

TADISO TIMES

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LOOKING FOR LOVE IN ALL THE WRONG PLACES

It's February! Time for that wonderful holiday that celebrates L.O.V.E. Are you looking for love in all the wrong places—like the front parking lot, your group meeting, or AA, NA, or MA meetings?? Reconsider.



All too common, Tadiso romances are a serious threat to recovery; and as such, most drug treatment facilities frown upon recovering patients forming romantic relationships with those they meet at their facility. Recovery is a time for self-reflection and healing.



Tadiso romances are a bad idea for 3 reasons.

1. The largest single reason why Tadiso romances are frowned upon is because when involved in a new romance or infatuation, all of us turn much of our attention outwards at the object of our desires, and we are left with less time and energy for necessary personal contemplation and recovery. During treatment, you have no time for thinking about anyone but yourself!
2. Tadiso romances may also cause us to present ourselves in a favorable light. It's natural to try to present our good sides to new lovers. Although this is a normal and harmless occurrence most of the time, during initial recovery, this presents a problem. A big part of recovery is full, honest and open participation in group sessions and therapies. To get any benefit out of these sessions, it's imperative that you be completely honest...even to the ugliest truths of your addiction
3. People coming out of lengthy periods of addiction may also be in no physical shape to initiate a sexual relationship. A period of addiction and drug abuse is so often a period of risky drug administration practices and risky sexual activity. Many people in treatment have an undiagnosed STD that also needs attention. The last thing anyone already struggling through recovery and sobriety needs is the addition of another health complication.

Why are these romances so tempting?



There are a number of environmental and personal variables that make Tadiso a particularly tempting place for the development of new romance.

Coming out of addiction and feeling great with sobriety can seem like a reawakening, and since sex drives and other emotions are often subdued by drug abuse, we are all of a sudden hungry for what we have been missing.

Because the days of recovery are emotionally intense and draining, it is easy to make a spiritual connection with a fellow recovering addict, and to interpret that connection as love.

But whatever the reasons for these feelings, and as real as they may or may not be...these relationships are never a positive thing, and can never help with recovery.

Friendships are great!

Romance??reconsider!

TAKE NOTE: PLEASE DO NOT BRING A WEAPON ON TO TADISO PROPERTY. ALL WEAPONS AND ANY OBJECT DEEMED TO BE A WEAPON WILL BE CONFISCATED AND THE PATIENT WILL BE GIVEN A 7 DAY DETOX FROM THE PROGRAM. ACTS OF VIOLENCE OR ANY THREAT, WILL RESULT IN AN AUTOMATIC DISCHARGE FROM THE PROGRAM. PLEASE COMPLY WITH DIRECTIVES FROM SECURITY PERSONNEL. WE DO NOT WANT TO DISCHARGE OUR PATIENTS. THIS IS NOT OUR GOAL.....HOWEVER, WE VALUE PATIENT AND STAFF SAFETY.





THE DANGERS OF SUGARY DRINKS

HAVE YOU EVER HEARD of “Mountain Dew Mouth”? It’s what happens to our teeth when we drink too much soda. The term comes from rural Appalachia, where that particular drink has long been the carbonated beverage of choice and tooth decay is alarmingly common. But this doesn’t just happen in Appalachia, and Mountain Dew isn’t the only drink that contributes to tooth decay.

When we eat or drink something with sugar in it, the sugar sticks to our teeth afterward. Sugar itself doesn’t do any damage to our oral health, but it is unfortunately the favorite food of the bacteria that lives in our mouths. These bacteria eat the sugar and then excrete acids that erode our tooth enamel, leading to tooth decay. They also cause inflammation that increase the risk of gum disease.

Any source of sugar can negatively impact oral health. Sugary drinks (including fruit juice, but especially soda) are particularly dangerous because they aren’t filling like solid food and are therefore easy to keep drinking.

Effects Of Carbonation

So if sugar is the problem, then can’t we keep our teeth healthy by switching to diet soda instead of giving up carbonated beverages altogether? Diet soda is certainly an improvement, but sugar isn’t soda’s only threat to dental health. The other is acid. Sugar leads to tooth decay because oral bacteria eat sugar and excrete acid that erode tooth enamel. Soda cuts out the middle man and applies acid directly to the teeth.

Even diet sodas and carbonated water contain acid. The three types of acid commonly found in soda are citric, phosphoric, and carbonic. Any drink with citrus flavoring will have citric acid, many colas get their flavor from phosphoric acid, and carbonic acid is what makes these drinks fizzy in the first place.

Protecting Your Smile

It would be best for your teeth to avoid soda and other sugary drinks entirely. If you can’t bring yourself to give up your favorite drink completely though, there are a few ways to enjoy it while protecting your teeth. A big one would be to only drink soda with a meal instead of sipping from a can or bottle throughout the day so that the sugar and acid aren’t sitting in your mouth for long periods.

You can also help balance your mouth’s pH and rinse away remaining sugar by drinking water after the soda. Finally, you can clean away the last traces of sugar and acid by brushing your teeth, but it’s a good idea to wait until the pH balance is back to normal before brushing, which takes about thirty minutes.

It is particularly important for children and people with braces to avoid overindulging in sugary drinks. Children have the highest risk of enamel erosion because their enamel isn’t yet fully developed, and braces plus a soda habit is a great way to end up with stained teeth when the braces come off.

DO NOT WALK OR DRIVE IN OUR NEIGHBOR’S PARKING LOT. WE HAVE RECEIVED MANY COMPLAINTS. TAKING THIS SHORT CUT MAY SEEM HARMLESS, BUT THIS DISREGARD FOR OTHERS’ PROPERTY, GIVE TREATMENT PROGRAMS A NEGATIVE REPUTATION. YOU ARE EXPECTED TO COMPLY WITH SOCIETAL NORMS AS YOU WORK YOUR RECOVERY PROGRAM.