



The Shulman Center February 2021 Monthly e-Newsletter

*Celebrating The 19th Year of Our e-Newsletter!
Thanks to our 3,000 subscribers for your continued interest & support!*

CELEBRATING BLACK HISTORY MONTH
VALENTINE'S DAY
PRESIDENTS DAY

Life isn't about finding yourself. Life is about creating yourself.
-George Bernard Shaw

New TV series on "theft addiction" which had been put on hold may be picked up in 2021!
Stay tuned!

Please Note Our Updated Website at:
www.theshulmancenter.com

Wishing you a Safe and Healthy 2021.
Thanks for your interest and support.

During This Time of Social Distancing, Your Life Does Not Have To Be on Hold!
Specialized Therapy by Telephone or Video-Chat
Your Life Is Calling...
CALL US AT: 248-358-8508!

150-Question Online Shoplifting Assessment Tool

ANNOUNCING THE RECENT LAUNCH OF A NEW
150-QUESTION ONLINE SHOPLIFTING ASSESSMENT TOOL
DEVELOPED BY THE SHULMAN CENTER

WITH TECHNICAL ASSISTANCE FROM ADE SOLUTIONS IN METRO-DETROIT

This is a rare and in-depth assessment tool and can be easily accessed online.

It takes about 20-30 minutes to complete and can be used by courts, therapists, and those who have shoplifted. Once the questionnaire is completed and submitted, you will receive an immediate one-page summary that tells you how severe a shoplifting problem you have, what type of shoplifter you are, and what is your risk of reoffending in the future (low, medium, high, very high).

See: <https://ade.solutions/shoplift.html>

Read Recent Comprehensive Article from
MoneyGeek
on Compulsive Shopping/Spending... I'm quoted
[Click Here!](#)

See Recent Guardian UK Article on Why
Wealthy People Shoplift:
Mr. Shulman quoted as expert!
[Click Here!](#)

Listen to Mr. Shulman on a recent 100-minute Podcast Interview

"White Collar Crime and Recovery" with 15 other "convicts"

[Click Here!](#)

See Recent Free Press/USA Today Article on Shopping/Shoplifting Addiction:

Mr. Shulman quoted as expert!

[Click Here!](#)

Listen to Mr. Shulman's 40-min Interview

Less Waves, More Ocean: Staying Calm in Covid Times

[Click Here!](#)

Listen to Mr. Shulman's Recent 45-minute Audio Interview on Shoplifting Addiction:

When Stealing Is A Drug!

[Click Here!](#)

See Recent 5-Minute Video on Shopping Addiction on Cheddar:

Mr. Shulman quoted as expert!

[Click Here!](#)

See Dr. Oz's 15-minute July 9, 2019 Shoplifting Addiction Episode

Mr. Shulman Feature on The Show!

[Click Here!](#)

QUICK LINKS

[Guilt Gifting Is A Thing in 2020 But It Can Get Out of Hand Quickly!](#)

[Anti-Capitalist Teens Share Shoplifting Tips on Tik-Tok](#)

[Online Shopping Addiction in The Time of Covid Quarantine](#)

[White Collar Support Group Video Podcast Episode#1](#)

[Shopping Addiction and Holidays](#)

[Guardian UK Article: Rich Robbers](#)

[NYPost Shopping Addiction Article](#)

[Dr. Oz July 9, 2019 Episode on Shoplifting Addiction](#)

[Mr. Shulman Quoted in July 14, 2019 Article on Netflix Series "Trinkets" on Teen Shoplifting](#)

[Mr. Shulman Quoted in Vancouver Sun July 24, 2019 Article on Shopping Addiction](#)

[Stop Thief! Restaurant Diners Help Themselves to More Than Food!](#)

[New 10-minute Video Preview of Forthcoming Online Employee Theft Prevention Course](#)

[August 15, 2018 Cover Story on Shoplifting in Detroit Metro Times](#)

[Cosmo Journalist Confesses She's A Shopaholic!](#)

[You Could Be an Online Shopping Addict!](#)

[Men Are Shopaholics, Too! Author Buzz Bissinger Tells All on NBC's Megyn Kelly Show](#)

[Plain Thieves or Addicted to The Rush? Mr. Shulman Featured in Recent 3-min Nute news clip](#)

