

New Horizons Chronicle

N E W H O R I Z O N S C O M M U N I T Y S E R V I C E B O A R D

New Horizons Co-Sponsors Drug Free You and Me Conference

New Horizons through its Substance Abuse Prevention Department had the pleasure of participating in the 14th Annual Drug Free You and Me Conference, which was held on March 23-25, 2005 at the Columbus Trade Center. McDonald's and the Muscogee County School District's Safe and Drug Free Schools Program, in association with the Greater Columbus Chamber of Commerce's Drugs Don't Work Committee (DDW) are the primary organizers and sponsors of this event.

"Drug Free You and Me" is a youth conference designed to help equip children with the tools they need to make the right decisions when faced with the choice of using drugs and Alcohol. In particular, this conference targets area sixth graders from Muscogee County, Fort Benning, and other area schools. The students are divided into groups of approximately 900-1,000 students per day.

A major part of the conference is the presentation of the Whitney Kees Drug Free Youth Award. Whitney Michelle Kees was a Shaw High School student who was killed by a drunk driver in September 1993. Every year, as a tribute to Whitney, this award is given in her memory to a local high school student. For the past two years, this portion of the conference has been co-sponsored by New Horizons. The winner and finalists are selected by the DDW Committee, which is chaired by the New Horizons Prevention Specialist, Latrina Patrick. The award recipients are selected based on the strength of their essay submissions. This year, the Greater Columbus Chamber of Commerce DDW Committee and New Horizons each awarded the winner a \$500 scholarship (\$1,000 cash award). In addition, New Horizons provided each of the three finalists a \$250 scholarship.

This year's 1st place winner was LaToya Williams from Carver High School. Runners-up for the award were Shakendra Graham from Carver High School, Christina Hall from Shaw High School and Mallory Hartley of Northside High School. Also recognized was Mariah Morris, a student who helped monitor parking lots after school at Spencer High School, which resulted in the discovery of marijuana and liquor consumption.



Shakendra Graham, LaToya Williams (1st place winner), Mallory Hartley, Mariah Morris (Special Recognition)



Christina Hall (Finalist)



Shakendra Graham featured with her father Major Julius Graham with the Columbus Police Department

CONSUMERS NEW HORIZONS SERVES

COUNTY	CONSUMERS	COUNTY	CONSUMERS
<i>Chattahoochee</i>	26	<i>Quitman</i>	40
<i>Clay</i>	50	<i>Randolph</i>	154
<i>Harris</i>	220	<i>Stewart</i>	64
<i>Muscogee</i>	2164	<i>Talbot</i>	111

TOTAL NUMBER OF CONSUMERS SERVED IN APRIL 2005 **2829**

COUNTY	CONSUMERS	COUNTY	CONSUMERS
<i>Chattahoochee</i>	25	<i>Quitman</i>	37
<i>Clay</i>	49	<i>Randolph</i>	166
<i>Harris</i>	210	<i>Stewart</i>	56
<i>Muscogee</i>	2137	<i>Talbot</i>	123

TOTAL NUMBER OF CONSUMERS SERVED IN MAY 2005 **2803**

COUNTY	CONSUMERS	COUNTY	CONSUMERS
<i>Chattahoochee</i>	27	<i>Quitman</i>	27
<i>Clay</i>	54	<i>Randolph</i>	150
<i>Harris</i>	201	<i>Stewart</i>	52
<i>Muscogee</i>	2057	<i>Talbot</i>	121

TOTAL NUMBER OF CONSUMERS SERVED IN JUNE 2005 **2689**

COUNTY	CONSUMERS	COUNTY	CONSUMERS
<i>Chattahoochee</i>	39	<i>Quitman</i>	49
<i>Clay</i>	71	<i>Randolph</i>	213
<i>Harris</i>	267	<i>Stewart</i>	75
<i>Muscogee</i>	2232	<i>Talbot</i>	130

TOTAL NUMBER OF CONSUMERS SERVED IN JULY 2005 **3076**

THERE IS LIFE AFTER JAIL.....

