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The Washington Post
By Michelle Boorstein
Washington Post Staff Writer
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AA Original Manuscript Reveals Debate on Religion

For millions of addicts around the world, Alcohol Anonymous' basic text- informally known as The Big Book - is the Bible. And as they are about to find out, the Bible was edited.

After being hidden away for nearly 70 years and then auctioned twice, the original manuscript by AA co-founder, Bill Wilson is about to become public for the first time next week, complete with edits by Wilson-picked comments that reveal a profound debate in 1939 about how overtly to talk about God.

The group's decision to use "higher power" and "God of your understanding" instead of "God" or "Jesus Christ" and to adopt a more inclusive tone was enormously important in making the spiritual text accessible to the non-religious and non-Christian, AA historians and treatment experts say.

The editors softened Step 7 of AA's renowned 12 Steps for example, by deleting a phrase that evoked church worship. "Humbly, on our knees asked Him to remove our shortcomings—holding nothing back," became "Humbly asked Him to remove our shortcomings."

In the first chapter, a sentence that read, "God has to work twenty-four hours a day in and through us, or we perish," was edited to replace "God" with "faith," and a question was added: Who are we to say what God has to do?"

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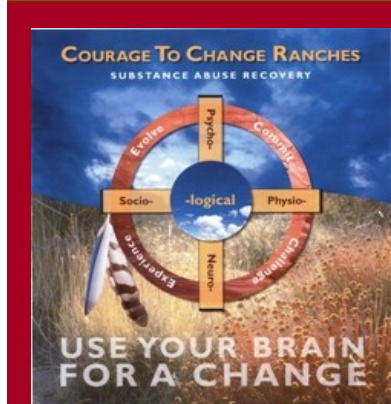
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Dr. Judith Miller, CEO and founder of Courage to Change and Leslie Carol Botha, Marketing Director, attended the 2010 National Conference on Addiction Disorders (NCAD) in Arlington, VA from September 8 through 11. The conference was sponsored by The Association for Addiction Professionals with an attendance of over 1,000 addiction counselors, therapists and treatment program administrators from all over the United States - including Guam.



Dr. Judith Miller exhibiting at the NCAD Conference in Arlington, VA

This year's NCAD conference was a historical first for NAADAC, who joined forces with the National Association of Addiction Treatment Providers (NAATP), the International Coalition for Addiction Studies Education, (INCASE) and The Association of Lesbian, Gay, Bisexual, Transgender Addiction Professionals and Their Allies (NALGAP) to offer inspiring topics by world-renowned speakers on the advancement, methodologies and research shaping the current and the future in addiction treatment.

Stigma Associated with People with Addictive Behaviors



Alcoholism kills off the weak people.
Only bad, stupid people get this "bad" disease because of the "bad" choices they make.

Good people get "good" diseases; i.e., cancer, Alzheimer's, and heart disease.
These are diseases that people do not do to themselves.

When we learn the causes of addictive behavior and how to treat them the stigmas will be minimized.

Carlton Erickson, PhD. Keynote Speaker NCAD Conference

In addition to the wide array of keynote presenters and workshops, Courage to Change exhibited at the conference. Miller and Botha had the opportunity to network with other addiction professionals as well as representatives from SAMHSA, the CDC, and the above sponsoring organizations. We left the conference with an expanded network of colleagues and friends – and more and more people now are aware of the work that we are doing in healing addictive behaviors at C2C.

Next year's NCAD conference will be in San Diego, CA and the Courage to Change Ranch will be in attendance once again. Dr. Miller has offered her services to work with the conference organizing committee.

September was a busy month for conferences and exhibitions. In addition to the NCAD conference, Courage to Change exhibited at the 1st Wyoming Drug Court Conference in Jackson Hole, the 11th Annual Sustainable Living Fair and the Fall Holistic Fair in Larimer County, and the EL Paso/Teller County Drug Endangered Children's Conference in Colorado Springs.

Miller and Botha also attended and exhibited at the International Society of Neurofeedback & Research at the Omni Interlocken Resort in Broomfield.



"ISNR is a member organization for health professionals, educators, researchers and students to promote excellence in clinical practice, educational applications, and research in applied neuroscience in order to better understand and enhance brain function."

According to ISNR, Neurofeedback Training (NFT) has its foundations in basic and applied neuroscience as well as data-based clinical practice. It takes into account behavioral, cognitive, and subjective aspects as well as brain activity. Like other forms of biofeedback, NFT uses monitoring devices to provide moment-to-moment information to an individual on the state of their physiological functioning. The characteristic that distinguishes NFT from other biofeedback is a focus on the central nervous system and the brain. NFT has many applications for addiction recovery.

