



Fall Happenings...

September—National Recovery Month

September 5th—Labor Day

September 11th—Grandparents Day

November 6th—Daylight Savings Time Ends

November 8th—Election Day

November 11th—Veterans Day

November 24th—Thanksgiving

Find Out if Gambling is Becoming a Problem

Take this short quiz to evaluate your gambling behavior. If you answer yes to any of these questions, please call 1-800-BETS OFF, or go online to 1800betsoff.org.

1. Have you become restless, irritable, or anxious when you try to stop/cut down on your gambling?
2. Have you tried to keep your family or friends from knowing how much you gamble?
3. Have you had to ask your family or friends for money to cover your gambling debts?

1-800-BETS OFF



Q: What OWI class do I need to take?

A: Prairie Ridge offers two adult OWI classes, 12-Hour Prime for Life and 20-Hour PRIDE Program. **12-Hour Prime for Life** is the standard OWI class that anyone can take. This class is for individuals who have already served their jail time for their first offense OWI charge, or have a second offense or subsequent offense OWI charge. The class is broken up into two days: 6:00pm to 10:00pm on Friday and 8:00am to 5:00pm on Saturday. Prime for Life is typically offered twice a month, and the cost of the class is \$115.

Our **20-Hour PRIDE Program** is a weekend class for individuals who have received a first offense OWI charge. Instead of serving a weekend in jail, individuals may spend the weekend in a hotel participating in a 20-hour education class. This class does need to be court-ordered by a judge in order to receive jail-time credit. The class is broken up into three days, 6:00pm to 10:00pm on Friday, 8:00am to 8:00pm on Saturday, and 8:00am to 5:00pm on Sunday. PRIDE is typically offered once a month. The cost of the class is \$400, with an additional \$100 option for a private room. Both classes satisfy DOT requirements for driver's license reinstatement.

Prairie Ridge Locations

117 East Call St.
Algona, IA
(515) 295-5158

703 Main St. Suite #1
Charles City, IA
(641) 228-1477

109 S. Clark St. Suite B
Forest City, IA
(641) 585-2060

123 1st Ave SW
Hampton, IA
(641) 456-2365

320 N. Eisenhower
Mason City, IA
(641) 424-2391

**JOIN THE VOICES
FOR RECOVERY:**
OUR FAMILIES,
OUR STORIES,
OUR RECOVERY!



National
Recovery Month
Prevention Works - Treatment is Effective - People Recover
SEPTEMBER 2016

Families and Communities Can Make a Difference

Oftentimes, individuals who experience a mental and/or substance use disorder feel isolated and alone. Yet, every year millions of Americans experience these conditions. It's important that we offer support to individuals facing mental and/or substance use disorders. In fact, we need to create environments and relationships that promote acceptance. Support from families is essential to recovery, so it's important that family members have the tools to start conversations about prevention, treatment, and recovery. Too many people are still unaware that prevention works and that mental and/or substance use disorders can be treated, just like other health problems.

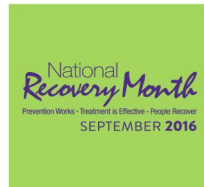
I have witnessed the positive reality of recovery. Individuals who embrace recovery achieve improved mental and physical health, as well as form stronger relationships with their neighbors, family members, and peers. We need to make more people feel like recovery is possible.

Mental and/or substance use disorders affect people of all ethnicities, ages, genders, geographic regions, and socioeconomic levels. They need to know that help is available. These individuals can get better, both physically and emotionally, with the support of a welcoming community.

Families and communities can find hope and spread the message that recovery works by celebrating the annual National Recovery Month (Recovery Month), an initiative sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), within the U.S. Department of Health and Human Services (HHS).

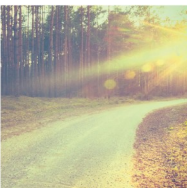
Prairie Ridge is celebrating Recovery Month by getting the word out to honor individuals and families who are in long-term recovery. Your support will demonstrate the support of the recovery community, including those who provide prevention, treatment, and recovery support services. I urge all community members to join the celebration and help stem the incidence of mental and/or substance use disorders. Let people know that free, confidential help is available 24 hours a day through SAMHSA's National Helpline, 1-800-662-HELP (4357) or 1-800-487-4889 (TDD). Offering support to those experiencing mental and/or substance use disorders can make a huge difference. Together we can help others realize the promise of recovery and give families the right support to help their loved ones.

Adapted by Kelly Grunhvd from recoverymonth.org



"What recovery means to me is a different way of thinking, living, and acting. Recovery has been a day to day and sometimes minute by minute thing. I was once a patient at Prairie Ridge three years ago and had to go out and write another chapter in my life, including going to prison. If you ask me, was it worth writing the extra chapter? Yes, because now it helps when I talk about my experiences, strength, and hope."

-Lynane



Vaping: What’s the Big Deal?

Electronic Nicotine Delivery Systems (ENDS), also known as e-cigarettes, vape pens, or hookah pens have been a hot topic for many years. These devices were introduced about a decade ago and marketed as a way to safely stop smoking tobacco cigarettes. Many people report that they vape because they perceive vaping as less harmful and cheaper than tobacco, and that it will help them quit or cut back on smoking tobacco. According to the FDA, more than 3 million middle and high school students were current users of e-cigarettes in 2015, up from an estimated 2.46 million in 2014.