[Check Out Our Updated Hoarding Disorder Video Archive Webpage!](#)

[Samson Shulman Podcast Interview with Jonathan Schwartz: Embezzler to The Stars](#)

[Mr. Shulman Quoted About Worldwide Shoplifting Trends In Recent International Online 'zine](#)

[Mr. Shulman's Appearance on T.D. Jakes May 12, 2017 Show on Financial Infidelity](#)

[Mr. Shulman's 90-Minute Hoarding Presentation](#)

[Mr. Shulman Quoted in Recent Online Article on Shopping While Driving](#)

[View Unsteal.org Founder Introduce the "Unsteal Box" in TV News Debut](#)

[Shopping Addiction Featured on NBC's Megyn Kelly Show Tuesday February 27](#)

UPCOMING SEMINARS, WORKSHOPS & PRESENTATIONS of INTEREST

Tuesday February 23, 2021—Mr. Shulman gives a 90-minute Power Point presentation via Zoom entitled "Cluttered Lives, Empty Souls: Understanding and Treating Hoarding Disorder" for the Livonia Public Library (Michigan) from 7-8:30pm. Free. Register through the library.

Thursday March 25, 2021—Mr. Shulman gives a 90-minute Power Point presentation via Zoom entitled "Cluttered Lives, Empty Souls: Understanding and Treating Hoarding Disorder" for the Warren Public Library (Michigan) from 7-8:30pm. Free. Register through the library.

Thursday May 6, 2021—Mr. Shulman gives a 90-minute Power Point presentation via Zoom entitled

“Cluttered Lives, Empty Souls: Understanding and Treating Hoarding Disorder” for the Genesee District Library (Michigan) from 6-7:30pm. Free. Register through the library.

Thursday May 13, 2021—Mr. Shulman gives a 90-minute Power Point presentation via Zoom entitled *“Bought Out and Spent! Recovery from Compulsive Shopping and Spending”* for the Northville District Library (Michigan) from 6-7:30pm. Free. Register through the library.

Thursday July 8, 2021—Mr. Shulman gives a live, in-person 90-minute Power Point presentation entitled *“Understanding and Applying The 5 Love Languages For Better Relationships”* for the Genesee District Library (Michigan) from 5-6:30pm. Free. Register through the library.

Thursday July 29, 2021—Mr. Shulman gives a 90-minute Power Point presentation via Zoom entitled *“Cluttered Lives, Empty Souls: Understanding and Treating Hoarding Disorder”* for the Genesee District Library (Michigan) from 7-8:30pm. Free. Register through the library.

FACTS, STATS, QUOTES & MORE!

**What does it take to blow \$10,000 a year?
Just \$27.40 per day in miscellaneous spending.
Yep.**

Anyone who claims to be a leader must speak like a leader. That means speaking with integrity and with truth. -- Kamala. Harris

A kiss is a lovely trick designed by nature to stop speech when words become superfluous. --Ingrid Bergmann

I would rather belong to a poor nation that was free than to a rich nation that had ceased to be in love with liberty. -- Woodrow Wilson

We are the ones we've been waiting for. We are the change that we seek.--Barack Obama

Love is a condition in which the happiness of another person is essential to your own.— Robert Heinlein

Honesty is the first chapter of the book wisdom.-- Thomas Jefferson

Your story is what you have, what you always will have. Your story is what you own. what you own., -- Michelle Obama

Love is our true destiny. We do not find the meaning of life by ourselves- alone we find it with another.” — Thomas Merton

The advancement and diffusion of knowledge is the only guardian of true liberty.-- James Madison

Getting Back to What You Love

Nothing can fill the emptiness that remains in a space vacated by a passion that we have tossed aside.

There are times in life when we are committed to pursuing our passions. Every molecule in our body is focused on doing what we love. At other times, necessity and responsibility dictate that we put our dreams aside and do what needs to be done. It is during these moments that we may choose to forget what it is that we love to do. There are many other reasons for why we may leave our passions behind. A hobby may lose its appeal once we've realize it will never turn into our dream job. Someone important to us may keep telling us that our passions are childish and unsuitable -- until we finally believe them.

