

Quarterly Newsletter

October - December 2024

I'm All "N"



FOUNDER-PAMELA FRAZIER



Welcome to Our Latest Edition of N' The Spirit Transformational Living

We're so glad to have you with us as we journey through another season of growth, healing, and transformation! At N'The Spirit Transformational Living, we are committed to supporting the community and creating spaces where recovery, spiritual renewal, and wellness flourish.

Your continued support helps us extend these services to even more individuals in need. If you feel moved to contribute, we welcome donations of any amount, which can be made directly to www.nthespirit.org/donations or scanning the QR Code

Every contribution, no matter the size, helps fuel our mission and expand our impact.

Please stay connected with us! We'd love to hear your thoughts, questions, and feedback. Reach out through [email or contact information], and don't forget to follow us on [social media platforms] for regular updates and news on upcoming events.

Thank you for being a part of our community!

In gratitude,



Pamela Frazier



In this newsletter
you can expect:

Welcome Back

Community
Updates/News

Educational
Tidbits

Special
Highlights

Contact Info



Our annual Wisconsin Dells event was a great hit and enjoyed by all.



Staff Corner

It is an honor to work with the N' The Spirit Transformational Living Team!

I'm excited to be a part of a team who cares so genuinely for their clients and strives to ensure their safety.

It is my pleasure to have an opportunity to be an example and to give back to clients what was so freely given to me.

Debra Harris



COMMUNITY NEWS/EVENT



Play written by one of my clients focusing on how recovery changed her life.
The N' The Spirit ladies attended this powerful show

"Beyond the Door" is a powerful stage play written by Denise Jones, based on her memoir *Who Said It Couldn't Be Done?* The play was performed at the Beverly Arts Center in Chicago from September 13-15, 2024. It delves into Jones's harrowing journey of surviving abuse, addiction, and incarceration, while eventually finding redemption through faith and recovery.

The play explores themes of trauma, survival, and the resilience of the human spirit. It tells the story of Jones's experiences growing up on the West Side of Chicago, where she faced poverty, sexual abuse, and addiction from a young age. Despite these challenges, her transformation into a community leader and author is depicted, offering a message of hope and healing to audiences.



COMMUNITY NEWS/EVENT

Counselor Day Observed September 20, 2024



National Addiction Day, established by Pamela Frazier in 2002, is celebrated annually on September 20th. Thanks to Pam's initiative, the Addiction Counselor Award is presented each year in recognition of outstanding contributions.

The 13th annual National Alcohol and Drug Addiction Recovery Month was observed in September. In recognition of the month and to honor the work of **addiction counselors**, NAADAC designated Sept. 25 as "National Addictions Counselor Day." It has now been changed to *National Addiction Professionals Day*, held yearly on September 20.

To promote the day, NAADAC issued a press release to national media and invited affiliates, treatment providers, and government agencies to publicly recognize the dedicated work of addictions counselors.

The idea of designating a day for counselors was the work of **Pam Frazier**, president of NAADAC's Illinois affiliate, and other members of that organization.

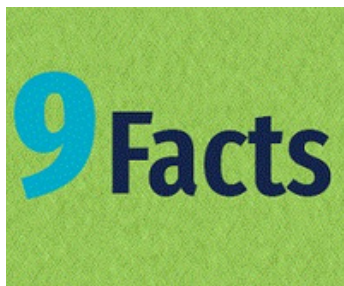
September was set aside to highlight the advances made in substance use disorder and to educate the public that addiction is a chronic but treatable health problem that canny anyone. The theme for that year's Recovery



Karen Elliott-Clark, with Pam Fraizer, received The Pamela Frazier Counselor of the year award. N' The Spirit ladies attended the event.

Month was "Join the Voices of Recovery: A Call to Action." The goal was to eliminate society's negative attitudes towards individuals seeking treatment and those in recovery.

Recovery Month was an initiative of the Center for Substance Use Treatment.



We're back with 3 additional facts that people sometimes have about the Dis-ease of Addiction. When you understand that the dis-ease can be arrested, you step into a world of unlimited possibilities for your child or loved one.



Your child can be ambivalent about treatment and it can still be effective.

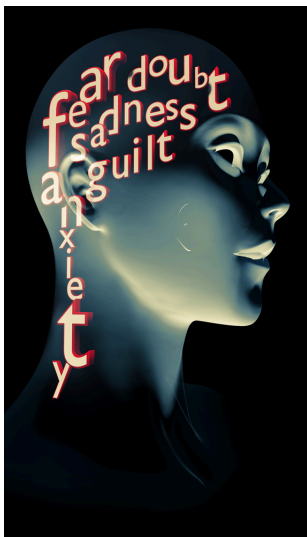
While some welcome the opportunity for treatment, most will be conflicted about stopping their substance use. Studies show those who enter drug treatment programs as a result of loving pressure do comparatively better in treatment, regardless of the reason they sought treatment in the first place.



Relapse is common and represents a learning opportunity

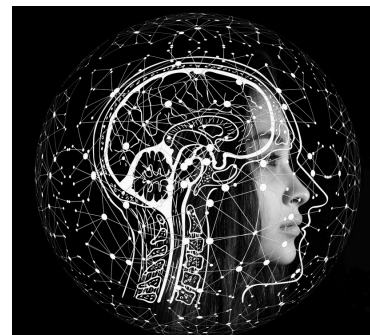
Relapse doesn't mean that treatment hasn't worked. As with all chronic diseases, many people have one or more relapses before achieving long-lasting recovery.

