

WHAT YOU NEED TO KNOW:



ASAP is thankful to be the recipient of federal and state grants; however, donations from businesses and individuals are a crucial piece of ASAP's continued sustainability and grant awards since many grants require 100% matching. During January ASAP held the Red Ribbon Rivalry and Anderson County Ally of the Year fundraising events and would like to thank the following businesses and individuals for their support:

Ace Hardware  
Amazon Smile  
Candace Watson  
Curtis and Carol Sexton  
David Vudragovich  
Diane Morris  
Don and Brenda Stewart  
Donald and Donna Bennett  
Faye Garrett  
Fox Toyota  
Gail Martin  
Greg and Pam Crawford  
Jim and Helen Ellison  
Hoskins Drugstore  
John and Deidre Foster

Jones Mortuary  
Joseph Johnson  
Josh and Laura Webber  
Julia and Donald Kendrick  
Karen Acres  
Kim Pouncey  
Lake City Elementary  
Larry and Nancy Foster  
Lynn Ward  
Jim and Melissa Charles  
Merle FM  
Michael and Katie Foster  
Michael Swisher  
Nona Baird  
Patsy Meredith

Roger and Margaret Tackett  
Ronnie and Karen Fox  
Say Ow Tattoo  
Secret City Pies  
Shelby Haun  
Stanley and Becky Grubb  
Stanley E Fox, Sr  
Stephenson Realty & Auction Co  
Top Shelf RBS  
Wally and Kay Porter  
Wendy Williams  
Wesley and Amanda Halford  
Wilma Edwards  
Scott Burton



To donate to ASAP please visit [ASAPofAnderson.org](http://ASAPofAnderson.org). You can also support ASAP by registering with Amazon Smiles. All you need to do is go to [Smile.Amazon.com](http://Smile.Amazon.com), choose Allies for Substance Abuse Prevention as your supporting charity and make your regular Amazon purchases through [Smile.Amazon.com](http://Smile.Amazon.com). Half of a percent of all purchases will go directly to ASAP. Or, earn money for ASAP just by using your Kroger Plus Card. Go to [KrogerCommunityRewards.com](http://KrogerCommunityRewards.com) with your Kroger Plus Card number and follow the directions to sign up. Choose Allies for Substance Abuse Prevention of Anderson County as your organization, use your Kroger Plus Card when you buy your gas or groceries and ASAP will begin to earn money. ASAP has already received nearly \$100 since the beginning of the year from these two programs.

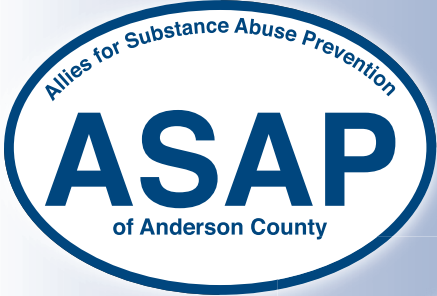
[www.ASAPofAnderson.org](http://www.ASAPofAnderson.org)

office:865.457.3007

101 South Main Street  
Suite 465  
Clinton, TN 37716-3619



PRSR STD  
PAID  
CLINTON, TN  
PERMIT NO. 18



ASAP  
QUARTERLY:  
Prevention Matters

Newsletter

Volume 5, Issue 1—March 2015



FROM THE DIRECTOR

By Stephanie A. Strutner, MPH, Executive Director

ASAP Honored Nationally

Last month, I had the distinct privilege to travel with seven members of our coalition to Washington, D.C. to accept the CADCA Got Outcomes! National Coalition of Excellence Award in the Milestones category. Aside from creating positive community change and saving lives, this is one of the highest honors which can be bestowed upon a coalition. I wanted to take this opportunity to thank you, our coalition members and partners, for your efforts toward this achievement. ASAP was recognized for our significant reductions in underage drinking. The Underage Drinking Task Force's planning and advocacy and the tremendous efforts on behalf of local businesses have reduced youth access to alcohol within Anderson County. It was an honor to represent you in Washington, D.C. and I look forward to celebrating your continued achievements through the coming years.

In addition to the Got Outcomes! Award, ASAP was again in the spotlight during a well-attended presentation to a national audience on the public benefit of substance abuse prevention. Last summer, CADCA asked me if I would be willing to conduct a benefit: cost analysis of prevention in Tennessee. I assembled a team, including Stacey Pratt, ASAP Project Coordinator; Sarah Harrison, Roane County Anti-Drug Coalition Executive Director; and Wayne Stevenson, Retired, PhD Economist. Together, we developed an analysis tool which calculates cost savings at the state and local levels as it pertains to prevention. In our report, we found that in Anderson County, for every dollar invested

in substance abuse prevention, there is a realized cost savings of \$16.76. We presented this project to over 100 people and since, it has generated quite a buzz. We will continue presenting it to audiences across the country, but the immediate benefit can be observed locally. As a result of this report, the state legislature is considering a bill which would fund prevention at the local level. The full report is available on our website at [www.ASAPofAnderson.org](http://www.ASAPofAnderson.org).