Forgetting about what you love to do can be a form of self-sabotage. If you can forget about your dreams, then you never have to risk failure. But just because we've decided to ignore our passions doesn't mean they no longer exist. Nothing can fill the emptiness that remains in a space vacated by a passion that we have tossed aside. Besides, life is too short to stop

fill the emptiness that remains in a space vacated by a passion that we have tossed aside. Besides, life is too short to stop doing what you love, and it is never too late to rediscover your favorite things. If you gave up playing an instrument, painting, drawing, spending time in nature, or any other activity or interest that you once loved to do, now may be the time to take up that passion again. If you don't remember what it is that you used to be passionate about, you may want to think about the activities or interests that you used to love or the dreams that you always wished you could pursue.

You don't have to neglect your responsibilities to pursue your passions, and you don't have to neglect your commitments to do what you love. When you make an effort to incorporate your interests into your life, the fire within you ignites. You feel excited, inspired, and fed by the flames that are sparked by living your life with passion for what you love.

ITEMS OF INTEREST

**Contact Mr. Shulman for More Information
on starting a C.A.S.A. chapter near you!**

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and can be used by courts, therapists, and those who have shopped.**

**Once the questionnaire is completed and submitted,
you will receive an immediate one-page summary that tells you**

**how severe a shoplifting problem you have,
what type of shoplifter you are,
and your risk level for reoffending in the future
(low, medium, high, or very high).**

See: <https://ade.solutions/shoplift.html>

Or click here: [Shoplifting Assessment](#)

View Mr. Shulman's 2-minute YouTube Video on Shoplifting Addiction:

<https://www.youtube.com/watch?v=N7eNcJhwGwc>

In 2019 I was contacted by three gentleman from the Baton Rouge and Lafayette, Louisiana area--one from the criminal justice system. one from addiction-recovery treatment centers, and the other specialized in developing online learning courses. They commissioned me to develop four online education programs:a juvenile and an adult shoplifting prevention course; an adult employee theft prevention course; and an adult identity theft prevention course. These four courses have been live online since mid-2020 and a 5th course I developed on effective decision making went live this past month.

See course information at:

<https://cibtclasses.com/course-registration/>

In 2018 I was contacted by Turning Point Justice, Inc. out of Boca Raton, Florida and consulted with them to create an online program to address the epidemic of employee theft--based on my book *Biting The Hand That Feeds* and my counseling with theft offenders. Next, I consulted on and co-created an online shoplifting awareness-prevention program based on my book *Something for Nothing*. Both programs are now available for purchase. The employee theft course is available to individuals but was primarily designed to be marketed to companies and organizations of all kinds. The course has three modules: 1. An introductory course for all employees (incoming and seasoned); 2. A secondary review course for any employee who . has committed a minor infraction of dishonesty in the workplace but who is given a second chance and retains his/her employment; and 3. A special course for any employee who is terminated for employee theft but will be offered a

chance to take this course for his/her own reflection and, possibly, to receive leniency. The shoplifting course is available to individuals who may be court-ordered to take it or who may wish to take it voluntarily for self-improvement and, possibly, to receive leniency as well. See course information at: <http://turningpointjustice.com/>

Instructions: To request enrollment in an education course by Turning Point Justice, please email: support@cbtfortheft.com and indicate you were referred by The Shulman Center. Please be sure to include your name and phone number for TPJ to get in touch with you.

I am honored and excited to announce that my 2003 book *Something for Nothing: Shoplifting Addiction and Recovery* has been translated into Japanese and published on July 9, 2019. I received several copies in the mail and it is listed on the Japanese version of Amazon.com! I'll have to brush up on my Japanese! We are discussing a possible trip to Japan later this year to help promote it! Dr. Hiroshi Okuda, a psychiatrist from Japan who helped me get this book published, visited me in Detroit on September 14, 2019. Tina, my wife and the creative director of The Shulman Center, and I hope to visit Dr. Okuda in northern Japan in April/May 2020.

