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*A
Safe Place
To Talk!*

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Empowerment Professionals PC Royal Oak & Grand Blanc, Michigan

The Opioid Epidemic Has The Full Attention of Law Makers!

"The main elements when you talk about opioid these days is the non-medical use of prescriptions like OxyContin and the surge in heroin use. They are all opioids... The effects are the same, and they're all of great concern." Jack B. Stein, MSW, PhD., director of the Office of Science and Policy and Communications at the Institute of Drug Abuse at the NIH.

While Alcohol has always been a problem we are now seeing cannabis, opioids and methamphetamine. The unfortunate reality is that as we win the war on prescription abuse those addicted turn to Heroin since it is readily available and often cheaper.

The Opioid Epidemic started more than a decade ago as I sat in a town hall meeting in Royal Oak, Michigan during 2005 and our community discussed the deaths of teenagers from Opioid/Fentanyl overdoses. Our panel included youth from our community that are experiencing this addiction. Many are starting drug use by age 12 putting them at greater

risk of brain damage since the brain stops developing the frontal cortex damage leaves them incapable of sound decision making, and they engage in risky behavior.

During 2013 the Centers for Disease Control and Prevention said the United States "is in the midst of an unprecedented drug overdose epidemic. Drug overdose death rates have increased five-fold since 1980...." The National Center for Health Statistics released the following facts during March 2016:

- Since 2000, the age-adjusted drug-poisoning death rate more than doubled, from 6.2 per 100,000 in 2000 to 14.7 per 100,000 in 2014.
- In 2014, 47,055 deaths involved drug poisoning. Of these, 82 percent were unintentional, 12 percent were suicides and 6 percent of all deaths from were of undetermined intent.
- The age-adjusted rate for deaths involving opioid analgesics nearly quadrupled, from 1.5 per 100,000 in 2000 to 5.9 per 100,000 in 2014.

- In 2014, nearly 65 percent of all deaths from opioid analgesics involved natural and semisynthetic opioid analgesics, such as hydrocodone, morphine and oxycodone.
- From 2000 to 2014, drug-poisoning death rates increased 2.7-fold for females and 2.2-fold for males.
- From 2000 to 2014, drug poisoning death rates nearly tripled for no-Hispanic black persons and for Hispanic persons.
- The drug-poisoning death rate is highest for adults aged 45-54.

Please watch the federal Comprehensive Addiction and Recovery Act (CARA) and other legislation related to addiction. Advocating for legislation that will extend inpatient and outpatient services along with family support services will bring awareness to the fact that addiction is a process in the brain. By it's very physical nature it is very difficult to overcome without the proper resources. Additionally, those with other brain disease find this co-occurring disorder often complicates their recovery process.

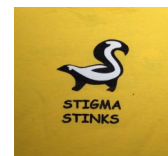
Special Events/Seminars/Workshops

REMINDER

June 1, 2016 We will **no longer** offer ASWB certified seminars/workshops.
New Format Onsite In-service Trainings & MCBAP Certified Substance Abuse Workshops.
10/24/16 Addiction Seminar
[see empowerment-pro.net](http://empowerment-pro.net)

ADDITIONAL OFFICE LOCATION

Empowerment Professionals
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Get a Free
Stigma Stinks T Shirt
When you join me for
NAMI Walk 2016





**Mental Health
1 in 4 adults
live with a diagnosable
mental health
condition. Mental
health and substance
abuse conditions are
common and, they are
extremely treatable!**



**Join me for
NAMI Walk 2016!**

**We Accept
Private Pay
And Insurance**

**Aetna
Blue Cross
Cigna
EAP Offerings
Magellan
McLaren
Medicare
Meridian
MHN
Military OneSource
Value Options**

Changing Minds Community Outreach.....



NAMI Walk 2016

Join my team as we
walk for NAMI Metro

Please sponsor me, or join my team, for NAMI Walk 2016 Saturday, September 24th at Belle Park on East Jefferson, Detroit, MI 48207. Be as generous as your personal funds will allow! Every donation, no matter what the size, will be deeply appreciated and will continue our vital out-reach in the community.

If you would like to join me I would love to have you on my team. You can do the walk only

and we will be glad to provide a "Stigma Stinks" T Shirt when you sign in at the walk. There is no participation fee or cost to register, we provide snacks, so feel free to join us at the walk and help us bring attention to the need for mental health services. I'll be glad to help you get register!

NAMI-Metro is a dynamic group that educates and supports. Funds from this event will help provide the many needed programs that support those with a biological brain disorder and their families. While there is no cure as of yet, there is treatment

that has proven to be effective in helping individuals diagnosed with a mental illness to live full and productive lives.

Please click on NAMI-Metro to insure funds will help support programs in Metro Detroit.

I urge you to click on my team link to donate today!

