

Recovery is a semi-annual newsletter published by Southwest Florida Addiction Services
 2101 McGregor Blvd.
 Fort Myers, Florida 33901-3411
 Telephone: (239) 332-6937
 FAX: (239) 332-6985
 www.swfas.org

Board of Directors

Larry Hart, *President*
 Assistant Tax Collector

Dena Geraghty, R.N., *Vice President*
 Auricular Therapy Center, Inc.

Charles Hagan, *Secretary*
 Attorney at Law

Geoffrey Roepstorff, *Treasurer*
 Edison National Bank

Board Members

Joseph D'Alessandro
 Retired State Attorney

Capt. Bill Cameron
 Lee County Sheriff's Office

Andrea Fraser
 Lee County Attorney's Office

Arnold A. Gibbs
 Dream Foundation

William Keyes
 Attorney

Dr. Johnny McGaha
 Florida Gulf Coast University

Mary O'Bryan
 Retired

Advisory Board

LeClair Bissell, M.D.

Marietta Mudgett
 Greater Fort Myers
 Chamber of Commerce

Kevin B. Lewis,
 Executive Director



2101 McGregor Blvd.
 Fort Myers, Florida 33901-3411

Partially Funded by:

- City of Cape Coral
- Florida Department of Children & Families
- Florida Department of Juvenile Justice
- Lee County Government
- Substance Abuse and Mental Health Services Administration
- United Way of Lee County
- U.S. Department of Housing & Urban Development

NON-PROFIT ORG.
 U.S. POSTAGE
PAID
 FORT MYERS, FL
 PERMIT NO. 768

We're here to support your success!

Lee County Bank
AN OFFICE OF EDISON NATIONAL BANK
 239.334.4668
 2105 First Street • Fort Myers

Edison NATIONAL BANK
 239.466.1800
 13000 South Cleveland Avenue • Fort Myers
An Equal Housing Lender • Member FDIC

Bank of The Islands
AN OFFICE OF EDISON NATIONAL BANK
 239.472.7211
 1699 Periwinkle Way • Sanibel Island

Where Financial Friendships Grow with the Community

New Board Member Joins SWFAS

Capt. William F. Cameron of the Lee County Sheriff's Office has been elected to the Board of Directors of SWFAS.

"We feel very fortunate to have Capt. Cameron's expertise on our Board of Directors," said SWFAS Executive Director Kevin B. Lewis. "His knowledge and experience will help guide us, especially in determining where to focus our resources in the coming years, and how to best meet community needs."

Capt. Cameron started his 21-year law enforcement career in 1982 as a Fort Myers Police Department officer working with SWFAS Board Chairman and former Fort Myers Police Chief Larry Hart. He joined the Lee County Sheriff's Office in 1987, where he commands the Drug Demand Reduction Division. The division is responsible for the School Resource Officer Pro-

gram, DARE program, Do the Right Thing program, Youth Explorers, the Lee County Youth Ranch project, and the Juvenile Assessment Center in downtown Fort Myers.

Capt. Cameron has earned an Associate of Arts degree in Criminal Justice, a Bachelor of Science degree in Business Executive Management, and a Master's degree in Business Administration with an emphasis in Public Administration. He also is a recent graduate of the Southern Police Institute's Administrative Officers Course offered by the University of Louisville.



Capt. Bill Cameron

continued from front page

SWFAS Executive Director Named Statewide Leader of the Year

treatment and resources, and is active in the Rotary Club of Fort Myers.

On the state level, Lewis is a former board member and officer for the Florida Certification Board and past president of the Florida Alcohol and Drug Abuse Association. He has traveled as far away as Barbados to provide substance abuse education. A Certified Addiction Professional, Kevin received his Masters in Social Work from Florida State University in Tallahassee.

New Treatment Methods Announced For Fighting Heroin Addiction

SWFAS has announced the availability of a new treatment method that can reduce withdrawal symptoms for heroin addicts and help them to recover.

