

NOVEMBER 2016



# Ascension Counseling Center

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## GREAT AMERICAN SMOKEOUT

November 17th is National Stop Smoking Day. The event is sponsored by the American Cancer Society and is designed to encourage people to stop smoking for 24 hours, hoping their decision not to smoke will last forever.

### How to Tell if You're Addicted to Cigarettes:

1. Do you smoke your first cigarette within 30 minutes of waking up in the morning?
2. Do you smoke 20 cigarettes (one pack) or more each day?
3. At times when you can't smoke or don't have any cigarettes, do you feel a craving for one?
4. Is it tough for you to keep from smoking for more than a few hours?
5. When you are sick enough to stay in bed, do you still smoke?

If you answered Yes to 2 or more of these questions you may be addicted to the nicotine in cigarettes.

### Benefits of Quitting Smoking:

- 20 Minutes after quitting: your heart rate drops to a normal level.
- 12 Hours after quitting: the carbon monoxide level in your blood drops to normal.
- 2 Weeks—3 Months after quitting: Your risk of having a heart attack begins to drop and your lung function begins to improve.
- 1—9 Months after quitting: Your coughing and shortness of breath decrease.
- 1 Year after quitting: Your added risk of coronary heart disease is half that of a smoker's.
- 5—15 Years after quitting: Your risk of having a stroke is reduced to that of a non-smoker's, and your risk of getting cancer of the mouth, throat, or esophagus is half that of a smoker's.

*Don't let what you cannot do  
interfere with what you can  
do.*

*~ John R. Wooden*

- 10 Years after quitting: Your risk of dying from lung cancer or getting bladder cancer is half that of a smoker's. Your risk of getting cervical cancer or cancer of the larynx, kidney, or pancreas decreases.
- 15 Years after quitting: Your risk of coronary heart disease is the same as that of a non-smoker.

### Symptoms of Recovery

Quitting smoking brings on a variety of symptoms. There are both physical and psychological recovery symptoms. Most symptoms decrease after the first few days. Some stop after 3 days. Other symptoms slowly decline over the next 2 to 3 weeks. For some people, coping with recovery symptoms is like riding a roller coaster. They will take sharp turns, slow climbs, and unexpected plunges. Most symptoms pass within 2 to 4 weeks.

Symptoms may include: irritability; fatigue; insomnia; cough, dry throat, nasal drip; dizziness; lack of concentration; constipation, gas, stomach pain; hunger; craving for a cigarette.

## DAY OF CARING, DONALDSONVILLE

The 2nd Annual Day of Caring in Donaldsonville is November 19th, 9—noon at the Church of Donaldsonville. There will be health screenings and classes offered. The Louisiana Department of Health and Hospitals will conduct a class on Relaxation Techniques and offer crisis counseling. Classes will include Stress, Handling Your Child's Anger, Healthy Choices, and more. Vendors will conduct health screenings including depression, memory, and more.

## FREE FLOOD SUPPORT GROUP

Ascension Counseling Center is offering a free five week Flood Support Group beginning on Monday, Nov 7th, 6—7 pm. The purpose of this group is to provide a safe and open environment to grieve the loss of a home, car, or other piece of property due to the recent flood. This group will allow the community to learn coping skills, express loss, and find solace knowing that others are experiencing similar feelings. Call Dawn at 450-1158 to register or for more information. Group meets at Ascension Counseling Center.

## PERSON-CENTERED STATEMENT

At Ascension Counseling Center you are at the center of your own care. Our goal is to treat you with dignity and respect. If you are not satisfied with the services that you are receiving, please let the receptionist know that you would like to speak to Lisa Weber-Curry, Clinical Manager (225/450-1172) or Suzanne Hamilton, Director (225/450-1160).

## NEWS, TRAINING & OUTREACH

### Free Flood Support Group

Every Monday for 5 weeks from 6–7 PM, beginning on Monday 11/7. Meets at Ascension Counseling Center.

### Day of Caring in Donaldsonville

2nd Annual Day of Caring in Donaldsonville on November 9th, 9–noon at Church of Donaldsonville.

### Child & Youth Planning Board

Tuesday, November 2nd @ 11 am at Ascension Counseling Center.

### Mental Health Board Meeting

Monday, November 21st at 5 pm at the Ascension Parish Governmental Complex, Gonzales.

## ASSESSMENT: OBSESSIVE-COMPULSIVE DISORDER

This information cannot take the place of a professional evaluation.

- Presence of obsessions, compulsions, or both:
  - Obsessions are defined by (1) and (2):
    - (1) Recurrent and persistent thoughts, urges, or images that are experienced as intrusive and unwanted, and that in most individuals cause marked anxiety or distress.
    - (2) The individual attempts to ignore or suppress such thoughts, urges, or images, or to neutralize them with some other thought or action (i.e. by performing a compulsion).
  - Compulsions are defined by (1) and (2):
    - (1) Repetitive behaviors (e.g., hand washing, ordering, checking) or mental acts (e.g., counting, repeating words silently) that the individual feels driven to perform in response to an obsession or according to rules that must be applied rigidly.
    - (2) The behaviors or mental acts are aimed at preventing or reducing anxiety or distress, or preventing some dreaded event or situation; however, these behaviors or mental acts are not connected in a realistic way with what they are designed to neutralize or prevent, or are clearly excessive.
- The obsessions or compulsions are time-consuming (e.g., take more than 1 hour per day) or cause distress or impairment in social, occupational, or other important areas of functioning.

[www.AscensionParish.Net/MH](http://www.AscensionParish.Net/MH)

**ASCENSION COUNSELING  
CENTER**

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

*The mission of Ascension Counseling Center is to provide individuals, couples, and families who reside in Ascension Parish with counseling services to improve their cognitive, emotional, and behavioral functioning to improve their lives.*

**HOURS**

***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

**GROUPS / EVENTS**

**Mondays:**

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

**Tuesdays:**

- ***KKAY 1590 Radio 10 AM***: 11/1=Sherri Denig, Volunteer Ascension, 11/8=Alzheimer's Association, 11/15=Sisters, Cancer Survivors, 11/22=David Alexander, School Superintendent.
- ***Adult Substance Abuse Treatment group***, 6 - 8 pm, Gonzales.

**Thursdays:**

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



**SERVICES WE OFFER**

**COUNSELING**

We offer outpatient mental health counseling for children, adolescents, adults, couples, and families in a comfortable setting with licensed professional counselors. Individuals come to us with a variety of issues of daily living, including academic failure, academic conduct problems, difficulty completing homework, difficulty falling or staying asleep, depression, anxiety, failure to perform up to potential at work, substance use, divorce, relationship conflict, poor communication skills, and more. To see if we can help you or someone you love, contact Dawn at 450-1158.