[http://
www.namiwalks.org/
participant/
Reachforthestars](http://www.namiwalks.org/participant/Reachforthestars)

Thank you for supporting this important community outreach!



Psychotherapy and Other Supports

**Part time therapist wanted
for Grand Blanc office. Contact
BJ at 810.771-7732**

Psychotherapy

Appointments Are Confidential Individual therapy helps you gain insight into the cause of your problems and seek positive alternatives. Couples counseling provides an area where two people can learn to communicate individual needs and negotiate a healthy partnership. Family counseling helps family

members gain an understanding of disruptive problems. Improved communication skills provide new ways to reach solutions that lead to greater family harmony. Therapeutic supports are available for adolescents and adults.

OCCPNS

Oakland County Private Practice Network and Support is a vibrant group interested in supporting each other with group or one-on-one dis-

cussion directed to the various aspects of private practice.

As of July 1, 2015 our format changed. We will no longer hold the 1 or 2 hour networking events on a regular basis. This outreach will change from time to time to meet the needs of our members and community. Contact BJ at Empowerment 810.771.7732 or: practicepro@empowerment-pro.net for more details. Watch empowerment-pro.net for new dates on events.

Private Practice Start Up - New Networking Format - Seminars

Private Practice Start Up Our "How To Start Your Own Private Practice" workshop is offered twice a year and includes a free copy of our book "Solo Private Practice."

We will offer MCBAP "Related" Continuing Education credit on this seminar, but will no longer provide Social Work Clock Hours.

Watch our website for details or call BJ at 810.771.7732

One-on-one consultant services are available upon request.

We are not accepting anyone new for our "incubator program" " for those in early start up at this time.

Reach For The Stars!, provider #1190, will no longer offer ASWB Workshops/Seminars after June 1, 2016. Please see our website "Contact Us" page for more details.

This outreach now has a new

format. We will be offering Onsite In-Service Trainings. Organizations may provide their own Social Work Clock Hours or request this service from us. Trainings and workshops will also be certified for MCBAP Substance Abuse Workshops upon request.

A limited number of workshops will be announced. See our website for Fall 2016 offerings and new opportunities to network . We will be offering new opportunities to network soon!

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**Helping You Build A Solid
Foundation For Positive Change!**



Proud Member of The Dynamic
Royal Oak Chamber of Commerce!

Tips To Avoid Road Rage

1) Make every attempt to get out of the way of an aggressive driver; 2) Do not challenge drivers by speeding up or trying to prevent them from getting in your lane; 3) Wear your seat belt; 4) Avoid eye contact it can trigger aggression; 5) Ignore obscene gestures and never respond in kind; 6) Use your horn sparingly this often triggers anger; 7) Lock your car doors - when in town keep the windows and sunroof only partially open; 8) Report aggressive drivers to the police; 9) If an aggressive driver gets in an accident, stop at a safe distance from the scene, wait for police, and report the driving behavior; 10) If you're pursued by an angry motorist, never go home - drive to a police station or another place where you can get help.

Substance Abuse Support Heroin Addiction

Some places to turn to if you or someone you know needs help with a heroin addiction and treatment.

■ Southeast Michigan Community Alliance: (800) 686-6543 or SEM-CA.org.

■ In Oakland County, Prior Authorization and Central Evaluation: (248) 858-5200.

■ Macomb County 24-hour crisis hotline: (586) 307-9100.

■ Macomb County substance abuse helpline: (586) 541-2273.

■ Narcotics Anonymous in Michigan: call (877) 338-1188, www.michigan-na.org

Emergency Services

Common Ground Sanctuary
(248) 547-2260

Support

NAMI Metro
(248) 348-7197

Prevention

Royal Oak Community Coalition
(248) 546-7622

FOCUS ON THE INDIVIDUAL, MIND, BODY, EMOTION, AND SPIRIT.

Each Client is Unique

Each client is unique, therefore a thorough evaluation is done to determine the type of therapy and supports that will best meet their needs. If Life Coaching is requested by the client, placement will be made after the appropriate assessment has been completed and it is deemed appropriate.

Our Mission

To assist clients in utilizing their skill to the height of their potential; by helping them determine what they want, what they are willing to do to achieve it, and help them to remain focused until goal is obtained.

Therapy and Support

Individual • Family • Couples
Clinical Counseling reflects classic systems approach, use of DSM-5, supportive short term therapy, motivational interviewing, integrative health and wellness approaches with appropriate intake and referral as needed.

Career Counseling And Consultation

For tenure and promotion - college/university tenure track, junior faculty and mid-career faculty (assistant/associate professor level) is available with Dr. Larry M. Gant Ph.D., LMSW.



Detroit Metro and beyond.....

Now in Grand Blanc!

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and Private Pay!

Our Staff!

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Consulting • Coaching

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