

DRUG ADDICTION SERVICES OF HAWAII, Inc.

HUI HO `OMAIKAI IKA POE O HAWAI`I

JAN. & FEB. 2003 NEWSLETTER

Website: <http://www.geocities.com/quarbergl/DASH/index.htm>

Vol. 2, No. 1

This is our first newsletter in 2003. We are still seeking articles, stories, news events, poems, and other items of interest to our na haumana and their families for our future newsletters. The deadline for submissions is the 15th of the month before the newsletter distributed. Our next deadline is Feb. 15th. You can leave your submissions for me at the front desk at anytime. We are also still looking for volunteers to be an editor and/or writers/reporters for future newsletters. - Editor Ken Akinaka, MRA

To Be Grateful

I am grateful to methadone and what it has done for me, in regaining my sobriety and opening up an entirely new life for me. Methadone has made it possible for me to carry on with the rest of my life. Another second chance, really. To be ashamed of taking methadone, to me, is to be ignorant. Don't be ignorant.

Cricket.

"Methadone Is Recovery"

Bridging the Gap

The Methadone Client in 12-Step Programs

Clients of methadone maintenance programs have long been considered inappropriate for 12-Step programs, such as Alcoholics Anonymous (AA) and Narcotics Anonymous (NA), as they are viewed by many as being "on drugs." Inasmuch as methadone is a long-acting synthetic opiate, this position is certainly understandable. However, it reflects many misunderstandings about methadone maintenance as a treatment modality. In addition, it creates barriers for methadone maintenance clients who wish to use 12-Step programs as a support system, to get off methadone one day or to come to grips with their use of drugs and/or alcohol.

(Cont. on page 2, first section)

Hep C News!!!

New Hep C Group hours! We changed our DASH Hep B & C support group here at our Oahu Clinic to Thurs. from 8:00 - 9:00 AM on the first and third Thurs. of each month. We are also now referring people for hep C assessment with Dr. Alan Tice ASAP instead of waiting until they are three months free of illicit drug use. Eleven people are now seeing him from DASH for assessment and treatment.

(Cont. on page 2, second section)

Bridging the Gap - The Methadone Client in 12-Step Programs (Cont. from page 1, column 2)

When properly conducted, methadone maintenance is a drug replacement therapy intended to reduce drug craving and to enable clients to make the necessary life-style changes to sustain abstinence. Methadone has a wide therapeutic window, allowing the client to be comfortable between the points of craving and somnolence. Treatment outcome studies indicate that many do change their lifestyles, as reflected by decreased criminal activity as well as increased job and family stability. It is in this transition that 12-Step resources have proven profoundly beneficial for many.

However, for those on methadone, involvement has been difficult. Many programs like AA and NA, do not approve of clients on methadone, speaking. The individual can attend, but cannot speak or use this program as a support system; and in some meetings of AA, the more vocal members make it clear that they prefer only alcoholics and not those suffering from other or mixed addictions.

One client, against all the odds, attends an AA meeting in spite of all the prejudice and she was willing to share this information and some of her views with other clients. It is a testament to the value of 12-Step meetings for clients on methadone. " I like going to AA because there is a longer history of sobriety with people attending. I like to meet people who have been clean and sober for a long time. It makes me feel like I can do it too. Going to AA, helps to stop me from getting loaded, it gives me something to focus on (myself and a Higher Power) and I meet a lot of nice people. I assume their nice to me because they no nothing about my addiction. I avoid going to meetings that I know won't welcome me; and the meetings that I do attend, I just substitute the word alcohol for drugs, because the old timers often get upset when you talk about drugs (as opposed to alcohol). The first time I talked my heart was in my throat. What finally got me to talk was hearing "my story." Someone else was talking about my life! I didn't talk for the first three months; I was just so scared. I just kept going. I come to meetings to stop me from getting loaded, to help me with the everyday living part. The problem of being clean and sober without a support group like AA is that, here you are clean and sober, and then what? That's where groups like AA help. They help you live day to day, and get back into society.

In summary, the gap separating methadone maintenance clients from those involved in 12-Step recovery programs is slowly becoming narrower. For some, these programs will provide a crucial support structure to facilitate detoxification and a transition to abstinence. For others, methadone has made major lifestyle changes possible, but they may not be ready or able to taper off without putting their gains at serious risk. Many of these clients are finding 12-Step programs to be of enormous value in continuing to build on these changes. Hopefully, all clients will increasingly be welcome.

Cricket
M.I.R.

