

# 2017 Recipient of the C.V. Winter Advocacy Award

Dr. C.V. Winter served on the NC Caring Dental Professionals Board of Directors for an extended period, 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 others 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 of the Advocacy Award in 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. Melissa Combs Zaczyk, RDH, the 6th recipient, was the first hygienist to receive the award in 2016.

I would like to share several comments made by those of you who nominated our 7th recipient.

- Is a great advocate for the CDP and for the 12 Steps
- Always ready to give back to recovery community
- When the hand of CDP reaches out, he takes hold and does what is requested
- Gives back to the NCCDP through volunteering and helping
- Treasures and values his recovery
- Wants to and does share his strength and hope with others
- Served as Newsletter Editor in 2004 and still will fill a space in the newsletter when needed

The NCCDP is pleased and honored to present the 2017 C.V. Winter Advocacy Award to Dr. Joseph Newell. Thank you, Joseph, for your never-ending commitment to the recovery community, your dedication to your profession and your service as Volunteer and Advocate for the NCCDP.



VISIT THE UPDATED NCCDP WEBSITE  
[www.nccaringdental.com](http://www.nccaringdental.com)

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North Carolina Caring Dental Professionals  
PO Box 1258 Southern Pines, NC 28388

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## When You Need Someone to Care



North Carolina  
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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## Avoiding Holiday Blues

By Nancy Davis, Executive Director



The holidays are supposed to be a time of joy, a time for families and friends to come together, a time of celebration and fun. For far too many, the holidays are anything but fun. They become a time of overwork, stress, emotional pain, financial difficulty, weight gain, sleep deprivation, and all-around misery.

Somewhere along the way we forget a very important gift of being an adult. As adults we get to decide what to do and when to do it. Wasn't that something we yearned for throughout our childhood?

The right to decide is diminished by the needs of others, especially our children. Needs are one thing; desires are another. Many times, as adults, we make decisions based on the desires of others – what they want, not what they need. When we do this, we give no consideration to our own wants and needs.

Before you set yourself up to be in a “holiday trap”, take time to think and decide what you want to do this year. Do you want to spend the holiday away with extended family? Do you want to go on a vacation? Do you want to stay home? Do you want to invite company?

If you have a spouse or partner, compare lists. If they do not line up, this is where you compromise.

For many, extended family obligations are the root of the holiday stress. For others, it is the exact opposite. Being alone through the holidays, not having family, can be painful and cause isolation.

If you have no holiday plans, consider volunteering your time. You will not only help yourself, you will help others.

If you are feeling blue, pamper yourself, do what feels good. Remember, this is your holiday also, and you can be there for yourself just like you try to be for everyone else. Again, you are in charge. What do you want to do?

It's the Holiday  
Season....

Don't forget to  
set your scales  
back 10 lbs.  
at  
midnight!

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North Carolina Caring  
Dental Professionals



“Marijuana Isn’t Addictive, Right?”

Dr. Bill Claytor, DDS, MAGD, PA, NCCDP Volunteer Coordinator

Myths & Facts About Marijuana



**MYTH:** Marijuana is not addictive.

**FACT:** Marijuana is not only psychologically addictive but physically addictive according to the DSM-5. The DSM-5 (The Diagnostic and Statistical Manual of Mental Disorders) is a handbook used by health care professionals in the U.S. and much of the world that is an authoritative guide to diagnosing mental disorders, including Substance Abuse Disorders. Back in the 1970’s, the concentrations of THC in marijuana were from 1-4% and it was said that people could become psychologically addicted but not physically addicted; i.e., there were no withdrawal symptoms and dependence was not an issue. You could stop and start using at will and it was just for fun. Well, maybe in the 1970’s but not today!

**THC concentrations of today’s weed can run as high as 95%** in the form of oils, waxes, resins, and edibles. **One in 9 adults and one in 6 juveniles who use weed will meet the DSM 5 diagnostic criteria for addiction.** Research suggests that 9-30% of those who use marijuana may develop some degree of marijuana use disorder. People who begin using marijuana before the age of 18 are 4 to 7 times more likely than adults to develop marijuana use disorder. The earlier in life one starts using/abusing marijuana the greater risk one has to develop a SUD (substance abuse disorder) that ultimately leads to dependence/addiction. This is not an opinion but a medical fact.

**MYTH:** Marijuana is just a plant (natural).

**FACT:** It used to be a plant in the 1970’s but when people refer to marijuana/weed/pot of today they are talking about a manufactured and engineered drug specifically made to get the user higher than normal, **extremely high!** Our bodies have many receptors for all kind of things that are naturally produced, such as cannabinoid and opiate receptors. That doesn’t mean we need opiates or marijuana to live a whole life. The marijuana of today is not a plant.

