



# trends

**Philosophy**

We are here because there is no other refuge, finally, from ourselves. Until a person confronts himself in the eyes and hearts of others, he is running. Until he suffers them to share his secrets, he has no safety from them. Where else but in our common ground can we find such a mirror? Here together, we can at last take root and grow. Not as the giant of our dreams nor the dwarf of our fears, but as a person, part of a whole, with a share in its purposes. Not alone anymore as in death, but alive in ourselves and others.

**February 2009**

## Veterans Sanctuary: Yes We Can, Now Is The Time

*By Robert Csandl, MHS, Executive Director*

The Administrative staff of Treatment Trends, Inc. moved into a new location at 24-32 S. 5<sup>th</sup> Street in Allentown, PA after working at offices in the Keenan House facility since 1988—a full 20 years. The staff was very excited to occupy three offices in the Veterans Sanctuary building only one block away from Keenan House.



The building has an honorable past dating back to 1923 when it was commissioned as the Christian Learning Center for St. John's Church and used later as the Community Music School. It was purchased by Treatment Trends last March with the intention of opening a treatment program for Veterans. Treatment Trends continues this intention and fully expects to take the steps necessary to help veterans by "stepping up" as every community should.

The history of previous wars and military engagements shows that all too many veterans return with PTSD and cope by numbing their feelings with excessive drug or alcohol use. They are ultimately vulnerable to addiction, crime, domestic issues, homelessness and sadly, suicide.

Keeping the goal of helping veterans in mind, renovations continue in an effort to restore this magnificent building and create a more functional structure for its new purpose. The building spans 27,500 sq. ft. making renovations sizable, with much of the early work addressing invisible infrastructure needs. Twelve furnaces are needed to replace an old, inefficient boiler. Significant electrical work and roof repair and replacements will also be done as this well designed plan inches forward to an eventual full occupation of the space.

What a space it is! Along with ample room for a quality treatment facility, the building has a 400-seat auditorium and a gymnasium and, eager workers, a new development person, and a community that cares for its veterans to go with it. The plan for Veterans Sanctuary is unfolding with thoroughness, hopefulness, preparedness, and a community supporting the success of the program.

Honoring the bravery of those who have served takes the committed energy of a community united. We are asking our community to step up and get involved.

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## Veterans Sanctuary: Yes We Can, Now Is The Time (Cont'd)

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Watch the Treatment Trends website, [www.treatmenttrends.org](http://www.treatmenttrends.org), for more details on how you can show your support for Veterans Sanctuary.

One way to show your support is to attend a scheduled meeting in March at the new building and hear about the Veterans Sanctuary program, take a tour of the building, and join our action plan. This action plan, "Tell 10, Bring 10," is a grassroots movement designed to grow support. If each person reaches out to 10 people that they know to become involved, imagine the number of people that will know about Veterans Sanctuary and support it. When like minded people work together, creative energy flows and we will use this energy to make a difference for veterans in our community.

Your commitment of support at these meetings will help us create a lasting legacy that will resonate for years to come. Meaningful engagement feeds our souls. This is one of those opportunities to put an exclamation point on one's life by taking action. Imagine if the City of Allentown were to see the possibility of this service to addicted Veterans and decide to help shine this jewel of a program through help and cooperation.

On January 20<sup>th</sup> we welcomed a new president and our country is again vibrating with hope as we face many challenges. It is heart and determination that is part of the strength of this country and its communities. As such, we are prepared to rise to the challenge and show how our community can help meet the needs of veterans.

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## The Warmth Of Gratitude

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*By Susan Dorschutz*

How many times in our lives have each of us heard the thoughtfulness of a simple, "thank you" and felt the warmth of it. I know there have been many, many times that people have thanked me, have made me feel appreciated and special. I realized again today at lunchtime, how fortunate I am. I think of a lot of things now that I may have taken for granted before.

At Keenan House, the clients interrupt lunch for a moment of gratitude to be thankful for the food and for the clients who work in the kitchen to prepare the food and clean up. One of the many things Keenan House is known for is having great food, and the clients do an excellent job and work very hard.

President Obama said, "Yes, We Can!" Treatment Trends says, "Yes, We Can!" Now, our community will have the opportunity to show We Can.

