



OUR TURNING POINT

Turning Point, Inc.

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Greetings from Our President



by Dr. Peter Hayden

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

Turning Point's commitment to serving clients with co-occurring, substance use, and psychiatric disorders always begins with screening, regardless of the client's chief complaint. Collateral information sources have been useful in substance use treatment settings. These sources include friends and family, other treatment providers, official records, and reports from legal or other agencies. Turning Point understands the value of collateral information, which increases with the extent of their direct contact with, or awareness of, the substance use behaviors of the clients.

Turning Point concurs with the evidence that supports the internal consistency and test-retest reliability of the DAST (Cocco and Carey, 2005), the MAST, and CAGE (Teitelbaum, 1998) with psychiatric outpatients. These instruments have also shown adequate criterion validity when used to predict relevant substance use diagnoses. Turning Point is aware of Dartmouth Assessment of Lifestyle Instrument (DALI), a new screening tool, which

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North Memorial-Turning Point Form Partnership

by Elizabeth Reed, Chief Operating Officer



North Memorial Health Care is an integral partner in the community, providing patients with compassionate, quality care. Turning Point has a long-term trust with the community, built over our 38-plus years here. We are known for culturally specific services that are designed to serve the African American community.

Both Turning Point and North Memorial have one thing in common: the goal of "a healthy and thriving community."

You may ask, "How are you going to do that?" Through a new relationship and partnership, we are going to educate, encourage and support the ongoing needs of our shared community.

We are going to concentrate on three key community concerns:

- Medical care
- Behavioral health care
- Housing (homelessness)

Let's start with medical care. Turning Point has North Memorial Community Paramedics at our location two days a week, Mondays and Thursday, from 8:30 a.m. to 12:30 p.m. The paramedic will do health screenings and give advice and guidance. North Memorial will also provide education regarding risk factors of stroke and other health concerns, early recognition and recommended treatment.

Regarding behavioral health, both organizations will work together to develop strategies that will result in long-term solutions to reduce drug and alcohol use and abuse.

In housing, North Memorial and Turning Point will provide a safe, dignified recovery space for patients who are homeless and waiting to get access to Turning Point's chemical dependency treatment program. The patients will be housed in one of Turning Point's transitional housing facilities.

This partnership is a win, win, win. For Turning Point, for North Memorial, and for the community.

MISSION VISION SERVICE

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KEEP IN MIND:

3rd Annual Turning Point Honors Event

April 17, 2015

**honoring
Dr. Frank Wilderson**

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





North Memorial, Turning Point Announce Partnership at Open House

On October 23, North Memorial and Turning Point announced their new partnership at an Open House here at Turning Point. Staff and Board members of both organizations attended, and KMOJ did a live broadcast of the event.

Speakers included CEO Larry Taylor, President Jeff Wicklander, Community Paramedic Pete Carlson of North Memorial; Dr. Peter Hayden, Board Chair Don Bryant and CEO Elizabeth Reed of Turning Point; and Hennepin County Sheriff Richard Stanek.

All spoke of their enthusiasm for this new partnership, and excitement for the hopes of what it will accomplish.



Photos by Walter Marmillon

Focus Group on Evaluating Culturally Specific Services

by Elizabeth Reed, COO

Turning Point has been asked to be part of a focus group that will work on ways the Rule 25 placement system in Hennepin County can be improved, especially in serving culturally specific populations. (The Rule 25 assessment is required in order for the county to pay for someone to get into chemical dependency treatment). The focus

group consists of administrative staff from programs that offer culturally specific Rule 31 services. Rainbow Research will collect and analyze the data.

Based on the known fact that in many cases members of the African American community have special needs based on our economic disadvantages, these needs must be addressed when considering

placement.

Turning Point is the only culturally specific treatment center for African Americans in Minnesota. We are committed to the cultural values and practices that sustained families in the past can be used to empower families today. With a 35% completion rate, we have some of the best outcomes in the state. We believe that is because we have incorpo-

rated the values and traditions of the people we serve.

As part of the focus group, I made it very clear that the Rule 25 placement system must keep in mind as part of their placement process the complex multi-layered challenges and obstacles that individuals from the African American community face every day.



North Memorial Paramedics Join CSSC

One piece of the new partnership between North Memorial and Turning Point is having Community Paramedics in the Culturally Specific Service Center (CSSC).

