

# D&A News

A PUBLICATION OF THE LANCASTER COUNTY DRUG AND ALCOHOL COMMISSION

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## RASE Project Satellite Office Offers a Welcoming Environment to Recovering Persons in Downtown Lancaster

Men and women who are recovering from addiction have a new support service in downtown Lancaster. On December 1, 2010, RASE Project opened their newest satellite office at 44 N. Queen St, on the second floor of the Central Market Mall. The office serves as a drop-in center, where clients can relax and socialize in a supportive environment. Also offered are buprenorphine care coordination, and a weekly support group. Although the buprenorphine coordinators specifically address the needs of persons addicted to opiate drugs who are taking the medication, buprenorphine, the center is open to anyone who needs support in their recovery from an addiction to any substance.

Recovery coaching is a key service offered by RASE. Recovery coaching differs from outpatient counseling therapy in several ways. It is more focused on long term sobriety than on intervening in a crisis. Recovery Support Coordinator Jodi Holland explains, "We offer peer to peer support. A person goes to a therapist seeking answers and expert advice. They go to a recovery coach seeking someone to walk along with them on their journey."

Limited treatment funds and tough economic times have made RASE's services even more valuable. According to Niki Sny-



Jodi Holland, Recovery Support Coordinator Supervisor, RASE

der, Lancaster County D&A Commission Case Manager, "The extra support that RASE provides may be very beneficial to clients whose access to treatment services is limited due to funding constraints."

The RASE Lancaster office is open Monday, Tuesday, Thursday, and Friday from 9 AM to 4 PM and on Wednesdays from 10 AM to 7 PM. The support group meets on Thursdays from 3:00 to 4:00 and a Recovery 101 group is planned for the near future. To learn more, contact RASE at (717) 295-3080.

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## K2 "Spice" is Now Illegal

On March 1, 2011, the U.S. Drug Enforcement Administration invoked its emergency scheduling authority to make most "legal high" products illegal. The relatively inactive herbs used in these products are spiked with potent designer drugs.

The DEA action applies to five of these drugs: JWH-018, JWH-073, JWH-200, CP-47,497, and cannabicyclohexanol. The drugs are now on the DEA's Schedule I, meaning they have no accepted medical use and high potential for abuse. The emergency action [will](#) remain in effect for a year, during which time the government is expected to call for permanent control of the drugs.

**For more information about new trends in designer drugs, check out our fact sheet on "bath salts" on page 7.**

## FROM THE EXECUTIVE DIRECTOR



As expected, our office and the local D&A system have some large funding cuts that will begin in the fiscal year beginning on July 1, 2011. This includes \$119,000 of HSDF prevention funding, \$100,000 for our HIV/AIDS Outreach program, and almost \$400,000 for treatment services. Although we have had some small cuts in the past eleven

years, this is by far the largest single decrease.

Our office has downsized over the past five years. We decreased our office by 33%, going from an office of 15 employees, down to 10. Several of these positions are now part time, which also saves on the cost of health care.

These new larger cuts will mean that we will now need to cut our prevention and treatment services. For a county the size of Lancaster, with over 500,000 people, and a projected addiction problem of 42,000 citizens, the demand for needed services is great, and increases every year. We now have less than four million dollars to pay for prevention, education, treatment, and intervention programs. Relatively speaking, this is a small amount of resources.

My office is applying for new grants, but they are difficult to find, and even more difficult to acquire. We recently received a new federal prevention grant, and we also applied for a gambling addiction prevention grant. But these dollars cannot make up for the large amounts of funding we are losing with the recent state and federal cuts.

Our citizen advisory board, and the provider network, are assisting my office in prioritizing the remaining dollars, and finding ways to cut additional office costs. But we are at a point where services to our constituents are decreasing as the public dollars are cut.

A handwritten signature in cursive script that reads "Rick Kastner". The ink is dark and the signature is fluid and legible.

## D&A NEWS

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### D&A News Editor

Lisa Starr

D&A news is published two times a year by the Lancaster County Drug and Alcohol Commission, 150 N. Queen St., Lancaster, PA 17603; phone (717) 299-8023. This project is made possible by a contract with the Lancaster County Drug and Alcohol Commission, Department of Health, Bureau of Drug and Alcohol Programs, Commonwealth of Pennsylvania. The County Office and Department of Health specifically disclaim responsibility for any analysis, interpretations, or conclusions herein.

