

# THE CASTLE

AT MEADOWBROOK

Clean And Sober Teens

Living Empowered



September 2011

## Hello and Good-bye...

The CASTLE is nearing admitting its thousandth patient since welcoming its first patient on September 2, 2008. Since that time, we have grown and developed our program and team.

Our patients evolve, and so does

CASTLE. It is with gratitude and sadness that we say thank you and best wishes to Program Director Victoria Grace-Nocera, who has moved on to new challenges. Victoria participated in guiding CASTLE from its inception. She brought to the posi-

tion excellent clinical skills and experience in adolescent substance abuse and mental health treatment.

Through dedication and commitment, Victoria helped build a team of committed clinicians, staff, and nurses.

*Please see "Hello" pg. 2*



## Renovations to Begin

Staff, patients, and visitors will be delighted with a planned redesign of two offices, in addition to the nurses' station and reception area. Architectural plans are completed, and construction begins by early October. The renovations

will enhance both the admission process and increase the footage in the nurses' station.

Part of the work includes moving two offices and changing the placement of bedrooms and group rooms.

## September is 'Recovery Month'

### What This Means...

According to SAMHSA, "Recovery Month promotes the societal benefits of treatment for substance use and mental disorders,

celebrates people in recovery, lauds the contributions of treatment providers, and promotes the message that recovery in all its forms is possible."

## "Some Thoughts on Quitting" Blogging at RenewEveryDay with Erich Engelhardt

As if there weren't already enough reasons as to why addiction professionals should quit smoking, Healthday reports a new study, which suggests certain risk fac-

tors in middle age may cause the brain and hippocampus to shrink, leading to mental declines up to a decade later.

Evaluating data

from over 1,300 participants whose average age was 54 in the Framingham Study -- which began in 1971 -- researchers from the University of California-Davis

found that smoking, having high blood pressure, diabetes and being overweight were each linked to dangerous changes in the brain.

*Please see "Quitting" pg. 2*

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If you know someone who would like to receive this newsletter, just e-mail [kathy.norris@hptc.org](mailto:kathy.norris@hptc.org)

Conversely, if you wish to be removed from our list, let us know at the same address.

## “Quitting” continued from pg. 1

“We can't cure disease or cure aging, but the idea of a healthy body, healthy mind is very real,” says study author Dr. Charles DeCarli, director of UC Davis' Alzheimer's Disease Center. “People should stop smoking, control their blood pressure... and lose weight. It seems like a no-brainer.”

The study was published Aug. 2 in the journal *Neurology*.

Participants were given blood pressure, cholesterol, and diabetes tests, and had their body mass and waists measured. They were also given MRI brain scans

over ten years, the first one about seven years after the initial risk factor exam.

Those with high blood pressure had the worst test scores involving planning and decision-making, which corresponded to a faster rate of growth of brain damage than those with normal blood pressure.

Those with diabetes in middle age experienced brain reduction in an area known as the hippocampus sooner than those without, and smokers lost brain volume on the whole and in the hippocampus faster than nonsmokers, with an ex-

tra rapid increase of small areas of brain damage.

“I do think it's an important study and has practical importance in confirming there are things we can do in middle age that can have effects 10, 20, and 30 years down the line to improve cognitive health,” states Dr. Raj Shah, medical director of the Rush Memory Clinic in Chicago.

“It may seem we're talking about things that are somewhat common knowledge, but really, we always hypothesize these things could happen, but to

show they actually do in a study is very important.”

Despite the fact that nicotine is one of the most addictive and deadly drugs on the face of the planet, many of us in the field of addictions treatment are smokers.

These days, many people worry about dementia and fear developing Alzheimer's. Perhaps this study, which demonstrates real effects and shrinkage of the brain after only ten years, might prompt some of us to rethink the decisions we are making and encourage participation in healthier choices.

## “Hello” continued from pg. 1

The team wishes her the best and is pleased she will create a tile for our wall of tiles. She will always be a part of CASTLE.

We also say a fond farewell to clinician Ellen Ficks who came to

us from the Plymouth campus when CASTLE opened. Her work and dedication to our patients is appreciated.

Hello and welcome to Ann Parker, CADC, who joins us as a full-time clinician with

experience in adolescent substance abuse and mental health treatment. A warm welcome as well to Colleen Coyle, unit secretary. Four interns have also recently joined us.

Someone once

said that “change” is not a four letter word. If things are not evolving, growth is not possible. We therefore look forward to taking CASTLE to the next level.

- Heather Caldera,  
Nurse Manager