

NEWS BRIEFS

UNITED WAY FUNDS 7 PROGRAMS

The United Way of Greater Cincinnati recently approved funding for seven Talbert House programs or initiatives in Hamilton and Brown counties: Becoming a Love and Logic Parent, Crisis Connection/HelpLine, Family and Schools Together, School Based Mental Health Treatment, Second Step, Project PASS and Protection from Abuse Adults.

JUDICIAL SEMINAR

Over 20 judges attended the Hamilton County Municipal Court seminar February 28 where they received an updated Talbert House Municipal and Common Pleas Court Guide. Check on-line for updates to this guide at www.talberthouse.org/services/pdfs/courtguide.pdf.

NEW GRANT

Talbert House thanks the Jacob Schmidlapp Trust, Fifth Third Bank, Trustee, for its generosity in supporting the agency's primary care initiative. Talbert House has health clinics at seven residential sites, integrating primary and behavioral health care.

Changing the lives of teens with Teaching Family Model

AGENCY IS IMPLEMENTING TFM AT ALL TEEN RESIDENTIAL SITES

Many teens entering Talbert House adolescent residential programs are dealing with multiple issues ranging from unstable home lives, criminal involvement, and mental health and substance abuse problems.

The complexity of these issues makes it difficult for teens to cope outside the treatment setting. In tackling this problem, Talbert House kept to its best practices philosophy and chose a new behavioral management model proven to help young adults.

Teaching Family Model (TFM) has been implemented in all Talbert House adolescent residential programs because it has been shown to improve clients' outcomes regarding delinquency, mental health



CRISTY JAMES (CENTER) OF INNOVATIVE TEACHING SYSTEMS TRAINS STAFF MEMBERS, REGENA HARDY AND CHRIS GIBBS, ON TFM, and substance abuse. Recommended by the federal Substance Abuse and Mental Health Services Administration, TFM is now in place at North Star and Passages for females and Alternatives and The Bridge for

CONTINUED TO PAGE 3

Business leaders share volunteer experiences

Margaret Swallow and Terry Loftus sat down with *Inside Talbert House* to talk about their impressions of the agency and what businesses and nonprofits can learn from each other. Swallow and



MARGARET SWALLOW & TERRY LOFTUS

Loftus are former colleagues at Proctor & Gamble and volunteers with the agency. Swallow partnered with Nancy Swanson, a P&G executive, to lead a day-long seminar for Talbert House's EXCEL (Executive Curriculum for Emerging Leaders), a new initiative to train future nonprofit executives. Loftus has served as a Talbert House board member since 2004.

Question: What did you know of Talbert House before you volunteered?

Swallow: I had heard of the name, but I could not have described what you do. I thought you helped adults

CONTINUED TO PAGE 3

BOARD OF TRUSTEES

Haluk G. Nural
CHAIR

Paul M. Brunner
VICE CHAIR/TREASURER

Dotsy Q. Klei
VICE CHAIR

John I. Silverman
VICE CHAIR

Gwendolyn L. McFarlin
SECRETARY

Pamela W. Popp, Esq.
PAST CHAIR

EXECUTIVE COMMITTEE

Tony T. Brown
Glenda Cousins
Fred Joffe
Robert B. Meacham
Robert A. Moskowitz

MEMBERS

Gregory Berberich, Esq.
Carl H. Blackwell
Paula Boggs, Esq.
Michael Brooks
Robert Castellini
Catherine Castillo
Frank Chaiken
James J. Chalfie, Esq.
Karen A. Eller
Carol Goodman
Michael J. Harmon, Esq.
William Hayden, Esq.
Jacqueline Schuster Hobbs, Esq.
Stephen R. Hunt, Esq.
DeShonne Jackson
Thomas C. Kilcoyne, Esq.
Greg Kling
Jamie Leonard
Terry E. Loftus
Joseph L. Rippe
Julie Shifman, Esq.
E.B. Silberstein, M.D.
John Sinclair
Ann Marie Tracey, Esq.
Richard Weiland
Gwendolyn J. Wilder
John M. Williams, Esq.