The new treatment option utilizes the medication buprenorphine, which has been found to reduce dependency on heroin and other narcotics. The medication was approved for opiate treatment last year by the U.S. Food and Drug Administration (FDA), but has not been available in Southwest Florida until recently.

"We are very encouraged by the results of studies over the past few years that show buprenorphine can lead to early recovery in a significant number of cases," said Kevin B. Lewis, SWFAS executive director.

According to research conducted at Yale University School of Medicine and funded by the National Institute of Drug Abuse (NIDA), patients who take buprenorphine three times per week experience a milder withdrawal with fewer side effects from prolonged nausea, vomiting, chills, fever, and leg cramps.

There also appears to be less risk for psychological and/or physical dependence than drugs such as methadone, according to the FDA.

"This is in addition to, not a replacement of, the traditional approach of counseling and self-help groups," Lewis said, adding that SWFAS is incorporating buprenorphine into its treatment program in appropriate cases at its Detoxification Center.

Buprenorphine is administered in either 2 mg or 8 mg tablets, which are placed under the tongue and must be allowed to dissolve.

Of the 30 people who have been treated with the drug at SWFAS so far, about 72 percent have completed the initial program of four days of residential treatment followed by 24 hours of observation, according to Detoxification Manager Janice Cook.

At that point, the patients are

continued on next page

RECOVERY

THE LEADER IN SUBSTANCE ABUSE PREVENTION AND TREATMENT

A Semi-Annual Publication for Friends of Southwest Florida Addiction Services

Meeting Facility Opens At Transitional Living Center

A new meeting facility that also will serve as a dining hall for adults recovering from substance abuse has opened at the SWFAS Transitional Living Center.

The 3,000 square-foot pavilion will be used as a dining hall for the 150 meals served each day to the residents as well as for training classes. At night, 12-Step meetings of Alcoholics Anonymous, Narcotics Anonymous and Cocaine Anonymous will be conducted in the facility at 2517 Dixie Parkway in Fort Myers.

"This has been a major need for us for a long time," said Adult Services Director H. Randall Bixler. "This one facility will do triple-duty for us and be used every day, throughout the day and night."

Bixler said in addition to meetings and meals, residents will receive employment training in the facility to help them get jobs in the community so that they can become productive citizens.



Pavilion at Transitional Living Center

SWFAS was awarded \$80,000 from the U.S. Department of Housing and Urban Development (HUD) and Lee County Human Services to build the facility.

The Transitional Living Center, which opened in 2000 with 12 beds for men and expanded to include 9 beds for women in 2001, provides a home-like environment for persons recovering from substance abuse while they transition back into society.

SWFAS Executive Director Named Statewide Leader of the Year

SWFAS Executive Director Kevin B. Lewis has been recognized as the top substance abuse leader in the state by the Florida Alcohol and Drug Abuse Association (FADAA).

Lewis, who has more than 20 years of experience in the substance abuse field, was honored at a banquet in Orlando by members of FADAA.

The Bill Snyder Memorial Award honors one substance abuse chief executive or second in command who has demonstrated leadership in alcohol and drug services and who has shown commitment to improving services in their community. Lewis was nominated for the award by SWFAS.

"Kevin draws from his 22 years of experience in substance abuse to successfully handle the difficult tasks of managing numerous programs from multiple locations on a 24-hour

basis," said SWFAS Board Chairman Larry Hart. "He strives for excellence in his own duties as well as expects it from his 150 employees. He is the consummate leader."

Lewis joined SWFAS in 1986 and became executive director in 1993. He is the past president of the Community Coordinating Council and is on the key leader board for the Comprehensive Strategy for Serious, Violent and Chronic Juvenile Offenders. He is an adjunct professor with Florida Gulf Coast University, teaching courses about substance abuse



Kevin B. Lewis

continued on back page

BLUEGRASS FESTIVAL TO BENEFIT SWFAS

April 2 - 4, 2004 • Lee Civic Center
 Watch for details!

SWFAS Receives PR Honors

A month-long alcohol awareness campaign earned SWFAS two awards for excellence in public relations from the Florida Public Relations Association, Southwest Chapter.

