

BEAT^{your} ADDICTION

Fall, 2008

Dear Administrator, Teacher or Counselor:

Did you know that we are currently facing a growing epidemic of teen dependence and addiction to prescription drugs such as **Vicodin** and **OxyContin**? Recent studies indicate a 300% increase in prescription drug use by adolescents during the past decade and that kids as young as 12-13 are experimenting with these powerful opiates in alarming numbers.

The increased use of these prescription medications, and the commonly held belief of these young people that their use of these drugs is safe, has already reached serious proportions. For many families struggling with this emerging problem, very little immediate care seems available to parents and teens.

I am writing today to tell you about a locally-based effort to provide care to young men and women confronting opiate pain medication dependences, as well as other drug addictions, and to provide early identification, detoxification and medical intervention.

Beat Your Addiction program has been specifically structured to allow participants with college or high school commitments to spend an intensive 2-3 week period in treatment, so that they can continue with their educational commitments with the least possible loss of time.

Operating within the framework the *Recovery Without Walls* program (www.RecoveryWithoutWalls.com), the **Beat Your Addiction** campaign is meant to focus parental attention on the problem early enough, so that effective assistance can be brought to bear before the student's educational obligations are deeply impacted.

The innovative medically-based program is run by Dr. Howard Kornfeld, a noted pain and addiction physician located in Mill Valley, California. Dr. Kornfeld offers an in-depth assessment of adolescent mental health issues, while providing a compassionate and medically appropriate commitment to the detoxification process.

In the past, one of the treatment options for adolescents often considered by parents has been the so called "wilderness" programs. A number of these programs are quite extraordinary and have had considerable success in working with drug dependent teens.

However, one of the challenges of treating teens in this type of setting has been the difficulty of accurately assessing the level of medical detoxification and mood stabilization that will be required, as well as an accurate diagnosis of the underlying psychiatric disorders.



HOWARD KORNFELD, MD
Medical Director

www.RecoveryWithoutWalls.com

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Free phone consultations are being offered to family members as well as administrators, teacher, or counselors, in hopes of reversing trends in this area. Most dependencies can't be effectively detoxified and stabilized in a few days, and attempting to do so only results in failure and great disappointment for parents and the young person. We are strongly encouraging parents to act now if they believe there is a problem.

The faster we can begin working with an adolescent with a drug dependency the better chance we have of producing an excellent result.

The key is willingness and acknowledging that there's a problem. If we can get that, we're well on the way to getting a teen's life back on track and into recovery.

Please call me for a consultation, or to schedule a presentation by Dr. Kornfeld to your organization or school. You can reach me at our office, **(415) 383-2949**, or on my cell phone, **(415)302-6639**.

Sincerely,

JERRY BAYER

Director of Patient Services