



OUR TURNING POINT

Turning Point, Inc.

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Greetings from Our President



by Dr. Peter Hayden

This is the second in a series of three articles on Co-Occurring Disorders.

Dr. Satcher's *Mental Health: Culture, Race, and Ethnicity: A Supplement to Mental Health: A Report of the Surgeon General* (U.S. Public Health Service 2001) notes, "There is very little research or information about mental health and substance use/abuse in various cultural, racial, and ethnic groups." As a result, Turning Point's literature review search on treatment and prevention of co-morbid, mental illness, and substance use/abuse disorders (MISA) and substance use/abuse disorders in African Americans does not yield any studies focused on African Americans. There are few studies on the prevention of mere substance use/abuse in African Americans. In addition, there are few studies on prevention of relapse in African American clients with co-morbidity of mental and substance use/abuse disorders. The sad reality is that drug use and African Americans with co-occurring disorders is not a major public health priority in the United States at this time.

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President Appointed to Governor's Task Force

by Elizabeth A. Reed,
Chief Operating Officer



Breaking News: Turning Point's President, Dr. Peter Hayden, has been named to Governor Mark Dayton's Task Force.

We are proud to announce that our President, Dr. Peter Hayden, has been appointed to serve on the Task Force on Medical Cannabis Therapeutic Research. The Task Force was created as part of the bill passed in May that legalized some forms of medical marijuana.

Dr. Hayden is one of 16 appointees from throughout the state to the Task Force. The panel includes four patients or their parents, four law enforcement entities, four substance abuse treatment providers and four health care providers. Two lawmakers each from the Minnesota House and Senate, as well as the commissioners of health, human services and public safety.

I'm proud to say that Turning Point continues to follow our mission which is to meet the needs of our community, beginning with chemical Health. In 2013 we helped 454 clients on their way toward recovery, stable housing and a crime-free lifestyle.

"As the president of Turning Point, I am honored to receive this appointment, and I accept it on behalf of the Board, staff and clients of Turning Point," Dr. Hayden said. "This honor reflects on the hard work of this organization over many years."

Being part of this Task Force is just another example of Turning Point's commitment to the people and community we serve.

MISSION
VISION
SERVICE

Inside this issue:

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KEEP IN MIND:

3rd Annual Turning Point Honors Event

April 17, 2015

honoring Dr. Frank Wilderson





Mr. Lewis, Mr. Shabazz-Bey, Speaker Martin Smith, Mr. Dickerson, Mr. Harris and Mr. Wilson attend an AfterCare meeting.

Photo by Walter Marmillon

by Woodrow Jefferson AfterCare Coordinator

Over the last year, Turning Point's AfterCare program has continued to grow to the point that when clients have completed their requirements for either probation or parole, they chose

Making a Connection—Man to Man

AfterCare as one of their weekly meetings to attend regularly. AfterCare is a weekly support group, focusing on the ongoing issues of people in recovery building sober lifestyles.

This past year we made a new connection. The Monitors Social Club holds their monthly meetings at Turning Point, and men from the Monitors and clients of Turning Point have started to bond with each other.

Every month for the past nine months, one of the men from the Monitors has stopped by our After Care meeting for the first 10-15 minutes and has spoken to the men on various topics,

such as *how to prepare yourself for success, learning how to overcome adversity, staying on task, and finding ways to put a business plan together*. Some have shared stories of their own personal battle with addiction.

It all started one day when TJ Ticey and I were greeting each other before a Monitors meeting. I asked him "why do we walk past each other acting like the other man doesn't exist?" He said that was a great question and that he would see to it that it wouldn't continue. Observing these past few months, I can say that our clients have really appreciated listening to successful men tell their stories of how they

overcame roadblocks and obtained the goals they set for themselves.

As the Monitors broke for the summer off, they made another gesture to our clients: they donated their entire dinner to the men of AfterCare. In showing our appreciation, all the men from AfterCare went over to the room where the Monitors were having their meeting to thank them and give them around of applause.

I can't wait till the men from the Monitors start their meetings up again in September. I so look forward to us and them meeting Man to Man.

Trauma and "Life Shocks" Effect Brain Development

by Angela Reed Culturally Specific Services Manager

As a follow-up to my article on life shocks in the December newsletter, I felt it necessary to explain a little bit more about the long-term neurological effects of life shocks on our children and families. It is well known that a number of our children, youth, and families are homeless, impoverished, and struggling to succeed. Children and families are often blamed for decisions that do not alleviate these problems. But the fact remains that a number of individuals experience multiple traumatic events but don't pursue therapeutic help to address these events and their impact. It is a common belief that regulating our emotions and displaying determination should fix these complex problems and outcomes but

sometimes it's just not that simple. And many deserve compassion when they are getting harsh rejection and false expectations resulting in discouragement, generational poverty, unsuccessful aspirations, and self-destructive choices.

