

Brains on the Range

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Watch for the new professionally designed Courage to Change website!

Online by the end of January.

The staff at C2C would like to thank alumni and the community for contributing to the 180 Club. Your donations ensure our ability to treat those with limited resources.

Former C2C Client Testimonial

I am sending in my 180 Club Pledge, and I am so looking forward to becoming an alumni of something other than a liquor store, bar or county jail....ha!

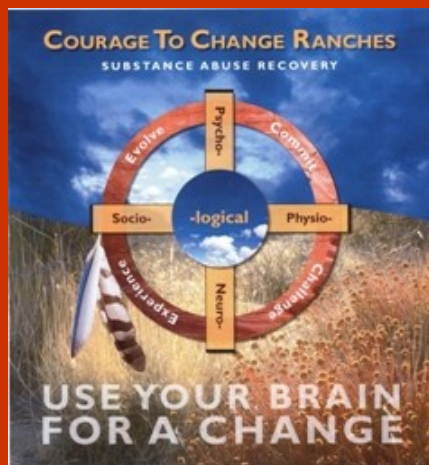
Miss Judy and Ross, I admire and respect you both so much for the work you do. Your patience, compassion and true caring for those that suffer and your determination to see them get well, find themselves, and become human beings of true presence and integrity is not be applauded.

You are truly Warriors of Healing of the Heart, Mind and Spirit.

Miss Judy I am starting to give back what all that you gave me at the ranch. I am still facilitating our Talking Circle at the House, and I have been speaking at some of the other drinking and driving classes in Granby at the request of my counselor at Colorado West Mental Health Center. I have been recounting my journey to them in a way they will understand because most of them are a bunch of knuckleheads and don't or won't listen to the counselor.

I seem to be able to captivate most if not all of them with my story, and experience as an ex-professional drunk, and drunk driver! My belief and conviction in what has worked for me is a gift of spiritual power that I truly enjoy sharing with those that suffer and are lost in their addiction. I just hope that I may come to help those that hear me.

Treating Addictions with Psychotropic's & SSRI's by Dr. Judith Miller



Combining Science with Holistic Modalities in Addiction Recovery
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It is time that the Judicial System recognizes that addiction is considered to be a progressive, terminal brain disease that is treatable and manageable. Incarceration only exacerbates the disease that continues the cycle of crime.

Judith Miller PH.D.

Symptoms of Addiction Resemble Symptoms of Psychological Disorders

It is recognized that the symptoms of addiction as a full blown disease, i.e., depression, anxiety, radical mood swings, violent and uncontrollable behavior, driving while intoxicated, disrupted sleep patterns, and nightmares are also symptoms mirrored in such psychological disorders such as bipolar, depression, anxiety, sleep disorders, PMS, PMDD and to name a few. Because of these synonymous symptoms, addiction tends to go untreated but the symptoms of psychological disorders become treated with: Ativan, Trazadone, Klonipen, Vicodin, Xanax, Prozac, and for opiate addicted people; Methadone, and Suboxone. These prescription "drugs" are also addictive and have severe and disturbing side effects, especially suicidal ideation. The system is feeding the addictive cycle which in turns feeds the crime cycle feeding the revolving door of recidivism that is so prevalent in the criminal justice system.

In the December 2009 issue of *Brains on the Range*, former C2C client Steve D. from Maryland shared his experience on coming down from Suboxone in addition to his recovery from heroin use. Suboxone use has been getting its share of attention lately too. The C2C program finds itself in direct competition with other programs that continue to use pharmaceutical drugs to treat drug and alcohol addictions. Substituting one drug for another? Does that even make sense? Adding more drugs to an already damaged brain? How will that solve the problem? Pharmaceutical drugs treat the symptoms of addiction and do not get to the source of the problem - which is repairing the damage done to the brain.

