

# Melissa Combs Zaczyk, RDH

## Recipient of the 2016 C.V. Winter Advocacy Award



Melissa Zaczyk

*In Barbara's Words*

Dr. C.V. Winter served on the NC Caring Dental Professionals Board of Directors for a prolonged period of time and held Emeritus status at the time of his death in 2012. Prior to his death the NCCDP established, in his honor, the C.V. Winter Advocacy Award. Criteria was established for the award based on the qualities that Dr. Winter himself exhibited:

- Commitment to advocacy
- Exemplary leadership
- Assistance and support for other in need
- Inspires others to volunteer and be an advocate
- Represents NCCDP with pride and dignity
- Outstanding contributions to NCCDP as an advocate/volunteer

Dr. C.V. Winter was the 1st recipient in December 2011. Dr. Jake Thorpe, was also responsible for establishing the NCCDP program and was the 2nd recipient in 2012. Dr. Bill Claytor received the award as the 3rd recipient in 2013. Dr. John Ludlow was the 4th recipient of the reward in 2014. Dr. Randy Kixmiller, was the 5th to receive the award in 2015. I would like to share several comments made by

those who nominated our 6th recipient.

- *She has an amazing story of recovery*
- *Always available to help when NCCDP calls on her*
- *PSV for numerous hygienist over the years*
- *Works and lives the 12 steps*
- *Inspiration to so many, dentists and hygienist*
- *A great representative, speaker and advocate for the NCCDP and recovery, locally and nationally (Utah School, Tennessee Concerned Dentists, NCCDP Fundraising Committee, NC Dental Hygiene Association, American Dental Hygiene Association, West Virginia Recovery Network Board Member*

**The NCCDP is pleased and honored to present the 2016 C.V. Winter Advocacy Award to Melissa Combs Zaczyk, RDH.** Thank you Melissa for your never-ending commitment to the recovery community, your dedication to our profession and especially your service as a Volunteer and Advocate for the NCCDP.



Congratulations Melissa Zaczyk!

**The NC Caring Dental Professionals thank you and sincerely appreciate all you do.**

**VISIT THE UPDATED NCCDP WEBSITE**  
***www.nccaringdental.com***

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Caring Dental Professionals**

Published three times yearly in Southern Pines, North Carolina by the North Carolina Caring Dental Professionals, a nonprofit organization. Our goals are to disseminate information about the Caring Dental Professionals, and to provide helpful and informative materials about chemical dependence and mental health issues.

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# CARING *Connections*

*JUST REACH OUT*

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**NORTH CAROLINA CARING DENTAL PROFESSIONALS**

## Handling Holidays In Recovery

By Nancy Davis, Executive Director



As I look back at my first few holidays in recovery I recall the fear, the anxiety, and all the questions I asked myself. How will I decorate a tree without a glass of wine or egg nog? How will I go to a holiday party where people are drinking? How will I wrap presents without a glass of wine? How will I get through this and not relapse? It all came together and I had my first sober holiday, and from then on I have had three plus decades of sober holidays. One of the nicest things is I can recall all of those holidays with family and friends!

The holiday season can be stressful for all of us, whether we are in recovery or not. Staying sober can be challenging under the most “normal” circumstances, but when routines are interrupted and stress levels are increased, avoiding alcohol and drugs can be more difficult.

A few tips that continue to help me are the same ones that helped me in the beginning of this journey.

- Come prepared to parties. Don't go if you don't absolutely have to. Always have a non-alcoholic drink with you.
- Have an escape plan. When it gets way too stressful, just leave!
- When cravings hit, run the tape through. Keep the memory green of the last time drunk or high.
- Let go of perfectionism. No one, not a single person in the world is perfect! It is okay to be imperfect.
- Accept things as they are, either good or bad. The less judgement we place on a situation the better you will be able to deal with it.
- Focus on the moment and don't project. When we project how things are going to be, they almost always happen just like we projected.
- Don't take anything personally. This is big. When we are in our heads and internalizing everyone's behavior - that they don't like us - that they don't want us around - that we embarrass them, we are the only ones hurting. The fact is that even if they feel that way, those are their feelings, not ours.
- Remember we are all different people. And when we throw a bunch of different people together it is almost inevitable for tensions to rise. That doesn't mean we have to get upset and we do not have to take their stuff and make it ours.

