



## THE CHRONICLE

Center for Alcohol & Drug Services, Inc.

December  
2016

### Generosity for our clients - Quality Focused

By Joseph P. Cowley, Ph.D., President/CEO

The CENTER is a “family oriented, integrity driven organization that values employees, clients, and progressive thinking”

Even after all this time, The Sun never says to the earth, “You Owe Me” Look what happens with a love like that. It Lights the Whole Sky.

By Hafiz

What is generosity? Generosity is an activity that can change the world. It works like magic on one person at a time: then, almost effortlessly, its beautiful multiplying force animates families, friends, communities, cultures, and the world at large. Generosity requires action. Generosity is a practice. And as with anything we practice, we get better at it over time. Generous actions have impact on the recipients, but they also change the lives of the generous in remarkable ways.

Generosity is often confused with giving. There are many ways to give. We all have something to give-our time, our caring and caretaking, a kind word, a smile, encouragement, material gifts of all kinds. But all giving does not necessarily fit my definition of generosity. You can give with the expectation of receiving acclaim for your gift. You can give to create a certain outcome that will benefit you personally. You can give in order to be in the company of people who will be impressed by your ability to give. And you can give for a generous place in your heart that propels you forward to provide what is needed, with little concern for applause and recognition for yourself. Generosity is often quite bold, ignoring the advice of friends and family and moving forward with courage and conviction. Generosity is willing to take risks. In fact, risks have little constraints on a generous heart.

Generosity invites us to put ourselves in another’s shoe, see and feel the existence of a pressing need, realize that it is within our power to help. And then act in whatever way we can. It’s really as simple as that.

### Family Wellness Court Angel Tree

Tis' the season for giving. We are once again doing the angel tree for the Family Wellness Court. There is a small tree at Fairmount in the back room by the printers with tags on it. The tags all have a number on them, and there is a paper next to the tree, Please write your name by the tag number that you choose so we can keep track of who has that tag. The information included on the tags will include age, sex, and something they need or want for Christmas. There will also be mommy and daddy tags. If you can’t get down here to take a tag, then I can inter-office mail you one, just let me know. Suggested price is around twenty dollars. Please give the wrapped gifts with the tags on them to me, Shari Johnson or bring to the Family Service office and leave with Aubree or Annalyse . If you can’t get here, we can pick them up from your location in the agency.

**We will need all gifts no later than Friday, December 9th—you can bring them to the Christmas luncheon.**

Thank you so much for supporting this!

Shari Johnson

#### BIRTHDAYS

- *Blake Buck* 12/3
- *Bryant Eiting* 12/6
- *Cartise Jones* 12/21
- *Jennifer Peters* 12/22
- *Leah Morris* 12/30

#### NEW HIRES

- *Moriah Shivers Counselor TBD*
- *Kali Webster Counselor TBD*
- *Raynikka Adams Tech TBD*





## Prevention News “Holiday Eyes Are Upon Us”

**By: Jason Otten, Prevention Specialist**

With Santa Claus coming to town, many young eyes are on high alert. Many parents are worried about checking off their shopping lists or planning the big party. What parents and adults tend to forget is that with many eyes watching us, our teens and youth can be influenced by our actions during the holiday season. For adults, holiday parties are often associated with alcohol and casual drinking, but it is still important to make sure our children aren't participating in these activities. As Prevention Specialists at CADS, one of our goals is to prevent adults from negatively influencing our youth, educate youth on the dangers of drugs and alcohol, and encourage both parties to maintain open communication. Our teens and youth must understand the importance of staying away from drugs and alcohol under any circumstance. Parents and adults can avoid these things from happening by following a few short guidelines:

- Be clear with your child on what is expected of them.
- Teach your children they can have fun without alcohol; plan your party without alcohol present.
- Serve traditional drinks without alcohol, such as apple cider, eggnog or punch and juice.
- Have age appropriate games and activities readily available; such as pin-the-nose-on-Rudolph or festive coloring books, board games and/or card games.

