Hello fellow IAAP members. I hope this finds everyone well. First off I want to apologize for missing this fall’s annual conference. I was looking very much forward to the conference but became ill right before. What I initially thought was a blood pressure issue turned out to be vertigo. I had limited mobility (couldn’t drive) for about five days as the doctor was trying to get my symptoms managed. It was not a fun experience, and I have renewed empathy to those who are limited by physical issues. The illness put some things in perspective and I am happy to report I am now medication and symptom free.

I wrote my first President’s message at this time last year, and cannot believe it has been a year already. I am not sure if it is because we have had such a pleasant and long fall or simply being busy with life, but I cannot believe the holiday season is upon us already. We all know this time of year can be increasingly difficult for our clients as well as ourselves.

Continued on page 2 see PRESIDENT
**From the Desk of the Immediate Past President**

🍂 My fellow IAAP members:

Happy belated Thanksgiving to each and every one of my fellow colleagues!

This time of year reminds me that every day is an opportunity to live an attitude of gratitude. The best way for each of us to express this is to go find a student and give her/him an IAAP STUDENT MEMBERSHIP. And where are these students studying to become addiction recovery professionals? Just contact the local IVY Tech Community College or other local college and ask to speak to the chair of the Human Services Dept. and ask her/him for a student to sponsor. Showing our attitude of gratitude in this way ensures the future of our profession. And I THANK YOU!!!

Only Our Best,
Albert

**Words of Wisdom**

“Friendship is always a sweet responsibility, never an opportunity.” Khalil Gibran

“Beautiful thoughts build a beautiful soul.” Wayne Dyer

“Patience is the art of hoping.” Luc de Clapiers
Ethics Committee

Ethics: Be Aware

I have been the Chair of the Ethics Committee now for about 2 years and a year prior to that I was on the committee. I am pleased to say that business has been very slow the past two years. Does this mean we have licked the ethical problems in our part of the universe? Do we all get it when it comes to ethics? Or perhaps we have not gotten caught yet? I know, silly questions right? These questions about ethical behavior are worth our consideration.

I have given a few talks on ethics over the years to professionals, students, and others. I have always pointed out that ethics is at best something one can never get a true handle on. As professionals we need to constantly be aware of the ever changing parameters when making ethical decisions. When I find myself not paying attention or getting distracted, this is when mistakes are made. Here is just one such time.

My wife and I were at a discount store a few years ago. The owner knew us and came up to offer us a deal to share with our students (we both teach college classes). The store owner gave us a page of coupons that offered a certain percent of savings when used. I thought: “this is a good deal since many of my students face financial difficulties as a matter of routine.” The coupons also stated that for every person who uses one of these, WE get a certain amount of cash off of our next purchase. Now, being a caring professional, I saw a chance to help my students. It was not until we were on the way home and to my surprise and embarrassment my wife mentioned that our involvement in this deal is unethical. My point is deceivingly simple when you think about it. Consider the person who wins a medal for being the most modest person in the world. When that person pins on the medal thus showing off their modesty award, it is immediately taken away because displaying the medal is immodest. Ethics is like this, the moment we think we have ethics all figured out, then is when we are most at risk for falling into the ethical violation pit.

Being ethical is something we have to be aware of all the time to make effective ethical decisions. I am not talking about the big three, sex, taking money, and having personal relationships outside the office with a client. I believe that one has to be completely unaware or think they are above it all to violate these. I am talking about the oopps’s and emotions that are always lingering in the back ground. We are all aware of the daily trials that go with being good professionals and doing all that we can to help our clients. Do you ever find yourself doing these, ever? Talking on speaker phone about a client with your office door wide open, asking a coworker whom you meet in the hallway if client such and such came to see them, or talking to someone in a public place about a client? Are you now, looking around the room or your office and thinking, “Okay, that would be me?”

These situations do not make us unprofessional, or unethical people, they are just a part of doing business in our field. There are two types of professionals here when we talk about ethical violations, those who have and those who will. So, my message to you is; be aware, remain vigilant, and note the little things to yourself. If you do your best, perhaps the ethics committee can have another quiet year.

All my best wishes to each of you in this endeavor.
Rob Morgan, MS, LCAC, NCAC II, ICAC II
Chair, IAAP Ethics Committee
A SOBER CHUCKLE… Rx: LAUGHTER

God grant me a vacation to make bearable what I can't change. A friend to make it funny and the wisdom to never get my knickers in a knot because it solves nothing and makes me walk funny.

Tetris Can Block Cravings, New Study Reveals
Science Daily
August 13, 2015
University of Plymouth

Playing Tetris for as little as three minutes at a time can weaken cravings for drugs, food and activities such as sex and sleeping by approximately one fifth, according to new research.

In the first test of its kind to study people in natural settings outside of a laboratory, participants were monitored for levels of craving and prompted to play the block-shifting puzzle game at random intervals during the day.