### Here's how:

**Roll Call** – We need your support when City Council votes to allow Veterans Sanctuary to open at 24 S. 5th Street.

**Sound Off** – Now is the time for the community, veterans and their families to stand up for Vets and support the Veterans Sanctuary Project. Show up and be counted on April 15, 2009 at 6:30 PM City Council Chambers, 435 Hamilton Street, Allentown, Pa.

**Participate** in grassroots organizing by coming to a "Tell 10, Bring 10" Veterans Sanctuary Open House. Call us, come to a meeting and get your action plan. If you know veterans, or others who are interested in helping veterans, bring the names of 10 people who you think will come to a meeting and sign a postcard or a petition. Let our politicians know you Support Veterans Sanctuary.

To **join us** at a "Tell 10, Bring 10" Open House and see the future site of Veterans Sanctuary at 24 S. 5th Street, Allentown, visit us on any of the following dates: March 17, 18, 19, 24, 25, 26, 31 and April 1-2 from 6:30 to 7:30 PM; March 25 from 12 to 1 PM (lunch included, please reserve); and Saturday, March 28 from 10 to 11 AM.

Today, one of the new kitchen workers came out of the kitchen and heard the staff and clients expressing gratitude. He stopped in his tracks with a wide smile and was honestly moved by the experience. I watched him curiously for a moment wondering what he was thinking. He paused then said with surprise and pride, "No one in my life has ever thanked me before." I told him, "then it is about time." It was nice to see him feel proud of his work and appreciated for it.

My hope is that all those in treatment here know not just gratitude toward others, but feel the healing warmth of appreciation given to them as they bravely make positive changes in their lives.

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## Northampton County TCAP Program (NCTCAP)

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*By Bruce J. Walters - TCAP*

More and more of the Criminal Justice System is partnering with community based addiction treatment centers for the greater good of our society. In order to appreciate the significance of this statement, we must first examine how we arrived at this juncture.

Penitentiaries were originally created with the intention of isolating inmates 24-hours a day so they could reflect on their misdeeds long enough to become repentant. Gradually, penitentiaries began to allow the majority of the inmate population some freedom of movement and access to a variety of programs within the penal system. Despite these modifications, confinement alone—as a means of correcting criminal behavior—has failed.

For over 200 years, America has maintained a prison system based on the belief that warehousing criminals will protect the community from harm and that punishment will correct criminal behavior. This philosophy has resulted in only temporary protection for the community and very few behavioral changes for men and women behind bars. We have no choice but to incarcerate violent criminals.

A variety of alternatives to the sentencing of non-violent offenders existed for years. House arrest, various forms of probation, sanctions and sentences of long term addiction treatment or Intermediate Punishment, are alternatives to incarceration. To date, whether used alone or combined, they have been sorely underutilized. According to The Bureau of Justice Statistics, “since 1980 the number of drug offenders in state prison has increased 1,200 percent.” Not only is incarcerating addiction-driven criminals short sighted, it is expensive. The Pew Center calculation for the total cost of incarceration in 2007 is \$44 billion, up from \$11 billion in 1987.

There are many non-violent defendants who slip through the cracks in the system made by drug specific-mandatory sentencing laws. Courts tend to ignore the distinction between a defendant who sells drugs in order to support their addiction, and a dealer motivated by profit. Drug dealers package their product in individual glassine envelopes. When users are arrested after purchasing drugs from their dealer, they themselves are charged with Possession with Intent to Distribute, simply based on possession of a drug that has been packaged for sale and exceeding a certain amount.

Therefore, defendants who need treatment are often incarcerated with the intention of protecting the community. These men and women, upon release and often untreated or undertreated, are the same people who might be your next door neighbor.

At the present time there are both national and local initiatives aimed at increasing the utilization of alternative sentences to prison for non-violent offenders. Drug Courts are well established in most major cities across the country, and they continue to spread as more communities begin to realize that incarceration is not a solution to the crime problem. Even in gang prevention, there is a movement toward community based alternatives. In an article in the Wednesday edition of *The Morning Call* titled, “Judge: Prison Alone Won’t Lower Crime”, US Magistrate Timothy R. Rice was quoted as saying, “A lock-em up approach alone to fighting gangs and crime is doomed to failure.”

Here in the Lehigh Valley area The Treatment Continuum Alternative Program, that originated in Lehigh County with Keenan House and Confront, is now being replicated in Northampton County with Keenan House and CADA—The Northampton County Treatment Continuum Alternative to Prison. Having learned from a successful 11-year collaboration between Treatment Trends Inc. and the Criminal Justice System in Lehigh County, our experience has allowed a smoother implementation of the program in the Northampton County courts. Non-violent offenders, whose crimes are addiction-driven, are now eligible to be considered for sentencing to a long-term intensive continuum of care.

