

# Methadone News

Jan/Feb 07

## Life

*It takes a day to make a dream,  
But it takes many nights for a seed to become a tree.*

*Life is a ladder that must be climbed.  
But in every stage,*

*There are many rivers and battles to fight  
And our hopes determine our future.*

*Life is a trip through the wilderness  
And everyone must survive for success.*

*But without a determination  
We can never reach our destination.*

*There are many roads in life,  
But choice*

*Stands between the broad and the narrow.*

*The world is not only what we see*

*But what we hear  
Life is time and time is tide.*

*We are making an endless journey  
But no ladder is without an end*

*Problems may fall like rain  
But every seed has its season.*

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## Why we use

Growing up we don't have aspirations, dreams, or hopes of becoming an addict. We don't start using drugs with the intention of becoming addicted. The reasons we start using drugs and alcohol are complex. According to the National Institute on Drug Abuse (NIDA), when we first start using drugs we do it usually for one of two main reasons. The first reason is to simply feel good, for the excitement, and peer pressure. The second reason is we want to stop suffering and make ourselves feel better or normal. Self medicating to relieve the pain

of poverty, abuse, emotional and psychiatric problems. There is often more than one reason we start using drugs. The physical signs and symptoms of drug use often mask our unmet social, emotional, and spiritual needs. Using drugs we felt instant gratification from the pain and discomfort of our lives and the cycle begins. When we give up the drugs and the lifestyle that is attached we find ourselves and must deal with life in a new way without alterations and with pain. The realization that our needs were not met by drugs and

that we have paid a high emotional, physical, and social cost becomes reality. When we stop using it is important to take an inventory of ourselves to realize what our relationship with the drugs and alcohol has been and to realize the unmet needs and ways to meet those needs in a productive and safe way. Utilizing counselors and twelve step groups are ways to assist us in maintaining our recovery program.



## Did You Know?

United Community Services offers treatment groups available to you or someone you know. Groups are offered at our West Des Moines office located at 1211 Vine Street. Groups include: Pretreatment, Outpatient, Relapse Prevention, Continuing Care. Groups are offered in the morning or evening hours. Contact your counselor for additional information.

## We Want YOU to Contribute

Creativity is a wonderful outlet in recovery. Show off your talent by sharing your creativity in the newsletter. If you have something of interest to share, a particular story, poem, art work, photographs, or story of achievement that you would like to submit, please submit it to Nicole either by leaving it at the front desk or placing it in the suggestion box addressed to Nicole.

**Dosing Hours :**  
**Mon-Fri 6:30-8:15**  
**Sat 7-8:15**

There is no guarantee that you will be dosed after dosing hours. The best way to ensure you will be dosed is to arrive early. There is an \$80 late fee to be dosed after dosing hours which is due at the time of dosing.

**Count your doses before leaving the clinic**

## How counseling can help

A counselor can assist you with setting personal goals that are achievable. Counseling can be utilized at any time and as often as you would like. Your counselor will work with you to help you resolve a problem, change behavior, foster personal growth and awareness, discuss relapse prevention issues, develop short and long term goals. Your counselor will not tell you what to do but will assist you in developing solutions to problems or concerns. Your counselor is an advocate for you. The counseling process does take



time. We must remember to take things one day at a time we didn't become addicts over night and recovery takes time. Your counselor can assist you in feeling hope and feeling positive changes in your life.

Counseling sessions are tailored to your individual needs and can be done in person or over the phone.

Your counselors are here for you. Contact your counselor to schedule an appointment at your convenience.

**Suzette: 515-280-4906**

**Nicole: 515-280-4903**

**In emergencies you may contact the crisis line at: 515-988-3950.**

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## Support Groups

What is AA? Alcoholics Anonymous (AA) is a worldwide organization that has been in existence since the 1930's. AA is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problems and help others to recover. AA holds free open meetings. The only requirement is a desire to stop drinking. The principles of AA have been adapted to help people who are dependent on drugs or who have other compulsive disorders. The meetings are not treatment. They are a group of people in recovery helping one another stay abstinent. The basis of all groups such as AA, NA, CA, MA is the twelve steps. These beliefs and activities provide a structured program for abstinence. The Twelve Steps of AA are the foundation for twelve step programs and are adapted to each groups mission:

The Twelve Steps:

1. We admitted we were powerless over alcohol (or drugs)-that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all of these defects of character.
7. Humbly asked Him to remove our shortcomings
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory, and when we were wrong promptly admitted it.
11. Sough through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry it out.
12. Having had a spiritual awakening as a result of these Steps, we tried to carry this message to addicts and to practice these principles in all our affairs.

Additional information about Alcoholics Anonymous can be found at [www.alcoholicsanonymous.org](http://www.alcoholicsanonymous.org)

Other Twelve Step Support groups include:

Methadone Anonymous [www.methadoneanonymous.org](http://www.methadoneanonymous.org); Pills Anonymous <http://groups.msn.com/PillsAnonymous>; Cocaine Anonymous [www.ca.org](http://www.ca.org); Narcotics Anonymous [www.na.org](http://www.na.org); Crystal Meth Anonymous [www.crystalmeth.org](http://www.crystalmeth.org).

Often people go to more than one type of group. Most people shop around for the type of group and the specific meeting that they find most comfortable, relevant, and useful. Some groups are not available in the area; however, online groups are offered. Contact your counselor about obtaining meeting schedules in your area, if available.