Miller and Botha learned valuable information from the conference workshops they attended, met new colleagues and contacts in the fields of addiction and neurotherapy and look forward to expanding the C2C program to offer sustainable holistic recovery therapies to all of those seeking to heal their addictive behaviors.

The 2011 ISNR Conference will be in Phoenix, AZ next September—and once again Courage to Change will be exhibiting, attending workshops and meeting new colleagues and therapists in the field of neuroresearch. Miller and Botha also hope to present data on neurotransmitter levels and addiction— and understanding hormone changes in the brain to prevent relapse.

Dr. Judith Miller is a firm believer in keeping her staff educated and updated in the latest information, education and research in addiction recovery and the neurosciences.

The TEDS Report— Treatment Episode Data Set

Characteristics of Substance Abuse Treatment Admissions Reporting Primary Abuse of Prescription Pain Relievers: 1998 and 2008

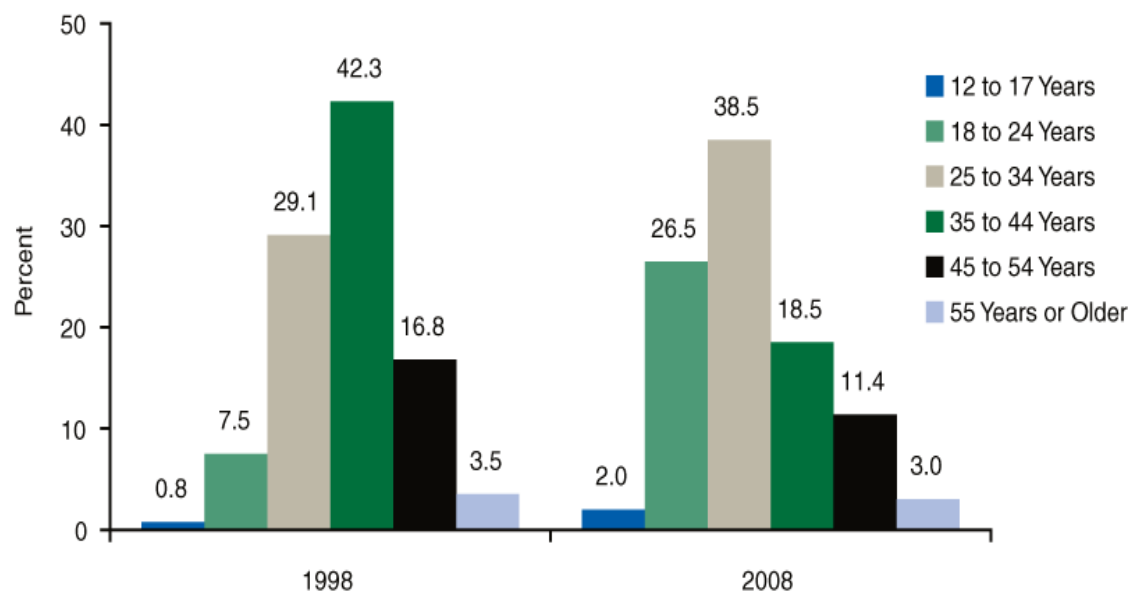
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SAMHSA



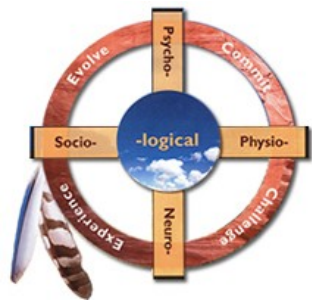
- Substance abuse treatment admissions reporting primary pain reliever abuse increased from 18,300 in 1998 (1.1 percent of all admissions) to approximately 105,680 (5.6 percent) in 2008
- Admissions for primary abuse of prescription pain relievers in 2008 were more than 3 times as likely as those in 1998 to be aged 18 to 24 (26.5 vs. 7.5 percent)
- Admissions for primary pain reliever abuse in 2008 were more likely than those in 1998 to be unemployed (41.1 vs. 28.6 percent)
- The percentage of primary pain reliever admissions with a co-occurring psychiatric disorder increased from 19.4 percent in 1998 to 38.6 percent in 2008

Nonmedical use of prescription pain relievers such as hydrocodone (e.g., Vicodin[®]), oxycodone (e.g., OxyContin[®]), morphine, and similar medications is a matter of increasing public health concern. In 2008, nonmedical use of pain relievers in the past year among the population aged 12 or older in the United States was second highest in prevalence among illicit drugs, after marijuana.¹ The use of prescription pain relievers can produce dependence or abuse, particularly when these drugs are taken without a physician's direction and oversight.² Understanding the characteristics of admissions with prescription pain reliever abuse can assist treatment providers in developing services that are focused on the specific needs of these clients. Information on the characteristics of admissions that report pain reliever abuse also can help guide the development of effective prevention and early intervention programs that engage physicians, pharmacies and the pharmaceutical industry, and families.