Brain development, and particularly structures involved in executive functioning, occurs at different rates in children, leading to differential performance in school. Due to neuroanatomical changes secondary to the stress response, children who have experienced stress as a result of poverty and traumatic events may be at increased risk for cognitive difficulties, including attention, executive functioning, and processing speed.

Prevalence rates among urban children suggest that 70% or more have been exposed to trauma.

Hundreds of thousands of children each year are terrorized, abused, neglected, or maltreated in some fashion. The nature of this exposure can be severe, ongoing, and even a fact of normal daily life, leading to traumatic stress reactions at disproportionate rates. Early exposure to extreme stress may affect children's neurocognitive development and specifically intellect, verbal abilities, and school performance. With more traumatic events occurring outside of the classroom and minimal to no psychological help and support, it is only natural that students are not able to work and learn at their full potential.

Although related stressors are pervasive, not all children are affected equally and some demonstrate remarkable resilience, termed stress resistance. Key factors relat-

ing to fostering the resilience of our families is related to support, leadership, and relationships.

So I encourage you to offer understanding and take efforts to build our community with compassion. Our motto is "when spider webs unite, they can tie up a lion." This is our goal at Turning Point, to help build the spider web. We do this through education, advocacy, support, leadership, and policy. We do this one person, family, and one initiative at a time. Make a personal plan to do what you can for your fellow community members. You never know what they have faced, and all they might need is support and uplifting. Remember it takes large levels of long-term, predictable peace to overcome traumatic events and for some that's not always easy to come by.



CSSC Launches New Training Program

Turning Point announces the 2014/2015 Culturally Specific Training Platform. These trainings are fun and educational. Created under the guidance of our national mentor organization, these uniquely catered and focused trainings create an experience that leave participants motivated as well as educated. Our trainings are not constructed to be a

“one size fits all” model. Our educational format is a customized education modality, created to accommodate the different cultural needs, experiences and beliefs of the individual, provider, community, and organization. Turning Point understands the complex multi-layered challenges and obstacles that individuals and organization from

the African American community face. We offer trainings directly to community members and organizations serving African American populations.

If you are interested in more information, including a list of the trainings offered, please contact Angela Reed at 612-302-4115.



Angela Reed and Woodrow Jefferson are instructors for CSS Training.

Photos by Walter Marmillion

Turning Point Family Celebrates Anniversary and Sisters

This year Turning Point is celebrating 38 years of service in the community. Our second annual Family Day celebration marked the occasion, and combines it with the opportunity to honor our long-term prayer warriors: the Visitation Sisters of Minneapolis.

Gathering clients, staff, their families and the Sisters, Family Day celebrates our connection to each other, and the way we make each other stronger. Staff members

ran the barbecue and brought a feast of side dishes for the whole crowd.

Dr. Peter Hayden spoke of Turning Point's beginnings, and something of what it has meant to so many over the years.

Gifts were presented to the Sisters for all they do throughout the year to support staff and clients. Gifts were also given to clients who had participated in the room dedication presentations.



Visitation Sisters enjoy Family Day.

Photo by Walter Marmillion

Staff Keeps Clients Engaged and Active

In April, clients attended the Kwanzaa Church to serve a women's dinner. They also went to Richard Green Central School for the K-12 Parent Advocacy workshop, and to the Fatherhood Health Summit at the UROC center.

In May, they attended a Men's Conference at Shiloh Temple, which was a great chance to see and hear powerful black man of God speak. They also attended the 1st annual Malcolm X conference at North High School.

In June, clients participated in our Family Day (see above), and the 5th annual **Stop the Violence, Bring the Unity** event. They also went to the Jesus Set Free church picnic in French Park, and to the **I'm Loving Me** event in St. Paul.

A recent activity located at Turning Point was client presentations on historical African American. Each of the residential client rooms was named for and dedicated to one of the historical figures, and clients gave presentations on each per-

son. After the presentations, one client said, "It's not what I knew about these people that hits me—it's what I *didn't* know."

Greg Cameron is one client who did a presentation on Nelson Mandela. He studied the night before, and wrote his report in his own words.

"It was an honor to take part," he said, and believes it will make an impression on clients coming into the program, especially young men who may not have had good role models in their lives.



Greg Cameron dedicated his room to Nelson Mandela and presented a report on the South African leader.

Photo by Walter Marmillion



Keep up with the Turning Point Family

COMMUNITY NEWS AND MESSAGES

Walter Marmillion snapped a picture of President Barak Obama through his own lens (a wish come true!).

Angela Reed's daughter Brianna turned three on June 30; her son D'Angelo caught five fish his first time fishing—four bullheads and one sunny!

Rachel Campbell says: "I am happy to be on board with Turning Point. I was once an intern, and God has blessed me with being a counselor here. I want to thank you all for being so welcoming. I will do my best for the Turning Point clients."