Finally, be positive and enjoy yourself! After all, that is what the season is all about. And stay connected. We are in this together, and we are here for anyone that needs to reach out during this holiday season.

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**North Carolina Caring  
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# North Carolina Caring Dental Professionals

## AMERICAN SOCIETY OF ADDICTION MEDICINE APPLAUDS RELEASE OF HISTORIC SURGEON GENERAL REPORT ON SUBSTANCE USE AND ADDICTION



November 17, 2016 – Today, Surgeon General Vivek Murthy released the first-ever Surgeon General’s Report presenting the state of the science on substance use, addiction, and health. The American Society of Addiction Medicine (ASAM) applauds this historic examination of the health effects of drug and alcohol misuse and commends Dr. Murthy for taking action to raise awareness about this critical public health issue.

“The report released today confirms what we have known for a long time: addiction is a disease of the brain that can and should be treated with evidence-based, compassionate care,” said Dr. Jeffrey Goldsmith, ASAM President. “For too long, policy makers, the public, and even health care providers have misunderstood this disease as some sort of moral failing. We hope this report will put an end to that misperception once and for all.”

As the report recognizes, substance use and addiction are significant and substantial public health challenges. Data from the 2015 National Survey on Drug Use and Health (NSDUH) reveal that more than 27 million people older than 12 – or about 1 in 10 Americans – used an illicit drug (or misused a prescription drug)

in the past 30 days and 17.3 million reported heavy alcohol use in the past month. In 2015, approximately 20.8 million Americans older than 12 had a substance use disorder related to their use of alcohol or illicit drugs in the past year.

The Report recommends a broad array of actions needed at the federal, state and community level to expand access to evidence-based treatment services and prevention programs, and much work will need to be done to operationalize them. For example, the Report recommends full integration of addiction treatment services with general health care, but notes that is not possible without a well-trained and fairly-compensated health care workforce. Ensuring the next generation of medical professionals is equipped to screen and treat patients for addiction will require major changes to clinical professional school curricula, and ensuring patients can access these services will require health plans and insurers to pay for them as they do general medical services.

“By compiling the state of the science and giving it the Surgeon General’s seal of approval, this report both symbolizes how far we’ve come in understanding addiction as a public health issue and gives us sure footing as we continue to advocate for science-based prevention and treatment policies,” said Dr. Kelly Clark, President-Elect of ASAM. “We look forward to working partners and policy makers at all levels of government to make its recommendations a reality.”



Representatives of the NCCDP are always available to share the history and mission of the NCCDP with various groups, including hygiene schools, dental schools and any other professional dental organization.