The Treatment Episode Data Set (TEDS) collects data on the primary substance of abuse at the time of admission to substance abuse treatment and up to two additional substances of abuse. Using TEDS data, this report compares characteristics of admissions that report prescription pain relievers as the primary substance of abuse in 1998 and 2008. Prescription pain relievers are drugs such as hydrocodone, oxycodone, morphine, and other drugs with morphine-like effects; heroin and nonprescription methadone are excluded.



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From pain killers to cough syrups, addicts use anything for the fix

DNA-Daily News & Analysis
Mumbai India
By Divyesh Singh
September 9, 2010



They will go to any length for a 'fix'. Not sure what exactly the caterpillar was thinking when it instructed Alice (in Lewis Carroll's Alice in Wonderland) to have a bite of the mushroom, she grew and shrunk with each bite.

Surreal, yes, but perfectly normal in a bizarre universe populated by characters like the Mad Hatter and the March Hare. In the regular world, the experience would be termed hallucinogenic.

Such affects of some mushrooms in South American users has been well-documented as is that of cacti. But in a world fixated with the fix, people have gone much beyond mushrooms. From snake bites to tweaking chemicals in labs to abusing pain killers and cough syrups, the experiments have been a constant in the world of addicts and thrill-seekers.

The desperation of the human mind for forbidden pleasures is amazing, as is its flexibility for innovation. The good old cough syrup would not mean much to many, but some have turned these into potent vehicles for a 'trip'.

Phensedyl and Corex, containing the highly addictive opium-based codeine phosphate, are the most abused. A rage among young addicts in the north-east a decade or so ago, it has spread across the country. Easily available over the counter and light on the pocket, its abuse has caught on in Mumbai too.

Use of opiads like Fortwin, an Analgesic, too, has been in vogue in the city. A combination of Fortwin and Diazepam (a benzodiazepine derivative drug, marketed as Valium earlier), taken intravenously produces a dreamlike state and finally deep sleep. The abuse of prescription drugs is known to be common among doctors and paramedical staff. But the knowledge has spread. Even bored housewives are not loathe to experimenting with what is available to them around.

Those looking for prescription drugs come in the age group 14-60. A World Health Organization estimate puts such abuse in alarming statistical perspective. Addiction to prescription drugs is 10 times more rampant than abuse of illegal drugs the world over, it says. Indian law prohibits the sale of drugs without a prescription, but that is hardly a deterrent.

With the brain playing the role of laboratory, the only thing the law can do is to play the catch-up game.

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A Native American Myth - excerpted from *When Sleeping Beauty Wakes Up A Woman's Tale of Healing the Immune System and Awakening the Feminine*



Courtesy of sarahbsmith.com

Once on a beautiful, clear, warm sunny day a little duckling was enjoying a wonderful morning swim on a deep, blue lake. As she gleefully swam around delighting in all the beauty there was to see, suddenly she noticed a whirling black hole on the other side of the lake. This hole was way beyond the reflection of the sacred mountainside.

"What is it?" she thought, "What is in the hole? What is it for?" As she swam over to investigate, she heard the wings of Mr. Dragonfly coming closer and closer.

"Oh, I am going to explore the big, black hole," said the ugly duckling.

"You can't go without my permission, I am the gate keeper," said Mr. Dragonfly

"Oh, Mr. Dragonfly," she responded, "please, please can I go?"

"Well, only if you keep three promises," he said.

"You must listen to all you are told, let go of all you hold dear, and follow what the future tells you."

Just before the duckling could answer, she quickly vanished into the big, black hole.

Some time later Mr. Dragonfly was taking his morning flight over the lake. He looked down, and he couldn't believe his eyes. Swimming on the lake was a most magnificent, beautiful, graceful, while, long necked swan.

He swooped down for a closer look and said, "Who are you?"

"Oh, don't you remember me Mr. Dragonfly? I was the ugly duckling." "What happened to you?" said Mr. Dragonfly.

"Well, I did everything you told me, I listened and marveled at the future, and I gave everything up. For all of that, I was touched by the Great Spirit. But the most important thing of all Mr. Dragonfly, is that I have been eternally blessed with the power of self transformation."