White Collar Crime Support Group
Meets Online on Zoom Monday Evenings Since 2016
7 pm ET, 6 pm CT, 5 pm MT, 4 pm PT

Contact:

Rev. Jeff Grant, J.D., M.Div., Co-founder/Minister, Progressive Prison Ministries, Inc., Greenwich CT & Nationwide. 203-405-6249, jgrant@prisonist.org, Mailing: PO Box 1, Woodbury, CT 06798

See: www.prisonist.org

RECO12.COM

Weekly Recovery Open Talks Live Online
(And Recorded for Later Listening)

See: <https://www.reco12.com/>

Check out new Unsteal.org videoclips...

[Confessions of A Repentant Thief](#)

[Unsteal Repayment Boxes Now in Stores!](#)

<http://www.unsteal.org>

Great podcasts by my brother Samson Shulman!

Interviews with up 'n coming trailblazers
and their ups 'n downs along their way

<http://www.hustlesanctuary.com/>

and his new podcast called Connection Is Magic!

<https://connectionismagic.com/>

Carrie Rattle, CFP, of Behavioral Cents bought

Dr. April Benson's Stopping Overshopping Program

which includes a *guided self help program that is housed on an App called Mentegram.*

See: <https://www.shopaholicnomore.com/guided-self-help-for-when-the-urge-strikes/>

Sign Up for The Jack Hayes, International Free Quarterly Loss Prevention Newsletter!

<http://hayesinternational.com/products/the-hayes-report-on-loss-prevention-newsletter/>

Online Course For Shoplifters Helps Them Understand and Stop Stealing

<http://web.3rdmilclassrooms.com/courses/court/stoplifting#section-top>

Online Course for Understanding and Deterring Employee Theft

<http://www.360training.com/hr-ethics-compliance/corporate-compliance/anti-trust->

Monthly Articles of Interest

Click on **blue** hyperlinks
to view full articles/videos:

[Recovery Is Hard Enough Even During "Normal" Times...](#)

First-Timers to Old-Timers Struggling Over Last Year of Covid Pandemic

[Spend Less... and Smarter... in 2021](#)

Surviving Financially is Not Enough: It's Time to Apply Some Money Skills!

[Tik-Tok Around The Clock!](#)

It's Not to Late To Consider This Psychiatrist's 5 Mental Health Reset Tips

[Ancient Tik-Tok Doc's Take on The Same Thing](#)

Confucius's Timeless 5 Keys to Happiness

[Still Trying To Break Bad Habits And/Or Start Healthier Ones?](#)

NY Times Article Research Says Having an Accountability Buddy" Is Key

[What Is Your Anxiety Telling You?](#)

It May Be Simple, It May Be A lot: But Listen to It or It Won't Leave

[Irony Knows No Bounds!](#)

U.S. Capitol Rioters Protest "Stolen Election" By Looting The Building

[More from The Irony Files](#)

Read This Internet Article on How to Combat "Internet Addiction!"

[4 Steps to Move Forward When You've Mad a Serious Mistake](#)

1. Buy Book on This Topic; 2. Own It!; 3. Fix It!; 4. Don't Make Any More Mistakes

[A Penny for Your Thoughts?](#)

It's Never Too Late to Start Saving... Even with This Penny Multiplication Method

[The Secret Word That's The Key To Nearly All Healthy Relationships!](#)

No, it's Not "Plastics" or "Condoms." It's "Interdependence."

[And You Thought You Had A Lot of Debt?!](#)

NHL Hockey Player To File Bankruptcy Over \$27 Million!

[Why Does Balancing Work and Family Seem Harder Than Rocket Science?](#)

You're Not Alone--Especially If You Have Young Kids--Here's 5 Tips To Try Out!

[As More People Shop Online and Avoid Stores Online or e-Fraud Escalates!](#)

And You Will Get Caught And Could Be Charged with A Federal Offense!

[Time For A Short Addiction Recovery Science/Medical Lesson on PAWS](#)

*No, Not Animals' Feet! **P**ost **A**cute **W**ithdrawal **S**yndrome*

[Cinderella Story? Prodigal Son? Am I My Brother's \(or Sister's\) Keeper?](#)

The Psychology of Sibling Rivalry

[Have You Ever Regretted All The Money You Lost, Wasted, or Misspent?](#)

Well...Read This And You'll Never Beat Yourself Up Again!

