regret. We can't spend all our time thinking "life's not fair." We cannot afford to excuse everything with "what ifs?" We used those words constantly during the years we wasted on obeying compulsions we knew could destroy us.

We remember the years before recovery and accept them as object lessons of what it could be like again if we become careless or complacent. But we don't regret them. Regret only leads to depression and perhaps a return to active addiction.

We must stop dwelling on the impossibility of undoing the wrongs of yesterday. Instead, we must begin enjoying the "right things" that are now possible in recovery.

It is impossible to relive my past. I can only create a good past now by living this day the best way I can, so that tomorrow I can look back without having to say "It might have been."

-Anonymous

## I'll Tell You One Secret about Managing Addiction

### Bright Alternatives

Written by Elisabeth Davies, MC



I have been counseling addicts since 1989 and am still forever curious about what motivates them to abstain from their self-destructive habits. I realize that painful negative consequences can temporarily halt an addicts behavior, but long-term recovery requires more than that.

There is one common denominator that all addicts have and that is that they do not truly love themselves. When we truly love ourselves, we will not continue to make choices that are self-destructive, such as addiction (continuing to participate with substances or habits, despite negative consequences).

If we do not truly love ourselves, our thoughts are overwhelming and fault-finding. Since thoughts prompt our emotions, when our emotions are unpleasant, we desire a relief. Until an addict can find a replacement that offers them a better relief, then participating with their pleasurable substance or habit, will continue.

It is easy to become addicted to substances or behaviors that are pleasurable, such as euphoric drugs, food, sex, gaming, or activities that feel like a reward to us, but how do we come to love ourselves and our life so much, that we do not seek a relief or an escape from it?

As we acquire more love for ourselves, we assimilate more loving thoughts, such as kindness and forgiveness. Loving our self allows us to trust in our abilities to deal with difficult situations. Assimilating loving qualities soothes our emotions and helps us manage our moods.

Here are some effective strategies to acquiring more self-love:

- List ten things you like about yourself and at least six things you do well. *Keep this list with you and read it every day. Add to it.*
- Make choices each day that move you toward your life's goals & dreams.
- Encourage yourself during difficult times.
- Take good care of yourself physically.
- Ask for what you need from others and choose supportive relationships.
- When you make mistakes, make amends without criticizing yourself.
- Stand up for yourself when others devalue you.
- Forgive yourself for all the wrongs you have done in the past.
- Say positive affirming statements each day that remind you of your value as a person.
- Know that your talents and abilities are useful to others and share them.

[Read Full Article...](#)