Thank you for your contributions to prevention in our community. I am proud to work alongside a collective of such engaged people.



Pictured Left to Right: Major General Arthur Dean, CADCA Chairman and CEO; Stephanie Strutner, Deputy Chief Vaughn Becker; Jen Laurendine; Stacey Pratt; Kim Pouncey; Michael Foster; Bill Hall; Tim Isbel.



## ASAP UPDATES:



- Operation Rx collected 115.2 pounds in December, 112.6 pounds in January, and 119.6 pounds in February of unused, unwanted, or expired medicines. ASAP would like to thank Clinton Police Department, Norris Police Department, Oliver Springs Police Department, and Rocky Top Police Department for all they do to ensure citizens of Anderson County have a safe and convenient disposal option for their unwanted medicines.

## ALLY ACCOUNT:



### Why I am an ASAP Volunteer:

My name is **Jenifer Laurendine** and I am proud to call myself an ASAP Volunteer. I have been the Coordinator of Coordinated School Health for Oak Ridge Schools for little over a year and started off working with ASAP right away. I am starting my first year as the secretary of ASAP of Anderson County.

In February, I had the pleasure and honor of joining ASAP as they traveled to Washington DC to accept their prestigious CADCA GOT OUTCOMES! Milestones Award at the National CADCA Convention. I was blown away by what I saw. By attending the coalition meetings and working on strengthening the Oak Ridge chapter of the ASAP Youth Coalition, I only thought I knew the impact ASAP has made.

I had the opportunity to witness the ASAP staff do what they do best: lead and inspire those around them to make a difference in the lives of our students and communities. The amount of respect at a national level that OUR coalition has is unbelievable. I was in awe of the work they do to promote legislation that will benefit the ASAP mission of implementing environmental strategies to prevent and reduce underage alcohol use and substance abuse. I had the opportunity to accompany Stephanie Strutner to a meeting with Bill Knudsen, Education Policy Advisor for Senator Lamar Alexander. To see her showcase ASAP and the wonderful things happening within our county was truly inspiring. She was so passionate about the issues at hand and she does so because that is what ASAP is founded upon: passion to make a difference. We also had the opportunity to meet with Congressman Chuck Fleischmann. He took the time to meet with our members and listen to each one of our needs and concerns. I got to personally communicate to him the profound difference ASAP has made in the Oak Ridge community. This reflects directly on the success of the ASAP organization and its leadership.

We were also able to tour the Capitol building with a congressman staffer and that was an experience of a lifetime! One that I owe to ASAP. Never have I felt so small, yet a part of something so big! Thank you!

In conclusion, I volunteer because I see the affect ASAP has on the lives and development of the students in Anderson County, Clinton and Oak Ridge. I volunteer because I see the affect ASAP has on the community every time I go into an office that has the Permanent Medicine Disposal Bin pamphlets on the counter. I volunteer because I see the affect ASAP has on the community when I enter a restaurant and see the "WE ID NO ID Sale NO WAY" sticker on the front door. I volunteer because I see the affect ASAP has with the #ChooseNotToUse tobacco signs in our schools, athletic fields and public parks. I volunteer because I AM ONE who wants to make a difference in the lives of our students and in our community. I volunteer because I see the hard work of Stephanie Strutner, Stacey Pratt, Michael Foster, Bill Hall, Kim Guinn, John Kelsey, Wendy Williams, Kim Pouncey, Tim Isbell, Mary Tuskan, David Vudragovich and countless other volunteers who work to make our community and schools a safe and healthy place for our children. That...is why I volunteer.

I encourage you to volunteer and make a difference. No matter how small, your donations and volunteering can help us facilitate the mission of ASAP. Together we can make that happen! We hope you will visit the website [www.ASAPofAnderson.org](http://www.ASAPofAnderson.org) and see how you can help. Please feel free to contact me at 865-425-9028 or at [jllaurendine@ortn.edu](mailto:jllaurendine@ortn.edu) if you have any questions.

## RED RIBBON RIVALRY:

The Red Ribbon Rivalry heated up this year as Anderson County High School tried to redeem themselves after losing to Clinton High School last year. Clinton High School continued their winning streak to beat out Anderson County once again, but ACHS came much closer this year than last year. Both schools were recognized at the Clinton versus Anderson County Basketball game and Clinton Principal Eric Snider, School Counselor Mary Tuskan, and students Sarah Thomas, Kelli Kent, and Reagan Wolfe accepted the trophy on behalf of Clinton High School.

Businesses across the county also participated in the Red Ribbon Rivalry this year and included Ace Hardware, Clinton Drug Store, Countryside Tire and Auto, Coal Creek Smokehouse, Git 'n Go Markets, Hoskins Drug Store, Nikki's Smartcutz, Powell Clinch Utility District, Say Ow Tattoo, and Secret City Pies. The rivalry among businesses was also closer this year than last, but Git 'n Go Market #4 came out on top.