## Federal Grant Assists E-town CTC

The Lancaster County Drug & Alcohol Commission in conjunction with Elizabethtown Area Communities That Care (CTC) was awarded a \$125,000.00 Drug Free Communities Support Program FY 2010 grant by the White House Office of National Drug Control Policy (ONDCP) and the Substance Abuse and Mental Health Services Administration (SAMHSA). Elizabethtown CTC serves a population of 32,747 in the Elizabethtown Area School District.

This funding will assist the CTC in reducing substance abuse among youth and adults through the following projects and strategies:

- ◆ Engage and educate youth, parents and the faith-based community about underage alcohol and drug abuse issues and laws.
- ◆ Change the perceptions among youth and parents about the actual use of alcohol and drugs by underage youth by using a positive community norms approach.
- ◆ Provide training and education for managers and wait-staff at area restaurants to ensure that IDs are checked and youth are not served alcoholic beverages.
- ◆ Work with the state police to increase the number of compliance checks at area restaurants.
- ◆ Work with administration and staff of the local school district and Elizabethtown College to review, develop and administer alcohol and drug policies in a fair and consistent manner.
- ◆ Provide training and support of local law enforcement personnel to ensure consistent sanctions for youth who commit alcohol and drug offenses.
- ◆ Provide opportunities to celebrate youth and parents who make positive decisions about abstaining from alcohol and drugs.

**Change of Address?  
Receiving multiple copies of our  
newsletter?**

**Help us update our mailing list by calling  
(717) 299-8023. Please have your mailing  
label ready so that we may better assist  
you. Or email your change to  
[lstarr@co.lancaster.pa.us](mailto:lstarr@co.lancaster.pa.us)**



*Winnie Rambler*



*Marcia Musser with  
Rick Kastner*

## Two Honored At SCA Annual Dinner

Two individuals were honored for their years of service to the Drug and Alcohol Commission at the annual meeting on November 22, 2010. Winifred Rambler was honored by the Lancaster County Commissioners for six years of service as an advisory board member. Marcia Musser was given the Professional Service Award by Executive Director Rick Kastner. This award was given in honor of her 22 years of service as administrative assistant.

## GO PAPERLESS! D&A News Now Available as PDF

Would you like to receive the D&A News electronically instead of (or in addition to) your printed copy? The D&A News can be sent to your email address as a PDF. In order to receive our newsletter this way, please send an email to Lisa Starr at [lstarr@co.lancaster.pa.us](mailto:lstarr@co.lancaster.pa.us). Please specify whether or not you want to continue to receive in print as well. To assist us in managing our mailing list, include the five digit number in the upper right hand corner of your mailing label.



# PROBLEM GAMBLING

With Pennsylvania poised to overtake Atlantic City sometime this year as the nation's second-largest gaming market (Patriot-News, 03/23/11), awareness about compulsive gambling is slowly making its way to the spotlight. Compulsive gambling can be every bit as crippling as a substance abuse addiction, not only to the gambler but also to their families. At present, local compulsive gambling treatment options are limited, but expanding.

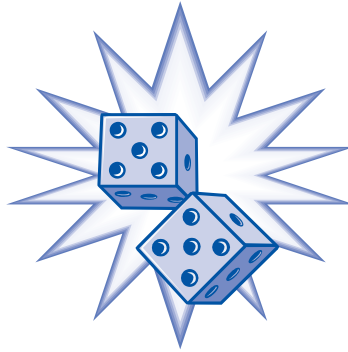
## What is Gambling?

Gambling is the act of wagering something of value (money, material objects) on the outcome of an event, when that outcome is decided mostly by chance. When most people think of gambling, slots and table games at casinos are the first things that come to mind; however, there are many different ways to gamble. Sports betting, horse racing, NCAA office pools, numbers and scratch-off lottery tickets, bingo, online card games, and even stock market speculating are all forms of gambling.