I finally hit bottom in 2005 when I spent two months in jail. By this time I was filled with anxiety, completely paranoid, and totally convinced that everyone in the Criminal Justice System was participating in a conspiracy to keep me incarcerated. I was sure that all my doctors, counselors and caseworkers were refusing to listen to me because they wanted me to stay in jail and under their control. I finally met with Dr. Pattillo and Shelly Reed, and after about 1/2 hour of discussion, I signed the necessary paperwork to be seen in Mental Health Court.

All this happened because I had lost control of my life. Before finally going to jail, I had lied, cheated, and become a thief to support my crack cocaine habit. I was living in a state of fear and anxiety and didn't think things could ever change for me. I had completely alienated all members of my family, my son was no longer living with me, and I had entirely given up on all of my educational goals.

After being given an opportunity to talk with a judge, I was allowed to leave jail and go into Cornerstone. My time there was a positive experience, and my anxiety attacks and paranoia began to decrease. Eventually, I moved into a group home and finally into an apartment of my own. I stayed clean, and Dr. Givens prescribed and regulated my medication so that I continued to stay healthy mentally. I became an active participant in the New Horizons Women's Program and began attending meetings and talking to my sponsor on a regular basis.

On June 25, 2005, I will have 11 months clean. I am still in my apartment and am avoiding old playgrounds and playmates in order to stay clean. I am back in school and have friends in my life. My family and I are definitely on better terms, and I look forward to being reunited with my son in a home of our own in the very near future.

To any addict both in and out of recovery, I offer these words of encouragement. Reach out to someone who can help you. You don't have to stay down and depressed. Help and support is available—all you have to do is ask for it and start accepting the reality that your life doesn't have to end in addiction.

— M.

R A N D O L P H / C L A Y C O U N T I E S

The Millennium Center

My experiences at New Horizons are experiences that help change my life. I came to New Horizons in January 2004. My first treatment was at the Women's Program in Columbus, Georgia. I am now continuing my treatment here at the Millennium Center. I've learned new ways to handle different situations and take on my responsibilities such as: my finances, actions, thoughts and feelings. I have found a new way to love myself for who I am, not because of my past actions. The Millennium Center is a place where I have learned to maintain my sobriety throughout my recovery. I have now been clean and sober for 7 months. I now know how to deal with conflicts in an assertive manner. My parenting skills have improved since I've been here. My kids and I have become closer. Our trust issues are now smoother than when we first began treatment. I have learned to be a good role model for my children. I have made steps in setting goals and working hard to achieve them. My faith has become more stronger due to my spiritual learning and meetings I've attended here at the center. I have learned and applied all Twelve Steps to my everyday living. I am more honest with myself as well as others. I have learned to respect others as well as myself. All these experiences have made me a better me.



**NEW
HORIZONS
COMMUNITY
SERVICE
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What's New at CARF for 2005

Every July, a new CARF manual goes into effect. Of course, much of the manual is the same as the previous year(s), but we must look carefully for what is new and different and make sure we implement it at New Horizons. Implementing all changes in standards as they occur is part of our agreement with CARF to stay in compliance, and is also good preparation for our next survey.

New Horizons participates in what CARF calls a "blended" survey. This means that we are surveyed on the standards in two different manuals. One manual is the Behavioral Health Standards Manual, which covers our mental health and substance abuse services. The second manual is the Employment and Community Standards Manual which covers Developmental Disabilities Services. The new ECS manual has not arrived yet, so we have yet to see what new challenges lie ahead in that area.

In the Behavioral Health Manual, CARF is moving away from considering only those facilities that New Horizons "owns, rents, or leases" and toward those facilities that New Horizons "controls". This is a more inclusive definition, and will increase our responsibility for ensuring the health and safety of facilities we work in, but are actually owned or leased by others.

Also, we are required to have **secured** fire extinguishers and first aid kits in all cars/vans that are "owned or operated" by the agency. This means that employees who utilize their private vehicles to transport consumers must have a fire extinguisher and first aid kit secured (can be in a duffle bag) in the car. Fire extinguishers in vehicles must be inspected and kept up-to-date.

