

StepByStep, Recovery Newsletter



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Take it one step at a time!

From our Directors...

We would like to wish everyone a very Happy New Year!

We would also like to share one of our favorite quotes...

"Success is to be measured not so much by the position reached in life as by the obstacles overcome while trying to succeed."

Booker T. Washington

Again, Happy New Year!
Warm Regards,
Bridget & Veronica & the entire Staff



From our hearts...

June 1, 2007

Dear Staff,

I would like to first express my gratitude for the StepByStep Recovery. With this program I have been given a real chance at living.

I didn't just stay out of jail. I had a rocky start, as some of us do. However, I have since learned that it is alright to fall down as long as we get back up again, facing the right direction.

I have gained so much. I have an excellent support group, including the Counselors at StepByStep, as well as friends I've met in meetings and a wonderful sponsor I do would not do without. My family is also becoming a family to me again, which, in itself, is a major happening in my life today.

The steps and books that were given to me were a big help and really made me think on many occasions.

Since I've been in StepByStep I have become gainfully employed at a full and part time job, paid my own bills on time, developed friendships that I hope I keep for a long time and gone from being an unfit mother with supervised visits to have unsupervised visits and a chance at custody again, once I get an apartment big enough.

These are just some of the milestones that I have crossed and am so very grateful for at 41 years old, after 23 years of using. My sincere thanks to everyone who had a hand in the help I was given.

This being said I would like to announce since my graduation from StepByStep on December 30, 2006. It was an honor that I was able to be part of a great facility.

Sincerely,
Anonymous



CONTACT US

Our office is located at:

191 Plainview Drive
Suite 3
Lawrenceville, GA 30046

Telephone:

678-377-2323

www.stepbysteprecovery.org

In the news...

Alcohol Is the Most Harmful Drug

By Buddy T, About.com Guide

Alcohol is the world's most dangerous drug when you consider the harm it does to drinkers, their friends and families and to society in general. The harm that alcohol does exceeds the dangers of even heroin and crack cocaine when the overall danger to the user and others is taken into account.

This is the conclusion of a panel of British experts that assessed and ranked the harm caused by 20 different drugs, both legal and illegal.

Members of Britain's Independent Scientific Committee on Drugs (ISCD) and two specialists from the European Monitoring Center for Drugs and Drug Addiction (EMCDDA) carefully assessed the harm caused by each drug in 16 separate categories.

Ranking the Harm Drugs Do

The scientists ranked each drug on a scale of 0 to 100 in nine areas related to the harm that the drugs do to the individual and seven categories of harm they do to others. They looked at the physical, psychological and social harm the drugs do to life expectancy, health risks, dependence, mental functioning, loss of tangibles, loss of relationships, crime, costs to society, family adversities and other factors.

By applying a multicriteria decision analysis to each drug and then weighing which harms are more important than others, the scientists were able to give each drug a score that could be compared and combined across all 16 criteria.

The panel's analysis showed that heroin, crack cocaine and methamphetamine were the most harmful drugs to the individual user, while alcohol, heroin and

Quote of the Month

Happiness resides not in possessions and not in gold, happiness dwells in the soul.

Democritus

Gwinnett County Detention Center Arrest Report for Dec 2011 (unofficial)

| Total Arrested | 2662 | Percentage |
|----------------------|------|------------|
| Drug/Alcohol Related | 667 | 25.06% |
| Males | 538 | 80.66% |
| Females | 129 | 19.34% |

crack were the most harmful to others. When the two harms were combined, the overall most harmful drugs were alcohol, heroin and crack cocaine.

The Most Harmful Drugs

Here are the scores each drug received for overall harm caused on a scale of 0 to 100:

| | | |
|----------------------|--------------|------------------|
| Alcohol 72 | Heroin 55 | Crack Cocaine 54 |
| Methamphetamine 33 | Cocaine 27 | Tobacco 26 |
| Amphetamine 23 | Marijuana 20 | GHB 19 |
| Benzodiazepines 15 | Ketamine 15 | Methadone 14 |
| Anabolic Steroids 10 | Ecstasy 9 | LSD 7 |
| Buprenorphine 7 | Mushrooms 6 | |

<http://alcoholism.about.com/b/2010/11/04/alcohol-is-the-most-harmful-drug.htm>

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