## Types of Gamblers

Not everyone who gambles is, or will become, a compulsive gambler. The general types of gamblers are as follows:

1. Casual-Social Gambler—gambles as an occasional form of entertainment, usually done with friends on an infrequent basis.
2. Serious Social Gambler—gambles for a major source of entertainment and does so with great absorption and intensity; often more than one type of game is played.
3. Compulsive Gambler—gambling has become the most important thing in life; they regularly gamble for longer periods and with much more money than initially intended. They use funds set aside for bills and retirement savings, max out credit cards, and often resort to illegal means to obtain more



money to gamble, and they are unable to stop, regardless of whether they are winning or losing.

4. Professional Gambler—make their living by gambling, sometimes with other people's money. They are skilled in the games they play, and they are able to control the time and resources spent.

5. Antisocial Gambler—gambles illegally by trying to cheat, fix races, play with loaded dice, etc.

## What Can Be Done?

Compulsive gambling treatment is available for state residents with funding support from the PA Department of Health. Access to treatment can be obtained through the PA Problem Gambling Hotline: 1-877-565-2112. Valuable information about helping resources is also available from the state-sponsored PA Problem Gambling website:

[www.paproblemgambling.com](http://www.paproblemgambling.com).

Compulsive gamblers can also seek help through Gamblers Anonymous (GA), which is a free 12-step self-help and support program modeled after Alcoholics Anonymous. Anyone interested in obtaining a GA meeting schedule can call the local GA Hotline number, at (888) 442-7085. You may also gather information from the GA website using this link: [www.gamblersanonymous.org](http://www.gamblersanonymous.org). For Lancaster County, Gamblers Anonymous meets at the Ephrata Church of the Brethren, 201 Crescent Ave., Ephrata, on Wednesdays evenings. For more information, call (717) 866-9178.



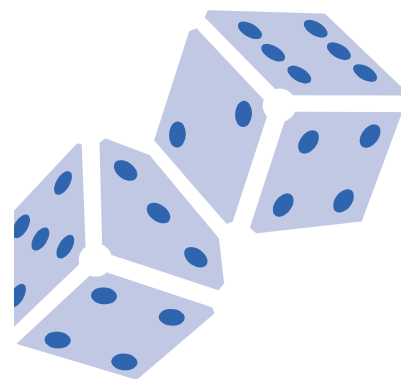
Portions of this article were written by Cori Van Hine, Case Management Specialist, Cumberland Perry Drug and Alcohol Commission, and are reprinted with permission from Network News Online, the online substance abuse prevention, treatment, and recovery newsletter for Cumberland and Perry Counties.

## Lancaster County Problem Gambling Profile

Where does gambling occur in Lancaster County? In February 2011, the Lancaster County Drug and Alcohol Commission completed a Problem and Compulsive Gambling Profile for the PA Department of Health. Here are some of the highlights of that report:

- ❑ Lancaster County is located near Dover, DE and Atlantic City, NJ, two cities with large gaming industries. That, combined with the fact that it is a major tourist site, makes it a place where vacationers often seek gambling entertainment. These opportunities are also available to county residents. Several tour and transportation companies have daily bus service from Lancaster to Atlantic City casinos.
- ❑ Lottery tickets have been sold in Lancaster County since 1972. In 1993, Instant Ticket Vending machines were introduced and in 2004, PATs (Player Activated Terminals) began to sell both instant and online games. This makes lottery tickets the most easily accessible form of gambling to most local residents, with the exception of internet gambling. Currently there are 275 licensed ticket outlets in Lancaster County, which are located in every municipality.
- ❑ The Hollywood Casino at Penn National Race Course, Grantville, PA is located 39 miles from downtown Lancaster (less than one hour's drive) and only 20 miles from the western part of Lancaster County (less than 30 minutes drive from Elizabethtown, Manheim, and surrounding communities). Lancaster County has one Off Track Wagering (OTW) facility, located on Lincoln Highway East in Lancaster. The facility is open daily from noon until midnight.
- ❑ According to the Lancaster County Treasurer's office, there were 58 regular bingo licenses and 4 senior bingo licenses issued in 2010. There were 33 "Three Day" or Special Permit bingo licenses issued (typically issued for single event fundraisers). There were 216 General Games of Chance and 38 Limited Occasion Licenses issued for 2010. There were 87 Special Permit Raffle Licenses issued.