Although marketed as a safer alternative to smoking, little is known about the ingredients in the products as well as the long-term effects of e-cigarettes. When first introduced, there were no regulations of these products. Recently the FDA announced they will consider ENDS a tobacco product and have released a few initial regulations regarding these devices. Beginning in August of 2016, all retailers will be prohibited from selling products to anyone under the age of 18, dispensing them in vending machines, and providing free samples to consumers. Most states already have laws in place that prohibit the sale to minors, but the new regulations are at the federal level. Manufacture’s of the devices and products have two years to submit an application to the FDA to register the establishment and to provide a complete list of ingredients found in the products. They are also required to put a warning label on all products. The FDA also stated there may be more regulations of ENDS products in the future.

Are they really a safer alternative to smoking? Can they really help people quit smoking? The controversy over the topic has been debated for many years. With the new FDA regulations in place and research being conducted around the topic, it looks promising that scientific research will provide some answers to the many unknowns.

Written by Molly Beckmann

Vaporizers, E-Cigarettes, and other Electronic Nicotine Delivery Systems (ENDS). (2016, May 09). Retrieved May 16, 2016, from <http://www.fda.gov/tobaccoproducts/labeling/productsingredientscomponents/ucm456610.htm#regulation>

The Voice of Max

Hello, it’s me, Max. It’s with a heavy heart and somber paw that I need to announce my retirement from Prairie Ridge Integrated Behavioral Healthcare. Just like humans, we all need to transition in our journey through life and I, too, am in transition.

Before I go, I’d like to tell you about what I have accomplished and what I am going to miss. I have accomplished quite a bit while here. I don’t have data or research to back it up, but I have made countless people more comfortable in their situation. You see, it’s not easy to walk through our doors, through the feelings of the unknown of treatment and the stigma of the outside world in order to seek help. I am a calming presence for so many people on their journey towards recovery. I am going to miss this. I am going to miss the wonderful people who work at Prairie Ridge- who not only treat their clients with dignity and respect, but extend the same to me. It truly is a thankless job at times.

Where am I going? I have a new home on a farm, with a loving family with two small girls, cows and cats. I’m working on some techniques I have picked up from Prairie Ridge to try to get the cats to like me, but I think it’s going to take more time! Best wishes to all who have been, and who are thinking about spending time at Prairie Ridge.

I wish you the best, even if you didn’t give me a treat!

Translated by Meagen Wentz



Builders from Henkel pouring the foundation



One benefit of a rain delay...a beautiful rainbow!

From the Ground Up

Written by Jay Hansen

Prairie Ridge Integrated Behavioral Healthcare is proud of our patient-centered culture of care. That care is based upon the foundation of treating persons served with dignity and respect. Those values are the cornerstone for everything we do in our prevention and treatment programs. As we begin work on our facility expansion, it is critical to have a strong foundation to build upon. Henkel Construction crews have now completed the footings and walls that make up the foundation. In addition, over 50 Geo-thermal wells are near completion that will provide environmental and economical heating and cooling for the expansion. Next steps will include the delivery of steel beams and girders that will provide the structure for the building. We hope to have the building enclosed by late fall, so interior work can continue toward a late spring completion date.

18-25: Ready for Prime Time

A new evidence-based practice is being offered at Prairie Ridge! Through a state-funded grant, Prairie Ridge has the opportunity to start offering Motivational Enhancement Therapy/Cognitive Behavioral Therapy, or in its simplest form, MET/CBT. This evidence-based practice is a curriculum that combines both principles of motivational interviewing and cognitive behavioral therapy. Prairie Ridge is currently using MET/CBT with the transitional aged youth population, ages 18-25.

What has been exciting about this new opportunity is the focus that we are giving to the transitional aged youth. Oftentimes, this is a population that is overlooked and not seen as a specialized population. However, people, ages 18-25, have many unique needs that we as providers, supporters, and community members need to be aware of. For example, oftentimes people within this age range are still trying to identify and understand themselves. As they do that, this often leads them to being influenced by peers easier, worrying about how people may view them, having to figure out what their new role is within their family of origin now that they are official “adults,” and balance the new found levels of responsibility. Most treatment curriculums are developed for either adolescents or adults, not the in-betweeners.

MET/CBT is unique in that sense as it is age specific and acknowledges the level of development a person might be in. It allows and encourages self-discovery. It acknowledges that a person’s motivation may shift throughout treatment. It builds on life skills, such as assertive communication, problem solving, and how to create a solid, healthy support system.

Feedback regarding this program has been excellent! Patients who completed the program are saying they appreciated the opportunity to practice using the new skills both in session and outside of session. They liked how it was a structured curriculum that was flexible to what they needed. They reported it was unique to their needs.

If you, or someone you know, would like more information regarding the MET/CBT program, please contact Prairie Ridge directly at 641-424-2391. We currently have four staff members that are either certified in MET/CBT or working on their certification that can provide this curriculum.

Written by Kate Weiner