By following these simply guidelines will allow the children to focus more on the fun activities and not on the alcohol.

It is necessary to monitor all invitations or enticements our teens and youth may come across this holiday season. With all that occurs during the holiday season pay close attention to the age of anyone who is consuming alcohol. A few tips can help avoid any mishaps:

- Ensure a person is over 21 by checking their ID.
- Keep track of your supply of alcohol at all times.
- Make sure there will be a responsible adult hosting the event.
- Establish a designated driver in case of need.
- Monitor your child's friendship. Make sure they have healthy relationships.
- Keep tabs on your child's schedule.
- Do not support underage drinking under any circumstance.

During this holiday season do your part in keeping our teens and youth safe. Establish your expectations from the beginning and be a great role model. Set an example for your children and other youth that may be within eyesight of you. Adopting these tips will ensure a smooth holiday season and will help avoid issues and make room for all the joys of the season.

Happy Holidays!

## December Training Schedule

12/2/2016	INTERNAL ONLY-Application of ACES, PHQ9, TCU, WHODDAS, Gambling Screening (Counseling Theories & Techniques)	Krystle Krauss	12pm-1pm	FRMT
12/9/2016	What to know about DUI issues (Category: Alcohol & Drug Specific)	Kerri Hulsebus	130pm-430pm; 15 minute break	FRMT
12/16/2016	Understanding Gambling Disorders 101 (Category pending)	Todd Morris	130pm-345pm; 15 minute break	FRMT

**ADMINISTRATIVE  
DIRECTIVE OF THE  
MONTH**

**8000  
CONFIDENTIALITY OF  
CLIENT PROTECTED  
HEALTH  
INFORMATION**

**PLEASE REVIEW  
WITH STAFF**



## Benefits Open Enrollment Schedule

All staff will be required to return required benefits paperwork or attend the benefit open house times on one of the scheduled dates and times. Staff who are not interested in participating in our medical, dental, or vision benefits or not making changes to their current coverage will just need to complete and return paperwork. All paperwork must be received by December 16, 2016.

Anyone unable to come to a meeting time can schedule a time with Lori Haffarnan or Alex Riordian prior to December 16, 2016.

If anyone would like any one-on-one time with Melanie or Ashley, our benefits representatives, regarding any individual questions or needs, please schedule a time with me during our planned times. Thanks.

Wednesday, December 7th

6:30am – 7:30am Country Oaks

8am – 9:30am Fairmount

10am – 11am Rock Island

12:30pm – 1:30pm Forest Grove

Friday, December 9th

11am -2pm at East Locust St

(During Holiday event)

## TIC

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

Those with a history of trauma have a shorter threshold for stress, which means they will escalate faster and possibly in inappropriate ways in comparison to those without a history of trauma. Staying calm with a lower tone of voice can help to de-escalate somebody. Encourage them to utilize stress reduction techniques such as closing their eyes, taking several deep breaths in and out, and focusing on reducing heartrate and breathing rate. The person will be much more capable of working with you as their emotional distress decreases.

*What changes can you make?*

## TIP

## Healthy Holiday Snacks



## PERSONNEL POLICY OF THE MONTH

3390

## TECHNOLOGY POLICY

PLEASE REVIEW WITH STAFF

# Center for Alcohol & Drug Services, Inc.

Please join us for our Annual Holiday Celebration on  
Friday, December 9, 2016

East Locust Street  
1519 East Locust Street  
Davenport, Iowa

A hot lunch will be served buffet style  
from 11:00am – 2:00pm.



#### SPIRIT WEAR DAYS

Wednesday, December 7th

#### IMPAIRED DRIVING PREVENTION MONTH

Wear business casual red &/ green

Wednesday, December 21st

#### FROSTY & FESTIVE

Wear your favorite winter wonderland apparel (festive sweater, cozy sweatshirt)