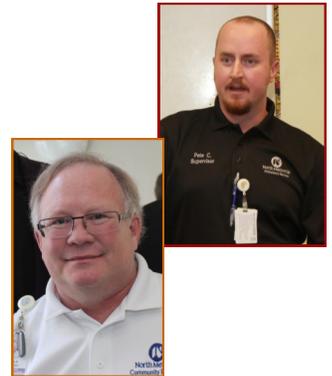
Paramedic Chris Anderson is at Turning Point on Mondays and Thursdays from 8:30 a.m. to 12:30 p.m. He is doing basic health screening for clients and staff, ad-

ministering mantoux tests and overseeing the medication administration for the program.

Both Anderson and Paramedic Peter Carlson have done “bystander only” CPR training for the clients, and Chris even makes “house calls” to clients’ beds if they are feeling sick.

The paramedics are able to offer health screening and

medical guidance for those wondering if they need to go in and see a doctor. One of the added benefits is that this service is not only for clients in all of Turning Point’s programs, and all the staff, but also for the community. It is a way for two local organizations to work toward a healthier community.



Pete Carlson (top) and Chris Anderson, North Memorial Community Paramedics.

Photos by Walter Marmillion

Outpatient Client Turns His Life Around

Maurice Brown was tired of getting the same old results. With addiction issues going back years, he’s been in recovery before, but never in-depth and always without understanding the disease of addiction. He was picking up some old habits, got arrested, and a friend pointed him to Turning Point.

He speaks of the fellowship found in the outpatient therapy group, how it helps to understand about addiction and its impact, mentally, physically and emotionally, and what it takes to sustain recovery.

“If I want something better for myself, then I have to do something better for myself,” he said. “Turning Point broadened my understanding, brought me back to life, saved my life.”

With a family including two kids and several grandkids, he is motivated to a goal of managing his life back into being a productive member of society, and then being able to help others like himself. Outpatient treatment allows him to do this while not putting that life on hold. “It’s a really good pro-



Maurice Brown finds support in recovery through outpatient treatment.

Photo by Walter Marmillion

gram,” he said, “You get to learn a lot, and give a lot. Recovery is a process.” Maurice Brown has come to understand the process, and has new hope for his future.

Clients Enjoy a Variety of Activities

August

5th National Night out in Turning Point’s parking lot, with a BBQ and a chance to gather with our neighbors.

6th Client volunteers helped the Sisters of the Visitation with their Neighborhood Night of Peace event.

9th Festival for Fathers and Families in North Commons Park.

September

16th *Forbidden Fruit/Hidden*

Gems of the Northside, a production at the Capri Theater.

20th Sixteen clients attended *You Took Me With You (Addicts Hurt More than Themselves)* at the Lab Theater.

26th Ten clients went to New Salem Missionary Baptist Church to hear keynote speaker Nuri Muhammad on “The Return of the Original Man.”

27th All clients participated in the Minneapolis Urban League Family Day on Plymouth Ave.

October

4th Clients attended “A Night at the Apollo” at Shiloh Temple.

4th Clients attended a community event at New Salem MBC.

November

13th Mother Yates kept her tradition of bringing a Thanksgiving Dinner to the clients.

17th Clients hosted the Sisters of the Visitation as they dedicated the new TV in the client lounge area; the Sisters contributed the funds to purchase the TV.



Dr. Hayden and Mother Yates.

Photo by Walter Marmillion



Keep up with the Turning Point Family

COMMUNITY NEWS AND MESSAGES

Rachel Campbell is in the fourth week of the new evening outpatient program. There has been a nice attendance and great group participation. Great job!

Woodrow Jefferson is excited about the direction Turning Point is going under the leadership of Dr. Hayden and Ms. Reed.

Dorothy Jones offers her congratulations to Turning Point for the collaboration with North Memorial.

Beverly Jackson welcomes Daryl the cook to Turning Point, and congratulates Dr. Hayden for being a leader of the Safety Committee.

Daryl Lewis appreciates Turning Point for allowing him the opportunity to serve in the kitchen. He is a product of Turning Point—“If it can happen to me, it can happen to others.”

Merlyn Ware stated he has enjoyed working at Turning Point with the staff and clients, and he is looking forward to joining the team at Ms. Bea’s House.

Stephanie Steele wants to thank Turning Point for accepting her into their work family; she is grateful for the opportunity. She is also looking forward to being a part of the new things Turning Point is involved with. Congratulations for all the great work!

Ray Young shares this: Turning Point is a great program to start all over with your life. I came to this program in February 2011, and since then I have work, got married and live a free life. What a great program to come to! Glory to God!

Kim Weaver was inducted into the Phi Theta Kappa Honor Society, Apha Epsilon Sigma Chapter. The ceremony was November 20 at the Minneapolis Community & Technical College. Congratulations, Kim!



