

2010
Spring
Edition

The Advocate

Quarterly Newsletter of the Indiana Addictions Issues Coalition

Indiana Addictions Issues Coalition



*A subsidiary of
Mental Health
America of Indiana*

1431 North Delaware Street
Indianapolis, IN 46202
317-638-3501 ext 231
1-800-555-MHAI
Fax: 317-638-3540
www.recoveryindiana.org

Tadd Whallon, Chair

Jendayi Mayibuye, Vice-Chair

Stephen C. McCaffrey, Treasurer

Desiree Goetze, Secretary

Jill Matheny, Director

The Indiana Addictions Issues Coalition is funded, in part, by a contract with the Indiana Family and Social Services Administration, Division of Mental Health and Addiction.

IAIC Walk on May 23rd to Raise funds in Collaboration with MHAI

The 7th annual "Walking for Dreams 5k Family and Pet Walk" will take place on May 23rd, 2010. The starting area is at Downtown Canal at Buggs Temple (11th and Senate). Registration begins at 1pm and the walk starts at 2:00pm. The walk's commencement and ceremony will take place at 3:30pm. Please join us and support IAIC. You can sign up to be a walker, start a team, or simply donate by logging on to <http://www.walkingfordreams.org/>



We are fundraising under the MHAI umbrella so look for us under Mental Health America of Indiana.. We will accept checks and cash the day of the walk.

Blessing of the Bikes Annual Ride Saturday May 29

The Indiana Addictions Issues Coalition is partnering with Indiana Department of Correction in support of the Marion County Chapter of the Unchained Gang for its annual event.

- **WHERE** : SOUTHSIDE HARLEY
- **No Fee-All Donations made to Unchained Ministry**
- **SIGN IN STARTS 9:30 AM 1ST BIKE OUT 11:00 AM**
 - **REST STOP** : INDY WEST IN PLAINFIELD
 - **LATE COMERS SIGN IN 11:30 AM**
- **END: IMCRC (Indianapolis Men's Community Re-Entry Center)
448 WEST NORWOOD ST Indianapolis
BIKE SHOW- FOOD- FUN
Pre-Register Link**

<http://recoveryindiana.org/unchainedregistration.php>

**Midget : 317-213-3578 / Darin : 317-698-7487
Jim : 317-459-5498**

FB : unchainedmarionco WEB : unchainedministry.org

A family member's perspective

On a warm Saturday in June 2001, Indianapolis residents Kim and Marissa Manlove's 16 year old son David, got up early and mowed the yard. Later, he went to a friend's house to swim, and then made the decision that cost him his life. David and a friend went to a nearby drug-store and bought a can of computer duster. They returned to the pool and inhaled the duster to get high. David dove underwater to intensify the rush. He did it a few times before his heart stopped. David drowned.

David was a popular, athletic young man who played baseball for Lawrence Central High School. He wanted to become an orthopedic surgeon but didn't realize that inhalants are as dangerous as illegal drugs. He didn't think they were harmful because you could be purchased at any drugstore or office supply retailer. David had hopes and dreams just as any 16 year old does, and this was not what he wanted for himself.

"Huffing", the intentional inhaling of a volatile propellant or gas to get high, may seem unthreatening because its effects are short-lived. These propellants and gases which produce this brief euphoria are in hundreds of common household items. So how could they be deadly or harmful? They are harmful because the chemicals that make up propellants in aerosol cans are poisons that were never intended to be introduced into the human body. So why would anyone want to inhale toxic chemicals? It's because breathing in chemical vapors found in products such as aerosol cans, glue, cleaning fluid, and nail polish remover-produces a quick high. But that high has devastating effects on the body. Inhalants block oxygen from entering the brain and lungs, which can result in suffocation. Huffing can cause heart failure and death within minutes, the very first time you do it. This is known as sudden sniffing death syndrome which caused David's death.