[From The "It Could Have Been Worse" Files \(Funny Edition\)](#)

The Case of The Car Thief with A Conscience

[Thief's \\$300k Haul Wasn't Peanuts... It Was Pistachios!](#)

It's Nuts to Steal... And Really Nuts to Steal Nuts!!!

This Month's Featured Articles

IS IT THE BEST OF TIMES AND THE WORST OF TIMES?

More Random Thoughts on These Trying Times

(Part 11/Month 11)

by

Terrence Shulman

Another month (#11) in the history books. January 2020 is gone and February 2021 arrives.

I wish I could say that I had a better idea of for a lead feature article over the last 11 months other than commenting on the Covid, political, and economic challenges of our nation...

But I don't.

It's been a helluva new year so far.

On Tuesday January 5th, history was made in Georgia in two U.S. Senate run-off elections as Georgians narrowly voted to send the state's first African-American and first Jewish senators to Washington. Georgia is nearly a full hue of true Blue.

But Democrats and those who tend to value facts and reason and not value conspiracies and guns, were treated to a true, violent, fortunately unsuccessful coup attempt on the heart of our democracy at our nation's Capitol on Wednesday January 6th. This insurrection led to several deaths, a desecration of the Capitol, and a half-day pause in finalizing the reading of the electors votes from each state.

On the bright side (well, at least on the bright side of about two-thirds of the country) the insurrection was thwarted. About 150 insurrectionists have been located, arrested, and charged so far; it's likely hundreds more may follow.

Former President Trump was impeached by the House a second time one week later for "inciting violence."

National Guard Troops (25,000 in all) flooded the governmental heart of D.C. and Joseph R. Biden and Kamala D. Harris were both sworn in as President and Vice-President, respectively, around 12noon on Wednesday January 20th without a hitch.

And, while just over 10 million Covid vaccines have been administered throughout the U.S. over the last six weeks, this is far short of the 20 million Team Trump 'n Pence promised by Inauguration Day. January 2021 has delivered the highest new case and death toll since tracking began about 11 months ago.

The U.S. has had over 26 million confirmed Covid cases (up 5 million from a month ago) and we've had over 440,000 deaths this so far (up almost 100,000 deaths from a month ago).

Our nation is moving forward in some ways, paralyzed in others, and continuing to go backwards as well. Where it seemed like we might not hear much from former President Trump (and, thanks to his leaving office without more of a fuss and his having been banned from Twitter, Facebook, and other social media), it has been relatively quiet. But word is that he plans to fight his impeachment trial which begins February 8th and is still a kingmaker for the G.O.P.

I can't help but equate--again--Trump as a cult leader and his followers as brainwashed and inexplicably under his spell--and his followers include many in our federal, state, and city governments. There have been some signs of hope with 10 Republican House members voting with all the House Democrats to impeach Trump. It appeared that some Republican senators had seen the light after the siege on our Capitol and Trump's arrival in San Clemente (I mean Mar-a-Lago). But the swamp has not been drained with the Dems winning the House, Senate and Presidency. Time will tell if the G.O.P. comes to its relative senses or whether it's time for a roto-rooting purge of the virulent fascistic and conspiracy-driven falsehoods that are gripping at least one third of our citizens.

We are fighting several viruses on several fronts: the Covid virus, the virus of poverty, the virus of white supremacy and anti-semitism, and the virus which of mistruth, gullibility, and autocracy.

This is, indeed an "un-civil war" and, possibly a start to some kind of World War III if things keep ramping up with Russia, China, Iran, and North Korea.

As I've kept writing and saying to myself and others: you can't make this up! And the eyes of the world are upon us: united we stand, divided we fall.

We need an individual and collective miracle and a lot of hard work as well.

We need an intervention and intercession to help at least half the politicians and half of our country return to some semblance of sanity, reality, and true patriotism--country over party. The cult of Trump and Q-Anon must end!

Here's hoping this happens.... if it doesn't, God help us all.

Happy New Year and New Government, indeed!

"RELAPSING LEFT AND RIGHT!"
Trying to Overcome Addiction In A Pandemic
by
Emma Goldberg, New York Times
(January 4, 2021)

NEW YORK — Jackie Ré, who runs a substance-use disorder facility in New Jersey, gathered the 12 female residents of her center in the living room on March 27 and told them that the coronavirus outbreak had forced the center to limit contact with the outside world.