HEP C NEWS (Cont. from page 1, second column)

The Hep C Support Group time was changed to make it easier for more people to attend. Family members are also welcome!

Look for exciting guest speakers on how to live healthier with Hepatitis C!

Our next guest speaker in Jan. is John Sandstrom, Pharm.D., GILEAD Sciences, Inc.

He is an excellent speaker and has spoken here before.

On 1/16/03 Thurs. 8-9AM John will speak on:

1) What are the similarities and the differences of Hep B and Hep C? (continued on next page)

(continued from Page 3)

2) How do you tell if you are a chronic carrier of Hep B, if you are immune to Hep B, or if you need to be vaccinated for Hepatitis B? The Center for Disease Control (CDC) recommends that all people who have been infected with Hepatitis C be vaccinated for Hep A and Hep B.

3) What treatment is done for Hepatitis B, the side effects of the medications, and who needs to be treated for Hep B?

4) Also what is the treatment of cirrhosis for Hep B? and for C?

Haumana Advisory Board

Our Haumana Advisory Board is going great! You will see them involved with many things in the future. They are currently producing the Information Bulletin Board that you will see in our lobby area. Please think about how you can become more involved with your clinic and how we can improve the services here. Our Advisory Board Officers are:

?????

RUMOR: DASH is closing.

(A FALSE RUMOR That some people have been spreading)

RESPONSE: DASH is not closing!!! We have Methadone Treatment Clinics in Oahu and Hilo. We also have a number of other programs in both Islands including our Hawaiian Cultural Outpatient program in the Big Island: Hui Ho'ola O Na Nahulu O Hawai'i (The Hui, Hui Ho'ola) provides a continuum of outpatient substance abuse treatment services from intensive outpatient to continuing care, that is culture-based for recovery from alcohol and drug addiction, integrated with western therapy. Located in Puna on the island of Hawai'i. (For more information about our programs please see our *Website*: <http://www.geocities.com/quarbergl/DASH/index.htm>)

Drug Addiction Services of Hawai'i, Inc. (DASH), a leader in the field of addiction services in the State of Hawai'i, provides comprehensive services for a continuum of care for outreach, early intervention and treatment services for addicted populations with an average of 600 patients at any given time.

Since 1976, over 6,500 injection drug users and other substance abusers have been provided a comprehensive continuum of care including pharmacotherapies. Throughout the years, the organization has continually grown in expertise and has moved forward to implement new technology backed by research and experience.

DASH's experience has positioned it to be on the leading edge of the field with regard to HIV and addicted populations in Hawaii. Over the last six years, DASH has provided HIV/AIDS early intervention services to more than 5,500 individuals in residential and outpatient drug and alcohol treatment centers in the state of Hawaii. Intensive case management for any patient testing positive for infectious diseases is also provided. DASH has been approved as a Department of Health Counseling and Testing site since 1995.

In 2000, MedQUEST set rates for methadone treatment that were well below the going rates. It was a difficult time and DASH had to lay off many staff to keep its doors open. In some ways, we are still feeling the effects of the cutbacks. (Continued on next page)

DASH Newsletter - Jan. & Feb. Issue - Dec. 31, 2002

(continued from previous page)

However, if DASH were ever unable to maintain its opioid treatment program, there are alternatives to closing. The first would be to reduce the staff size down to a nurse, physician and counselor. Or the agency could go under another agency which is not that uncommon since 9/11 and our failing economy. In the worse case scenario, if the board of directors wanted to dissolve the organization or program, referrals would be made and a plan made with the state Alcohol and Drug Abuse Division to continue services elsewhere.

It is true that finances are tight now, as it happens from time to time in non-profit agencies. However, DASH is the only opioid treatment program funded by the Alcohol and Drug Abuse Division in the State, and they have expressed total support for DASH and a commitment to keep it going. ADAD's budget is also very tight. Sounds like most businesses doesn't it?

DASH has not raised its rates in over 10 years and has not had increases in funding amounts from the State either. However, in lieu of raising fees well above the current rate, DASH has chosen at this time to focus on becoming more efficient and laying off staff when needed. You can show your support now by volunteering and helping keep the clinic a safe and clean haven for everyone. We do need your help as we move into applying for accreditation and overcoming our past difficulties.

We are reapplying with the MedQUEST Division to increase rates. Any letters of support would certainly be appreciated. Most funding sources (other than ADAD) think methadone treatment is a quick, fly by drink of juice; as cheap as a cup of coffee and about that important. They do not understand how much work we all do to create a better life for everyone, and for some, just to save their lives!