Crossing the Bar—Understanding that Addictions are a Treatable Brain Disease

By Judith Ann Miller PH.D.
Excerpted Article from Dr. Miller's Book *Crossing the Bar* appears in the January Issue of [It's All in the Journey Magazine](http://www.itallinthejourney.com)
Download Issue 19



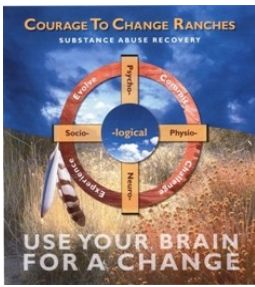
Over the last two decades, our understanding of alcoholism and addiction has expanded exponentially. That understanding has been largely influenced not by the humanities, but by science – both pure and applied. Research in the fields of neurology, genetics, psychiatry, pharmacology, and nutrition – and the emergence of neuro-imaging, which can capture the actual workings of the brain – have all converged to provide new data on the relationship between thought and behavior. Its implications for the treatment of addiction are profound. Addiction is no longer perceived as a moral problem; it is now recognized as a brain disease that can be managed and treated.

It was in fact, a (European-trained) clinical nutritionist, Dr. Charles Lieber, who upset scientific dogma by proving in 1974 that alcohol was toxic. Until then cirrhosis of the liver had been attributed to malnutrition. Lieber also conducted the underlying research that led to identifying bacteria as the cause of stomach ulcers, discovered the toxic interaction between alcohol and Tylenol, and with the legendary Marty Mann established the journal *Alcoholism: Clinical and Experimental Research*. From that point on the field of nutrition came to the forefront paralleled with cutting edge science in developing methods of recovery instead of just treating the symptoms alcoholism and addiction.

In general, once nutrients are ingested and broken down by the digestive system, they contribute to the overall functioning of the body. Some are used in the manufacture of hormones. And some, especially *proteins*, are broken down into their constituent *amino acids* that build and maintain cells. These amino acids are the building blocks of the *neurons* of the brain.

In order to function at its optimum, the brain's neurochemistry utilizes naturally occurring substances; enzymes co-factors, fatty acids, amino acids, peptides, vitamins, and proteins to create a wide array of organic acids, neurotransmitters, hormones, other brain chemistry markers that determine the quality of mental and physical health. Once the brain/mind and body is satiated with the nutrients that it requires for survival, its response to addictive substances is greatly decreased.

Science has proven that certain amino acids deficiencies are the basis for addictive tendencies. Correcting those deficiencies provides neurotransmitter rebalancing and an opportunity for the systems of the body to function once again in homeostasis.



Interview with Jail Nurse & Inmate

Jail Nurse: Are you depressed?
Inmate: Yes.

Jail Nurse: Are you anxious?
Inmate: Yes, very anxious.

Jail Nurse: Do you have difficulty sleeping?
Inmate: Yes, it is so noisy in here I cannot sleep.

Jail Nurse: Do you see and hear things other people do not?
Inmate: Yes, but I do not know what other people hear and see.

Jail Nurse: Well, then you must be bipolar.

Anecdote based on C2C client story after incarceration for RX fraud & med abuse & possession of heroin.

Client was already on six psychotropic drugs. Jail nurse prescribed one more.

Client was successfully titrated off of all drugs.

New Law Expands Mental Health Substance Abuse Treatment

Legislation will allow millions to seek treatment for mental health, substance abuse addictions at recovery programs

In November of last year Congress quietly enacted a small but crucial piece of healthcare legislation that will impact millions of Americans. As nationwide attention focused on the healthcare overhaul debate, the Mental Health Parity and Addiction Equity Act of 2008 went into effect on January 1, 2010 affecting new and renewing insurance policies.

The new legislation requires all group health care plans covering 50 or more employees to cover mental health and substance abuse treatment at the same level as medical conditions. Prior to the passage of this law many insurers paid less for mental health and substance abuse treatments than for medical conditions. As of January 1, if a plan covers 100% for an approved surgery, it must offer equal coverage for a psychiatric, drug or alcohol stay at the same parity. The new law also applies the same standards to outpatient treatment and removes caps on coverage and limitations to the number of clinical visits.