All contract staff members must have an annual performance review. I believe we have been doing this for several years, and though we need to make sure we are in compliance, I think we are in good shape on this requirement.

Our next CARF survey will be in the summer of 2007. This article shares just a few of the items we will be working onto to maintain our compliance with accreditation standards.

Cyndy Pattillo

CONSUMER STORIES

HARRIS COUNTY

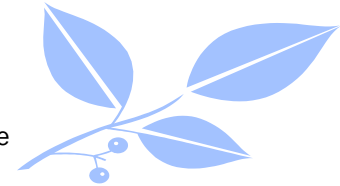
A.
New Horizons has been a good experience for me. They teach you how to be nice, to like yourself, talk the talk, walk the walk, and not fuss with your parents. The staff is nice to you and they will help you if you need help. I used to have anger and I don't now. I get along with my peers and family. Now I know how to control my anger! I like New Horizons!

K.B.
Since I have been here I have had so much fun. I go to Day Support too. It's helped me not to fight with my mom and my brother. We do a lot of stuff. It's so fun. The staff is cool and nice. I can't choose who I like the best, Miss. Faye, Miss. Val, or Mrs. Money. I've learned that it's cool to be yourself but be happy with yourself.

C.S.
My name is C. and I've been in New Horizons for about a month. They've helped me with my attitude and they've helped me with my anger problems. New Horizons has helped me a lot and I like this class. The staff has helped me a lot and my attitude has changed since I've been in here. The staff treats me with respect and I respect them back. That is why I don't have any problems with any of the staff members. When I first came here I didn't really like this class or the staff, but now I like them. The reason I like this class is because when I have problems I'll always have somebody to talk to here.

R.
I did the bookmark today. I like the staff. We do work sheets. We go outside. We go to the park. I come here because I learned how not to fight with my brother.

S.P.
I use to have a problem with anger. But now I am getting a little better. I like to come here. I like the staff.



H. New Horizons has helped me because I was fighting with my brothers. Now I don't fight with my brothers. I like to come to New Horizons because we can play outside and I'm learning not to fight my brothers. I do like the staff.

Unknown
I like New Horizons because it helped me not fight my brother.

"Building Better Lives"

New Horizons provides a wide scope of affordable outpatient, day treatment and residential services to people with mental health, developmental disabilities and addictive diseases. We support a culture in which individuals with disabilities receive the support they need and are valued and contributing members of the community.

Not only do we treat the immediate situation, but we also focus on creating a path that may include employment and independent living assistance. As long-time members of your community, we are well positioned to accomplish this goal, and we, like you, have a stake in its attainment. Enabling all community members to have more fulfilling lives and to contribute to our community enriches us all.

To use New Horizons Services, call us at 1-800-241-3659 or locally in Columbus at 323-0174, 24 hours a day. We'll discuss your needs and recommend the most appropriate and convenient location. Upon request, we'll also send a directory of service locations to you.

New Horizons provides services on a sliding fee scale, based upon income level and number of dependents. Our purpose is to offer mental health, developmental disabilities and addictive diseases treatment and support services to those who need them, for as long as they are needed. We offer more than 35 services and supports sites in an eight county area.

The Harmon Center Talbot County

I have learned to use self control and walk away from negative behavior and I learned to be responsible. I learned to show respect and I learned to be honest. I learned to be trustworthiness and I learned to talk it over. And I learned how to let some things go when someone is messing with me and I said to tell someone. I learned about everybody is different and everybody have different feelings. I learned saying sorry to someone might help sometime. I learned everything can't go my way when I won't it to. And I learned to don't treat people bad because you might need help one day and they might help you when you need it. I learned that the truth will set you free. I learned to tell the teacher when I need help and don't play around in class. I learned to use manners so nobody would think I'm crazy or dumb. I learned to use polite words so I won't get in trouble. I learned to stop talking back at home and I learned that responsibility is the key to my success in life because I need to work on it.