The first phase of treatment lasts six to ten months. The first stop is Keenan House, a peer-driven therapeutic community, where residents are intensely monitored by staff. Included in the time spent at Keenan House is a re-entry phase. Residents are helped to build bridges that lead toward a gradual transition into the community by learning vocational skills, obtaining consistent employment, and doing community service. Next, clients are simultaneously placed on house arrest for six months and registered with the outpatient component of the continuum provided by Northampton County CADA. There, clients remain in treatment for ten months, starting with intensive sessions held three nights a week and lasting three hours per session. As clients progress, sessions are gradually reduced until the staff feels they are ready to complete treatment.

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## Northampton County TCAP Program (NCTCAP) (Cont'd)

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Addiction, criminal thinking and behavior, parenting and vocational needs are addressed throughout the continuum.

It has never been clearer that the solution to fighting a substantial portion of the crime problem in the US lies in offering offenders an alternative to crime. Given the right tools and tying into a recovery support system, many men and women will be able to rebuild their lives and rejoin the community.

Changing the way we treat non-violent offenders is long past due. Perhaps drug treatment should be at the center of that change. The time to work together toward a wide ranged, long-term solution to our crime problem is now. As U.S. Magistrate Rice said, "The view that our job is done when the jail door is locked is very short sighted." It is indeed.

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## William Stauffer - 2008 PRO•A Advocate Of The Year

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By Katie Morrissey



William Stauffer is the Program Director of the Halfway Home of the Lehigh Valley, a division of Treatment Trends, Inc.

During National Recovery Month in September 2008, PRO•A celebrated their ninth annual conference in Harrisburg. PRO•A is short for Pennsylvania Organizations Alliance, Inc. They mobilize, educate and advocate eliminating the stigma and discrimination toward those affected by alcoholism and other drug addictions to ensure hope, health and justice for individuals, families and those in recovery.

On September 16 and 17, the conference honored William Stauffer with the 2008 Advocate of the Year Award. William Stauffer is currently employed as the Program Director of the Halfway Home of the Lehigh Valley, a position he has held since 1999. He has been working within the field of chemical dependency treatment since the late 1980's and has worked in a variety of settings with diverse treatment needs. He is a Licensed Social Worker, holds a Certificate as an Addictions Counselor as well as Certification as a Clinical Supervisor.

A life long non-traditional student, he received a diploma with honors in 1997 from Northampton County Community College in Liberal Arts. He is a graduate of Cedar Crest College, Summa Cum Laude with a degree in Social Work, and a graduate of Kutztown University with high honors with a Masters in Social Work.

William is the former President of the Pennsylvania Halfway Home Association and is currently on the Board of Directors of DASPOP. He has been involved in state wide workforce development activities since 2004 and in this capacity, is a strong advocate for identifying and implementing ways to re-engage the recovery community in the field of chemical dependency treatment. His efforts also include supporting strong confidentiality protections for clients, maintaining and expanding funding for drug and alcohol treatment for individuals and families in need of services across the state.

William received this award from PRO•A for his achievements in advocacy. He has always gone above and beyond advocating and attempting to open doors for people in recovery. He is an asset to the recovery community and the field of addiction treatment. We congratulate and appreciate his continuous efforts. His dedication to our field and understanding of our clients is noticed and illuminated with this award.

Congratulations...and thank you!

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## Cheesecake Bake Off At Keenan House

By Peggy Douglass



Now that the cooler weather has set in, lets preheat those ovens! That's just what the participants of the Keenan House Bake Off did this October. Three slices of cheesecake graced each lunch tray of clients and staff alike, as everyone struggled to judge which was the best. Would the winner be chocolate marble swirl, chocolate raspberry, or creamy traditional cheesecake?

As the house filled with the sweet smell of the confections baking, everyone in the house eagerly looked forward to their part in the judging. Mouths watered and bellies growled.

Based on the criteria of taste, presentation, and texture, scores were very close, but in the end, the prize was awarded to the Chocolate Marble Swirl team. This cheesecake was a dense, creamy vanilla based cake marbled with semisweet chocolate atop of an oreo crust. The winning team was taken out to a local restaurant for their favorite dessert! Based on the smiles of the residents and staff - there were no losers.