Neil F. Tilow
President/CEO

Treating disease of addiction is a science

TALBERT HOUSE ASSISTANT CLINICAL DIRECTOR WEIGHS IN ON HBO'S 'ADDICTION' SERIES

Documentaries about drug addiction often focus on the disturbing consequences of chemical dependency—relationships falling apart, financial ruin, lives left in shambles. But *ADDICTION*, a new series of documentaries produced by HBO, explores the science behind chemical dependency.



By LISA ZIMMER, MSW, LISW, LICDC
ASSISTANT CLINICAL DIRECTOR

Researchers have equated addiction with other chronic diseases, like asthma, high blood pressure and diabetes, which involve physical changes in the body. With addiction, these changes involve a “feel-good” neurotransmitter called dopamine, a chemical the body produces naturally. Dopamine is often associated with a “runner’s high” or eating a favorite dessert.

A person’s dopamine system is overstimulated by drug use, and over time, the brain is tricked into believing it no longer needs to produce this chemical on its own. Research has shown the brain needs an extended amount of time to return to normal after the drug abuse stops, and sometimes, it never can.

A chemically dependent person who has stopped drug use often has difficulty experiencing pleasure because the brain is struggling to produce dopamine naturally as it heals. This inability to “feel good” can have a cyclical effect, motivating the person to resume drug abuse.

Through technology, researchers can see addiction’s impact on the brain, shining a light on why it can be so difficult for a person using drugs to stop. Brain scans, like those shown in *Drugs, Brains and Behavior—The Science of Addiction*, demonstrate how drugs change the brain’s structure and alter its functioning.

Talbert House views addiction as a serious and chronic disease. And as with any such disease, the consequences can be dire if left untreated. Today, with the help of science and the research it has inspired, services, including those offered by Talbert House, are available to effectively prevent and treat addiction.

Three ways to contribute to Talbert House

VOLUNTEER

You can become a mentor for a child. You can collect new clothing and toys for holiday giving or collect pencils and notebooks for children going back to school in the fall. You can inspire others at a program graduation if you have a personal story to share. (For more info, contact Chris Eversole at 513-751-7747 ext. 273)

INFLUENCE

You may know someone who has the means to support our mission. Share this newsletter with those who care about improving social behavior and enhancing personal recovery and growth and encourage them to visit our Web site. (For more info, contact Caryn Miller at 513-751-7747 ext. 297)

DONATE

You can join a Talbert House team for a local fundraising walk or join a special events committee. You can give gifts in the form of cash, credit cards or stocks. You may be able to provide a matching gift through your employer, or make planned gifts. (For more information, contact Pamela Kinane at 513-751-7747 ext. 209)

Visit our Web site, www.talberthouse.org, for more information.

Con't: Business pros share leadership insight

CONTINUED FROM PAGE 1

primarily, but when I went to The Bridge (a residential program for teen males), I realized the diversity of ages is kids to adults.

Q: What surprised you the most about us?

S: What surprised me was the diversity of services, and I didn't know how rigorous (the social services profession) was with these incredible credentials. If you are working as a manager, you have to have a

high level of qualification. (Editor's note: 284 Talbert House employees have over 340 credentials with nearly 40 different types of certifications and licenses.)

Q: What is our best-kept secret?

S: The level of professionalism of the staff. **Loftus:** The quiet impact on the community. Talbert House is involved in 28,000 people's lives annually, and problems are going away. We will never know how many crimes are avoided or problems solved because of Talbert House.

"For leadership, it is about being a visionary. The leader has to be the one person who sees beyond any immediate crisis. Talbert House has a sense of long-term vision."

Margaret Swallow
Retired P&G executive,
Talbert House volunteer

Q: What are the top qualities of a leader and how does this differ between corporate and nonprofits fields?