- ❑ Wagering on professional sports, such as office football pools, is illegal. Although this activity is very prevalent, most participants are not arrested or prosecuted.



- ❑ In 2009, the Pennsylvania Uniform Crime Reporting System shows only one arrest on gambling charges for Lancaster County. There were two arrests in 2010.
- ❑ Remote Gambling is gambling that is performed with a remote electronic device, such as a computer, interactive TV, or cell phone and does not include attendance at an event or face-to-face contact between participants. Some examples of this are online gambling, TV poker tournaments, and sports gambling via cell phone. Because it can be done in complete privacy from the gambler's home or car, this type of gambling cannot be documented sufficiently to determine the prevalence or the incidence of problem gambling using remote devices. Further, it can be assumed that someone trying to hide their problem gambling behavior might be likely to engage in this activity, since it would be easier to remain anonymous and unnoticed. Remote gambling is one of the biggest areas of concern for addictions professionals, especially since teens can participate without the knowledge of parents.

**Do you know someone who has a gambling problem? Help is available in Lancaster County!**

- ❑ **Call Gamblers Anonymous at (717) 866-9178.**
- ❑ **Call the PA Problem Gambling Hotline at (877) 565-2112 or visit their website at [www.PAProblemGambling.com](http://www.PAProblemGambling.com)**
- ❑ **Call Compass Mark at (717) 299-2831 or visit their website at [www.compassmark.org](http://www.compassmark.org).**



## Four Loko Unites Campuses and Communities in a Common Cause

The Pennsylvania Liquor Control Board (PLCB) has responded to community and consumer concerns to restrict access to a dangerous new beverage. Four Loko is an alcoholic “energy” drink, with a high caffeine content. Popularly known as Black Out in a Can, it is popular with college age youth and has caused problems for many teens and young adults. It was first brought to the attention of the PLCB by Pennsylvania Colleges and Universities and the Board.

A letter was sent to all 17,000 licensees in the Commonwealth asking them to voluntarily remove the product from sale. The PLCB also sent a letter to institutions of higher education explaining the steps the Board was taking, within its legal power to do so, regarding the sale of this product.

Press coverage on this product also assisted in bringing about action. The Malt Beverage Distributors Association in Pennsylvania requested its members to stop selling the product. Campus and community groups visited businesses selling the product and asked them to stop sales. Finally, the Federal Food and Drug Administration came out with a ban on Four Loko and similar products. While the makers of Four Loko are redesigning the formula to meet FDA requirements, this episode showed that when communities and organizations unite in a common cause, positive results can occur and the health and safety of our youth can be protected.

## SAMHSA Announces New Discussion Guide for Primary Health Care Providers

*Talking Patients About and/or Mental Health Problems: A Discussion Guide for Primary Health Care Providers* will equip providers with



*With Your Adult Alcohol, Drug, Health Problems: A Discussion Guide for Care Providers* primary health care

questions to begin discussions with their patients about alcohol, illicit drug, and mental health problems, as well as co-occurring disorders. This brief guide also includes resources for patients who need an evaluation based on positive screening results. Download or order your free copy today!

The guide is available for download at <http://www.kap.samhsa.gov> or through the link below:

*Talking With Your Adult Patients About Alcohol, Drug, and/or Mental Health Problems: A Discussion Guide for Primary Health Care Providers*  
[http://kap.samhsa.gov/products/brochures/pdfs/Talking\\_with\\_Your\\_Patients.pdf](http://kap.samhsa.gov/products/brochures/pdfs/Talking_with_Your_Patients.pdf)

To order your free copy, contact the Substance Abuse and Mental Health Services Administration (SAMHSA) at <http://store.samhsa.gov> or 1-877-SAMHSA-7 (1-877-726-4727) (English and Español). Ask for publication order number (SMA) 10-4584.



