



# THE DAYBREAKER

October 14<sup>th</sup>, 2021



Today we had 16 in person and 8 Zoom attendees



- This quarter all Happy Bucks will benefit Home with Hope. Please be very happy to benefit this great organization.
- Daybreak Rotary is a partner club in a fundraiser involving selling Copper Moon Rotary coffee in both K-Cups and bags. Sales would be contactless on the internet. The club will make \$3 for each bag and \$5 for a box of 24 K-cups. Orders will be taken at <https://founders1905.com>
- The fall Gifts and Requests cycle is underway, and applications will be taken until October 22.
- We have a joint service project with the Satellite group! If you have any new or gently used winter coats, socks or blankets that you would be willing to donate to those in need, bring them to our next meetings and we will collect them to add to their donations. More information to follow.



**INVOCATION:** Elizabeth Richards

**VISITORS:** none

**PROGRAM:** Allison Miner – Meridian Health Services

Allison presented a program on Home with Hope and their new relationship with Meridian Health Services. HWH has been in the business of helping people recover from substance abuse for the last 50 years and recently was purchased by Meridian Health Services. Allison



is very excited about the new opportunities this presents and the added services that will be available to their clients with the addition of many counseling services provided by MHS. They will also be able to link with the in-patient services available to provide a place for people to start the process before they are stable enough to be in an out-patient program, especially since HWH has a zero-tolerance standard in their facilities. Clients will now be able to start in an in-patient facility, transition to Recovery House and then to the outpatient programs

MHS also plans to remodel the HWH facilities and make changes to the population they can serve. A major part of this will be to provide services for pregnant women with the renovation of the apartments. This will move the men who are presently using ½ the apartments to a separate men's facility at 1119 Ferry, while the women will stay at the 11<sup>th</sup> and Tippecanoe facility. The program for pregnant women is especially necessary and will give these women and their children a place to live for up to 2 years. The hope is also to finish the remodeling eventually at a second men's facility.

Allison described their program as a 12-step program to treat substance abuse. The program has been a 6-month, 3-month and 4-month program, but they actually find that people who stay with the program for 1-2 years have a better success rate. They find their success rate to be 20-30%, which is excellent in the world of substance abuse. Clients often relapse and restart the program, the record being one man who was in the program 14 times.

Alcohol continues to be the majority of cases, routinely over 50% of clients, particularly older clients. Heroin and methamphetamines are used by younger people and usually these people lose their productive lives much earlier.

HWH receives referrals from the Court system, but also friends and families and agencies dealing with clients with mental health and substance abuse. A high number of referrals are actually from distant counties and locations, Shelbyville, IN actually being a large source, but up to 40% come from outside Tippecanoe County.

The pandemic has put new stresses on the system and local agencies have dealt with this in several ways. With a number of homeless who are not allowed inside some facilities, HWH cooperated with other agencies in providing a food box where the homeless can simply take food items they need. This also provides nasal Narcan, a drug to treat opiate overdose and 6-8 of these are taken each week!

Most of their clients come from trauma filled environments and the average age of starting to abuse substances is 7 years old! These children often deal with traumas that most of us could not imagine and dealing with these traumas is a large part of their treatment. They also need to find ways to not return to these environments, where substance abuse is rampant, once they are clean. If they don't have an option except return to their "homes" they often relapse as they are encouraged to go back to using in these dysfunctional home settings.

Allison ended her remarks and answering many questions with the hope that we seem to be realizing and learning more about substance abuse as a society and are starting to develop more successful strategies for dealing with it. She also pointed out that the

Lafayette area is resource rich – with available jobs and support services to have people end the cycle of trauma and substance abuse.

**Thought of the Week:** Always try to learn from other people's mistakes, not your own – it is much cheaper that way!

**Trivia for the week:** What country is credited for introducing the phrase "trick-or-treat"?

### **UPCOMING PROGRAMS:**

October 21 ~ Susan Kersey – Psych Nurse Practitioner Program - Update on the Success of the Program

October 28 ~ Ray Kramp – District Governor visit. We will also be presenting 7 Purdue Nurse Practitioner Scholarships at that visit!

November 4 ~ Alyssa Montgomery – Life Has No Boundaries

November 18 ~ Anita Tiemeyer – The Holocaust