S: The leadership skills are the same. Nonprofits have to think more like a for-profit business with the same rigor and discipline. You have to ask yourself, "What is the ROI (return

on investment)?" For leadership, it is about being a visionary. The leader has to be the one person who sees beyond any immediate crisis. Talbert House has a sense of long-term vision. As with the EXCEL program, you truly have a desire to develop leaders for the future.

Q: What can nonprofits and businesses learn from each other?

S: Nonprofits can use the business model of setting objectives, measuring success, and developing people. Businesses can learn to remember the human side. You want to care about people and be measured by outcomes.

L: The people who work at Talbert House have direct impact on lives in a meaningful

"...(Talbert House's) impact on the region is incredible. Once you know about Talbert House, you can't help but care."

Terry Loftus
P&G executive,
Talbert House Board Member



Nancy Swanson, a P&G executive, talks with members of EXCEL (Executive Curriculum for Emerging Leaders). EXCEL, now in its pilot run, is a new initiative by Talbert House to train future nonprofit executives.

way, and it energizes them. People are in this business because they can make a difference. It is inspiring to watch.

Q: As a nonprofit, how important is it to communicate your message or brand to your stakeholders?

S: Being someone who has lived and worked in the city, I didn't realize how many services you provide throughout the whole region. The stereotype is these are inner city problems, but it's really everyone's problem.

L: I agree. Talbert House is doing a much better job making itself known throughout the community, and the impact on the region is incredible. Once you know about Talbert House, you can't help but care.

Con't: Health Foundation helps fund TFM initiative

CONTINUED FROM PAGE 1

males.

"TFM is well supported by research and has been shown to positively impact client outcomes," said Dr. Kimberly Gentry Sperber, chief research officer. "Adding TFM complements our existing cognitive-behavioral treatment model very well, providing more opportunities to the clients to practice the skills they've learned in treatment groups on the unit every day."

Thanks to The Health Foundation of Greater Cincinnati, Talbert House

has begun to implement TFM, training all program staff using its strategies. Talbert House is eight months into this implementation phase, which is expected to last 12-18 months.

Advantages of TFM include individualized treatment; a reward system that positively reinforces improved behaviors; clients who solve their own problems by examining choices, behaviors and consequences; and a focus on the development of trust between clients and staff.

"This model teaches all staff how to teach the clients self-regulation skills, making both clinical and non-clinical staff responsible for instructing the clients," Sperber said. "This is different from many models that only focus on the role of clinical staff. Given non-clinical staff spend more time with clients than clinical staff in a residential setting, the agency wanted to implement a model that would better utilize our most important resource—our staff."

EXECUTIVE OFFICE
2600 Victory Parkway
Cincinnati, OH 45206-1171

Phone: (513) 751-7747
www.talberthouse.org

Produced by Community Relations Department
Teri Nau, Director
Melissa Currence, Editor
Chris Eversole, Contributor

Non-Profit
Organization
U.S. Postage
PAID
Cincinnati, OH
Permit No. 7019

Join us at Maketewah Country Club!



Monday, June 25



Cox Financial, a presenting sponsor at last year's Team Up! Cincinnati Golf Outting.

The 11th Annual Team Up! Cincinnati Golf Outting, Charity Auction and Dinner will be Monday, June 25, 2007, at Maketewah Country Club.

Team Up! Cincinnati benefits Talbert House adolescent substance abuse prevention and education programs. Last year's event grossed over \$63,000. Rick Anderson is returning as the event chair.

Team Up! Cincinnati is presented in association with the University of Cincinnati Athletic Department.

For more information, call Talbert House Development Department at (513) 872-5863 ext. 272 or visit www.talberthouse.org.

IN THIS ISSUE

- PAGE 1 Teaching Family Model
- PAGE 1 Business leaders' Q&A
- PAGE 2 Science and addiction