What can be done? Awareness is the key. When parents are aware of a lethal risk in their home, they do everything possible to warn their children and/or eliminate that risk. But these useful household products can be lethal when abused, and unfortunately few parents and their teens are talking about the dangers of huffing or looking for signs of use. The reality is that every time teens abuse inhalants, they are playing Russian Roulette. National Inhalant and Poison awareness month is intended to be a wake-up call for parents, schools, our entire community -- for more conversation and education. Our children deserve to have information that could save their lives and the lives of their friends. Information permits discussion, which can lead to prevention. We urge parents to take time this month to talk to your teens and pre-teens about huffing. Arm yourselves with information about the dangers of inhalants and how to talk to your kids about drugs through Web sites such as <http://www.drugfree.org/>, <http://www.inhalants.org/>, and <http://www.the24group.org/>.

In the end it was a decision that David made on the spur of the moment that has caused irreparable harm to his family and friends. When you use an inhalant, it's a life-and-death decision every time you huff.

The IAIC always accepting submissions for our quarterly newsletter. Please send articles, poetry or photos to: Indiana Addictions Issues Coalition, 1431 North Delaware Street Indianapolis, IN 46202 or electronically to jmatheny@mhai.net.

Welcome new members!

**Monica Tallent, Greg Evans
 Scott Harrison, Karen Townsend
 Ruth Ann Bartelhiem, Gina Minki, Henry
 A. (Tony) White, Matty Boggs
 Kevin McClenny, Wanda McCarter,
 Tracy Arnold, Bob Arnold, Erin Adcock
 Teresa Holmes, Janette Kiteley,
 Imrana Hamdi, Sharon Dixon, Brandon
 Drake, Clarence Fischer, Lisa Gibbs,
 Courtney Schwartz, Andi Haynes,**

**Save the Date August 28, 2010
 Recovery Messaging training at
 Fairbanks Treatment Center**

Featuring Mike Barry, Recovery Advocate &
 CEO of People Advocating for Recovery (PAR)
 Join Mike for a day-long seminar on how to tell
 your story. **You will learn how to:**

- Talk about your recovery in an effective, impact-
 ful way
- Tell your story and stay within the bounds of con-
 fidentiality and tradition
- Change the way communities think about sub-
 stance abuse issues
- Help family members, friends, employers and
 government officials understand the disease of
 addiction

**Save the Date:
 Saturday September 25**

**Working together, RECOVERY
 from addiction will be REALITY!**

INDIVIDUAL MEMBERSHIP

- Community member (no fee)
 Supporting member \$10.
 Partner \$30.
 Advocate \$100.+

CORPORATE MEMBERSHIP (annual)

- Corporate \$100.
 Silver \$250.
 Gold \$500.
 Platinum \$1000.+

Gift: I wish to give a membership to
 the individual or family designated below

I wish to support the September Public
 Awareness campaign \$ _____

You can pay online at

<https://secure.entango.com/donate/geBL5zhEans>

Please make checks payable to the IAIC
 mail to: Indiana Addictions Issues Coalition
 1431 North Delaware Street
 Indianapolis, Indiana 46202

Name _____

Organization _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

2010 RECOVERY RIDE * HAWK WALK * RALLY FOR RECOVERY

Details coming soon at <http://www.recoveryindiana.org>



***Quarterly Newsletter of
the Indiana Addictions
Issues Coalition***

1431 North Delaware Street
Indianapolis, IN 46202

317-638-3501 EXT 231
1-800-555-MHAI

Fax: 317-638-3540

....helping Hoosiers in recovery.

*The Indiana Addictions
Issues Coalition is a broad-
based, diverse, not-for-profit
organization focused on
creating and taking advantage of
opportunities to bring all
interested individuals and
entities together, projecting a
unified voice educating,
influencing and advocating for
addiction issues with the goal of
changing attitudes, beliefs and
confusion about addiction and
improving the lives of those
affected by addiction.*

Indiana Addictions Issues Coalition

**1431 North Delaware Street
Indianapolis, IN 46202**

**NONPROFIT ORG.
U.S. POSTAGE
PAID
Indianapolis, IN
46204
Permit No. 1930**