EMPLOYEE PROFILE DEBBIE MCCURLEY

When did you come to work at New Horizons Community Service Board and where did you start?

I came to work at the Columbus Area Mental Health/Mental Retardation Program—Garrard-Jordan Clinic in July 1976. I worked as a Clerk I with the Alcohol and Drug Clinic. I applied for the position with Robbie Henson on Thursday, July 1, 1976, and I got married on Saturday, July 3, 1976. My Mother called and told me that I had gotten the job while I was on my honeymoon. When I returned I gave my notice at Albrights Florist where I had worked for five years through the work program at Jordan High School (DCT).

What are all the programs that you have worked with at New Horizons?

I worked in the Alcohol and Drug Program for 16 years in different capacities from 1976 until 1992. In 1992 I began working directly with Gary McCrory as his Secretary. Mr. McCrory decided to retire in 1997 and the question was "what am I going to do?" I was in denial until he sat me down and said, "I am retiring, you'd better apply for the Medical Records Coordinator position" So in July 1997 I began working with Medical Records in order for us to obtain JCAHO accreditation. My new supervisor was Sherman Whitfield which I enjoyed working with for the next 7 years. In November 2004, I met with Mr. Alexander, at his request, and he shared with me a new concept that was being used in another CSB. The new concept was the Operation Manager position. So, on December 16, 2004 I started the last leg of my employment at New Horizons as the Operation Manager Coordinator.



When did you start school and finish?

I attended Columbus Technical Institute in 1997 and completed the course in September 9, 1998. I completed the Medical Business Certificate Program. The course included Medical Transcription, Medical Terminology, and coding. I also took some more classes at Columbus Tech including Physiology and Anatomy. The Physiology and Anatomy was geared toward nursing. The class was difficult. I was proud of the "B" that I earned. I attended the classes to help me with the Medical Records Coordinator Position.

Where do you plan to go from here?

On July 15, 2005 I will be at New Horizons CSB for 29 years. I have 2 years and 1 month of early retirement that I can add to my service time. So I should be able to retire with 34 years in April 30, 2008. I can honestly say that I have always enjoyed working at New Horizons CSB. I have been given the opportunity to grow and learn new things. I can always remember what Mr. McCrory said, "Learn all you can and make yourself knowledgeable of all of the aspects of New Horizons CSB." I have tried to do that and I believe that I have succeeded.