## Community Kindness Project

By Peggy Douglass and Kristen Moyer

The Community Kindness project is an opportunity for clients to give back to the organizations and agencies that help support them and others. In 2008, Keenan House clients honored two organizations with expressions of thanks, thank you letters, banners and luncheons.

In March 2008, a luncheon was served for Allentown Health Bureau employees in recognition of all of the help and services that they provide to our clients. The meal was gratefully received and appreciated by all who attended. In November, the clients catered a staff meeting for the Conference of Churches. There were claims that it was the most attended staff meeting of the year.



Kristen Moyer with AHB Staff Member

With Community Kindness everyone is a winner. Not only do the organizations appreciate our efforts, but the clients thoroughly enjoy preparing the menu items and treats, and showing off the skills and family recipes. They also learn the joy of giving back.

## TTI Administrative Office Moves to New Facility

By Duane Allen

During the first week in January, the Administrative office of Treatment Trends moved into their new space in Veterans Sanctuary. Prior to the move, the Administrative office was located on the 5th floor of Keenan House for 20 years.

The new address for Administration is:

Treatment Trends, Inc.  
P.O. Box 685  
24 South 5th Street  
Allentown, PA. 18105

## Welcome New Staff

By Lauren Henry, John Dillensnyder & Martin Kunda

### Teresa Whitney - Keenan House

**Teresa Whitney** joined Keenan House as Clinical Supervisor in April 2008 and received her Master's Degree in Human Services with honors from Lincoln University in May 2008. She focused her studies on empowering individuals to reduce relapse and recidivism. She brings an enormous amount of experience as a drug and alcohol professional. She completed her studies to become certified as an addictions counselor in 2000. In 2005, she became a certified clinical supervisor.



Teresa has worked in a variety of modalities of treatment which include: a therapeutic community, an adolescent inpatient program, outpatient treatment for individuals and families, and a halfway house for women.

Teresa was born in Ireland and has lived in New Jersey most of her life. She relocated to Allentown, PA to work at Keenan House. She enjoys yoga, meditation, tai chi chaun, reading, drumming and outdoor activities that bring her close to nature. Teresa enjoys attending workshops for personal and professional development.

### Rachel Garrett - Confront

**Rachel Garrett** has been employed at Confront as the administrative billing clerk since July 2008.



She has a degree in Applied Theology, which she received in 1995.

She has a part-time pastoral counseling and visitation position which she greatly enjoys.

Her hobbies include playing video games, reading, cooking and spending time with Glory, her 5 year old Lhasa Apso certified therapy dog. She takes Glory with her to visit nursing homes several times a month and everyone has a great time.

Rachel moved to the area from Texas in 2005.

### Mary Mack - TTI Administration

**Mary Mack** comes to Treatment Trends with an extensive background in fundraising and development. As the new Director of Development for Veterans Sanctuary, she is responsible for seeking new sources of funding for the facility.

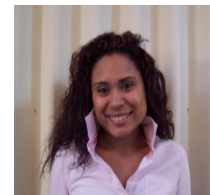


An active volunteer, she is a representative to the Non-Governmental Organization- Committee on the Status of Women (NGO-CSW) at the United Nations. This past October, in her NGO capacity, she organized an exhibit on the environment in conjunction with Lehigh University's Global Union. She has also conducted fundraising workshops at the UN and with various other organizations in the New York area.

Mary is married to Willie Mack, a jazz musician who plays alto sax and flute. They have two children and three adored grandchildren. She attended Immaculata College and Columbia University.

### Xiomara Colon - Keenan House

**Xiomara Colon** began working at Keenan House as an office clerk in May 2008. Her responsibilities include helping clients obtain appropriate paperwork, identifications, and/or public assistance while getting back on their feet and preparing to return to society.



Prior to working at Keenan House, she was employed at PPL for 2 years in the business billing department and then in the human resources department.

Xiomara is the mother of two beautiful children, ages 5 and 6. When they were born, she was a stay at home mom for the first 4 years.

