

StepByStep, Recovery Newsletter



Volume 2, Issue 1

June 2011

Take it one step at a time.

From our Director...

Our annual fundraising cook out was a huge success. Thanks to everyone who helped make it successful!

With Love & Gratitude,
Bridget Hall

Quote of the Month

Change your thoughts and you change your world.
Norman Vincent Peale



From our hearts...

Dear StepByStep,
Before I came here to StepByStep, I existed...barely, every morning I would get up angry that I woke up. I was in so much pain-I just wanted it to stop. I would drink from the time I got up, until I passed out, in between all that I would feel intense self-loathing, guilt, shame because I was so sick and destructive, I ruined every relationship with all the people who were important to me: My husband, children, siblings, parents, friends, even acquaintances kept their distance from me because if they got to close, they would be hurt. I was unemployable, my spiritual life was non-existent. I had hit an emotional, spiritual, physical bottom I did not think I was capable of living through...A friend told me about StepByStep and showed me some information. SBS was everything we talked about and more. For the first time in a long time I felt hopeful.. After the meeting, we went back into SBS, I spoke with Bridget, and she touched me in a big way. I looked in her eyes, and saw peace. I saw contentment. Her aura was full of energy and life. I had not seen that in so long, and I wanted it so bad. It sparked a desire in my heart to do whatever it took to make this happen. She looked at me, and she could see the pain and shame in my eyes. She told me the truth about myself, because at one time it was also her truth. I knew right then it was a divinely inspired encounter. I was excited when I left. God was giving me another chance to do this life stuff the right way. I am so incredibly grateful and thankful to Bridget and Veronica for allowing me to be a resident of SBS. I have been here for almost 2 months and my life has changed dramatically for the better. My relationship with God is growing and improving everyday. My relationships with my husband and children are improving, my kids are talking to me again! They even give me hugs!! My grandchildren are getting to know me sober; I am developing new friendships, and repairing the damage done to old friendships. I care about others more deeply and I am learning to like myself. I am willing today to face the demons I've been running from for 30 years. I am able to talk with my sponsor with complete honesty. I never had the courage to do that before. I am learning everyday how to apply the principles of the 12 Steps to my life, and I'm using the other many tools the program gives me to do this life thing. I am learning to live my life with integrity and purpose. SBS has provided the atmosphere for me to get well. I can see today that God truly has a purpose for my life, and I have every intention to carry out that purpose. I look in the mirror and I can see peace and contentment in my eyes, I will never be able to thank Bridget and Veronica enough for helping me, but I will sure try by letting my life count. I love this place. I love you ladies!!! Thank you for helping me get my life back. God bless you both always!!

Sincerely Yours,
Sue E

Sue is an Alumni from SBS and checks in regularly. She has regained her relationship with her family, marriage, and kids. She has been clean and sober for over 2 years.

Up Coming Events:

June 7th—Awareness Event

July 14th—Raffle Ticket Drawing—Get those tickets sold!

Aug—Feed the Community with Atlanta Food Bank—Flyers will be handed out with more information.

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...

With the growing popularity of K2 aka Spice, it is good to see this press release from March.

News Release

March 01, 2011
Contact: DEA Public Affairs
Number: 202-307-7977

Chemicals Used in "Spice" and "K2" Type Products Now Under Federal Control and Regulation

DEA Will Study Whether To Permanently Control Five Substances MAR 01 - WASHINGTON, D.C. – The United States Drug Enforcement Administration (DEA) today exercised its emergency scheduling authority to control five chemicals (JWH-018, JWH-073, JWH-200, CP-47,497, and cannabicyclohexanol) used to make so-called "fake pot" products. Except as authorized by law, this action makes possessing and selling these chemicals or the products that contain them illegal in the United States. This emergency action was necessary to prevent an imminent threat to public health and safety. The temporary scheduling action will remain in effect for at least one year while the DEA and the United States Department of Health and Human Services (DHHS) further study whether these chemicals should be permanently controlled.

The Final Order was published today in the *Federal Register* to alert the public to this action. These chemicals will be controlled for at least 12 months, with the possibility of a six month extension. They are designated as Schedule I substances, the most restrictive category under the Controlled Substances Act. Schedule I substances are reserved for those substances with a high potential for abuse, no accepted medical use for treatment in the United States and a lack of accepted safety for use of the drug under medical supervision.

Over the past couple of years, smokeable herbal products marketed as being "legal" and as providing a marijuana-like high, have become increasingly popular, particularly among teens and young adults. These products consist of plant material that has been coated with research chemicals that claim to mimic THC, the active ingredient in marijuana, and are sold at a variety of retail outlets, in head shops, and over the Internet. These chemicals, however, have not been approved by the FDA for human consumption, and there is no oversight of the manufacturing process. Brands such as "Spice," "K2," "Blaze," and "Red X Dawn" are labeled as herbal incense to mask their intended purpose.

Since 2009, DEA has received an increasing number of reports from poison control centers, hospitals and law enforcement regarding these products. At least 16 states have already taken action to control one or more of these chemicals. The Comprehensive Crime Control Act of 1984 amends the Controlled Substances Act (CSA) to allow the DEA Administrator to place a substance temporarily in schedule I when it is necessary to avoid an imminent threat to the public safety. Emergency room physicians report that individuals that use these types of products experience serious side effects which include: convulsions, anxiety attacks, dangerously elevated heart rates, increased blood pressure, vomiting, and disorientation.

"Young people are being harmed when they smoke these dangerous 'fake pot' products and wrongly equate the products' 'legal' retail availability with being 'safe,'" said DEA Administrator Michele M. Leonhart. "Parents and community leaders look to us to help them protect their kids, and we have not let them down. Today's action, while temporary, will reduce the number of young people being seen in hospital emergency rooms after ingesting these synthetic chemicals to get high."

To subscribe email [SUBSCRIBE to staff@stepbysteprecovery.org](mailto:SUBSCRIBE@stepbysteprecovery.org)
To unsubscribe email [STOP to staff@stepbysteprecovery.org](mailto:STOP@stepbysteprecovery.org)
www.stepbysteprecovery.org