**Please call us to schedule a presentation: 1-800-230-3934**

## NCCDP + GRATITUDE = RECOVERY

*Bill Claytor, DDS, MAGD, PA, Volunteer Coordinator, NCCDP*

As we all know, North Carolina is a great state in which to practice dentistry. Many state dental organizations help us maintain the quality of care that only a handful of states can boast. One of these organizations is the North Carolina Caring Dental Professionals (NCCDP) which I have had the privilege of being associated with for the past 21 years. This organization is extremely important to our dental community in many ways, especially in the role of ADVOCACY for the practitioner who is in the downward spiral of addiction or mental illness. We owe a debt of gratitude to Drs. C.V. Winter and Jake Thorpe, along with the support and momentum of the North Carolina State Board of Dental Examiners, for the continued success of our program. Some believe that all we do is advocate for dentists or dental hygienists when they have to appear before the NC State Board of Dental Examiners for drug and alcohol issues (board-referred cases). While that is part of our role, the NCCDP also provides many services for those practitioners that are NOT known to the board and are seeking professional help. From its humble beginnings in the early 1990’s, the NCCDP has been on the forefront of advocating for practitioners concerning their issues so that they can return to dental practice with the tools and support to once again have a productive and fulfilling life free of the bondage of addiction and mental illness. The NCCDP can, in many cases, help those who want help WITHOUT the NC State Board of Dental Examiners getting involved. Our services are CONFIDENTIAL and serve the main purpose of helping one “get his/her life back” before it’s too late. Many issues, such as DEA re-licensure, malpractice insurance renewal issues, and legal situations (marital, DUI’s, court, etc.), have all been a part of the advocacy of the NCCDP. The NCCDP is here to restore, not destroy, a career in dentistry.



In 2005, the NCCDP was recognized by the American Dental Association as the recipient of the “Golden Apple Award”, which signifies the best well-being program in the nation. This honor has not gone unnoticed by the rest of the nation, as the NCCDP continues to be a source of information for continuing education, seminars, conferences, and instruction on how to effectively serve the dental community.

We are indebted to our past and current NCCDP Executive Director(s):

**Dr. Jake Thorpe- 1993-1995**

**Dr. Larry Howell- 1995-1996**

**Ms. Linda Crosby- 1996-1998**

**Ms. Karen Pearson- 1998-2003**

**Ms. Margie Graves- 2003-2010**

**Ms. Barbara Bennett- 2010-2012**

**Ms. Nancy Davis- 2012- Present**

We are grateful for those on the NC State Board of Dental Examiners, who in the early 1990’s saw a need in the dental community for a Well-Being Program. They understood the importance of becoming educated on the disease of addiction and how to care for those in dentistry who need help.

I encourage all who value our dental community in North Carolina to thank the current NC State Board of Dental Examiners, the North Carolina Dental Society, and the UNC School of Dentistry by asking them for their continued support and encouragement for NCCDP in its worthy endeavors.

In this season of gratitude and giving, I am thankful that the North Carolina dental community is a giving and compassionate group of people.

## WELCOME NEW MEMBERS TO THE NCCDP BOARD OF DIRECTORS

We are pleased to announce the appointment of Dr. Darryl Diefes, DDS as the Associate Volunteer Coordinator for Dentists, and Ms. Laura Ess, RDH as the Hygienist Volunteer Coordinator. Both will be representing dental professionals on our Board of Directors as non-voting members. We appreciate their volunteering for these positions. The NCCDP looks forward to working with them and utilizing their knowledge in the enhancement of our volunteer network.

## NEW STATE LAW REQUIRES OPIOID PRESCRIBING COURSE

Beginning in 2017, as a condition of dental license renewal for 2018, all licensees who prescribe controlled substances MUST complete an annual CE course of at least one hour on the abuse of controlled substances.



**The NCCDP is pleased to announce that the NC Board of Dental Examiners has approved a course to be sponsored by the NCCDP and presented by Dr. J. William “Bill” Claytor, DDS, MAGD.**

Times and locations will be announced on our website [www.nccaringdental.com](http://www.nccaringdental.com), on the NCBDE website, [www.ncdentalboard.org](http://www.ncdentalboard.org), and in the next Caring Connections Newsletter.



## PLEASE CONSIDER

Please consider making a tax deductible donation to the NC Caring Dental Professionals Endowment Fund or the Jake Thorpe Fund. This money is used to provide interest free loans to assist impaired dental professionals. The NCCDP was created for the dental team and their families with the intention of promoting a healthy recovery and lifestyle. You can be a part of this health and wellness effort by making a tax deductible donation TODAY!!!

Dr. Mark Johnson, DDS – Chairman, Fundraising Committee

Created to promote a healthy recovery & lifestyle for the dental team and their families