Psychologists from Plymouth University and Queensland University of Technology, Australia, found that playing Tetris interfered with desires not only for food, but also for drugs, including cigarettes, alcohol and coffee, and other activities. The benefits of playing Tetris were maintained over the seven-day study period.

Read More:
http://www.sciencedaily.com/releases/2015/08/150813101535.htm

Advertisement Opportunities

Opportunities are now available to advertise in the IAAP electronic newsletter! If you would like to place an ad or if you want more information on how to advertise with us in our electronic newsletters, please contact Stephanie by email at: stephanie@centraloffice1.com
Division of Mental Health and Addiction Funding through HEA 1006

HEA 1006, “Criminal Justice Funding,” established the Mental Health and Addictions Forensic Treatment Services Program. Over the next 2 years, the Division of Mental Health and Addiction will administer the $30 million allotted to the Forensic Treatment Services to focus on increasing access to specialized services for those individuals being diverted from jail and/or prison or for those re-entering from an incarcerated setting. While the details regarding the administration of these funds are still being worked out, there are key aspects that will be important for the Criminal Justice Entities to consider:

- The funds will be distributed via a Voucher-Based System and will be tied to the individual referred, by the criminal justice entity, to mental health and addiction forensic treatment services.
- Only entities certified/licensed by the Division of Mental Health and Addiction will be eligible to access the voucher system.
- Treatment Providers will be expected to work with their local criminal justice system regarding the process for delivering services/programs.
- The vouchers are for populations meeting the following criteria:
  - Must be a resident of Indiana, at least 18 years of age, who is not entitled to reimbursement through other sources
  - Must be a member of a household with an annual income not exceeding 200% of the federal income poverty level
  - Must have entered the criminal justice system as a felon or with a prior felony conviction or who have been placed or are eligible to be placed in a community corrections program as an alternative to commitment to the DOC

Purpose of this Fund

- Funding mental health, addiction, and cognitive behavior treatment programs for persons who are on probation, supervised by a community corrections program, participating in a court administered program, or participating in a diversion program.

Program Targets

Mental health and addiction forensic treatment services are: evidence based treatment and recovery wraparound support services, which include Mental Health and Substance Abuse Treatment, including:

- Individual, Family, and Group Counseling
- Inpatient detoxification
- Case management
- Daily living skills
- Medication assisted treatment, including FDA approved long acting, non addictive meds for the treatment of Opioid or alcohol dependence
- Vocational services
- Housing assistance
- Community support services
- Care coordination
- Transportation assistance
- Mental health and substance abuse assessments

Project Award Period

- Year 1 funds ($10 million) will be made available through an incremental ramp up (TBD)
- Year 2 funds ($20 million) will be made available based on analysis of year 1 process

Once the Division has determined the full details of Mental Health and Addiction Forensic Treatment Services, a full initiative manual will be made available to both referring partners and treatment provider.
Dietary Change Key to Improving Mental Health, Experts Say
MedScape Medical News
September 26, 2015
By Liam Davenport

Dietary changes that reduce the incidence of, and prevent, mental health disorders are a cost-effective and efficacious means of improving mental health, urges a position statement that sets out a series of recommendations to advance nutritional medicine in psychiatry.

The statement, released by the International Society for Nutritional Psychiatry Research (ISNPR), emphasizes that there is epidemiologic, basic scientific, and clinical evidence to show that diet both influences risk for and outcomes of mental health disorders.

Moreover, a number of nutrients are linked to brain health. The statement calls for more robust research to determine the clinical impact of dietary changes and to identify biomarkers.

Felice N. Jacka, PhD, associate professor, Division of Nutritional Psychiatry Research, IMPACT Strategic Research Centre, Deakin University, Geelong, Australia, and president of the ISNPR, played a central role in the development of the consensus statement.

Read More:

EEGs Distinguish Between Excessive Drinking, Gambling
MedScape Reuters Health Information
September 29, 2015
By David Douglas

NEW YORK (Reuters Health) - Neurophysiological features of Internet-based repetitive gambling differ from those of alcohol use disorder (AUD), according to Korean researchers.

As Dr. Jung-Seok Choi told Reuters Health by email, "Internet gaming disorder (IGD) was distinguishable from AUD as a behavioral addiction using resting-state quantitative electroencephalography (QEEG)."

In a September 1 online paper in Translational Psychiatry, Dr. Choi, of SMG-SNU Boramae Medical Center, Seoul, and colleagues noted that IGD has been classified as a behavioral addiction, a category that includes pathological gambling and sexual activity. It has also been considered an impulse control disorder with similarities to AUD.

The researchers sought to investigate further by examining QEEG recording from treatment-seeking patients with IGD or AUD, and healthy controls.

