

Comprehensive Addiction Programs, Inc.

CAP Chronicle

Special Interest::

- Detox Now Open
- David Guerrero Bio
- Recovery Poems

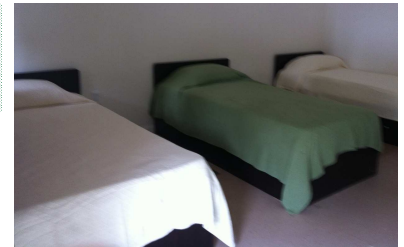
CAP and Fresno County Partner in New Detoxification Center

Comprehensive Addiction Programs, Inc. (CAP), in partnership with Fresno County Department of Behavioral Health, opened a new detoxification and pre-treatment stabilization center on July 5, 2011. The center is a free-standing, non-medical residential detoxification unit serving Fresno County.

This program offers a safe, supportive environment for individuals to withdraw from using drugs and alcohol and connects them to addiction treatment and recovery services. The facility has 12 beds and serves adult men and women in 14-day programs.

Juanita Fiorello, CAP's executive director, believes this service plan is a significant improvement over traditional stays of three to five days for detoxification only. "The extended stay allows adequate time for trained staff to stabilize and assess participants and help them develop plans for transitioning to treatment services in the community."

Services include bedroom and bath facilities, nutritious meals and snacks, basic personal necessities, 24-hour supervision, withdrawal support, peer group counseling, addiction education, and mental health assessments where indicated.



In addition, clients receive assistance with decisions about their continued treatment and recovery needs. Recommendations for further care may include residential treatment, outpatient treatment or sponsorship programs such as Bridging the Gap and Alcoholics Anonymous or Narcotics Anonymous.

The cost of treatment is \$910 for 14 days. Private payment and credit cards are accepted, and Fresno County funding is available for eligible applicants.



Inside this issue:

Board Bio Debora Lockhart	2
Featured Employee David Guerrero	2
Men's Wearhouse Suit Drive	3
Recovery Poems	3
Meetings	4
Social Media Connections	4
Donation Info.	4

Detox News

Detox is up and running and proving to be a well-needed service in Fresno County. Things are going well and all 12 beds are filled. So far we have served 16 clients and 12 of those are near completion.

If you or someone you love needs detox treatment you can apply through phone and be placed on the waitlist. If you have any questions about detox please call (559) 485-6364.

Featured Board Member Debora Lockhart

Debora Lockhart was born and raised in suburban Chicago until 1973 when she moved to Fresno, California. She attended Heald College of Business and Fresno City College, where she began studying Microbiology. In 1980 she married and later became the mother of three.

In 2005 Debora joined the board because she felt personally connected to CAP and the clients it serves. Having felt helpless dealing with addictions in her own family, she felt compelled to do what she could to help others suffering from addictions.

She said that the clients and staff at CAP regularly inspire her to be a better person and help her overcome her own obstacles.

One of the projects Ms. Lockhart was instrumental in resurrecting is CAP's community garden. Working in her own yard and garden gave her an outlet for her frustration and she felt the clients could benefit from it as well. She has also made other suggestions that have helped improve the overall appearance of CAP.

Debora has experience in leadership roles and in business. She owns and runs a company called Busy Bee Fundraising and Gift Baskets and has 30 years of experience in the field. Through her company she is able to provide products and assistance to help schools, youth organizations and other non profits to earn money for various needs.

Through the years Debora has assisted numerous non profits with time and donations. She is a member of the Oneness Center Church in Fresno and continues to search for ways to make her community a better place to live and raise families.



Featured Employee David Guerrero

David Guerrero was born and raised in Fresno, California. He began his journey at CAP September 12, 1994 when he was court ordered to treatment due to several DUIs. Getting into CAP was not an easy feat for David; he was placed on a waiting list and had to come back each day at 2:30 p.m. to check if there were any beds available. He did this for 18 days before being accepted into the program, where he stayed for 90 days.

After being invited to attend a meeting held by CAP's alumni group, the

Rooters, David found his way back to CAP. On February 3, 1998 David began working as a Detox Monitor. Within a year he was promoted to Assistant Detox Manager, where he stayed until detox closed in September 2009. He now works as the Support Services Supervisor for all CAP programs and is the second longest-standing employee.

David said he had no intention of ever working at CAP, but he has stayed so long because of his fellow employees. He feels those who work at non profits are people who genuinely care and it motivates him to do more.

One of the projects that he initiated in 2005 is the Rooter's Toy Drive, which provides toys for clients' children at Christmas. Another one of his ideas was to make CAP's annual Halloween Party open to the public,

which has now been a tradition for 6 years.

