

**Perspectives
Counseling
Centers**



On the E.D.G.E.

TROY
248-244-8644
STERLING HEIGHTS
586-268-6712

GROUPS FOR TEENS:

- * ADHD * Anger * Depression/Anxiety *
- * Self-Injury * Self-Esteem *
- * Sexual Assault *
- * Social Skills *

Check out what's happening at Perspectives

Workshops:

March 15—Divorce Camp for Children/Parents

March 18—Drugs: Trends, Friends, Fatal Ends

March 18 & 19—Codependency Workshop

April 16—How to Bully Proof Your Life - for kids

May—Town Hall Meeting on Bullying/Cyberbullying

Interesting facts about Perspectives...

- ☺ *Perspectives has been helping clients for over 25 years, has expanded to 2 locations in the last decade and plans to expand further —with over 35 masters' and doctoral trained specialists.*
- ☺ *The Perspectives EDGE Program has been helping adolescents since 1997 offering groups for teens, seminars for professionals, and workshops for parents...and much more!*
- ☺ *Perspectives stays current on the hot topics, educating professionals, parents, and the community.*

**ALARMING ARTICLE INSIDE REGARDING
DRUGS AND FATAL ENDS**

CHILD AND ADULT SERVICES

Are also offered at Perspectives

**Groups for children in
areas of Anger, Social Skills
& ADHD**

**Codependency workshop
for Women & Men**

**Parenting Workshops
Divorce Help**

DRUGS

Written by Douglas Carpenter, PsyD, LP—Director of Addiction Services

Oh the smell of home-made apple pie or my wife's New Orleans bread pudding – Yummy! One of the main ingredients for these yummy desserts is nutmeg. Can I really get high from nutmeg? Unfortunately, the answer is YES! – but not by eating too much dessert.

When used as a recreational drug (as opposed to a party for your taste buds), nutmeg is classified as a hallucinogen. “Hallucinogen” is a term for any drug that radically changes a person's mental state by distorting the perception of reality. When taken in a high enough volume, hallucinations occur.

Hallucinogens include a wide variety of substances. They differ in chemical structure and can range from a pure form found in natural plant extracts or they can be synthetically produced. For example, the common hallucinogen Mescaline can be extracted from the peyote cactus or it can be manufactured synthetically. Some examples of naturally occurring hallucinogens are morning glory seeds, jimson weed, nutmeg, and a wide variety of mushrooms.

Synthetically produced hallucinogens are manufactured illegally and are specifically created to be sold on the illicit drug market. Examples of manufactured hallucinogens are: DMT (dimethyltryptamine) - a solution that is often soaked in marijuana and smoked; LSD (Isergic acid diethylamide) – typically sold in capsules, tablets, or liquid form and ingested; MDA (methamphetamine Analogs) - also known as Ecstasy, and is a hallucinogen with strong stimulant properties. These are only a few. Additional forms of synthetic hallucinogens are PCP, PMA, STP (DOM) and TMA.

Nutmeg contains the active ingredient elemicin (Myristica fragrans). It is a chemical closely related to mescaline and TMA (Trimethoxyamphetamine). Nutmeg powder can be eaten, smoked, snorted or consumed by drinking it. The amount used typically ranges from four to eight teaspoons and the effects take approximately four to six hours to kick in. In low doses, the person will feel a mild and brief euphoria, lightheadedness, and an increase in energy (Central Nervous System stimulation). In larger

quantities, it can produce a rapid heartbeat, excessive thirst, agitation, anxiety, and panic which is then followed by drowsiness. High doses can also lead to convulsions. One youth is quoted saying, “At some point several hours into the high I began to feel distressed. I felt as though my heart was going haywire. I felt my chest was going to burst open. I felt my soul wanted to explode out of my chest. I felt

that I was dying of poisoning.” The recovery from nutmeg intoxication is gradual and produces an unpleasant hangover. Some users have reported continuing to feel effects as long as forty-eight hours after use. Although nutmeg can be purchased at any local grocery store, it is typically only used as a last resort when other forms of hallucinogens are not available. *If you would like to learn more about drug use in our culture, join Perspectives on March 18th for a free presentation at our Troy location – Drugs: Trends, Friends, and Fatal Ends. Call today to register (248) - 244 - 8644.*



CAN I REALLY GET HIGH FROM NUTMEG???????????



UNIQUE OPPORTUNITIES FOR FAMILIES

Divorce Camp & Parenting Retreat

With Geraldine Reyes, LMSW (children) & Beth Atwell, LPC (parents)

Tuesday, March 15, 2011

6:00—8:00 p.m.

Perspectives Counseling Centers—Troy location

Children ages 7-12 will learn:

Positive ways to handle their feelings
How to better understand the divorce process
How to effectively communicate their needs

Parents will learn:

How to effectively parent together
How to help children transition
How to reduce stress and conflict

Cost- \$40 per child & \$25 per parent/\$40 per couple

THE BULLY PROOF VEST... HOW TO BULLY PROOF YOUR LIFE!

For children ages 8-18 who are experiencing the effects of being bullied

With Chandler Fleming, LMSW

Saturday April 16, 2011

10:00 a.m.—Noon

Perspectives Counseling Centers—Troy location

Participants will learn...