There was an immediate outcry: The women already felt disconnected and did not want their sense of isolation exacerbated, Ré said.

Within the next six months, nine left the program at Haley House in Blirstown against staff advice, and all but one relapsed.

"It's been a nightmare," Ré said. "For one woman it was a matter of days, another less than a week. I've never seen anything like it."

Addiction is often referred to as a disease of isolation, and overcoming that challenge has only become more difficult during a pandemic that has forced people indoors — in some cases to live lonely lives, with drugs and alcohol as a way to cope with the stress.

Several studies have shown that binge drinking has increased during the pandemic, and a recent report from the Centers for Disease Control and Prevention cited a “concerning acceleration” of opioid-related overdoses last year.

At the same time, many treatment centers have closed down or limited in-person visits.

The New York Times spoke to several residents of addiction treatment facilities who expressed dismay at the loss of in-person counseling. Many of them declined to give their full names as part of the anonymity granted by their recovery programs.

Some centers have turned virtual or shut down because of virus outbreaks, while others struggle to retain residents after having been compelled to restructure their programming or eliminate visits from family and ban trips outside the facility.

A recent survey of 165 centers by the National Association of Addiction Treatment Providers, a nonprofit organization that represents hundreds of centers, found that 43% had to reduce patient capacity, nearly a third saw a decrease in patient retention and 10% had to shut down because of the pandemic. The majority of the closures have been in the Northeast, according to the association, because of the outbreak’s early concentration in New York City.

“In the 80-year history since addiction treatment began, we’ve never experienced anything as challenging as this,” said Marvin Ventrell, chief executive of the NAATP. “You have to put people in social settings to heal, and COVID conspires against that.”

The threat to these centers may begin easing, as residents and staff of such facilities in New York state recently began to receive the vaccine as part of the first phase of the rollout.

But at the moment, because of the difficulties of congregate living and treatment, the association of treatment providers reported that 44% of their centers are conducting half their programming virtually.

In New York City, the Hazelden Betty Ford Centers, which offer outpatient services, switched to entirely virtual care in mid-March. At first, the organization scrambled to remake a program that had relied so heavily on in-person gatherings.

Staff had to identify a virtual platform compliant with substance-abuse confidentiality regulations. They also had to accommodate patients who did not have internet-connected devices or stable Wi-Fi connections. They worried, most of all, about people who were isolated in their homes relapsing.

“Many of our clients were riddled with fear and anxiety,” said Rose Foley, who runs mental health services for a Hazelden Betty Ford center in Chelsea, Manhattan. “I remember working with clients and hearing the sounds of sirens from outside their apartments. It was a traumatic time.”

Clients struggled with the loss of their in-person support groups.

“What is more supportive than walking into a room and seeing a human you can touch?” asked one client, Maureen. “What’s been missing is body language, our ability to hug each other. All that stuff is important when people are going through the difficult experience of getting off drugs or alcohol.”

Some positives have come from virtual care. John Driscoll, head of recovery services at Hazelden Betty Ford, said the number of patients choosing to attend sessions biweekly has doubled. The organization’s recovery program for families, which used to be local, is now on video and open to families around the globe, serving more than 2,500 people since the summer.

Still, the emotional connections formed through in-person treatment are difficult to replicate on the computer. A recent study published in *Drug and Alcohol Review* found that a sense of loneliness can amplify the risk of drug and alcohol abuse in people with substance-use disorders.

“I had this image of what the rest of my life would look like with communities I could relate to, meetings I could go to for in-person accountability,” said Emily, 30, who left the program at the Alina Lodge recovery center in New Jersey in September. “Now I have to sit in my room by myself with a computer, which is how I got sick.”

Emily is now participating in a virtual recovery program.

Another woman who had been treated at Alina Lodge and Haley House, Sarah Manfredo, said every milestone she had envisioned for herself evaporated after family visits and outside jobs were prohibited because of the pandemic.

Manfredo, 36, left the addiction treatment center in August and moved in with a fellow alumna of the program, who immediately relapsed. Few of the women with whom she went through treatment have stayed sober, an outcome that she attributes largely to the pandemic. “People are relapsing left and right,” Manfredo said. “The loneliness plays into it.”

