

# AUGUST 2017

Center for Alcohol & Drug Services, Inc.



## The Chronicle

### BIRTHDAYS:

- Josh Hirst 8/1
- Dwayne Hodges 8/4
- Dawn Varadi 8/6
- Kaci Krumreich 8/9
- Erin Phillips 8/12
- Randy May 8/31
- Jason Otten 8/31



### ANNIVERSARIES:

- Amanda Crouse 1yr
- Ariana Gary 1yr
- Todd Morris 1yr
- Jason Otten 1yr
- Jackie Gonzalez 5yrs
- Heather Olson 15yrs

### *Communication* by Heather Olson

***“Communication is what makes a team strong.” Brian McClennon***

The Center for Alcohol & Drug Services, Inc. is working with UnityPoint Health-Robert Young Center to explore ways we can provide the very best services to the people we serve. It is exciting to examine the opportunities we can work toward together as a team! This is also a time where staff and clients alike may have questions about what this work means to them. We are working on collecting these questions and will take care to ensure the answers to these questions are disseminated as answers are determined.

We all play an important role in this communication. Members of Leadership will be doing Strategic Improvement Team meetings within staffing at sites over the next several weeks. Please share questions that have come up at your site or within department teams so these questions can be addressed. If you have questions that come up after we meet for the Strategic Improvement Team meetings, please do not hesitate to share those with your direct supervisor so they can be included in the list of questions to explore.

It is also important to know that regular business will continue as usual. If or when there are changes to the work that we do, information will be communicated quickly and clearly to everyone. We have an amazing opportunity to improve the continuum of care for our clients! It will take the whole team to make this opportunity a reality. In the great words of Rania Al Abdullah, “We are stronger when we listen and smarter when we share.”

### *Center for Alcohol & Drug Services, Inc. and UnityPoint Health – Robert Young Center Finalize Affiliation Agreement*

The Boards of Directors of Center for Alcohol & Drug Services, Inc. (CADS) and UnityPoint Health – Robert Young Center have finalized and approved an affiliation agreement, which became effective July 1st, 2017. The agreement brings the two organizations together, allowing for enhanced access to behavioral health services and addiction treatment specialists while improving care coordination and patient experience.

“Bringing these two organizations together allows us to continue delivering outstanding behavioral healthcare to the Quad Cities and surrounding communities,” said Dennis Duke, President of UnityPoint Health – Robert Young Center. “We are committed to enhancing services and are eager to work together as one team moving forward.”

“This affiliation will be greatly beneficial to the people we serve,” said Dr. Joe Cowley, President and CEO, Center for Alcohol & Drug Services, Inc. “Robert Young Center is a behavioral health leader our patients know and trust and we’re excited to be a part of the UnityPoint Health family.”

The CADS name will remain and there will be no immediate changes to operations or services. Plans for integrating the two organizations will be made in the coming months.

“UnityPoint Health – Robert Young Center and CADS share similar missions and are both committed to the communities we serve,” said Rick Seidler, President and CEO of UnityPoint Health – Trinity. “I am looking forward to seeing what these two organizations achieve together.”

“This is an exciting day for all of us,” said Dr. Cowley. “As our organization joins the UnityPoint-Health family, we will continue to build on our long history of providing superior and compassionate behavioral healthcare and addiction services.”

## Prevention News submitted by Adriana Rubio

In summer outreach our goal is to build skills in critical thinking, by providing enrichment activities that focus on apparatus activities, science, computers, art projects and much more. The idea is to promote a healthy lifestyle and character building. Summer Outreach participants are given the opportunity to exceed and take part in different activities that can give them the assets needed to work with others, as well as independently. The participants had fun creating their own tie-die t-shirts, partaking in team building activities, and even speaking to local EMT and Davenport Police personnel about their careers and its importance within the community. The students even enjoyed partaking in a giant kickball tournament with all of their peers. Activities such as these show them the importance of building healthy relationships and working together as a team, helping them gain everyday life skills that they can use later on in life.



# TIC

## TIC (Trauma Informed Care) TIP of the month

**Research suggests that childhood trauma increases the likelihood of future addictions, including gambling. This gambling may become pathological. The types of childhood trauma that were experienced in pathological gamblers include violence, sexual abuse and loss.**

**Responsible Gaming Education Week (RGEW) is July 31<sup>st</sup>-August 4<sup>th</sup>. Use of brief screeners can assist in identifying problematic gambling.**

*Based on this knowledge, how does this relate to your position at CADS. What changes can you make?*

# TIP

**Administrative Directive of the Month**  
8020  
**Destroying Confidential Information**  
Please review with staff.

## August Trainings



7/21/2017	Last 6 months new hire/every 5 years; Mandatory Child Abuse/Dependent Adult Abuse Reporting	Aubrey Cartwright	830am-1045am	FRMT
7/21/2017	Gambling (Special Population)	Todd Morris	1pm-315pm	FRMT
7/28/2017	INSERVICE: Treatment Planning (Counseling Theories)	Nicole McCabe	815am-915am	FRMT

## Exercising the Body and Brain

Studies have shown a strong relationship between the health of the body and the health of the brain. Exercise revs up complex processes inside the brain that can deter depression, help you stay calm and keep your mind sharp.

### Exercise Boosts Mental Fitness

The brain has approximately 86 billion neurons designed to give orders to the rest of the body through chemical messengers called neurotransmitters. Studies show that deficiencies of two of these neurotransmitters (glutamate and gamma-aminobutyric acid, or GABA), can lead to mood disorders such as depression. However, moderate exercise can increase the amounts of the two neurotransmitters, contributing to increased mental fitness.

### Exercise Decreases Stress

When you're stressed, your brain secretes the "fight or flight" hormone, cortisol. Elevated cortisol levels can create a constant and unnecessary feeling of stress. But, if you exercise, you expose your body to "controlled stress," which helps regulate your brain's stress response, keeping you more calm.

### Exercise Slows the Brain's Aging Process

Your brain ages just like the rest of your body, but exercise can help the brain handle natural, age-related deterioration without taking a toll on your memory. Older adults who exercise have larger brain volumes than those who don't. Plus, the brain's hippocampus (which is responsible for memory and learning) is larger in people who are active. Exercising won't make you smarter, per se, but it will help you remember things better as you age.



### Personnel Policy of the Month

3325

### CENTER Property Policy

Please review with staff.



## Grilling Safety Reminders for Your Summer BBQ

Though grilling is an extremely popular way to prepare food in the summer, it can also be dangerous. According to the U.S. Fire Administration, gas and charcoal grills account for an average of 10 deaths and 100 injuries annually. Additionally, the National Fire Protection Association reports that an average of 8,900 home fires are caused by grilling each year.

This year, keep the following safety suggestions in mind when you go to fire up your grill:

- Make sure your grill is at least 3 feet away from other objects including your house, trees and outdoor seating.
- Remember that starter fluid should only be used with charcoal grills and never with gas grills.
- If you suspect that your gas grill is leaking, turn off the gas and get the unit fixed before lighting.
- Do not bring your grill into an unventilated or enclosed space such as the garage or inside of your home.
- Do not let children and pets play near the grilling area when cooking until the grill is completely cool.

### GRILL YOUR FOOD THOROUGHLY!

Prevent foodborne illnesses this summer by grilling your meat to the proper internal temperature.