- *How to deflect and reflect
- *Secrets of divide and conquer
- *How to separate humor from bullying

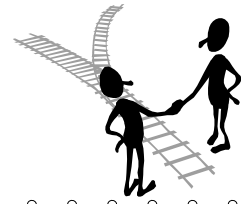
Cost- \$40 per child
Worth every penny!!!!!!

DON'T MISS OUT...CALL 248-244-8644



ADOLESCENT GROUPS

Join Now!



Taking the E.D.G.E. off

DEPRESSION and ANXIETY

8-week group for males and female teens struggling with any type of depression and anxiety. Learn valuable skills for recovery.

Thursday evenings-Contact Leslie Johnsen, LLP

The CUTTING E.D.G.E.

This group is for all individuals who have self-injured in any way.

The focus is on what drives the behavior and how to stop.

Parent education is included in this 8-week program.

Tuesday evenings—Contact Leslie Johnsen, LLP

The Social Skills E.D.G.E.

Hands on learning for males and females as they practice valuable social skills needed to function in society. 8-week group is a must for those with social deficits.

Wednesday evenings-Contact Malissa Wood, LPC, LLP

Gaining an E.D.G.E. on ADHD

Vital 8-week group for males and females diagnosed with ADHD. Education included for the family, focusing on organization skills, medication issues, and behavioral based therapy.

Tuesday evenings-Contact Beth Atwell, MA, LPC

The SELF-ESTEEM E.D.G.E.

Girls only 8-week group focusing on increasing all aspects of self-esteem. Psychoeducational approach used to teach girls self worth and optimism.

Tuesday evenings—Contact Mary Johnson-Palazzolo, LMSW

*Exploring Discovering
Goal-Setting Excelling*

The Surviving E.D.G.E.

Teen 8-week group for females who have been date raped or sexually assaulted in any way. Teens will gain support in a safe environment as they work through their trauma.

Monday evenings-Contact Geraldine Reyes, LMSW

The ANGER E.D.G.E.

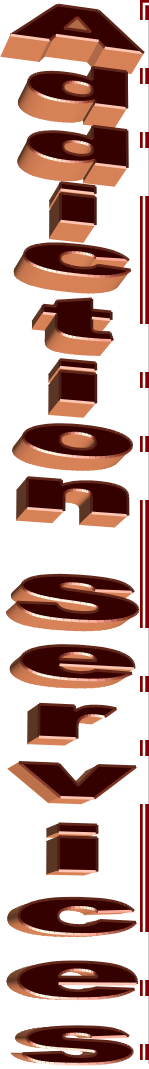
8-week anger management program where teens will learn about their anger style, ways to decrease anger outbursts and manage emotions effectively.

Thursday evenings-Contact Chandler Fleming, LMSW



GROUPS ARE POWERFUL

Refer Now at 248-244-8644



Addictions are numerous and come in many forms. The reasons for addiction are many: attempting to meet a need that has not been fulfilled in one's life; as a distraction to avoid certain feelings; or avoiding painful self-awareness. Falsely, the person comes to believe his/her addictive behavior helps them to cope with life.

CHANGE IS POSSIBLE!

Understanding the emotions that drive addiction and recognizing the true consequences of the behavior can provide the motivation to change. The person must take risks to develop alternative healthy coping skills while learning to control the compulsive behavior. The Addiction Program at Perspectives provides a safe, caring, therapeutic environment to resolve past issues, develop healthy skills, and promotes a life free of compulsive behavior.

SPECIALTIES INCLUDE:

- *Substance Abuse & Dependency*
- *Sexual Addiction*
- *Love and Relationship Addiction*
- *Codependency*
- *Gambling Addiction*
- *Internet Addiction*
- *Gaming Addiction*
- *Shopping Addiction*
- *Anger - "Rageaholics"*
- *Food Addiction*
- *Workaholism*

Visit our website at www.perspectivesoftroy.com to learn more about each area of addiction.

Other UNIQUE Adult Opportunities...

CODEPENDENCY 2-DAY WORKSHOP

SKILLS AND PRACTICAL KNOWLEDGE FOR SETTING
LIMITS AND PLACING VALUE ON YOURSELF

With Elaine Booth, LMSW

Specialist in Codependency issues

Friday, March 18, 2011

Saturday, March 19, 2011

Call Now to Reserve Your Spot at 248-244-8644!

*Look for next
month's email
blast regarding a
complimentary*

**TOWN
HALL
MEETING**

PARENTS

Perspectives Counseling
Centers

Perspectives Counseling Centers

2 locations to serve you!

888 West Big Beaver, Suite 1450
Troy, MI 48084

4151 17 Mile, Suite D
Sterling Heights, MI 48310

Check us out on the web—www.perspectivesoftroy.com

EXPLORING
DISCOVERING
GOAL-SETTING
EXCELLING

You are invited to a Complimentary Seminar...

DRUGS: Trends, Friends, Fatal Ends

Presented by:

PERSPECTIVES COUNSELING CENTERS

DOUGLAS CARPENTER, PSYD, LP—DIRECTOR OF ADDICTION SERVICES

FRIDAY, MARCH 18, 2011

9:00 A.M. – NOON



LEARN WHAT SOME KIDS ARE TALKING ABOUT~

Can nutmeg give me a buzz?

Can I legally get high?

Can you put toothpaste on an orange peel and make a hallucinogen?

Can you grow 'shrooms on a rice cake?

CALL NOW TO RESERVE YOUR SPOT—SPACE IS LIMITED!

248-244-8644