Photo by Walter Marmillion

BIRTHDAYS

October-November-December

- Merlyn Ware** Oct. 4
- Leonard Freeman** Oct. 27
- Dr. Peter Hayden** Oct. 27
- Ed Northington** Oct. 27
- Woodrow Jefferson** Nov. 5
- Angela Reed** Nov. 6
- Steve Robinson** Nov. 6
- Dr. Fredrick Dyer** Nov. 14
- Cletus Smith** Nov. 15
- Meca Leonard** Dec. 7
- Gary Boatwright** Dec. 13
- Raymond Young** Dec. 18
- Ellis Banks** Dec. 27

ANNIVERSARIES

October-November-December

- Michelle Edwards** 8 years Executive Assistant 10/2/06
- Zedrick Blake** 14 years Linkage Coordinator 10/3/00
- Cedric Williams** 12 years Operations Mgr. 10/12/02
- Elizabeth Reed** 14 years Chief Operating Officer 10/17/00
- Steve Robinson** 2 years Ms. Bea’s House Manager 10/26/12
- Gary Farr** 7 years Client Advocate 11/6/07

HELLOS

- Ellis Banks** started 11/17/14
 - Jeremiah Culverson** started 11/9/14
 - Paul Johnson** started 11/4/14
 - Michael Jubiter** started 11/4/14
 - Willie Moore** started 11/3/14
 - Ed Northington** started 11/4/14
 - Jeannette Sledge** started 8/25/14
- Linkage Coordinators*

Jerry Junkman
Clinical Supervisor
started 10/27/14

Daryl Lewis
Cook
started 8/28/14

NEW TITLE

Beverly Jackson
Volunteer, Client Surveys
Started in November

Roblee Perkins
On-Call Linkage Coordinator
Started 10/17/14

Stephanie Steele
Full-time Receptionist
Started 10/20/14

Merlyn Ware
Case Manager, Ms. Bea’s House
Started 10/27/14

Raymond Young
Linkage Coordinator
Started full-time 10/27/14

GOODBYES

Patricia Carter
Sista to Sista Program Manager
last day in September

June Dean
Part-time Receptionist
last day in August

Roger Moore
Cook
last day in September

Sisters Donate for Clients

The Sisters of the Visitation Monastery in Minneapolis are known affectionately as the “Nuns in the Hood.” They have had a long-standing relationship with Turning Point, praying for staff and clients daily. They also support the Turning Point family in a multitude of other ways, most recently with a generous donation. This donation was used to purchase a new wide-screen television for the

lounge area in the residential chemical dependency treatment program.

The Sisters came to Turning Point on a chilly Monday morning to spend a few minutes with the clients, tell them they are cared for, that their comfort matters to others, and that they have support in their recovery journey. The dedicated the TV with encouraging remarks, prayer and song.



Photos by Walter Marmillion



Board News: Welcoming a New Board Member

Ray Richardson has joined the Board, bringing a wealth of experience in media and marketing.

Originally from Chicago's South Side, he came to Minnesota in the 1990s to work as a sports writer for the St. Paul Pioneer Press. He came to know Dr. Peter Hayden, Turning Point's President, by meeting him in the community and socially. They came to have a mutual respect for each

other and each other's work.

Humbled by the invitation, this is his first experience at serving on a Board. He believes the connection is a good fit because of what he knows of Turning Point's mission and work.

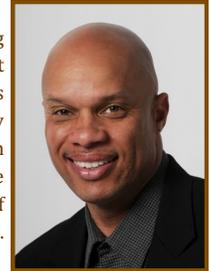
"It's really valuable—to help people get back on track physically and mentally. Addiction can break you down. It's about as noble a cause as you can

find."

Ray's primary goals are to help the organization with marketing and media exposure. He wants to make Turning Point more visible, to have the work "out there more." He hopes to raise the visibility beyond the community into the mainstream.

Professionally, Ray has been a sportswriter for many years, but his passion is music—he's a self-

Turning Point welcomes Ray Richardson to the Board of Directors.



described "music fanatic." He has fed that passion by hosting a radio show on local station KMOJ for the past fourteen years, playing mostly R&B oldies.

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

consists of 18 interviewer-administered items derived from several existing screening tools and which has been developed specifically for the identification of SUDs in persons with SMI (Rosenberg et al., 1998). Items were selected to maximize prediction of SUD diagnosis. Eight items predict drug use disorders, and nine items (with two overlapping items) predict alcohol use disorders. Turning Point's research has also determined that the DALI is the only screening instrument specifically designed to identify SUDs among patients hospitalized for psychiatric illness.