CONSUMER STORIES

RANDOLPH COUNTY

Randolph County Substance Abuse Program

Johnnie's Story

Raised in Southwest Georgia, Jonnie started drinking at an early age. As Johnnie would tell you, her mother was a very spiritual woman. Johnnie was exposed to alcohol when her mother would make homemade wine for special occasions like family members visiting from the North, West and South. Johnnie's mother would make blackberry, plum or scuppernong wine. scuppernong wine was Johnnie's favorite. Johnnie and her sister would have their share of wine, just enough to put them to sleep. Johnnie and her sister would visit the wine cellar every week. When Johnnie and her sister got caught sneaking wine they would be punished either by a spanking or extra chores. The drinking escapades stopped when Johnnie's mother remarried. As Johnnie said, "He not only would whip us often but sometimes he would hit us with his cane. However, with his whippings, our little drinking episodes came to a halt." Not long after Johnnie and her sister stopped drinking, the stepfather became a bootlegger and transported across state lines. In time the stepfather was in trouble with law enforcement. Johnnie remembers an incident where law enforcement broke the door down on a raid. Johnnie said, "As a child, it scared me very very much." After the stepfather's death, at the age of 15 Johnnie moved to New York and lived with her brother. Johnnie only stayed a couple of years and at age 17 moved back to Southwest Georgia with her mother. Because of the school systems from New York to Southwest Georgia, Johnnie graduated high school in the eleventh grade. Then at age 17 1/2, she moved back to New York. At the age of 22, she owned her own trailer. At this time she started smoking and her first drink in years was a brandy alexander. The more money she earned, the more she drank. Johnnie had everything a young girl could want, a home, cars, rich friends, and a good job. Johnnie said, "But something was missing. I knew what it was; God was missing in my life. So to cover my guilt, I would drink more and more." The drinking intensified when Johnnie's oldest sister died in childbirth. Johnnie soon had a nervous breakdown, had thoughts of suicide and ended up taking Valium. She chose to give up her relationships with her friends, gave up her home for someone else who drank and snorted cocaine. Johnnie did not use cocaine in this relationship but drank heavily. Johnnie left this relationship and joined the military, the Army. Johnnie did well through Basic and made rank of Specialist, equal to a tree strip Sergeant. She celebrated with Jack Daniels and Blue Schlitz beer. She left the Army and moved back to New York. One night at the RJ's Lounge she tried cocaine and liked it. She drank during the week and used cocaine on the weekends. She would go to work feeling good, at lunch would have a liquid lunch at Uncle Ernie's Bar and on the way home she would stop and get a 12 pack. Johnnie tried marijuana but had a bad experience and promised she would not do marijuana again. Continuing drinking and giving up cocaine, she moved on to a new relationship. That relationship did not work because of the drinking and the relationship ended. In 1996, Johnnie's mother became ill and she moved back to Southwest Georgia. She had gone back to Georgia of visits but she had lived in New York for 26 years. In all 26 years, 22 years were filled with drinking and drugs. It was on a visit to Georgia, that Johnnie was introduced to Crack Cocaine. She wrote two bad checks and within 3 months of using Crack, she was in trouble with law enforcement. She did not like being in trouble with law enforcement so she stopped using Crack and went back to drinking. She went back to New York for 4 more years and tried Crack again. She soon stopped using Crack again. While she was in New York she tried AA/NA Meeting with was short lived. She decided she could stop on her own. She did stop for a year. Johnnie returned to Southwest Georgia due to her mother's illness. For the first 5 or 6 months she worked hard taking care of her mother and nursing her back to health. While taking care of her mother she would go out at night to local bars and drink. She said she got sick and tired of drinking and decided to switch to something that would keep her in that "up mood", Crack Cocaine. She started smoking crack with her niece and old friends; she was 42 years old now. For 8 years she used crack and during that time got into trouble with law enforcement twice. She started lying to get money for drugs and stole money from her boyfriend. She pawned all her jewelry and slept in an old abandoned house. She would spend all but \$150.00 of her check on drugs. The \$150.00 she would give to her mother. She again got into trouble with law enforcement after being stopped one night and charged with driving with expired license. It cost her \$380.00 and placed her on probation until she paid the fine. She did pay the fine. Johnnie went to drug treatment for 28 days in Albany, Georgia. After returning home, she stayed clean for 2 years. On April 31, 2004, she was arrested for a drug sale. She stayed in jail for 27 days and went through the worst withdrawal she had ever experienced. Johnnie was release from jail and given two options. One choice was prison and the other was to enter the Pataula District Drug Court Program. New Horizons Community Service Board located in Cuthbert, Georgia at the Randolph County MH/SA Center provides the substance abuse treatment component. Johnnie chose drug court. After leaving court that day she went back to the man she was living with to ask for \$20.00 for drug money. This is from Johnnie's own words: "I was on another insane mission. I wanted my drugs and alcohol. Finally through threats from local police and my probation officer, I finally made it to New Horizons. I am very glad I did. Today, I thank God and His Son Jesus for being clean and sober. I now know that God in his infinite wisdom and love saved my life time after time again. Then God made a way for me to escape death and a life of horror from drugs and alcohol. God opened doors. The door was jail. The second door was New Horizons. I thank God for New Horizons. I have found here at New Horizons good therapy, support and good counseling. I've also found a stronger contact with God and my family. I'm learning to love me and others all over again through God and New Horizons. I'm learning acceptance and courage. I'm learning that just for today I can be free from drugs and alcohol. I'm learning to let go."

