



MARCH/APRIL 2013

Ascension Counseling Center

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April Is Alcohol Awareness Month

Why is it that some people can have one drink and stop whereas others can't seem to stop? Can some people "hold" their liquor better than others? Research from the National Institute on Alcohol Abuse and Alcoholism (NIAAA) indicates that both your genetic makeup (the information stored in the DNA that you inherited from your parents) and your environment (how you live) influence your risk for alcohol abuse and alcoholism. Your genes certainly play an important role, influencing how your body responds to alcohol, how sensitive you are to its effects, and how likely you are to have a problem with alcohol. However, environmental factors—such as being surrounded by people who are heavy drinkers and who encourage you to drink—also can raise your risk for drinking too much.

In 2010, 1,199 6th graders were surveyed in Ascension Parish Schools about their drinking behaviors. 21% drank alcohol in their lifetime (defined as more than just a few sips), 7% had alcohol in the last 30 days, and 4% admitted to binge drinking (5 or more drinks in a row). 59 of the 6th graders who stated they drank alcohol in the last year were asked how they got it: 54% drank at home with their parents permission, 30% got it at home without their parents' permission, and 30% also got it from someone they know who is older than 21. (Numbers don't equal 100 because some children answered in more than one category). Another truly disturbing finding is that 15% said a stranger bought it for them. Imagine your 11 or 12 year old approaching a stranger at a store to ask them to buy alcohol for them. What would they do if that stranger said, "Now, what will you do for me?"

As disturbing as the numbers are for 6th graders, they skyrocket as the children get older. In the 12th grade, 73% have used alcohol in their lifetimes, 50% have used in the last 30 days, and 30% have engaged in binge drinking. 87% got their alcohol from someone 21 or older, 54% got it at home from their parents, and 36% got it at home without their parents permission.

When questioned about their parents attitudes toward alcohol and drugs: 11% of 6th graders thought their parents had favorable attitudes and 47% of 12th graders thought their parents had favorable attitudes toward alcohol and drugs.

Here's the important take-away message for parents from the NIAAA. "For adolescents, drinking seems to be influenced strongly by environmental factors in addition to genetic makeup. Adolescents who carry high-risk genes and whose parents do not monitor their activities and/or who have friends that use alcohol and other drugs are more likely to develop alcohol problems than those with a similar genetic makeup whose behavior is monitored more closely. Modifying the environment also can help adolescents avoid risky drinking behavior." Take every opportunity you get to tell your children that you do not want them to use alcohol and that it is illegal to do so until they are 21.

Clinic News

JOB POSTING
Ascension Parish Government
Adolescence Substance Abuse Counselor
COUNSELOR, MASTER'S DEGREE, LICENSED
Mental Health Department
Pay Scale: 118

The Parish of Ascension is accepting applications for a full-time Counselor, Master's Degree, Licensed at Ascension Counseling Center, an outpatient counseling center in Gonzales. The counselor is responsible for the assessment of adolescents using the ASI and the SASSI (training will be provided), and for making recommendations to the adolescent, family, and referral sources. The counselor will conduct individual sessions with the adolescent and family and conduct treatment groups daily. Must relate well with teens, supervise male urine drug screens, have good case management skills, be self-directed, responsible, computer literate, and efficient with record keeping. Substance abuse treatment experience, a master's degree (social work or counseling), and licensure (LPC, LCSW or LAC) are required. For additional information contact mdaigle@apgov.us.

SIGN UP SHEET IS AVAILABLE IN THE HUMAN RESOURCES DEPARTMENT

[Job descriptions and applications available in the](#)

Human Resources Department
114 Nicholls Street
Donaldsonville, LA 70346

Should you need assistance due to handicap, please notify us 48 hours in advance
by mail or call 473-1508.

Sign up sheets and applications must be received in the Human Resources
Department by the date noted below.

APPLICATIONS ACCEPTED UNTIL:

FRIDAY, APRIL 12, 2013

CARF Accreditation

Announcing One-Year Accreditation

We are pleased to report to you that Ascension Counseling Center has been accredited for a period of one year for both its mental health and substance abuse programs for children, adolescents, and adults. This is the first accreditation that the Commission on Accreditation of Rehabilitation Facilities (CARF), the international accrediting body, has awarded to us. This accreditation is awarded to organizations that demonstrate that the persons served are benefiting from their services. An organization receiving a One-Year Accreditation has put itself through a rigorous peer review process and has demonstrated to a team of surveyors during an on-site visit that it is committed to conforming to CARF's accreditation conditions and standards. Furthermore, an organization accredited for one year shows progress toward conformance to CARF standards and is commended in its quest for quality programs and services. ACC provides outpatient substance abuse and mental health services in Donaldsonville and Gonzales. CARF is an independent, nonprofit accrediting body whose mission is to promote the quality, value, and optimal outcomes of services through a consultative accreditation process that centers on enhancing the lives of the persons served. CARF establishes consumer-focused standards to help organizations measure and improve the quality of their programs and services.