There is always the lingering question in the minds of administrators, program directors, clinicians, and counselors, why diagnosing persons with substance use and psychiatric disorders is so difficult. The question continues to permeate weekly staffing sessions in

substance abuse and community mental health settings. Turning Point agrees with Pita and Spaniel in *A Comprehensive Guide for Integrated Treatment of People with Co-occurring Disorders* (2002), Boston University, Center for Psychiatric Rehabilitation, that the following represent reasons why diagnosing comorbid disorders is difficult.

- Ample evidence points to the conclusion that diagnoses are less reliable when comorbid disorders are present.
- With regard to test-retest, reliability, current substance abusers give less reliable reports of past or current psychiatric disorders than nondrug-abusing individuals (Bryant, Rounsaville, Spitzer, & Williams, 1992; Corty, Lehman, & Myers, 1993).
- Symptoms that are caused by substance use can mimic symptoms of other

disorders. Common examples include depressive episodes caused by cocaine withdrawal, and amphetamine-induced psychosis.

- Interactions between abused substances and psychiatric syndromes make it difficult to determine reliably the primary cause for presenting symptoms.
- Drake et al. (1990) suggested that relying on a single interview to assess alcohol use could misclassify a significant proportion of individuals with schizophrenia and drinking problems as nonproblematic drinkers.
- Denial or minimization of substance use can result from psychological defenses, neuropsychological impairments, lack of insight into connections between drinking and symptoms, and/or tendency to provide socially desirable responses.

- The timing of a diagnostic interview may affect the reliability and validity of the results, and diagnoses made early in treatment may need to be revised as more information becomes available over time (Ananth et al., 1989).

Source: Pita & Spaniel (Eds.) (2002). *A Comprehensive Guide for Integrated Treatment of People with Co-occurring Disorders*. Boston University, Center for Psychiatric Rehabilitation.

Turning Point further operates with the principle that clinicians and counselors should always function in an assessment mode as new information emerges. Assessment is crucial to diagnosis, case formulation, treatment planning, and discharge planning. Short-sighted assessments will negatively impact treatment outcomes.

Turning Point is committed to the ideal of correct, thorough, and effective diagnosis and treatment, with the goal of assisting the client in achieving the best outcome.



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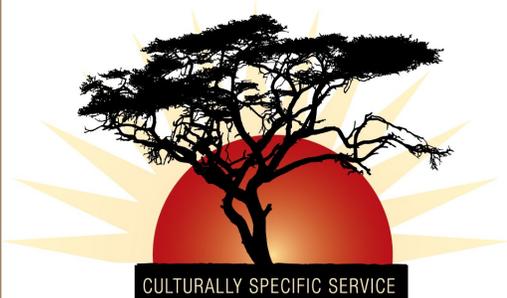
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Meeting the needs of our community, beginning with chemical health.

Thanks to Our Donors

Turning Point has received several in-kind donations this fall through the Estate Maven. In September we received 2 microwaves, a toaster oven, a toaster, a twin bed with box springs and rails, a bedroom set 2 end tables, a washer and dryer, an iron, 2 ironing boards, 2 lamps, a box spring, clothing and various kitchen items (cups, bowls, pots, pans, plates, etc.). Also in September, we received an wood end table, push broom 2 toilet plungers, 3 dust pans, 2 lunch coolers, a Swiffer sweeper, a cleaning brush on pole, 2 kitchen trash cans, 2 bathroom trash cans, a broom, a laundry basket, 20 hangers, a bucket, 10 large towels, 6 medium towels, 4 small towels, 4 pillows, a blanket, a 3-ft ironing board, 2 twin sheet sets, 1 small radio, clothing. In October, the Estate Maven donated 2 twin beds, 4 twin comforters, a bag of men's clothing, 2 stools, 4 kitchen chairs, a "dorm" couch, 3 desk chairs, a stair-stepper, teal lounge chairs, a shredder and a microwave. So many of our clients are benefiting from the generosity of this donor!

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 the generous people who help us make a difference in people's lives every day!

Upcoming Turning Point Events

Sunday, Nov. 23	Grace for Addiction Sunday at Living Word Church World Outreach Ministries in St. Paul
Thursday & Friday, November 27-28	Thanksgiving Holiday
Tuesday, Dec. 16	Board Meeting
Friday, Dec. 19	Christmas/Kwanzaa Celebration
Thursday, Dec. 25	Christmas Day—holiday
Thursday, Jan. 1	New Year's Day—holiday
Monday, Jan. 19	Martin Luther King, Jr. Birthday—holiday
Tuesday, Jan. 20	Board Meeting
Wednesday, Feb. 4	Rosa Parks' Birthday—Turning Point holiday
Tuesday, Feb. 17	Board Meeting

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