



## The "One in Four" Quarterly

*"One in Four" is the number of Americans who live with a Behavioral Health problem.*

April 2017



### **PULSE – One Year Later Coping with Traumatic Anniversaries**

By: Vicki Garner, LMHC

Aspire Chief Clinical Officer

June 12, 2017, will mark one year since Orlando's Pulse Nightclub violent tragedy that took the lives of 49 people in the deadliest mass shooting in US history. An "Anniversary Reaction" can occur for many of the victims, family and friends of those killed and others who live in the community on this date. This reaction can happen to anyone who has experienced a traumatic event and it is important to understand how to help one cope when it does.

Recognize that the media will mark the date and rebroadcast many of the images and stories from the event. This can re-trigger the original trauma and cause a re-experience of the event. People who were not closely involved in the shooting but at the time felt their safety was threatened just by seeing the images in their community can find this happening to them. Children are especially vulnerable to re-traumatization when they witness media and adults' reaction to tragic community events. Monitor their access to media and engage them in other more positive activities around the anniversary in order to minimize trauma.

#### **Recognizing Anniversary Reaction Symptoms**

**Reliving the event.** The person may think about the event as the date approaches and start to relive it or feel terror or a triggering of it from other events.

**Avoidance of daily routines.** When the anniversary approaches, the person may start to isolate or stay home more to avoid triggers of the event. He or she may avoid social events or friends so as not to have to talk about the event.

**Negativity and sadness.** The person may start to have feelings of negativity or a short temper. He or she could appear very sad or down and avoid engaging in conversations. Sleeping too much or too little is also something to watch for.

**Being keyed-up or hyper-vigilant.** The person could be very anxious or easily startled. Approach the person with care and concern.

#### **How to Help Yourself or Others who May Experience Anniversary Reaction**

**Talk, Talk, Talk.** Do not avoid talking about the issue with a trained professional.

**Respect yourself and your needs.** Understand that this is a trauma and you will need to take care of yourself during this anniversary. Eat healthy and get enough sleep. Ask for help from family and friends.

**Moderate your news intake.** Do not turn on the TV or go on the internet to see the images of the tragedy. If you have children affected by the tragedy, do not let them see images reminding them of the trauma.

**It takes time.** If you are a family member or friend, realize it takes time for a survivor to cope with trauma. Do not ever tell them to "Get over it", or "It will get better".

#### **Recommendations for Trauma Survivors Experiencing Anniversary Reaction**

Start to make new memories around the date of the tragedy. Building a new life after a trauma and loss takes time and a lot of work. The following are some tips to help get started.

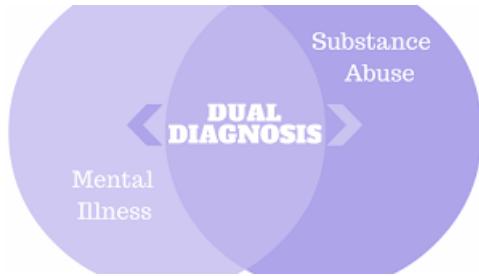
- Visit a memorial or the gravesite.
- Donate blood.
- Volunteer at a charity.
- Spend the day with family and friends.
- Help someone in need for the day.

Orlando has not let the Pulse tragedy define our community. We have experienced a tremendous outpouring of support and love from all across the world. We will never forget the victims or the hate that caused their loss but we will move forward with resilience and recovery. There are many resources in the community for those who continue to suffer from the consequences of trauma. Treatment works and recovery is possible.

# **The Marriage of Substance Abuse and Mental Illness**

By: Thomas Greenman

Senior Vice President of Acute Care



In the past substance use and mental illness were treated separately. Even if the person was assessed to have evidence of having both, systems were not in place to treat both disorders in one place. Needless to say, treatment of one disorder without treatment of the other usually leads to unsuccessful outcomes. Aspire Health Partners are experts in treating both disorders to ensure the best opportunity for treatment success.

Substance use is sky rocketing, in large part due to the availability of both legal and illegal opiates (heroin, dilaudid, fentanyl, etc). In Florida, the primary substances being abused are:

- Alcohol
- Opiates
- Marijuana
- Methamphetamine
- Cocaine

People have been abusing mind-altering drugs for thousands of years. Every culture in the world has some form of spirits and/or mind altering substance. What causes one person to become ‘hooked on’ drugs and another person to never consider such a thing is not clear but certainly there are factors which put certain individuals more at risk:

- ⇒ History of substance use in the family;
- ⇒ Living in a neighborhood/community where substances are easily obtained;
- ⇒ Having a mental illness;
- ⇒ Having multiple stressors;
- ⇒ History of early childhood trauma;
- ⇒ History of domestic violence (victim, witness).

Substance use treatment can vary depending on the substance used. For example, treatment of alcohol withdrawal can become a medical emergency and even lead to death. Withdrawal from the other substances can be miserable ( opiates) or mostly psychological (meth, cocaine) but not rise to the level of a medical emergency. Not all individuals who use substances will experience withdrawal when they stop but the ‘triggers’ that could cause relapse are generally everywhere. Even if a person is in treatment, such as a residential program, triggers, such as telling or hearing ‘war stories’ can lead a person to leave treatment and relapse.

