

# Methadone News

May/June 2007

## The Road I Have Traveled

© By Regina J. Broker

The road I have Traveled.  
Bridges I have crossed.  
I've gone the extra mile,  
I've come to many stops.  
I had a few road blocks,  
toward what I thought,  
could be the end.  
But had to be brought back  
a mile or two again.  
So when closure comes,  
I do know what it will mean.  
I'll finally have peace of mind,  
I'll be able to feel, think, and  
breathe  
I probably won't believe it.  
I'll think it is all a dream.  
And although the journey will  
have ended.  
I'll never forget What I've  
learned along the way,  
or how I learned to take it  
day by day.

**“If you are already  
missing one leg you  
do need a crutch.”**

- Client recommended quote

If you would like to contribute to your newsletter please submit your request, story, quote, poem, artwork, photo, etc. by placing it in the suggestion box or leaving it at the front desk addressed to Nicole. Submissions are confidential.

*Phone Numbers: Main: 280-3860 Suzette: 280-4906 Nicole: 280-4903 Amy 280-4910*

*Dosing Hours: Monday –Friday 6:30 –8:15; Saturday 7:00-8:15*



**This is a reminder we will be closed  
Monday May 28!**

## New Counselor

To better meet our clients needs we have added a new methadone counselor to our staff. Please welcome Amy Erickson to the Methadone team at United Community Services, Inc. Amy has been with UCS for two years she is a Certified Alcohol and Drug Counselor and is joining the methadone counseling staff. Due to the expansion of the clinic staff some clients may be asked if they are willing to change counselors.

## ART THERAPY

Our art therapy group is off to a good start. The group meets Wednesday mornings at 9:00 a.m. We examine topics such as self discovery, change, barriers to change, self love, spirituality and recovery using a holistic approach that offers many different tools to enable you with achieving your goals! You do not need to be an artist it is about connecting with yourself and with others. You are free to begin attending at any time.

**NOTICE:** Change in policy. For all dose change requests and take home requests please complete the forms that are on the bulletin board or ask a staff member for the form. Please return the form to the front desk or place it in the suggestion box. Remember a 3 day notice is needed to be placed at least 3 days prior to the date of dose change occurring.



## WE ARE NOW TOBACCO FREE!!

Tobacco free campus means that there is to be no use of any tobacco products within the facilities or on the property including in personal vehicles at UCS at anytime.

HIV and Hepatitis Testing are being offered by the HIV/AIDS Project of Central Iowa once weekly at the clinic. The testing is offered from 6:30 to 8:00 a.m. You will be given a \$5 gift card when you pick up your results. For additional information about available dates please ask your counselor. All information is kept confidential. We encourage you to sign a release and talk to your counselor about your testing.

**Reminder: It is YOUR responsibility to count your doses before leaving the clinic.**

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