**True or False: More drunk driving deaths occur on New Year’s Eve than any other time of year.**

**Answer FALSE! In Pennsylvania, summer is the season for DUI! Get the facts. If you know someone who needs help, call (717) 299-2831 or visit Compass Mark at [www.compassmark.org](http://www.compassmark.org).**

**Lancaster County Drug and Alcohol Commission**  
**150 N. Queen St.**  
**Lancaster, PA 17603**  
**(717) 299-8023**

**Fact Sheet:**  
**BATH SALTS**

Much concern has been raised recently about a new drug trend called ‘bath salts.’ Many consumers are wondering about the safety of products they have purchased. Here are the answers to some frequently asked questions:

**Are the bath salts I use in my tub dangerous?**

There is a difference between legitimate bath salts that are used in the bathtub and the “bath salts” that are being abused as a drug. Legitimate bath salts (such as those sold by Bath and Body Works, Calgon, or other cosmetic companies) contain sodium chloride (sea salt) and/or magnesium sulfate (Epsom salt) along with oils and fragrances. They are NOT the harmful substance that is being abused.



**What is the substance called “bath salts” that people are using to get high?** This substance looks a little like legitimate bath salts, but it contains a drug called Mephedrone or a drug called Methylenedioxypyrovalerone (MDPV). These drugs are designer drugs developed experimentally as research chemicals. They produce a methamphetamine–like high and also have hallucinogenic effects. They have been sold commercially since 2008 and there are many reports of users ending up in the emergency room due to their effects. They can be snorted, injected, or smoked and can cause hallucinations, paranoia, rapid heartbeat, and suicidal thoughts.

**How can consumers tell the difference?** Legitimate bath salts will be sold commercially as a cosmetic product. They generally have a label that lists their ingredients and instructions for use. The drug purporting to be “bath salts” is often sold at truck stops, convenience stores, discount tobacco outlets, tattoo parlors, “head” shops, and other places you wouldn’t normally shop for cosmetics. The drug is also much more expensive, often selling for \$25 to \$50 for a 50 milligram packet. Some common brand names of the drug “bath salts” include: Ivory Wave, Cloud 9, Vanilla Sky, Bliss, and Scarface. These substances can easily be purchased over the Internet as well. They are marketed in a similar manner to K2 “Spice” herbal incense.

**How popular are “bath salts”?** They are growing rapidly in popularity. In 2010 poison control centers in the United States received 235 calls regarding “bath salts.” In 2011, 214 calls were received in the month of January alone.

**Where can I find more information or help?** More information on bath salts is available from the American Association of Poison Control Centers at [www.aapcc.org](http://www.aapcc.org) or from the US Drug Enforcement Agency at [www.dea.gov](http://www.dea.gov). To find help in Lancaster County, contact Compass Mark at [www.compassmark.org](http://www.compassmark.org) or call (717) 299-2831.

**If you know someone who needs help, call Compass Mark at (717) 299-2831. Visit [www.compassmark.org](http://www.compassmark.org).**

LANCASTER COUNTY  
DRUG AND ALCOHOL COMMISSION  
150 N. QUEEN ST.  
LANCASTER, PA 17603

## UPCOMING MEETINGS AND EVENTS

### LOOKING FOR OUR OFFICE?

We are located at 150 N. Queen St.,  
Lancaster, on the fourth floor.

For the most updated and  
comprehensive list of local D&A trainings  
and events, please visit  
[www.compassmark.org](http://www.compassmark.org).

Don't forget to check out the  
interactive calendar! It helps you search for  
the workshops and events that interest you!

### Treatment Service Provider Meetings

Meetings will be held May 10, Sept. 13, and Dec. 6, 2011.  
Meetings are generally held at 3:00 PM at 150 N. Queen  
St. Call (717) 299-8023 to confirm details.

For more information about events, contact the  
D&A Commission at (717) 299-8023.

The D&A Commission will be closed for the  
following County holidays:

May 30, July 4, Sept. 5, Oct. 10,  
Nov. 11, 24, 25, and Dec. 26, 2011.

### Single County Authority (SCA) Meetings

Meetings will be held May 23, July 25,  
and Sept 26.

Meetings are generally held at 6:00 PM  
at 150 N. Queen St., Lancaster.

To confirm meeting times and locations, call  
(717) 299-8023.

For emergency and weather-related closings  
and delays of Lancaster County offices,  
please tune in to local radio stations or watch  
WGAL-TV8. Emergency closings are also an-  
nounced on the Lancaster County website at  
[www.co.lancaster.pa.us](http://www.co.lancaster.pa.us).