



# Reality House Programs, Inc.

THIRD QUARTER ISSUE  
VOLUME III: FY 2008

## **It's All About Reality...** **A Newsletter for Counseling, Re-Entry & Community Corrections**

### **Researchers Say Drug Use Akin to Traumatic Brain Injury**

December 6, 2007

#### **Research Summary**

Users of ecstasy and methamphetamine exhibit signs of brain damage similar to that suffered by victims of traumatic brain injuries, according to researchers at the [University of Florida](#) (UF).

A five-year study found that using these drugs can cause a chemical chain reaction leading to cell death in the brain, memory loss, and other potentially permanent problems.

"Using methamphetamine is like inflicting a traumatic brain injury on yourself," said Firas Kobeissy of the UF College of Medicine, who studied the brains of rats exposed to drugs and found that the damage they cause to certain proteins in the brain could lead to cell death and brain inflammation.

"We found that a lot of brain cells are being injured by these drugs ... When proteins are oxidized they are not functional. When proteins are not working, the cell cannot function."

The study was unveiled at a recent meeting of the [Society for Neuroscience](#).

### **RHP SAFETY & SECURITY REPORTS**

[OCTOBER](#) 2007  
[NOVEMBER](#) 2007  
[DECEMBER](#) 2007

## From the Governor's Office: Continuing Our Fight Against Meth

Friday, December 7, 2007

When the Congress cut anti-meth funding in Missouri it was another sign that Washington is out of touch with Missouri families. We have seen examples of this in Washington's failure to fight illegal immigration and now their failure to fund drug task forces in Missouri that protect our families from the scourge of methamphetamine. Where Washington has failed to act Missouri will ensure these teams have the needed resources to continue in the fight against meth.

Local law enforcement has taken bold steps as well. Since 2000, Missouri sheriffs have been using federal funding sponsored by U.S. Senator Kit Bond for the Missouri Sheriff's Methamphetamine Relief Taskforce, or MoSMART, to fight meth and provide vital resources to drug task forces throughout our state. MoSMART is in danger because those who control the Congress in Washington did not listen to leaders like Senator Bond who fought to keep the program. Instead, Washington cut the funding for MoSMART by cutting it out of the federal budget.

To protect Missouri families and ensure that our state's fight against meth continues, I have proposed \$1.8 million in supplemental funding for MoSMART to make up for the cuts caused by Washington's abandonment of this vital Missouri program. This funding will ensure that 48 sheriff's departments and Drug Task Force employees around our state who are currently involved in anti-meth efforts will stay involved in anti-meth efforts. We have made great strides in combating meth in our state and I will not let the failure of the Congressional leadership in Washington negate the progress we have made in eliminating the scourge of meth from our state.

Jessica Robinson, 573-751-0290

On the web at:

<http://www.gov.mo.gov/column120707.htm>



**Narcotics Anonymous**  
World Services

### **A NEW RESOURCE:**

We are pleased to let you know that we are starting to offer a daily email service for *Just For Today, Daily Meditations For Recovering Addicts* from NA World Services. This is in response to numerous requests we have had from the fellowship. In our role as the holders of the fellowship's copyrighted material we have been unable to give permission to others to publish the fellowship's literature in this manner. Since the fellowship seems to appreciate this electronic service we have found a fairly simple way to provide it free of charge.

This service will be available via subscription. The sign up area for this subscription is located at <http://www.jftna.org/cgi-bin/dada/mail.cgi>. There is also a link to this page from our regular subscription page at <http://portaltools.na.org/PortalTools/>

## Court Rejects Compulsory A.A. Attendance

December 3, 2007

### News Summary

The U.S. 9th Circuit Court of Appeals recently ruled in favor of a Buddhist drug offender who sued the state of Hawaii after he was penalized for not attending an addiction treatment program based on the principles of Alcoholics Anonymous, the Eugene Register-Guard reported Nov. 25.