Milestones

Clinical Staff Certification

- Jamie Schuler has recently been credentialed as a Certified Advanced Children, Youth, and Family Social Worker. She met eligibility by providing documented work experience in providing services and continuing education to the specific population. She is recognized as a qualified provider for children and family services by the social work profession.
- Ascension Counseling Center is now a Medicaid Application Center. Jill Lemann, Andrea Gaines and Tatiyana Curry recently attended a Medicaid Training.
- Happy One Year Anniversary to Courtney LeBlanc, she has been with Ascension Counseling Center since April 2, 2012.

Celebrate Counseling Awareness Month

- April is Counseling Awareness Month! Counselors do great work in their communities every-day, all year long. We would like to thank all of the counselors for all of their hard work and dedication, especially our counselors here at Ascension Counseling Center.
- For more information on Counseling Awareness Month please visit the American Counseling Association webpage at www.counseling.org/resources/consumersmedia.aspx

NEW PHONE NUMBERS EFFECTIVE IMMEDIATELY
Our old phone numbers will roll over for a few months

450-1016	Main Line	450-1164	Jill Lemann
450-1158	Intake Worker (Sarah Cuti)	450-1165	Lisa Lopez
450-1150	Fax Line	450-1168	Ryan Schuette
450-1157	Tatiyana Curry	450-1169	Jamie Schuler
450-1158	Sarah Cuti	450-1171	Stephanie Turner
450-1159	Andrea Gaines	450-1172	Lisa Weber-Curry
450-1160	Suzanne Hamilton	450-1173	Dawn Bennett
450-1161	Stacy House		



Ascension Counseling Center

www.AscensionParish.Net/MH

Ascension Counseling Center

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Complex, Gonzales, LA 70737
419 Memorial Blvd,
Donaldsonville, LA 70346
Phone: (225) 450-1016
Fax: (225) 450-1150
E-mail: SHamilton@apgov.us

**HELPING INDIVIDUALS AND
FAMILIES CHANGE BEHAVIORS,
CHANGE LIVES.**

MONTHLY EVENTS

Mondays:

- **Adult Substance Abuse Treatment group**, 4 - 6 pm & 6 - 8 pm, Gonzales.
- **Adolescent Substance Abuse Treatment group**, 4 - 6 pm, Gonzales.

Tuesdays:

- **Women's Empowerment Group**, 10 - 11:30 am, Gonzales.
- **Nurturing Parenting, adult & children groups**: 5 - 7:30 pm, Gonzales.
- **Anger Management Class**, 4 - 5 pm, Gonzales.
- **Stop Smoking group**, 4 - 6 pm, Gonzales
- **Adult Substance Abuse Treatment group**, 6 - 8 pm, Gonzales.

Wednesdays:

- **Adult Substance Abuse Treatment group**: 1 pm, Donaldsonville.
- **Adolescent Substance Abuse Treatment group**, 3 - 4 pm, Donaldsonville.
- **Adult Substance Abuse Treatment group**: 4 - 6 pm & 6 - 8 pm, Gonzales.
- **Living Strong Cancer Survivors group**, 3 - 4 pm, Donaldsonville. 2nd Wed of each month.
- **Grandparents Raising Grandchildren**, 10:30 am - noon, lunch provided, Donaldsonville, 3rd Wed of each month

Thursdays:

- **Adult Substance Abuse Treatment group**: 6 - 8 pm, Gonzales.
- **Adolescent Substance Abuse Treatment group**, 4 - 6 pm, Gonzales.
- **Anxiety Reduction group**: 4 - 5 pm, Gonzales.

Ascension Counseling Center provides comprehensive therapeutic services to individuals and families in an effort to foster healthy coping skills that will improve their quality of life.

HOURS

Gonzales:

Business Hours

Mon - Thur: 8 am - 5:30 pm; Fri: 8 am - noon

Counseling Hours

Mon - Thur: 7 am - 8 pm; Fri: 8 am - noon

Psychiatrist Hours

Monday and Tuesday: 8 am - 6 pm

Donaldsonville:

Business Hours

Wednesday: 7:30 am - 5:30 pm

Counseling Hours

Wednesday: 7:30 am - 5:30 pm