The awards were presented at the annual Image Awards banquet recently. An **Award of Distinction** in the Public Service category was presented in recognition of a series of radio spots, billboards and news coverage and dangers of alcohol.

Radio public service announcements were created and recorded by teens at The Vince Smith Center that aired on WAYJ Radio in Fort Myers last April, which was Alcohol Awareness Month.

A **Judge's Award** also was presented for achieving maximum results using a minimum amount of money.

Long-Time Employee Retires

Karen Embroski remembers when the entire agency now known as SWFAS fit into one facility with only a few employees. She joined the staff in 1979.

That was before it was known as SWFAS and before it was even known as Southwest Florida Alcoholism Services. The agency then was part of Lee Mental Health Center, which is now known as the Ruth Cooper Center for Behavioral Health Care.

A lot has happened in the 24 years since Karen became a mainstay at SWFAS. The agency grew from a handful of employees to more than 140 and the number of people served swelled to more than 5,000 a year.

"The most wonderful part of it all has been seeing the people who have been able to turn their lives around and get sober because of SWFAS," she said.

Karen started as a filing clerk, and progressed to Executive Assistant, responsible for supervising the human resources and maintenance operations as well as serving as court liaison

for families in court-ordered treatment.

And along the way, she earned her Certified Addiction Professional designation.

"Karen has been the institutional memory of this organization from the beginning and has been at the forefront of every major advance we've made," said Executive Director Kevin B. Lewis. "We're really going to miss her."

Although officially retiring from SWFAS at Thanksgiving, Karen is considering another career — this time in real estate. We all wish her well.



Karen Embroski

Lamar Outdoor Donates Billboards

Lamar Outdoor has generously donated a billboard every month for the past several years to notify area residents about the availability of SWFAS services.

The bright aqua and yellow billboards have appeared on U.S. 41, Palm Beach Boulevard, Martin Luther King, Jr., Blvd., and San Carlos Boulevard, among others.

"We are very grateful to our friends at

Lamar for seeing the importance of letting drivers know how they can seek help with substance abuse problems for themselves and their families," said Executive Director Kevin B. Lewis.

Lamar donates the space on a monthly basis. The cost of the paper is kindly underwritten by Edison National Bank and Resource Innovations.



Quick Facts

- Many businesses have decided against providing alcoholic beverages at company-sponsored outings because it raises liability issues and also can alienate non-drinkers, according to *Providence Business News*.
- Drug testing in schools does not deter student drug use any more than doing no screening at all, according to a federally financed study of 76,000 students nationwide by the University of Michigan.
- Binge drinking is on the rise. Having five or more drinks in a sitting increased 17 percent among all adults between 1993 and 2001, and shot up 56 percent among 18- to 20-year-olds, according to a telephone survey by the Centers for Disease Control and Prevention.
- As Americans enter their early 30s, they don't go out as much, resulting in declines in drinking and drug use, according to a study by the University of Michigan Institute for Social Research.

continued from front page

New Treatment Methods Announced For Fighting Heroin Addiction

strongly encouraged to enter traditional therapy programs, such as group or individual counseling.

"The longer we retain them and get them linked into other services, the better the outcomes will be," she said.

Under the FDA-approved protocol, SWFAS may have only 30 patients in the program at one time under the direction of Dr. Washington Baquero, SWFAS Medical Director.

Prior to the availability of buprenorphine, heroin addicts could expect severe withdrawal symptoms for as much as 72 hours.

"With buprenorphine, they are awake, energetic and the usual symptoms are improved by 80 percent. The results are immediate," Cook said. "It's a miracle drug — the nurses love it."

To be eligible for the program, patients must undergo a physical examination by Dr. Baquero and not be taking other medications that could interact negatively with buprenorphine. They also must remain at the SWFAS Detoxification Center for five days.

