

# TADISO TIMES

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## IMPORTANT NEWS.....

### What is an RSS??

Recovery Support Specialists will meet with all patients for a short appointment to complete a Monthly Follow-up Survey. Utilize this appointment to assess your need for resources, including housing, job training, and recovery support.

**All RSS's are in recovery. They understand your needs.**

## NEW TAKE OUT SCHEDULE FOR SUNDAYS

Tadiso is now providing take home medication for any patient that meets the following criteria:

- Enrolled at Tadiso for 90 days
- 60 days of negative urine drug screens
- No benzodiazepine or narcotic prescriptions
- No behavioral issues
- No legal charges



Most important: The benefit of this privilege must outweigh the risk of diversion and/or abuse of medication. Tadiso staff reserves the right to make all decisions regarding the safety of patients and the community.

**ASK YOUR COUNSELOR IF YOU MEET THESE REQUIREMENTS.**

## Tadiso Tidbits.....Reminders from Tadiso

- **All patients are required to provide a monthly urine drug screen. These appointments are scheduled on a random basis and can not be postponed. We provide water and a waiting area. If you leave the building for ANY reason, your scheduled drug screen will be recorded as a "REFUSAL", and you will lose ALL take home privileges.**

## TADISO PREPARES FOR STOP SMOKING CAMPAIGN AND TREATMENT FOR PATIENTS



Cigarette smoking remains the single largest cause of preventable disease and death in the United States, killing more than 480,000 Americans each year. And for every American who dies from a smoking-related disease, about 30 more suffer at least one serious illness from smoking which damages nearly every organ in the body. As of 2017, about 34 million US adults smoke cigarettes.

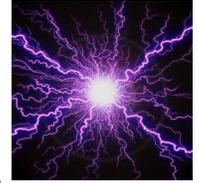
Every day, about 2,000 young people under age 18 smoke their first cigarette, and more than 300 become daily cigarette smokers. Over 16 million people live with at least one disease caused by smoking, and 58 million nonsmoking Americans are exposed to secondhand smoke.

Besides the harm it does to peoples' lives, cigarette smoking also has a significant impact on the U.S. economy. Smoking costs more than \$300 billion a year—including nearly \$170 billion in direct medical care for adults and more than \$156 billion in lost productivity.

Tadiso encourage smokers to call 1-800-QUIT-NOW or to visit [www.cdc.gov/tips](http://www.cdc.gov/tips) to view the personal stories from the campaign. The website includes information, tools, and resources to support smokers trying to quit. For more information on the Tips campaign, including profiles of the former smokers, other campaign resources and links to the ads, visit [www.cdc.gov/tips](http://www.cdc.gov/tips). Look for more information this summer.

# SPRING WEATHER PREPARATION

From the CDC



Spring weather can be unpredictable. When severe weather hits unexpectedly, the risk of injury and death increases, so planning makes sense. Prepare for storms, floods, and tornadoes as if you know in advance they are coming, because in the spring, they very likely will.

Spring is the time of year when many things change—including the weather. Temperatures can swing back and forth between balmy and frigid. Sunny days may be followed by a week of stormy weather. Sometimes extreme weather changes can occur even within the same day.

Thunderstorms cause most of the severe spring weather. They can bring [lightning](#), [tornadoes](#), and [flooding](#). Whenever warm, moist air collides with cool, dry air, thunderstorms can occur. For much of the world, this happens in spring and summer.

Because spring weather is so unpredictable, you may be unprepared when severe weather hits—particularly if you live in a region that does not often experience thunderstorms, tornadoes, or flooding. And when severe weather hits unexpectedly, the risk of injury and death increases. So planning ahead makes sense; prepare for storms, floods, and tornadoes as if you know in advance they are coming, because in the spring, they very likely will.

Advance planning for thunderstorms, lightning, tornadoes, and floods requires specific safety precautions. Often by the time we are aware of an approaching storm, we have little if any time to prepare for it. Advance planning for thunderstorms, lightning, tornadoes, and floods requires specific safety precautions. You can follow many of the same steps that you would for all extreme weather events. Keep an emergency kit on hand and should include:

- A first aid kit
- A list of important personal information, including: telephone numbers of neighbors and family, insurance and property information, telephone numbers of utility companies, and medical information
- A 3–5 day supply of bottled water and nonperishable food
- Personal hygiene items
- Blankets or sleeping bags
- An emergency kit should be placed in your car



Prepare your family members for the possibility of severe weather. Tell them where to seek appropriate shelter as soon as they are aware of an approaching storm. Practice your emergency plan for every type of severe weather. Show family members where the emergency supplies are stored, and make sure they know how to turn off the water, gas, and electricity in your home.

Often by the time we are aware of an approaching storm, we have little if any time to prepare for it. But we do know that when spring arrives, thunderstorms, tornadoes, and floods are real possibilities. So why not take the surprise factor out of severe weather and prepare yourself, your family, and your home? If thunderstorms, tornadoes, and floods do occur, you'll be ready for them.