When a substance user is in treatment, voluntarily or involuntarily, it is best to assess what stage of change they are in and determine interventions accordingly:

- Pre-contemplation – person has no interest in changing
- Contemplation – may recognize the need for change but remains undecided
- Preparation – committed to change
- Action – starting to modify behavior, maintaining commitment
- Maintenance – performing new behaviors, working to prevent relapse

There are a variety of interventions available from Aspire Health Partners that include cognitive behavioral therapy and group therapy – all of which demonstrate positive outcomes for most individuals. Relapse, however, is inevitable for the most serious substance users and is not a demonstration of weakness but a reality of the power of addiction. Obtaining and sustaining sobriety is hard work and there are plenty of barriers to success. But, with the right type of support and understanding, long-term sobriety can be achieved.

Aspire takes every opportunity to engage an individual in a therapeutic alliance as they move through the stages of change. By engaging individuals in their therapy process there is a greater opportunity to save lives and positively change lives. At Aspire, we have the professional expertise across our continuum of care to assist the most challenging individuals; individuals with co-occurring disorders to achieve recovery, stability and a return to more functional lives in the community.



## **Aspire Achieves 96% Client Satisfaction**

Based on a recent State of Florida anonymous client satisfaction survey, Aspire Health Partners’ clients report a 96% overall satisfaction of services received. “Part of Aspire’s Mission is to provide the highest quality service that leads to successful living and healthy responsible lifestyles”, says Aspire President & CEO Dick Jacobs. “The results of the client satisfaction survey acknowledges the commitment of Aspire’s staff to fulfill its’ mission.”

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**Aspire Health Partners**  
**5151 Adanson St., Orlando, Florida 32804**  
**(407) 875-3700. [www.AspireHealthPartners.com](http://www.AspireHealthPartners.com)**

## *Telehealth at Aspire*



*Telehealth* is the use of technology to deliver health care, health information or health education at a distance and is a health field that is quickly growing. For years this service has been available at Aspire.

Recently Aspire Health Partners expanded its' *Telehealth Program* to include locations in East Orlando, North Kissimmee, Cocoa and Palm Bay.

As Central Florida's source for behavioral healthcare services, Aspire is pleased to provide *Telehealth* in the scope of services available to clients. Better access to care increases the success of an established treatment plan and helps to prevent possible hospitalization which may create stress on the family, frustration and possible interruptions or loss of employment.

Providing access to convenient and thorough follow-up care is essential to the mission of Aspire Health Partners. It is Aspire's goal to provide its clients with convenient access to care. Aspire is constantly looking at ways to address client needs and examine opportunities that remove obstacles and make accessing care easier.

*Telehealth* is available in several offices in Brevard, Orange, and Osceola Counties operated by Aspire Health Partners. These offices are an extension of our primary Medication Management Clinic located at 1800 Mercy Drive, Orlando.

*Telehealth* services include:

- Behavioral Health Evaluations
- Bio-Psychosocial Assessments
- Individual and Family Therapy
- Individual Treatment Plans
- Follow-up Medical Management

## Appointments

To make an appointment call the Scheduling Department at 407-875-3700, ext. 5008.

Health Plans that cover *Telehealth* services through Aspire Health Partners include:

- Cigna
- Children's Medical Services
- Magellan
- Optum/United Behavioral Health
- Psychcare/Beacon
- Staywell/Wellcare
- Self pay
- Charity Care
- In addition, Aspire has other health plans for those who qualify.

## "Chip In" For Behavioral Health

2017 Aspire Health Partners Open Golf Tournament

Timacuan Golf Club, Lake Mary, Florida

Monday, May 8, 2017

What's better than taking a day off work? Spending that day on the golf course...of course! You might win a 2-year lease of a 2017 BMW X1 from Fields BMW\*. Join us at the 2017 Aspire Health Partners Open Golf Tournament, Monday, May 8, 2017.

Visit [AspireHealthPartners.com](http://AspireHealthPartners.com) for tournament and sponsorship details. (\*See tournament rules and Fields BMW, Winter Park for details.)

## Program Spotlight

*Operation Center Focus for Women Veterans*



Aspire Health Partners is honored to have been chosen by the Veterans Administration to provide housing and care for our Nation's military veterans.

*Operation Center Focus* is a 12 - bed transitional housing program for female veterans and their children who are homeless. Located on the Space Coast in Cocoa, Florida, the program is designed to provide housing and supportive services including: education/vocational training and additional services that focus on the veteran's recovery and restoration of a healthy, responsible lifestyle.

To be eligible for this program one must be a female military veteran whose military discharge is anything other than "dishonorable".

If you know of a female veteran in need of a transitional living program and would like more information about this program, please contact: VA Outpatient Clinic, 2900 Veterans Way Vieira, FL 32940 or call 321-637-3788 and ask for the Homeless Veterans Program.