Zedrick Blake offers this food for thought: "Remember our name—Turning Point—what an important name in so many people's lives. What a wonderful job the employees are doing as we continue our mission. We are here for the community 24/7."

Kim Weaver shares this: "We are what we repeatedly do. Excellence, then, is not an act but a habit."

Aristotle

Patricia Carter and Howard Ellis are hosting a forum focused on Men of Addiction and the relationships they have with their children and the mothers of their children. All the men from our programs will be invited to attend and have an honest conversation about the subject. Some of the questions that will be addressed are

- How important is a father's consistent relationship with his children?
- What kind of impact does addiction have on the relationship between fathers, children, and mothers?

There will be good food and conversation at the forum on July 30, 6:00 p.m. here at Turning Point.

This Is What Teamwork Looks Like

by **Elizabeth Reed, COO**

It's 5:00 PM and it's a day before an all-day training for the clients that are part of a pilot that is funded by Hennepin County. Think of all things that could go wrong the day before a training...well, they did. The printer wasn't working properly, so we could only print so many copies at a time. It was the end of the day. We ran out of the special paper we were using. Out of 25 copies

of manuals needed, we had only completed 12 by the end of the workday.

Do you think that would stop this team from coming together and getting the job done? They were walking around with jackets off and sleeves rolled up, working together like on an assembly line doing one manual at a time, loading boxes in cars, going up and down the stairs. It started out with four people on this team,

BIRTHDAYS

July-August-September

- Gary Farr** July 4
- Phillip Taylor** July 19
- Kim Weaver** July 19
- June Dean** July 20
- Elizabeth Reed** August 2
- Greg Jones** August 9
- Zedrick Blake** August 21
- Mike Roberts** August 25
- Gail Costa** August 31
- Charles Caldwell** Sept. 4
- Cedric Williams** Sept. 4
- Robert Williams** Sept. 7
- Patricia Carter** Sept. 15
- Michelle Edwards** Sept. 30

ANNIVERSARIES

July-August-September

- Woodrow Jefferson** 3 years *Community Services Outreach Manager* 7/6/11
- Greg Jones** 22 years *Director of Programs* 7/1/92
- Cletus Smith** 3 years *Facilities Worker* 7/18/11
- Kim Weaver** 3 years *Human Resources Mgr* 7/18/11
- Gail Costa** 5 years *CD Counselor* 7/20/09
- Gary Boatwright** 3 years *Linkage Coordinator* 9/13/11

HELLOS

Stephanie Steele
Beverly Jackson
Volunteer Receptionists
started 5/13/14 and 7/8/14

Rachel Campbell
Chemical Dependency Counselor
started 5/5/14

Carol Moore
Contracted Clinical Supervisor
started 5/28/14

Raymond Young
Chris Choice
On-Call Linkage Coordinators
started 4/24/14 and 5/1/14

Charles Caldwell
Van Driver
started 5/1/14

Charles Davis
Part-time Cook
started 6/17/14

NEW TITLE

Dorothy Jones
Rule 25 Assessor/Billing Ass't
Started 5/19/14

GOODBYES

Bridgit Michaud
Ms. Bea's House Case Manager
last day 5/29/14

Donald Price
Part-time Cook
last day 6/6/14

but as staff walked by and saw the team working, they offered to help. We ended up with six staff members finishing the project - now remember, this is after normal working hours. One of the members of the team went home and came back, only to find a staff still here and they helped

finish and load the last manuals and supplies into her car.

So if you are ever asked, "What does teamwork look like?", this is what it looks like at Turning Point. I would like to thank the following people: (shown left to right) Patricia Carter, Michelle Edwards, Howard Ellis, Woodrow Jefferson, Angela Reed and Kim Weaver.

We cannot do what we do without our Turning Point employees.



2nd Photo by Roberta Edwards

Other Photos by Walter Marmillion



Board News: Welcoming a New Board Member

Jashan Eison is the newest member of Turning Point's Board of Directors. He is the owner and President of H&B Elevators, a husband, and father of two. Originally from Milwaukee, WI, Jashan earned his BS in Construction Management from the Univ. of Wisconsin-Stout and his MBA from Marylhurst University in Oregon. In 2005 he came to Minnesota, and joined H&B Elevators in 2007.

Board Member Tony Jones met Jashan and recommended Turning Point as

an opportunity to serve the community. He introduced Jashan to Peter Hayden and Elizabeth Reed, who told him about Turning Point and its mission. "After meeting Peter and Liz, I thought it was a good fit," he said, finding something authentic and genuine in the people and the work.