The team tested resting-state, eyes-closed QEEGs in 34 patients with IGD, 17 with AUD, and 25 healthy controls. They found "more differences than commonalities in the neurophysiological activities of patients with IGD and those with AUD."

Read More:
Eliminating Holiday STRESS

TIP 1: DETERMINE YOUR PRIORITIES NOW. STRESS during the holidays can be the result of taking on tasks because we think we have to (or because that's the way it's always be done). Think about what are the most important things you need/want to accomplish during the holiday season. Rank them by level of importance AND refer back to your priorities whenever you have to make plans or a decision during the holidays. This allows you to feel better about skipping things that are unnecessary.

TIP 2: BE REALISTIC ABOUT YOUR AVAILABILITY. We all know that there are only so many hours in a day, and that our work does not come to an end just because it’s the holiday. The goal to eliminating STRESS is avoiding overextending yourself. This is where planning and blocking out time, and refusing to give a yes right away to every opportunity that comes your way, can provide a structure for sanity.

TIP 3: PRACTICE EMOTIONAL SELF-AWARENESS. Whenever you’re experiencing STRESS, pause and reflect on how you’re truly feeling. Do you need to improve your outlook? Attitude can make a difference! Do you need to reduce interactions or tasks that contribute? Admit to yourself what is bothering you and develop solutions for it. Sometimes, just stepping away, taking a break, allows us to clear and straighten out our minds, and resume with greater focus.

TIP 4: STICK TO A BUDGET. Holiday spending can quickly spiral out of control if you don’t preemptively put limitations on it. Financial worries are often a major point of STRESS during and after the holiday season. I challenge you to determine how much extra money you can spare for the holidays and stick to it. You might be surprised how creative you can get with coming up with low cost alternatives for activities and gifts once you’re approaching the end of your budget.

TIP 5: PLAN AHEAD. Baking holiday cookies, shopping for gifts, planning the meals, shopping for that food, all take time. Focus on any actions you can take to prevent the ‘rushed deadline’ STRESS, instead of feelings of a happy time. Examples include making cookies and freezing them, shop early and wrap gifts in advance, getting groceries ahead of time, baking your pies and freezing them up to one month ahead!

TIP 6: FOCUS ON YOUR HEALTH. STRESS is a vicious cycle—it has been shown to contribute to physical and emotional health issues, not the least of which is the lowering of your immune system’s ability to ward off colds and flu. Yet, it seems when people are under STRESS, it makes them less likely to take care of themselves. This is another reason why planning for time management prior to the holidays is so essential. Eat balanced meals regularly, squeeze in some physical activity and get adequate sleep. It is even tougher to handle holiday stress if you are moody or fatigued.

TIP 7: DECOMPRESS. It’s not impossible…I admit it is hard, BUT, not impossible! No excuses here allowed. Allow a block of time each day where you truly take time for centering yourself. It may only be 15 minutes in the morning before others get up, having a cup of coffee or tea and reading a book that inspires you and feeds your heart. It may be over your private lunch time, away from that work desk, and quieting yourself. Some prefer to take that alone time just before bed….and if that’s your preference, I warn you to block that time out or it will disappear and you will find yourself falling into bed, exhausted and mumbling “mañana.”

To all my dear professional friends, I wish you the best holiday season ever. Balance is the key to being able to enjoy the fruits of your labor this holiday.

B. Kay Bontrager, LMHC, LCAC MAC, ICAC-II, ICCS IAAP Certification Committee Chair
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**Benefits of NAADAC/IAAP Membership**

- 33 free CE’s via NAADAC’s web-site: [www.naadac.org](http://www.naadac.org) - *(Medication Management for Addiction Professionals: Campral Series and Blending Solutions)*.
- Free access to NAADAC’s online Career Center at [www.naadac.org](http://www.naadac.org).
- Assistance with referrals concerning ethical or legal questions or complaints and two free hours of help on a Legal Assistance Hotline provided by NAADAC’s liability company with malpractice insurance available through the Van Wagner Group.
- Free subscription to NAADAC’s official magazine, *Addiction Professional*, which is published six times annually.
- Peer support and network opportunities through national and state conferences and workshops.
- Reduced rates for continuing education including the qualification course for the U.S Department of Transportation’s Substance Abuse Professional.
- Reduced rates for publications such as the *Basics of Addiction Counseling: A Desk Reference and Study Guide*, used by experienced professionals and as a guidebook for preparation for certification exams.
- Access to the *NAADAC News*, the association publication only available to NAADAC members.
- Substantially reduced rates for professional Certification and re-certification as National Addiction Counselor (NCAC) or Master Addiction Counselor (MAC). Please note that certification is not included in NAADAC membership but is a separate process. *(Certification is not a requirement of membership in NAADAC.)*
- New avenues for job opportunities and advancement with higher levels of certification.
- A 20 percent discount on all Hazelden Publishing and Educational Services (PES) resources.