SAMHSA According to SAMHSA, The Substance Abuse and Mental Health Service Administration – a division of the Department of Health and Human Services, an estimated 9% of Americans suffer from a substance abuse addiction and 11% from a psychological disorder. In the past, the inability to pay for recovery programs has kept millions of people from getting treatment. Under the new legislation more people will be able to turn their lives around and get the treatment that they need to begin a life of recovery.

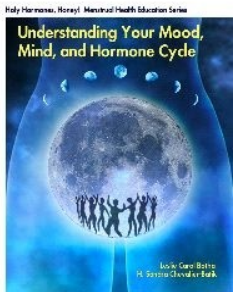
Benefit parity does not mean that healthcare plans are dictated to offer mental health or substance abuse treatment – rather the new legislation requires that if a plan already covers the above conditions it must provide the same level of coverage as for medical treatment. Recovery professionals suggest that people read their company's policy plans carefully to make sure that they are covered for treatment if needed. Freedom from addiction is an important aspect of the overall health and wellbeing of Americans and their families. Dysfunctional and disruptive behaviors due to alcohol and drug addictions affect not only work force productivity but also working relationships.

Women Face Tough Challenges in Overcoming Addiction by Leslie Botha

A Woman's Body has now become the new Battleground for her Sanity

The nature and study of women's hormonal health has been sadly neglected to a point that the medical and pharmaceutical industries have now taken a stand purporting that women need not menstruate every month – stating that this natural process inhibits women from experiencing a whole and fulfilling life. Their skewed scientific data has opened the door for an onslaught of drugs; i.e. synthetic hormones that has become one of the most widely accepted yet uncontrolled experiments in the history of medicine. Add to that the depression, irritability, anxiety and turmoil that women experience on a monthly basis due to hormone imbalances. Subsequently another whole regime of antidepressants is added to a woman's body – already debilitated from synthetic hormones and environmental toxins. Her body has now become the new battleground for her sanity.

No wonder women are plagued with addictive behaviors. Prescriptions are handed out like candy for a myriad of mental/emotional problems - many which can be easily remedied by balancing the hormones. In 2003 Scientific America came out with a report on a study showing that during the reproductive years the brain changes every single day due to changes in hormone levels. This essentially throws the myths of PMS and PMDD out the window – since we now know that what we are really discussing is hormone imbalance. It also invalidates the need for the numerous scrips that are written every year for Valium, Prozac, Zoloft, Paxil, Afixir, and for Sarafem – many which are written specifically for PMS.



My work in Women's Health has spanned 30 years of research, writing, publishing, radio broadcasting and teaching. My co-author and I have just published our first e-book titled: "[Understanding Your Mood, Mind and Hormone Cycle](#)" Working with Dr. Miller at Courage to Change and learning about the relationship between the neurotransmitters in the brain and the relationship between the body's systems has added another dimension to my understanding of the importance of endocrine system balance.

In 2003, CASA – the Center for Alcohol and Substance Abuse issued a press release stating that unisex treatment programs have done women a disservice. Although they listed many reasons for this – one of the most important reasons in my opinion– is women's changing hormonal health. My research has shown that women – even those who have the best intentions to change their behavior; work on their relationships at home and at work – determined to become a better person – fall off the edge of the world when they become premenstrual. *Women Face Tough Challenges in Overcoming Addiction*—[HealthNewsDigest](#) January 10, 2010

In addition to measuring the neurotransmitter levels involved with addictive behaviors, Courage to Change will also measure endocrine levels for women clients. The beauty about balancing neurotransmitters is that they also affect the endocrine and immune systems. In addition I will be sharing information with women about how their changing hormones affect their behaviors. Once women understand their cyclical and naturally occurring bi-polar nature then we can work on prevention. The bottom line is that changing behaviors becomes much easier when new information is provided. Unfortunately for women, we have never had education about how our hormones affect our behaviors – and this alone has kept even the healthiest of women victimized by their own bodies.