Relapses happen both when the person is doing well or when struggling, and can serve as a learning opportunity to identify what triggered the relapse—and to find ways to address it for the future.



Positive behavior and communication skills are more effective than punishment.

Addiction is a brain disease and needs family support as with any other chronic illness. Shaming, detaching, or punishing often backfires, with kids spiraling further into risky substance use and isolation.



What does work is reinforcing positive behaviors, finding healthy activities that compete with your child's use and letting him or her experience natural consequences. Coupled with empathy and compassion, this approach (known as CRAFT) is a scientifically-proven way to help parents change their child's substance use.



Special Highlights



N' The Spirit Partnered with South Side Heroin/Opioid Task Force educating and distributing Narcan to prevent Overdosing

Narcan (naloxone) is a life-saving medication designed to rapidly reverse opioid overdoses. It works by binding to opioid receptors in the brain and blocking the effects of opioids such as heroin, fentanyl, and prescription painkillers. When administered during an overdose, Narcan can quickly restore normal breathing in a person whose breathing has slowed or stopped due to opioid use.

Benefits of Narcan:

- **Life-saving in Emergencies:** Narcan is highly effective in reversing opioid overdoses, potentially preventing death when administered in time.
- **Easy to Administer:** It comes in a nasal spray or injectable form, which can be used by anyone, including bystanders, without medical training.
- **No Harm if Administered Incorrectly:** Narcan has no effect if administered to someone who has not taken opioids, making it safe to use even if an opioid overdose is only suspected.
- **Widely Available:** Many pharmacies provide Narcan without a prescription, and it is often distributed in community programs and harm reduction efforts.

- **Increased Access in Public Spaces:** Schools, community centers, and first responders frequently carry Narcan, expanding access in places where overdoses are more likely to occur.
- **Promotes Recovery:** By preventing overdose deaths, Narcan provides individuals the opportunity to pursue long-term recovery and treatment options.

While Narcan is an essential tool in combating the opioid crisis, it's important to note that it is not a substitute for comprehensive addiction treatment. It offers immediate intervention but should be followed by proper medical care and support.



September is Suicide Prevention Month

Special Highlights



Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

September is Suicide Prevention Month - a time to raise awareness of this urgently important crisis. We use this month to shift public perception, spread hope and share vital information to people affected by suicide. Our goal is ensuring that individuals, friends, and families have access to the resources they need to discuss suicide prevention and to seek help. (NAMI)

N' The Spirit Partnered with two agencies Brighter, Behavior, Choices Inc. and TEECH, in training SUICIDE PREVENTION

Brighter, Behavior, Choices Inc., is a not-for-profit, licensed intervention & recovery home provider agency for Women. This structured, alcohol and drug free program offers rewarding experiences toward sustainability by utilizing holistic, therapeutic & realistic approaches.

6525 South Campbell Avenue, Chicago, IL 60629 / For more information, you can contact them at (773) 434-5526.

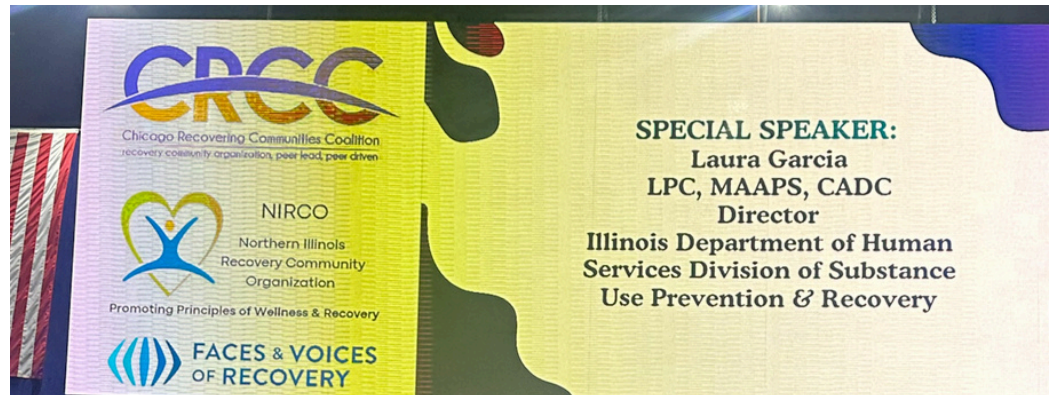


TEECH Foundation, located in Chicago, IL., is involved in community support and recovery efforts, particularly addressing addiction and mental health issues. The foundation works on reducing stigmas associated with these challenges and provides educational and recovery resources. It also partners with other organizations to support individuals in active addiction, recovery, the homeless, and other vulnerable populations. The organization is funded in part by the Illinois Department of Human Services.

For more information, you can visit their official site at: teechfoundation1.org. Their main office is located at 1750 W 103rd Street, Chicago, IL 60643.

Special Highlights

Recovery Rally



As an active RCO, N' The Spirit proudly participated in a transformative event on September 21, 2024, that became a vital part of the national recovery movement. The mission was clear to actively work to turn the heroin highway into the recovery pathway.

The event was co-hosted by the Chicago Recovery Community Coalition (CRCC) and the Northern Illinois Recovery Community Organization (NIRCO), in partnership with Faces and Voices of Recovery.



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N' The Spirit Transformational Living