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## Treatment Trends, Inc. Celebrates Clients Achievements

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By Susan Dorschutz

On the evening of September 25, 2008, Treatment Trends, Inc. hosted a reception and graduation ceremony to honor alumni and recognize their accomplishments in achieving and sustaining recovery. The ceremony acknowledged each individual's passage from addiction into recovery by completing one or more Treatment Trends, Inc. programs—giving special recognition to those who completed and remained in recovery for at least one year. This year marked the third event of this kind—hosted by Treatment Trends once every two years. It was a wonderful evening in the Grand Ballroom at the Holiday Inn Center City bringing former clients together with their friends and family, staff, current clients, board members, community leaders, and honored guests to acknowledge their achievements and support their continued journey on the path of recovery. Over 425 people attended the ceremony.

Treatment Trends is grateful to the outstanding group of guests, staff, and speakers who helped make the evening special for the honorees with inspiring and enthusiastic words of hope, support, and commitment. The Master of Ceremonies for the evening was the Honorable John Stoffa, County Executive of Northampton County. The invocation was led by Richard O'Donnell, counselor, professor and lecturer in the Lehigh Valley for 28 years.

Opening remarks were given by Deborah Beck, President of Drug and Alcohol Service Providers of Pennsylvania and tireless advocate for improved drug and alcohol treatment services and policy for addicted individuals for more than 25 years. Also, graciously speaking to honorees and guests was the Honorable Kelly L. Banach, PA Court of Common Pleas District Judge. Judge Banach has been a valued supporter of the Treatment Trends Lehigh County Treatment Continuum Alternative Program (LCTCAP) since its inception. Susan Gilmore, President of the United Way of Greater Lehigh Valley, also gave her congratulations and words of support to the honorees.

Some of the most inspiring words of the evening were given by client speakers who were being honored. Anthony D. completed both the residential and re-entry phases of Keenan House followed by 10 months of intensive outpatient and outpatient treatment at Confront as part of the Treatment Trends Lehigh County Treatment Continuum Alternative Program.

Another LCTCAP alumni, Robert V., entered Keenan House in December 2004, followed by outpatient treatment at Confront. He finished the entire Treatment Trends LCTCAP continuum in 2006 and has maintained recovery since. Both Anthony and Robert gave honest and heartfelt words of gratitude to staff and their stories gave great examples of perseverance and hope to current clients in treatment.

The evening's energy of celebration was highlighted by a very special djembe drumming circle presentation by the Treatment Trends, Inc. Families in Rhythm clients and their children—led by Ann Friedenheim, Confront Clinical Supervisor, and Dr. Regina Smock, facilitator. This program is part of the Treatment Trends Parenting Institute which helps parents in treatment gain valuable skills in working with their children. Participants and guests really enjoyed the uplifting performance. The dramatic ending to the performance was met with a standing ovation, enthusiastic applause, and huge smiles from the children who participated in the drumming.

Robert Csandl, Executive Director of Treatment Trends gave an introduction to the graduation certificate ceremony followed by certificates and gifts presented to honorees by the program directors and clinical supervisors. After the certificate ceremony, Robert presented a special Distinguished Service Award plaque to David K. Moyer, Community Health Specialist at the Allentown Health Bureau. Dave has offered continued and tireless dedication to Treatment Trends clients throughout the years.

Additionally, Certificates of Appreciation were awarded to outstanding professionals in the drug and alcohol addiction services field and the community who exemplified outstanding commitment to those in need: Charles Brannon, homeless community advocate and supporter of clients in recovery; James Emery, Intensive Case Manager Supervisor at the Lehigh Valley Drug and Alcohol Intake Unit; Rebecca Harkins, Case Manager for Chester County Drug and Alcohol Commission; and Andi Sandt, Lehigh County Adult Probation Intensive Drug Unit Supervisor.

On behalf of Treatment Trends, Inc., congratulations to the men and women who have completed our programs over the last two years. We offer them our continued support and good wishes as they begin their journey of recovery.

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# Treatment Trends Training Institute

## Spring/Summer 2009 Training Track

Register by mail, phone, or fax. In all cases, please complete all information on the form below. **Mail** registration and payment to the address as indicated. **Fax** your registrations to Training Coordinator, 610-439-0315. For telephone registrations, **call** 610-439-8479, x212. For complete information, check our web site at [www.treatmenttrends.org](http://www.treatmenttrends.org).