Inside Haley House, the women felt cut off from the world and stifled, Ré explained. But those who left realized they could not resume their social routines and could not attend in-person Alcoholics Anonymous meetings because the programming had gone virtual.

The challenges at Ré’s treatment center mounted this fall when a staff member tested positive for coronavirus and the facility went on lockdown. The residents wore masks and joined their counseling sessions by Zoom; they were given individually packaged meals, and staff had to quarantine from family.

But after nearly 14 days, two residents tested positive for the coronavirus and the facility had to start its quarantine again, amounting to almost a month of lockdown.

Before the coronavirus outbreak, just 1 in 10 Americans suffering substance-use disorders got the treatment they needed. The CDC and the National Center for Health Statistics reported that 81,230 people died of drug overdoses in the 12-month period ending in May 2020, the largest number of drug overdoses ever recorded in a year.

Overdose-related cardiac arrests spiked in April, making up 74 of every 100,000 emergency medical calls nationally, more than 20% higher than usual, according to recent research from JAMA Psychiatry.

The CDC estimated that there would be a record-high number of fatal drug overdoses in 2020. An examination of hospital billing at Mount Sinai Hospital Downtown showed that in March, just as New York City’s outbreak began, the hospital recorded the highest number of alcohol-related emergency room visits in 2020.

While overall non-COVID-19 emergency room visits dropped precipitously in March and April across New York, Dr. Erick Eiting, vice chair of operations for emergency medicine at Mount Sinai Downtown, said substance-use disorder patients were among some of the first to return. “You can tell people are having a hard time,” Eiting said. “They’re experiencing additional stressors that can contribute to substance-use disorders.”

Rebecca Linn-Walton, assistant vice president of the office of behavioral health at NYC Health + Hospitals, said: “We’re experiencing the uptick we all expected.”

Linn-Walton said NYC Health + Hospitals scrambled to distribute technological devices to vulnerable New Yorkers given the increased reliance on tele-health this year. More than 314,000 New Yorkers have had virtual psychiatric or substance-use visits since March.

Some people who struggle with these disorders found that the changes in normal life wrought by the pandemic provided the motivation they needed to finally get addiction treatment.

For Brendhan, 29, a respiratory therapist at Yale-New Haven Hospital, the early weeks of the pandemic were a haze. He arrived at the hospital each morning at 6:30 a.m. and spent the day cleaning ventilators and delivering them to patients in need.

On May 28, he realized that the pressures of work were allowing him to ignore his addiction to alcohol; he called High Watch Recovery Center in Kent, Connecticut, and was admitted the next day.

He started his recovery there by isolating in a cabin and attending group meetings by Zoom while he waited for the results of a coronavirus test.

He eventually was able to join the rest of the residents in daily meetings, where he shared stories that he had never divulged even to family. After 106 days at the center, he moved into a sober living facility and quit his job.

Offering in-person treatment has been challenging for those centers that do not have the resources to test their residents for the coronavirus regularly. Most instead opt to test and quarantine anyone newly admitted, as well as to regularly test staff members who have more contact with the outside world. They ask residents to keep at a distance during group meetings and meals.

At Haley House, the residents marked Thanksgiving under COVID-19 lockdown. Ré pushed four tables into separate corners of their large dining room and invited the residents to eat in small shifts, at a distance of more than 10 feet from one another. They also gathered to share their gratitude for small sources of joy amid self-isolation.

One young woman had asked if the kitchen at Alina Lodge could make her a corn salad for the holiday; when she received her requested dish, wrapped in tinfoil with a heart drawn on top, her eyes welled up. “There’s been positives through all of this,” said Ré. “The women are like sisters now, and they’re learning to go deeper on their spirituality. I call it the graces of COVID.”

**SPEAKING OF VALENTINE'S DAY...
LOVE YOURSELF AND OTHERS:
GIVE THE GIFT OF BOUNDARIES!**

by

**Dartmouth-Hitchcock Center for Recovery
(Author and Date Unknown)**

Personal Boundaries and Recovery

What are personal boundaries?

Our personal boundaries have to do with establishing comfortable space—not too much, not too little—between ourselves and other people.

Having healthy boundaries means we feel comfortable letting people get close to us because we know we can have control over how much we share with another person.