He is excited about finding his place in the Turning Point Family, partly because he has lost family members of his own to addiction and its related issue. He hopes to be part of

helping people turn their lives around. For now, he sees his immediate challenge as a Board member to learn the organization and the industry. He is still soaking up information, looking for the best way to apply his own experiences, skills and abilities to the mix, in support of Peter Hayden and the rest of the organization.

"There is no ceiling to what can be done," Jashan said, and he is looking forward to what the future will bring.



Turning Point welcomes Jashan Eison to the Board of Directors.

Our President on Co-Occurring Disorders—*continued from page 1*

We here at Turning Point are actively involved in addressing this gulf through vigorous research, clinical practices, and the delivery of services. In the area of treatment and clinical services, Turning Point is well acquainted with and utilizes empirically supported treatments (ESTs), which are defined as treatments that have been demonstrated to be superior in efficacy to no treatment, placebo treatment, or another available treatment.

The question that is relevant for clients being served by Turning Point: "Is treatment just generalized for everyone?" Culturally specific treatment is the approach to which Turning Point subscribes. It has models reflected in the literature, personifies the overarching theme and emphasis of David

Satcher's *Surgeon General Report: Culture, Race, and Ethnicity: A Supplement to Mental Health*. Culturally specific treatment involves the modification of psychotherapy to specific cultural contexts and includes novel therapy approaches which centralize culture in the treatment process, by working from particular cultural conceptions and idioms of distress, utilizing culture-specific traditions of pathways to health and sickness and explicitly addressing societal structure issues in treatment (e.g. race, gender, class, sexual orientation). In this way, cultural sensitivity is the central guiding principle underlying the development of entirely new therapeutic approaches.

Turning Point understands that the underlying rationale of culturally specific treat-

ment is that persons from one cultural group may require a form of treatment and psychotherapy that differs from treatment and psychotherapy found to be effective for another cultural group (Hall, 2001). Moreover, Turning Point's studies have concluded that there are cultural variations among persons within a cultural group that require additional modification of treatment and psychotherapeutic interventions. Turning Point, in its continued efforts to provide culturally specific treatment, concludes that in providing treatment to African Americans that such adaptations are necessary and more sensitive to the relevant issues of the populations they serve, such as interdependence, spirituality, and discrimination.

Turning Point then joins the CST movement, which argues that the end result of increased sensitivity and attention to unique ethnocultural experiences of clients translates into more successful treatment and psychotherapy outcomes for ethnic minorities as compared to more traditional psychotherapy interventions. Several models of CST have been developed. It is apparent from the research that there is a concrete research basis for culturally specific treatment and that models are available and being utilized. Clients and families can be assured that they will continue to be treated with respect and dignity here at Turning Point, utilizing treatments and approaches that are culturally sensitive and culturally specific to their needs.



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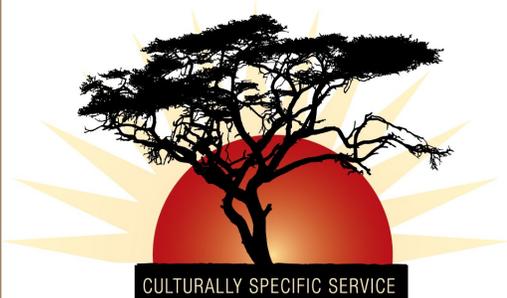
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Meeting the needs of our community, beginning with chemical health.

Thanks to Our Donors

Turning Point has received donations in 2014 from some workplace giving programs. These people donate anonymously to our organization through Community Shares of Minnesota or TRUST, organizations who funnel contributions from employees to the chosen recipients.

We have also received donations from William, Leila and Marcus Stallings, and the Visitation Sisters of Minneapolis: Sister Suzanne Homeyer, Sister Mary Margaret McKenzie, Sister Karen Mohan, Sister Katherine Mullin, Sister Mary Frances Reis and Sister Mary Virginia Schmidt.

Several staff members continue to support Turning Point through payroll deductions: Zedrick Blake, Jeff Cayo, Michelle Edwards, Howard Ellis, Woodrow Jefferson and Cedric Williams.

Turning Point thanks all of these generous people—you help us make a difference in people's lives every day!

Upcoming Turning Point Events

Tuesday, August 5	National Night Out
Wednesday, Aug. 6	Neighborhood Night of Peace
Monday, Sept. 1	Labor Day—holiday
Tuesday, Sept. 16	Board Meeting
Friday, Sept. 19	All-Staff Training Day
Friday, Oct. 17	Graduation Alumni Celebration
Tuesday, Oct. 21	Board meeting
Saturday, Nov. 15	Board of Directors Retreat
Thursday & Friday, November 27-28	Thanksgiving Holiday
Tuesday, Dec. 16	Board Meeting
Friday, Dec. 19	Christmas/Kwanzaa Celebration
Thursday, Dec. 25	Christmas Day—holiday

A time and a place to change your mind...our promise is positive change that will last a lifetime.