

Quarterly E-Publication on the Issues of Alcohol and Drug Abuse, Prevention, and Treatment



In This Issue

There's really no looking away from today's Opioid epidemic. The sheer number of people affected and the complexities of the crisis have secured this topic a prime spot on all reputable national media sources. And we are definitely seeing the impact here in the South Bay. At Thelma McMillen we are doing all we can to help, including dedicating this summer e-newsletter to the topic of opioid abuse and addiction, from prevention, to treatment to recovery, we are here for you.

Moe Gelbart, PhD
Executive Director, Thelma McMillen Center



Recovery at Thelma McMillen Center: A Mother and Son Story

Ten years ago, a friend of my son came to me and told me that my son had a problem with drugs. I was shocked. He was 21 years old, working on his Bachelor's Degree in Kinesiotherapy, had a lovely girlfriend, a steady job, and had his own apartment. We had a family meeting and my son agreed to move home and get help. Well now what? I didn't know how to get him the help I promised. I knew nothing about addiction. I had never known any addicts or alcoholics. I didn't have a clue where to start. Not to mention I was heartbroken and scared. I kept asking myself where I went wrong. I just knew it was my fault.

[Read Their Story](#)



Thelma McMillen's Focus on Opioid Prevention

The **opioid epidemic** refers to the rapid increase in the use of prescription and non-prescription opioids in the United States. Opiates are a class of analgesic drugs, including those naturally derived from opium, such as morphine and heroin, and opioids are similar synthetic and semi-synthetic drugs such as Percocet, Vicodin, OxyContin and fentanyl. According to the DEA, "overdose deaths, particularly from prescription drugs and heroin, have reached epidemic levels."

[Learn More](#)



Whether Opioid or Alcohol Abuse, Medical Assisted Treatment Is an Option Here at Thelma

What is Medication Assisted Treatment (MAT) you ask? And why and how we utilize it at Thelma McMillen Intensive Outpatient Treatment Program?

[Learn More About MAT](#)



Opioid Process and Education Group at Thelma McMillen

Do you or someone you love have a problem with opioid dependence? Thelma McMillen Center for Alcohol and Drug Treatment can help assist you or your loved one through the treatment process.

[Learn More](#)



Ongoing Education: Join us at our Frontiers in Addiction Series

September 19, 2017

"Opiate Overdoses and How to Prevent Them"

Speaker: David Sack, M.D.
Founder and Chief Medical Officer
Elements Behavioral Health

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