David felt that one of the main reasons that recovering addicts relapse is because they go back to the same social environment and situations as they were in before treatment. His main goal is help keep CAP alumni connected and give them a safe haven in a support group. He does this by providing enjoyable sober events such as the Halloween Party.

David loves the holidays and is great at planning ahead. He always knows the exact number of days until Christmas and he buys a new Halloween mask every year. In addition to the holidays, his hobbies are playing video games, reading comic books, and watching movies with his 13-year-old son, Joel.

Thank you Mr. Thornhill for the patio furniture!

CAP Has Partnered With Men's Wearhouse in their National Suit Drive



Please help by donating your gently-used suits to our local stores located at:

639 E. Shaw Suite 103 &
488 E. Shaw

Suits will be given to clients to wear in their job search after treatment.

Special Thanks to
Ferguson Plumbing
for the building
materials !!!

The Truth About Inhalants

Inhalants have become one of the most common forms of intoxication from everyday substances. "Inhalant" refers to the vapors from toxic household substances such as shoe polish, glue, gasoline, lighter fluid, nitrous oxide or "whippets," spray paint, cleaning fluid, and lacquer thinner.

There are several ways to inhale the vapors from these substances. One way is sniffing vapors directly from an open container, or huffing, breathing the fumes from rags soaked in chemicals. There is also bagging, where users inhale fumes from substances placed inside

paper or plastic bags.

No matter which way inhalants are used, the effects are similar and are comparable to anesthetics, which slows the body's functions. Preceding the high is drowsiness, light-headedness and irritation.

The use of inhalants can cause damage to the heart, kidneys, brain, liver, bone marrow and other organs. Inhalants put the user at risk for Sudden Sniffing Death Syndrome, which can occur during first or the 100th use. Of those who have died from inhalants, 22% had no history

of inhalant abuse.

Inhalants use is especially common among teens. "A US survey, combining data from 2002 to 2006, found that an annual average of 593,000 teens aged 12-17 had used inhalants for the first time a year before they took the survey," said The Truth About Drugs.

Inhalants are both mentally and physically addicting. Unfortunately inhalants are not regulated under the Controlled Substance Act, but 38 of the states have put restriction on the sale to minors of certain

products that are commonly used as inhalants. There are also some laws in the US prohibiting the recreational use of nitrous oxide.

The fact that the use of inhalants is not illegal may cause teens and others to think that they are not harmful, but the fact is that they are just as harmful and addictive as many other drugs. It is important to educate children and adults about the risks, to increase awareness that inhalants, although not illegal, are capable of ruining lives.

You Are My Light

Take me away from this place

Away from my fears

Pick me up, dust me off

And wipe away my tears

No one can tell

No one can see

How I feel

And what's hurting me

I'm losing my hearing

And losing my way

I'm losing my sight every day

If I could just see

the light coming near

If I could just hear

the whispers move clear

Then there you are holding my hand

Carrying me through

Restoring my hearing

Featured Poems by CAP Clients and Employees about Recovery

Addiction, Treatment and a New Life

Drugs and Alcohol, oh what strife
Shackler and chained, I had no life
Dead end streets, a rollercoaster ride

Families lost, along with my pride

Jails, institutions and death

Oh my God, look to what depths

Then I hit my bottom

I thought I was in the city of Sodom

My hopes, my dreams all were lost

I wanted out at any cost

12 Steps and 12 Traditions

Reaching out for my condition

Experience, strength and hope

To have a life without dope

Reunited with family, children and wife

Addiction, Treatment and a new life

Noel Gonzalez

Meetings

Narcotics Anonymous
(Men Only)

Mondays

7 p.m.

Alcoholics Anonymous
Birthday Meeting

Last Saturday
of the Month

7 p.m.

The following meetings are open to the community

Visit our website at
www.caprehab.org

Like us on

facebook

Click Here

Yes, I would like to help CAP with an: (circle) In-Kind Gift Pledge Volunteer

Name: _____ Phone Number: _____

Address : _____ City: _____

State: _____ Zip: _____ e-mail: _____

\$20 ____ \$50 ____ \$100 ____ Others \$ ____

Please mail to: CAP 2445 W. Whites Bridge Ave. Fresno, CA 93706

Comprehensive Addiction Programs, Inc.
2445 W. Whites Bridge Ave.
Fresno, CA 93706
www.caprehab.org



For questions or suggestions regarding the newsletter
contact Carrie (559) 264-5096 ext. 14