NEW HORIZONS PROGRAMS

COUNTY	MENTAL HEALTH	DEVELOPMENTAL DISABILITIES	ADDICTIVE DISEASES
CHATTAHOOCHEE	<ul style="list-style-type: none"> • Chattahoochee Behavioral Health Adult and C&A Services • Outpatient Clinic Services 	<ul style="list-style-type: none"> • Stewart/Quitman/Chattahoochee DD Service Center • Family Support 	<ul style="list-style-type: none"> • SA Services available in Muscogee County
CLAY	<ul style="list-style-type: none"> • Clay County Outpatient Clinic Services for Adult and C&A 	<ul style="list-style-type: none"> • Randolph/Clay DD Service Center 	<ul style="list-style-type: none"> • Clay County Outpatient Clinic Services for Adult and C&A
HARRIS	<ul style="list-style-type: none"> • Harris County MH/SA <ul style="list-style-type: none"> - C&A Day support and Day Treatment - Adult and C&A Outpatient Clinic Services - Mental Health Day Outpatient - CSI 	<ul style="list-style-type: none"> • Harris/Talbot DD Service Center • Natural Support • Family Support 	<ul style="list-style-type: none"> • Harris County MH/SA <ul style="list-style-type: none"> - SA Day treatment - SA Intensive Outpatient
MUSCOGEE	<ul style="list-style-type: none"> • C&A Outpatient Services <ul style="list-style-type: none"> - Therapeutic Foster Care - Children's Day Support - Children's Day Treatment - CSI - IFI • Adult Outpatient Clinic Services <ul style="list-style-type: none"> - Medical Management - CSI • Springlake Mental Health Intensive Day Program • The R.E.A.C.H. Center— PSR • Women's Program — PSR • ADAPT <ul style="list-style-type: none"> - Peer Support • Personal Care Homes • Private Care Homes • Cornerstone Medically Monitored Group Home <ul style="list-style-type: none"> - Personal Care Home • Community Support Programs <ul style="list-style-type: none"> - Shelter plus care - PATH—support services for the homeless - Residential • Northlake Outpatient Services • Mental Health Court 	<ul style="list-style-type: none"> • DD Residential Services • Supportive Living • Family Support • Supported Employment Program • Columbus Service Center • Natural Support 	<ul style="list-style-type: none"> • Alchemy • Passages • Journey to Recovery—Halfway House • PATH • Women's Program <ul style="list-style-type: none"> - SA Intensive Outpatient Program - SA Day treatment • ADAPT <ul style="list-style-type: none"> - SA Intensive Outpatient Program
QUITMAN	<ul style="list-style-type: none"> • Child & Adolescent Day Services • Outpatient Clinic Services <ul style="list-style-type: none"> - CSI 	<ul style="list-style-type: none"> • Stewart/Quitman/Chattahoochee DD Service Center • Family Support 	<ul style="list-style-type: none"> • Outpatient Services <ul style="list-style-type: none"> - CSI
RANDOLPH	<ul style="list-style-type: none"> • Randolph County MH/SA Center <ul style="list-style-type: none"> - PSR Services - Medical Management - Clinic Services - CSI • C&A Service Day Services • Randolph/Clay Outpatient Services 	<ul style="list-style-type: none"> • Randolph/Clay DD Service Center • DD Residential Services • Supportive Living • Family Support 	<ul style="list-style-type: none"> • The Millennium Center <ul style="list-style-type: none"> - SA Adult Day • The Millennium Day Care
STEWART	<ul style="list-style-type: none"> • C&A Day Services • Richland House PSR Services & Peer Support • Red Hill Adaptive Group Home 	<ul style="list-style-type: none"> • Stewart/Quitman/Chattahoochee DD Service Center • Family Support 	<ul style="list-style-type: none"> • Outpatient Services
TALBOT	<ul style="list-style-type: none"> • Velton J. Harmon Family Center <ul style="list-style-type: none"> - After School Day Support (age 4-17) - Outpatient Clinic Services 	<ul style="list-style-type: none"> • Harris/Talbot DD Service Center • Family Support 	<ul style="list-style-type: none"> • Velton J. Harmon Family Center <ul style="list-style-type: none"> - SA Day Services - PSR