Drug Use Among Lee Teens Higher Than State Average

The Florida Youth Substance Abuse Survey 2002 shows that Lee County youngsters are using alcohol, tobacco and drugs at a higher rate than the state average in almost every category. **Here is the percentage of high school students who reported using various drugs in the past 30 days:**

	Lee	Florida
Alcohol	35.6%	31.2%
Marijuana	15.1	12.1
Cigarettes	12.5	11.4
Inhalants	7.0	2.9
Other prescription pain relievers	6.3	3.2
Depressants	4.8	2.5
Hallucinogens	2.8	2.0
Ecstasy	2.3	2.0
Cocaine	1.9	1.2
OxyContin	1.6	.8
Heroin	1.1	.4
Methamphetamines	.8	.9
Crack Cocaine	.4	.5
Steroids	.2	.6
Other Drugs	2.8	3.2

Here are the Primary Drugs of Choice reported by the 370 juveniles treated by SWFAS during 2002:

Marijuana	75.52%
Alcohol	17.99
Cocaine	1.77
Sedatives	1.77
Heroin	.88
Inhalants	.59
Hallucinogens	.29
Other drugs	1.18

Friends of SWFAS

April, 2002 – October, 2003

Mr. & Mrs. J. Keith Arnold
Mr. & Mrs. Phil Bennett
Patricia Berg
Mr. & Mrs. Allan Bloodworth
Corrine Buschman
Mr. & Mrs. D. Carlton-Jones
Edith Chippeaux
Mindy Collier
Ms. Cynthia Cooper
Mr. & Mrs. Kenneth Cooper
Charles Crawford
Mr. & Mrs. Jack Davies
Hon. John Dommerich
Mary L. Garner
Dena Geraghty
Jacques Hennig
Carl Keene
Virginia Kellogg
Jane Kuckel
Mr. & Mrs. W. Bernard Lester
Evelyn Lewis
Kevin Lewis
James R. Long, Esq.
Mr. & Mrs. Keith MacKellar
Mr. & Mrs. James McCaughan
Beryl Makemson
Greg Margerum
Mr. & Mrs. R.P. McGrath
Kristi Miller

Mr. & Mrs. Frederick Morgan
Paul Murphy
Mr. & Mrs. Dale Musselman
Timothy Nugent
Jo Anne Olmsted
Mr. & Mrs. F.A. Prather, Jr.
Dr. & Mrs. George Ramsey
Mr. & Mrs. Robert Richardson
William Rivers
Mr. & Mrs. Alan Robertson
Hon. & Mrs. Robert Shafer, Jr.
Lenord Rubens
Mrs. Anne Simon
Mr. & Mrs. Donald Snyder
Hon. Hugh Starnes
William Stewart
Donna Sublett
Mr. & Mrs. Gary Trippe
Claudia Vioria
Hon. & Mrs. Edward Volz, Jr.
Lillian Wang
Wayne Wiles
Dr. & Mrs. Arthur Williams
Mr. & Mrs. James Yarnes

In Memory of Lori Paddock:
Karin Cherwick
E.P. Day
Gail Dingee

Wayne Dreggors
Cynthia Gallagher
Gannett Foundation, Inc.
Barbara Hall
Gary Israel
Deborah Jackson
Kathy Kersnowski
Karen McQuilkin
Robyn Nipper
Evanggelia Pitsoulis
Debra Shuman
Eugenia Stephan

CORPORATE
Accent Business Products
Adventures in Paradise
Back to Beginnings
Susan Bennett Marketing & Media, LC
CSL&G Development, Ltd.
Custom Seams Canvas
Edison National Bank
Edison Sailing Center
First National Bank
HONC Marine
Lamar Advertising
Medenwald, Inc.
Platinum Contracting, Inc.

Southwest Florida Community Foundation
TECO Arena
The News-Press
Wake-Up America

GRANTS
Lee County-Community Development Block Grant
CSAP Family Drug Court
James Hawkins/Hawkins Foundation, Inc.
HUD
Peter & Eleanore Kleist Foundation, Inc.
Pilot Club of FM Beach
State Homeless Coalition
State Housing Initiatives Partnership
Zonta Club of Sanibel

EVENTS
Florida Mountain Bluegrass Festival
Miners Corner Bingo
PGA-Coors Light Tournament of Charities