Name: _____
Program/Agency: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____ <input type="checkbox"/> Place me on your mailing list
Email: _____

<u>Workshop</u>	<u>Date</u>	<u>Instructor</u>	<u>Cost</u>	<u>Total</u>
<input type="checkbox"/> Addiction/Criminal Behavior	March 6	Delbert Boone	\$75.00	_____
<input type="checkbox"/> Surviving War, Disasters	March 19 & 20	Raymond Scurfield	\$150.00	_____
<input type="checkbox"/> Women & Addiction	April 3	Marilyn Stein	\$75.00	_____
<input type="checkbox"/> Advanced De-Escalation	April 17	Harry Wigder	\$75.00	_____
<input type="checkbox"/> Co-Occurring Disorders	May 1	Kathryn Coleman	\$75.00	_____
<input type="checkbox"/> Putting Theory To Work	May 15	Heidi O'Toole	\$75.00	_____
<input type="checkbox"/> Psychology & Spirituality	May 29	Richard O'Donnell	\$75.00	_____
<input type="checkbox"/> Addiction 101	June 12	Kathryn Coleman	\$75.00	_____
<input type="checkbox"/> Psychopharmacology	June 19	Craig Strickland	\$75.00	_____
<input type="checkbox"/> Sexuality & Addiction	June 25 & 26	Robert Csandl	\$150.00	_____

Please Note - All workshops are 9 AM - 4 PM

Total Amount: \_\_\_\_\_



# trends

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**Publisher:** Robert Csandl

**Copy Editor:** Susan Dorschutz

**Layout Editor:** Duane Allen

**Production Staff:** John Dillensnyder

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## Drug War Clock

www.drugsense.org

**As of Tuesday  
February 17, 2009**

### MONEY SPENT ON THE WAR ON DRUGS THIS YEAR

The US Federal government spent over \$19 billion dollars in 2003 on the War on Drugs, at a rate of about \$600 per second. The budget has since been increased by over a billion dollars.

**Source: Office of National Drug Control Policy**

State and local governments will spend at least another \$30 billion.

**\$ 2,629,193,303**

Federal

**\$ 4,035,840,925**

State

**\$ 6,665,034,228**

Total

**Source: National Center on Addiction and Substance Abuse at Columbia University: "Shoveling Up: The Impact of Drug Abuse on State Budgets," January, 2001.**

### PEOPLE ARRESTED FOR DRUG LAW OFFENSES THIS YEAR

Arrests for drug law violations in 2009 are expected to exceed the 1,841,842 arrests of 2007. Someone is arrested every 17 seconds for violating a drug law.

**223,487**

**Source: (Uniform Crime Reports),  
Federal Bureau of Investigation**

### PEOPLE ARRESTED FOR CANNABIS OFFENSES THIS YEAR

Police arrested an estimated 872,720 persons for marijuana violations in 2007, according to statistics compiled by the FBI. An American is now arrested for violating cannabis laws every 38 seconds.

**96,560**

**Source: (Uniform Crime Reports),  
Federal Bureau of Investigation.**

### PEOPLE INCARCERATED FOR DRUG LAW OFFENSES THIS YEAR

Since December 31, 1995, the US prison population has grown an average of 43,266 inmates per year. About 25 percent are sentenced for drug law violations.

**1,422**

**Source: US Department of Justice,  
(Bureau of Justice Statistics).**

### PREVENTABLE HIV INFECTIONS THIS YEAR

Nearly 4,000 new HIV infections can be prevented before the year 2010 if the federal ban on needle exchange funding is lifted this year. About 10 new cases could be prevented every day.

**496**

**Source: Center for AIDS Prevention Studies, University of California, San Francisco.**

United Way of the  
Greater Lehigh Valley



# Throw The Book At Us... In A Good Way!

By Robert Csandl

The library at Veterans Sanctuary is in need of books, books on tape, self-help manuals, CD's and DVD's. Treatment Trends, Inc. Veterans Sanctuary, when opened, will provide services to Veterans for the treatment of addiction and PTSD.

*Sanctuary* involves creating a safe space—an area of contemplation and reflection where one can regroup and start anew. The Veterans Sanctuary Library will provide a place of *sanctuary* for Veterans in the program.

Resources that inspire, inform, and give hope can help those in treatment gain perspective on life's events and serve as references in the renewal process. This library will specialize in topics such as War and Peace; Spirituality and Holistic Healing; Counseling and Mentoring; Addiction Recovery; Post Traumatic Stress Disorder; and other health issues such as Traumatic Brain Injury.



Help us to breathe life into the Veterans Sanctuary Library by donating books and audio/visual materials. Books can be brought to 24 S. 5<sup>th</sup> Street, Allentown, PA 18101. Thank you for your support.



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