



HPC strives to guide, educate, encourage, and support their clients



Beyond the Prescription - *The Importance of Teaching*



As all of you are aware, we have medical students rotating through our clinic. This is a mixed blessing for all of us. It's extra work for the staff and it can be uncomfortable for our clients because we frequently discuss difficult, sensitive topics during our visits. However, teaching at HPC is vital. Every patient who comes here has been treated poorly by a health care professional whether a doctor, nurse, or pharmacist. The only way we can hope to change attitudes and eliminate ignorance is through education—through the education we do here and the education each of us does in our communities as we share the knowledge and understanding we take with us from HPC.

A patient once told me that he overheard a group of women talking at a diner about what a great place High Point Clinic is! We **are** changing attitudes about addiction and addiction treatment and we are all doing it together! I know sometimes it is difficult having new faces in the room during a visit. Always remember if you really don't feel comfortable with a student in the room, they don't mind leaving. However, also please remember that this is an opportunity for them to understand you and what you have gone through so that they will be better equipped to help others in the future. Your willingness to share your experiences with them helps them grow and become better providers. The feedback we get back from the students on this rotation is amazing. They are so grateful for the time they get to spend with us and for what they learn here.

If we want things to change in health care, we must all be involved in the education process. We must all be willing to help change people's ideas and beliefs. The students who rotate through our clinic choose to come here, they aren't forced so they are the ones who really want to make change happen, but before they can help, they must learn. I know it can be difficult but it is more important than you can know. You truly touch their hearts with your stories and openness. That will help every new patient that these doctors will see for the rest of their lives. Thank you all for helping us train better providers!

Vance Shaw, MD, FASAM Board Certified by the American Board of Addiction Medicine

"The English word courage comes from the French word 'coeur', or heart; courage is the triumph of our heart's love and commitment over our mind's reasonable murmurings to keep us safe." Douglas Abrams

Railroad crossing look out for the cars.
Can you spell that without any R's?

that

Brothers and sisters I have none but
this man's father is my father's son.
Who is the man?

the man is my son

What has a head and a tail but no
body?

a coin

Which word in the dictionary is spelled
incorrectly?

incorrectly

When going to St. Ives, I met a man
with 7 wives. Each wife had 7 sacks.
Each sack had 7 cats. Each cat had 7
kits. Kits, cats, sacks and wives, how
many were going to St. Ives?

just 1



Relaxing breath

With a single choice,
my anxiety is gone...gone from my
mind and my heart.
Now that I am at ease,
the world feels different...
as do I

cayla fraizer

Chill Out

When you're in an awful hurry
And haven't time to spare
And everything's a worry
You're rushing here and there

While all the jobs are piling up
Like dishes in the sink
You haven't time to wash a cup
You haven't time to think

Stop... and smell the roses
That well worn old cliché
For sure as little apples
Tomorrow is another day

Margaret Foster

Don't believe everything you think



High Point Investigates - Washington County Family Justice Center - Feb 8, 10-11am, in the waiting room of the red brick building. This is a program of Alliance for HOPE International, and one of the leading domestic violence and sexual assault prevention and intervention organizations in the United States.

Mindfulness Meditation - Every Thursday, 3-4pm, High Point's group room. *Please note, you must be on time. The doors will be closed at 3:15pm.* Mindfulness is all about paying attention to one's body, breath, and thought; learning to be wholly present in every moment of life. It is being mindful of whatever happens, not about trying to get away or stop thinking.

SMART Recovery—Every Tuesday, 4-5pm, High Point's group room. *Please note, you must be on time. The doors will be closed at 4:15pm.* This is the leading, self-empowering addiction recovery support group. You will learn tools to help recover from all types of addiction and addictive behaviors. This is a self-empowering, abstinence-based, self-help support group (not a 12-step program) for both men and women.

Pregnancy & Mom's Groups—Every Thursday, 9 & 11am, at High Point. Receive specialized pregnancy and new-mom care through education, support and encouragement. Topics covered include neonatal abstinence syndrome, Finnegan scale, breastfeeding & nutrition, life skills, long-term birth control, understanding emotions and many others. If you would like to join these groups, call the office to make an appointment.



Straight from the Director's Pen - How Long is Your List?



I don't know about you, but I am a LIST person, a trait I apparently inherited from my mother who was also one of the same. My childhood is filled with memories of the grocery list placed with a magnet on the outside of our refrigerator door. Then there was the To Do list—to do now, to do later. The *really important* To Do List and then the less important To Do List. The list for how to get from here to there since there was no such thing as a GPS. The Christmas List. Now that was a fun one. I found (accidentally, of course) her Christmas list which had everyone's name and what she was giving them for Christmas. She was not very happy with me that year. Suffice it to say that I like my lists. I like to have my list and then I like to cross off the things I have put on my list and enjoy that momentary feeling of accomplishment. And, yes, I have been known to perform a task, which later I noticed was not on the list and then secretly add it so that I have the satisfaction of crossing it off. I do something; I cross something off; I do more things to my list. My goodness! It's time to start a new page—I need a fresh list now!

One year, right before Christmas I had out shopping. And, I lost my list! Oh shit. That even sure how I would be able to go through. Somehow, I managed to hold my life together that could keep me from falling apart.

So, you may ask, what is the point of Long is Your List? It may be that it is written on your phone. You may have a cool app that you use do. Maybe you are too cool for a list because but, do you have a mental list? Is your mind those things you have yet to do? Is your smile today waiting for tomorrow until you can do this or that or one more thing? Do you find yourself believing that you would be happy after you have done this, accomplished that? It could be anything from school, to marriage, and to having a baby.

If we are being totally honest with ourselves, we have to ask, is anything on our lists, once completed, going to add true happiness to our day? OR, should we just realize that our lists are infinite and that maybe, just maybe, we can relax, breathe and recognize that even though there are always things left to do, we can enjoy what we do and even have a good attitude in the process. I'm challenged to stop, look, listen, and enjoy where I am rather than being constantly on the go within the "what I should do." Let's all slow down. It's February which is a good, cold month. It gets dark early which I enjoy part of the year. It's winter and it's a wonderful time to let go of the fast pace with which we live our lives, run our races, and check off our lists. Maybe we can give ourselves permission to relax just a bit, take a deep breath or two and enjoy this moment and then the next because as my second mother has always told me, "Those things on your list will always wait for you." Happy February!



my list which included sub-lists within it and I was devastated for this list girl. At first, I wasn't the rest of my day. Somehow, I managed. without my list which I thought was the only thing

this writing? Well, my question for you is, How paper or it may be a list you have written on your to write things down that you need to remember to you can remember everything just fine without it constantly going round and round thinking of all