School Counselor Mary Tuskan, Sarah Thomas, Kelli Kent, Principal Eric Snider, ASAP Program Coordinator Michael Foster, and Reagan Wolfe accept the trophy for Clinton High School.

## RECENT HAPPENINGS:

### ASAP's Anderson County Ally of the Year



2015 Anderson County Ally of the Year  
Larry Foster

The votes are in and the 2015 Anderson County Ally of the Year award goes to Larry Foster! Mr. Foster competed against other candidates who were nominated for their passion to create a healthy and productive Anderson County. Other candidates included Tom Byrge, Ronnie Fox, Tim Isbel, Robert Jones, and Bear Stephenson. Citizens were then able to "vote" for the candidate or candidates of their choice by making a donation to Allies for Substance Abuse Prevention (ASAP) of Anderson County. Each dollar counted as one vote and in the end Mr. Foster came out on top. Following closely behind in second place was Robert Jones followed by Ronnie Fox in third place.

Each candidate conducted their own campaign, but all of the candidates were united by one goal: to use their leadership, influence and communication skills to raise funds to help prevent and reduce substance abuse in Anderson County. Over \$4,600 was raised during the one month campaign, all of which will stay in Anderson County to support ASAP's mission to prevent and reduce youth substance abuse in Anderson County by collaborating with community partners to implement effective intervention strategies. Please congratulate Larry Foster and all of the candidates who did a great job for a great cause.



## SUBSTANCE ABUSE BYTES:

### Pain Medicine Clinics: Integration vs. "Pill-Pushing"

Guest column series by Scott Fitzpatrick, Dipl.O.M., RES

According to the State of Tennessee, we have a pervasive, multi-dimensional problem facing our population regarding the use and abuse of prescription medications. Sadly, this is not unique to our state; however, the numbers suggest a higher incidence in Tennessee compared to most other states. The problem is so incredibly complex, but when broken down into manageable parts, positive things can be accomplished.

I have unfortunately had the experience of losing a young family member and a few patients due to prescription drug overdose. The sadness cannot replace the need for education and intervention. My wish is to introduce patients, parents, loved ones, and all other interested parties to the differences and choices available when dealing with pain syndromes. The following information will help differentiate between Integrative Pain Medicine clinics versus Pain Medicine clinics (a.k.a. Pill-Pushers).

As a standard rule, there are some very specific criteria to expect when searching for reputable pain medicine clinics. First, do not let the name fool you. Some clinics use catchy terms and phrases like "Best, Loving, Alternative, Professional, etc.," which do not indicate the level of care they do or do not provide. The patient must look inside and find the types of services offered and all of the necessary licenses obtained by the clinic. In a perfect setting, the clinic would be an "Integrative" Pain Medicine clinic.

A true "Integrative" Pain Medicine clinic would include many, if not all, of the following options designed to treat complex pain syndromes. The list would include:

1. Anesthesiological therapies (epidurals, facet injections, radiofrequency ablation);
2. Behavioral and lifestyle change therapies with Psychologist or Therapist;
3. Acupuncture therapies (standard and electrical, cupping, Tui-na, manipulations);
4. Medicine therapies (prescription, Chinese, Naturopathic and Homeopathic);
5. Physical therapies (movement, strength-building and stretching techniques);
6. Nutritional therapies (effectively influencing pain levels through dietary changes);
7. Surgical therapies;
8. Neurostimulation therapies.

The seamless integration of these therapies can provide the patients and the providers with a number of wonderful options that can be tailored specifically for each individual. Other modalities that can also be extremely useful would include: Yoga, Chiropractic, Reiki, Massage, Hypnosis, Biofeedback, Quantum Biofeedback, and Prayer therapies. Each of these treatments can be efficacious and work well with the other regimens when used appropriately.

Signs that a Pain Medicine clinic may be a "Pill-Pusher" or "Pill Mill" and may be more motivated by money than patient care are pretty obvious. Indicators that a Pain Medicine clinic might be a "Pill Mill" could include: lack of professionalism consistent with other medical practices (including staff and exam areas), if the facility recently opened, has only one provider or the doctor is at another location, has no therapeutic options available, does not accept payment other than cash (which is illegal in the state of Tennessee), encourages the use of pain medications, is protected by armored guards, or any other indicator that just doesn't seem right. Certainly, this list is for reference and is not intended to imply that any or all of these traits guarantee a clinic is a "Pill-Pusher," but should serve as a warning to patients in search of reliable help.

Most importantly, when dealing with pain syndromes, one must follow a very simple path. Get a proper diagnosis, a manageable plan, a helpful support system, and a provider that knows how to negotiate this difficult problem, integrating a variety of appropriate treatment modalities.