

TADISO TIMES

ISSUE 173

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BREAKING NEWS.....

TADISO TO CHANGE HOURS



Effective October 3, Tadiso will be expanding hours. Dispensing hours will be 6am-4:15pm. Your counselor will be scheduling your sessions based on his/her schedule, in coordination with your schedule. We are expanding our hours to better serve our patients. However, your cooperation is important. Counseling is mandated by Pennsylvania law AND is proven to lead to success when combined with methadone. Please be sure to complete your counseling during the month.



MORE NEWS.....

The PA Department of Drug and Alcohol Programs has increased Tadiso's licensed capacity. We are accepting new patients and have hired many new staff members. Look for more information about additional programs at Tadiso.

RECOVERY MONTH

As you know, each September we observe National Recovery Month. National Recovery Month (Recovery Month) is a national observance for the purpose of educating Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.



Recovery Month celebrates the gains made by those in recovery, just as we celebrate health improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. The observance reinforces the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

There are millions of Americans whose lives have been transformed through recovery. Since these successes often go unnoticed by the broader population, Recovery Month provides a vehicle for everyone to celebrate these accomplishments. Each September, tens of thousands of prevention, treatment, and recovery programs and facilities around the country celebrate National Recovery Month. They speak about the gains made by those in recovery and share their success stories with their neighbors, friends, and colleagues. In doing so, everyone helps to increase awareness and furthers a greater understanding about the diseases of mental and substance use disorders.

23 million people in our country are in recovery from addiction.

You can be too.

RECOVERY CHALLENGE

Are you struggling in the program? Is your counselor and Dr. Reese asking you to try a higher level of care?

Maybe you can try a different level of care at Tadiso.... Try Tadiso's Recovery Challenge !!

The Recovery Challenge is September 1st-30th.

You will have 1 individual session with your counselor. You will have 3 group sessions on September 12, 19, and 26th. You will have random urine screening. Show you are committed to your treatment at Tadiso. Demonstrate that you are reaching for recovery.



FIRE PREVENTION WEEK

Advance notice.....Fire Prevention Week is October 10. Tadiso will be hosting an educational program on fire prevention and smoke alarm replacement. This will be on OCTOBER 12. Mark your calendar now. There will be a presentation for adults and children.



SELF EXPRESSION AND RISK

THERE ARE MANY FORMS of self-expression, art, writing, fashion, even body piercing. When it comes to oral piercings, however—such as lip, labret, cheek and tongue piercings—it's important to know all the risks involved.

Know The Risks Before You Pierce

Piercing anywhere near the mouth is very different than simply piercing an earlobe. The oral cavity is home to an abundance of bacteria as well as an intricate system of nerves and blood vessels. Because of this, there are a number of health-related risks associated with oral piercings.

Bacterial infection: The mouth hosts vast amounts of bacteria and is thus easily infected. If the piercing is not done with sterile tools or if the wound is not properly taken care of, bacterial infections—and even secondary infections like hepatitis and herpes simplex virus—can develop.

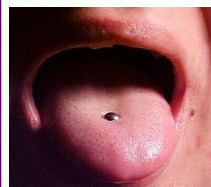
Damage to teeth and gums: Contact between teeth and jewelry leads to tooth enamel erosion and oftentimes cracked or chipped teeth. Irreversible gum recession is also a common side effect of oral piercings, which can lead to tooth sensitivity and even tooth loss.

Difficulty with speech, swallowing, chewing and tasting: Oral piercings can cause an increase in saliva production, sometimes making speech difficult. Tongue piercings have been known to swell, too, potentially hindering normal function and blocking the airway. Oral piercings have also been known to alter taste.

Allergic reaction: Allergic reactions to the metal in the jewelry are possible, especially if surgical-grade stainless steel isn't used.

Nerve damage or prolonged bleeding: This mostly occurs with tongue piercings. Because the tongue is a muscle, it contains a lot of nerves and blood vessels, including arteries. Movement problems, or numbness and loss of sensation at the site of the piercing can occur if nerves are damaged. If a blood vessel is punctured, bleeding can be severe and hard to control.

Gum disease: Oral piercings put the wearer at greater risk for periodontal, or gum disease. Gum disease can lead to tooth and bone loss, and some studies have associated gum disease with other health conditions like diabetes and stroke.



If You Choose Oral Piercings, Do It The Right Way

After understanding the risks, if you still decide to get an oral piercing make sure the procedure is performed by a trained professional who uses sterile instruments. Consult with your dentist before getting an oral piercing to learn proper aftercare and maintenance that will help you reduce your risk of infection or complication.

The Pittsburgh Recovery Walk.....

**PITTSBURGH
RECOVERY
WALK!**

Celebrating Roads to Recovery

celebrates the many roads to recovery from addiction and all those who have traveled them. It aims to dispel negative stigma and recognize recovery as a positive force in our community. The Pittsburgh Recovery Walk will take place on September 10, 2016 from 10am – 3pm. It begins at 11th and Liberty and proceeds down Liberty Avenue to Market Square and a Recovery Expo; loaded with activities and entertainment. The event is completely free and open to the public. Everyone whose life has been touched by addiction or recovery is invited to join our city-wide celebration. Friends, family, caregivers – All are welcomed! For more information, go to: pghrecoverywalk.org

Recovery Lights Up the Night

This is a night ride through the east end of Pittsburgh. Please *illuminate* your bikes. Saturday, September 17, 2016 – 7:30PM Start Meet at 5907 Penn Ave., Pittsburgh, PA 15206 For more information, please call: 412.361.0142 or e-mail: messagecarriers50@gmail.com