Our mission: *Drug Addiction Services of Hawaii, Inc., DASH, is committed to enhancing the quality of life in Hawaii through excellence in service and responsive action toward the community's needs surrounding chemical dependency.*

We hope that we are serving your and the communities needs to the best of our abilities. *Please let us or your advisory board member representatives know how we can serve your needs better.* You are also encouraged to use the suggestion box in the clinic lobby. All suggestion are responded to in writing at the end of each month!

**ASK YOUR COUNSELOR FOR THE DATE AND TIME OF OUR NEXT DASH OUTINGS AT
ALA MOANA PARK - SHARING SPIRIT, `OHANA,
AND HAWAIIAN CULTURE**

Our na haumana and our staff had a great time at our outings that have been held at the Ala Moana Park. Please mark your calendars and watch for notices about the next event that will be posted in the lobby or you can ask your counselor about them. They are free to all our haumana and their families.

Hepatitis C Information (cont.)

(Cont. from page 3)

HEP C NEWS

Jill Teruya, RN, EIS Program Supervisor, is still giving **Free hepatitis C antibody test (or HIV test)** at our DASH Oahu Clinic. You need to know if you have been infected with these viruses. Please see her and ask to be tested for Hep C. Many people do not know that they are infected because many people with Hep C do not have any pain or other symptoms until it is too late to be treated.

See *Ken Akinaka* if you are interested hepatitis C treatment or just want more information.

Do you know?

Hepatitis A & B vaccinations for persons infected with Hepatitis C who do not have health insurance coverage are available free through the Department of Health!

The Centers for Disease Control and Prevention (CDC) recommends the Hepatitis A & B vaccinations for Hepatitis C infected persons as they **can become very ill if they are infected with these other diseases.**

Call the following **POINTS OF CONTACTS** at Dept. of Health for a referral & further information:

Oahu: Point Of Contact - Barbara Brouillet; 733-9281, Diamond Head Clinic

**Kauai: Lihue; Point Of Contact - Sally Jo Manea; at 241-3563; Dept.of Health
(or Lihue, Tues from 9am-4pm only, 241-3387, Dept.of Health)**

Kapaa; Point Of Contact - Jim McNulty Thurs. 2pm-6pm only, 823-0787;

Maui: POC Takako Nakaaki or Maile Hardwick, 984-2129; Dept.of Health

Big Island: Point Of Contact - Lynn 974-4247, Dept.of Health

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Hep C Support Group

The HEPcats support group for those with Hepatitis C is held every second TUESDAY of the month in "Coffee Talk" Coffee House's Private Room ("The Vault") at Waiialae Ave. and 12th Ave. in Kaimuki at 7 PM.

Join them in a friendly and relaxing setting. Family members are also encouraged to attend!

THIS EVENT IS FREE OF CHARGE
Seating for 50 Only!! Call Karla Hays 733-9166 ASAP!

COMMUNITY FORUM

HEPATITIS C

SPEAKERS: Naoky Tsai, MD

St. Francis Liver Center

Joe Pepping, PharmD

Kaiser Permanente

Karla Hays

Hepatitis Prevention Coordinator

Hawaii Department of Health/

STD/AIDS Prevention Branch

Patient Panel -

People Living with HCV

TOPICS: • Hepatitis C Diagnosis

- Modes of Transmission
- Natural History of Chronic Hepatitis C
- Hepatitis C Medical Treatments
- Alternate and Complementary Medicine

TIME: 10:00 AM - 1:00 PM

Doors open at 9:30 AM for refreshments

LOCATION: St. Francis Medical Center

Harry and Jeannette Weinberg Pavilion

5th Floor, Room A-B

2230 Liliha Street

Honolulu, HI 96817

TO REGISTER: Please call Karla Hays

at **(808) 733-9116** to
register for this event.

Space is Limited!

January 18, 2003

HONOLULU

Sponsored by the Hepatitis C

Support Project

www.hcvadvocate.org

Co-Sponsors:

- Hawaii Department of Health
- St. Francis Healthcare
System of Hawaii

**This event is made possible by an
educational grant from Roche**

Puzzle Page

From Puzzle pages from A to Z with hidden solutions.

Vantage Press, New York

by Laura Ellen V.

1995

ANNUAL MEDICAL ASSESSMENTS

YES, it is true that we need everyone to have an annual assessment done by our physician here, or through your own primary care physician.

You DO NOT have to have it completed by the time we close on Sundays in January, but YOU DO have to have made an appointment for some time before or after that with the doctor of your choice!

Our physicians will be here usually every Monday and as needed thereafter.

Answer to puzzle page.