- We all have personal boundaries
- Our boundaries let us know where we end and the other person begins
- Growing up in families where there is substance abuse, violence or severe mental illness can interfere with our ability to develop healthy boundaries
- Developing healthy boundaries is part of the recovery process
- Boundaries that are too rigid makes it hard to get close with other people; it's hard to relax and have fun with rigid boundaries.
- When our boundaries are too soft, we can find it difficult to protect ourselves from situations that are unsafe; it's easy for others to take advantage of us

unsafe, it's easy for others to take advantage of us.

• Establishing "firm but flexible" boundaries is a process that's different for everyone. There are no rules about what will work for you: the right boundaries are boundaries that feel comfortable and allow you to have a life worth living. Signs of difficulty maintaining healthy boundaries:

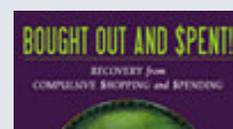
- Feeling like you can't say no, even when you want to
 - Sacrificing your personal values, plans or goals to please others
 - Expecting other people to fulfill all your needs
 - Hesitating to speak up or make changes when you're not treated fairly
 - Feeling used, threatened or mistreated by others
 - Having sex or doing other things when you don't really want to
 - Feeling responsible for other people's feelings
- Signs your boundaries are getting stronger:
- You act on feelings when you need to
 - You can say NO without experiencing tidal waves of guilt
 - You do what YOU want to do instead of other people's ideas of what you should do
 - You no longer feel responsible for making a relationship work or keeping everyone happy
 - You don't take things so personally
 - You can disagree with your friend but still keep the friendship
 - You realize you're not responsible for other people's actions
 - You feel comfortable giving as well as receiving
 - You don't feel as angry and resentful towards the important people in your life

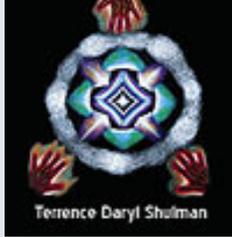
Personal Bill of Rights

1. I have the right to ask for what I want.
2. I have the right to say no to requests or demands I cannot meet.
3. I have the right to express all of my feelings, positive or negative.
4. I have the right to change my mind.
5. I have the right to make mistakes and not have to be perfect.
6. I have the right to follow my own values and standards.
7. I have the right to say no to anything when I feel I am not ready, it is unsafe, or it violates my values.
8. I have the right to determine my own priorities.
9. I have the right not to be responsible for others' behaviors, actions, feelings, or problems.
10. I have the right to expect honesty from others.
11. I have the right to be angry at someone I love.
12. I have the right to be uniquely myself.
13. I have the right to feel scared and say, "I'm afraid."
14. I have the right to say, "I don't know."
15. I have the right not to give excuses or reasons for my behavior.
16. I have the right to make decisions based on my feelings.
17. I have the right to my own needs for personal space and time.
18. I have the right to be playful and frivolous.
19. I have the right to be healthier than those around me.
20. I have the right to be in a non-abusive environment.
21. I have the right to make friends and be comfortable around people.
22. I have the right to change and grow.
23. I have the right to have my needs and wants respected by others.
24. I have the right to be treated with dignity and respect.
25. I have the right to be happy.

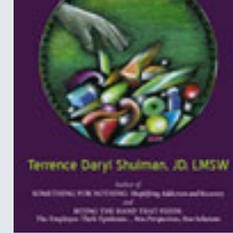
~ Author Unknown

Books by Terrence Daryl Shulman

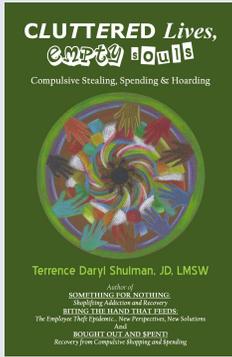




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SPOTLIGHTS

OTHER ASSOCIATES ARE DOING GREAT WORK, TOO!

Your copy should address 3 key questions: Who am I writing for? (Audience) Why should they care? (Benefit) What do I want them to do here? (Call-to-Action)

Create a great offer by adding words like "free" "personalized" "complimentary" or "customized." A sense of urgency often helps readers take an action, so think about inserting phrases like "for a limited time only" or "only 7 remaining!"

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