

# It's Time to Take Control

## Coming Soon to Sigma Health Services:

A survey team from CARF International will be visiting on February 27, 2013 through March 1, 2013. We invited the surveyors to evaluate how well we meet international standards for quality. The survey will tell us what are doing well and ways we might improve. As a result of this survey, we may earn and continue accreditation.

**CARF Accredited!**



## Take a Look:

- Come meet the experts! Our Clinicians and Therapists are here daily to help satisfy the needs of any client. Appointments are necessary.
- Sigma prides itself on helping the community. We have licensed professionals committed to the ACE and SCORE program; as well as the SAIOP and DWI program. Read on page 2 to find out more!

## Maybe you, Yes You, Need Help

Sigma Health Services is off to a great start in the year 2013! We welcome our new team members, as well as clients. We're kicking off this year with the National Drug Facts Week! Throughout this newsletter you will discover facts and myths about substances, our services and programs we offer and exactly why Sigma prides itself on supporting the community.

You're probably wondering how can Sigma benefit you? Are you a parent, sibling, friend, attorney/lawyer, or clinician trying to help someone with substance abuse?

We have different programs that reach out to all

demographics. Anything from a legal charge to someone yearning for assistance in quitting. Maybe you, YES you, need help. Everyone knows someone battling addiction.

If any of the previous



statements apply to you, then your second chance has arrived.

Our clinicians are here

daily to help satisfy any and all clients with substance abuse related issues. No person is left behind. Our clinicians and therapists are licensed, and/or certified in their field including CCS, LCAS, CSAC, and QP's.

Let's talk about you or the person you're thinking about. Set up an appointment by calling the number below. Our staff will assist you in finding the right treatment by thoroughly examining your needs through intake, and assessment. Or if you have any questions regarding any services, please call.

Take control of your life today, don't let life control you.

**Address:** 8368 Six Forks Road, Suite 102

Raleigh, NC 27615

**Office:** 919-848-9108

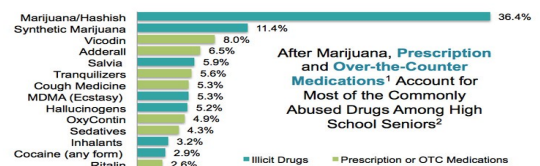
**Fax:** 919-848-9109

Call our Intake Specialist today for an appointment!

**Website:** [www.sigmahealthservices.com](http://www.sigmahealthservices.com)

**E-mail:** [info@sigmahealthservices.com](mailto:info@sigmahealthservices.com)

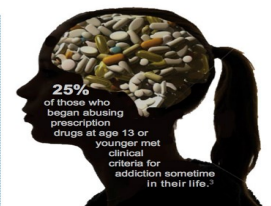
**We accept:** Medicaid, Health Choice, Blue Cross & Blue Shield, Cash, Checks, VISA, MasterCard



**After Marijuana, Prescription and Over-the-Counter Medications<sup>1</sup> Account for Most of the Commonly Abused Drugs Among High School Seniors<sup>2</sup>**

### About 1 in 9 youth

or 11.4 percent of young people aged 12 to 25 used prescription drugs nonmedically within the past year.<sup>3</sup>



<sup>1</sup> Past Year Use

<sup>2</sup> Monitoring the Future Survey, 2011.

<sup>3</sup> National Survey on Drug Use and Health, 2010

# "Sum of Caring Professionals"



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Were On The Web!!!  
[www.sigmahealthservices.com](http://www.sigmahealthservices.com)



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Sigma Health Services, LLC is a CARF accredited substance abuse and mental health agency. We're committed to elicit positive change by providing clinically sound, person-centered substance abuse and mental health services to individuals and families. The programs we offer are SAIOP, ACE, SCORE, and DWI.

SAIOP or Substance Abuse Intensive Outpatient Program that includes structured individual and group addiction activities and services. This outpatient program is designed to assist adult and adolescent clients to begin recovery from substance abuse and learn skills for maintenance of sobriety. Sigma offers lunch and transportation to those who join of program.

ACE Program or Alternative Counseling Education is approved by the Wake County Public School System for long term suspension. During the program the student and legal guardian will participate in group to complete their 12 hours of alternate education for substance abuse. We have offices in Wake Forest and in Raleigh to fit everyone's needs!

SCORE Program or Second Chance Online Resource Education is committed to reducing long term suspension and maintaining student learning. Here at Sigma's computer lab we offer students the opportunity to regain the confidence and education back into their lives. Students will be engaged in an online learning environment to make sure they move forward, not backward, even while separated from their schools.

Our new DWI program will surely be helpful to clients facing charges. Sigma can help navigate this frustrating process and help you complete the DMV requirements necessary for the restoration of your driving privileges. We provide DWI services such as: Assessments, Short/Long Term Outpatient Programs, as well as an Intensive Outpatient Substance Abuse Program.

Please feel free to forward this Newsletter to other colleagues or facilities for client referral purposes.

## Facts and Myths about Substance Abuse: National Drug Facts Week January 28-Feb 3, 2013

### Facts:

- Marijuana is the most frequently used illegal drug in the United States.
- 42.3 % of 12th graders have tried marijuana.
- Most people who start smoking in their teens become regular smokers before they're 18.
- More than 4 in 10 people who begin drinking before age 15 eventually become alcoholics.



has more cancer-causing chemicals in it than tobacco.

- **Myth** Drugs relieve stress. They help people deal with problems.  
**Fact** Drugs only make people forget and not care about their troubles. When the drug wears off, the problems are still there.

### Myths:

- **Myth** Pot isn't as bad for you as cigarettes.  
**Fact** Marijuana smoke

**Fact** Drugs can cause the brain to send the wrong signals to the body. This can make a person stop breathing, have a heart attack or go into a coma. This can happen the first time a drug is used.

- **Myth** If you get drunk, coffee will sober you up.  
**Fact** Once alcohol is in the bloodstream only time will make a person sober.

To read more about common misconceptions of substance abuse and/or drugs please visit:

[www.drugabuse.gov](http://www.drugabuse.gov)