Paroled offender Ricky Inouye was sent back to prison after dropping out of the treatment program, but successfully sued the state, saying his Constitutional rights were violated because the A.A. program was religious in nature.

In Oregon, cardiologist Patrick Bergin has filed a similar lawsuit against the state Board of Medical Examiners for forcing him to attend an A.A.-based treatment program. Lower courts ruled against him, but Bergin has appealed to the 9th Circuit, saying his First Amendment rights have been violated.

Bergin alleges that the defendants in the case, including the Board, the medical director of the Oregon Health Professionals Program, and a psychiatrist who evaluated Bergin's addiction problems, engaged in an "ongoing campaign of harassment intended to cause emotional and financial hardship." Bergin is seeking \$12 million in compensatory and punitive damages.

"No one was trying to tell him what to believe," said Kathleen Haley, executive director of the Board of Medical Examiners. "We were trying to find out if he was impaired and able to practice medicine safely."

In the Inouye case, the court ruled that the plaintiff had been coerced into a 12-step program because other options were not offered.

"In this case, it is essentially uncontested that requiring a parolee to attend religion-based treatment programs violates the First Amendment," the 9th Circuit ruled. "For the government to coerce someone to participate in religious activities strikes at the core of the Establishment Clause of the First Amendment," namely, "Congress shall make no law respecting an establishment of religion, or prohibiting free exercise thereof."

Cont. from page 2    A NEW RESOURCE: **NA** ON THE WEB

with specific instructions to complete your subscription. You will then receive the JFT meditations in your email box daily.

If you are interested in viewing the daily meditations online, you may do so at <http://www.jftna.org/jft/index.php>. The message changes daily on that website.

Thanks for allowing us to serve  
NA World Services



## Note from the Executive Director:

### ***Welcome to*** **It's All About Reality...**

A NEWSLETTER for Counseling & Community Corrections!

This newsletter is based on our belief that information sharing is good for the community and helps coordinate resources among area agencies, thus providing better services for our clients and community. Questions, comments, and suggestions are always welcome!

Please feel free to drop me a line, leave a message on my phone, 573 449-8117 (ext. 223), or email me with your comments and ideas at [Punam@RealityHouse.org](mailto:Punam@RealityHouse.org)

Joel Putnam, LCSW, CASAC

**Mail:**

Post Office Box 1507  
Columbia, MO 65205

**Main Facility:**

1900 E. Prathersville Rd.  
Columbia, MO 65202  
(573) 449-8117  
Fax: (573) 874-1225

**Downtown Facility:**

1200 Rangeline  
Columbia, MO 65201  
(573) 449-8401  
Fax: (573) 449-8479

I am very please to be able to announce a new service within our Programming here at Reality House.

The City of Columbia has approved the funding for two daily beds for some of our most subjugated Boone County citizens who are actively participating in their addiction recovery. This “new” funding became available January 1<sup>st</sup> and has already seen greater demand than services that are available.

Over the last three to five years I have noticed an increase in the number of these Boone County citizens who are involved in substance abuse treatment. Because of federal restrictions, many of the traditional housing options for the homeless are not available to many of the people that we serve at Reality House. While seeking employment, and until their first paycheck, these individuals are unable to find a place to live. In addition to the housing problem they require help with their basic needs, such as food, clothing, personal hygiene, bed linens, employment assistance, and sobriety monitoring. These additional client services are supplied by Reality House.

Thanks to the City’s Community Services funding Reality House will now be able to provide these beds, and services, to people who would normally be living on the streets of Columbia while attending counseling for their drug addiction.

It is my intention to expand this valuable resource in the near future.

*Dennis J. Winfrey, Executive Director*



#### ***OUR MISSION***

is to provide the highest quality counseling and community corrections in the least restrictive and most fruitful environment while staying true to our core principles of: providing professional substance abuse treatment and education as well as quality counseling; maintaining the rehabilitative focus of our clients, accountability to our courts, safety of our community, and retribution for the victims of crime.