**MYTH:** Marijuana is safer than alcohol.

**FACT:** Really? This is a silly argument because an addiction is an addiction. Today’s medical and scientific research doesn’t suggest but strongly confirms that today’s marijuana is highly addictive, psychologically and physically with tolerance and withdrawal symptoms.

**MYTH:** No one has ever died from weed.

**FACT:** It is more accurate to say that “nobody has ever overdosed and died from THC” than to say no one has ever died from weed. The families that lost 100 family members in Colorado in 2015 when automobile drivers high on THC killed their loved ones beg to differ. And please don’t forget the marijuana-related use deaths associated with explosions, fires, suicides (which hit an all-time high in 2015 in Colorado), deaths of kids due to poor parenting, or homicides related to weed deals gone bad. Still not convinced: Google: “Sally Schindel, Andy’s Story” and see if you change your mind. And there are many more. Marijuana addiction is alive, well and very real!

**MYTH:** Traffic fatalities in Colorado are down.

**FACT:** The Rocky Mountain High Intensity Drug Trafficking Area (HIDTA), an excellent statistical recourse in Colorado that collects data on drug trafficking, states the following about car fatalities in Colorado directly related to marijuana use:

- In 2014 (first year of retail), there was a 32% increase in marijuana-related traffic deaths.
- Marijuana-related traffic deaths increased 92% from 2010 to 2014, while all traffic fatalities in the same period rose only 8%.
- In 2009, marijuana-related traffic deaths, where the driver tested positive for THC, made up 10% of all traffic fatalities; by 2014, that had climbed to 19.26%.

What is surprising is the analysis of this data: Only 47% of operators involved in traffic fatalities were actually tested at all for drug impairment!

**MYTH:** Crime in Colorado is down.

**FACT:** Between 2013-2014 in Denver, there was a 3% decrease in “property crimes” and an increase of 10% in all crimes. Marijuana-related crime in Denver, however, was significantly up. In 2012, there were 223 marijuana-related crimes, in 2013 there were 239, and in 2014 there were 272. Even with alternative forms of consuming weed (edibles, vapes, etc.), there were 8 citations written for using in public in 2012 and 770 citations in 2014, just 2 years later!

**MYTH:** Taxes from the sale of marijuana are beneficial.

**FACT:** Weed tax collections rose from \$44 million in 2014, to \$135 million in 2015, and in 2016 a whopping \$200 million from a total pot sale of \$1.3 billion! While it sounds like and is a large sum of money, this weed tax represents less than 0.5% of Colorado’s yearly operating budget. The argument for The Marijuana Industry is that it is money “kept out of the black market”. Not really. This money could actually be used to treat the people now addicted or harmed by the drug (marijuana) and the administrative costs that would include law enforcement and treatment center expenses. In the end, the state of Colorado is the big loser due to the devastation weed has on society and a nation’s spirit.

THANK YOU FOR ATTENDING THE COURSE ON PROPER OPIOID PRESCRIPTION WRITING



As the year comes to an end the NCCDP has completed 11 formal presentations of the mandated CEU “Safe Prescribing Of Opioids”. We hope all attendees have a clearer understanding of the national opioid crisis that has been in the news lately. A special thank you to Dr. Bill Claytor for his expertise on solutions to this national opioid epidemic. Please check the first issue in 2018 of the “Caring Connections” Newsletter for information and registration for 2018 Opioid Courses throughout the state. In 2018 Dr. Claytor will continue to present to venues and study groups across the state.



WORTH A READ



This book is for anyone who wants the full picture when it comes to marijuana and THC working its way into our culture. The author brings actual facts and data to light. The book is the missing link between the romanticizing of a substance that people think they understand and the actual products that are flooding the markets.

Ben Cort has packed a significant amount of facts, data and statistics into the book with a very easy to read structure. His position as a recovering addict and a professional in the field of treatment provides a credibility we can’t ignore.

The scary part is the target market for weed and concentrates aimed at kids. Advertisements flood newspapers and billboards with two-for-ones, free samples, guest appearances by superheroes and adorable Koala spokes-bears on special days. The young and growing market of kids are easily swayed by cool packaging and images like the one of Cookie Monster sharing a plate of “special cookies.” This is painted on the outside of a Colorado dispensary located right beside a kindergarten.

Besides being an easy read with some laughs, it is a directory of powerful information that any side of this topic would be wise to read

In Memory of Dr. Frank David Pattishall 1936-2017

Let us say farewell to a great person!

Frank was a volunteer and friend to the NC Caring Dental Professionals Program. He gave of himself for many years carrying the message of recovery. He will be dearly missed. He will always be remembered by those that were fortunate to have him touch their lives. Frank will always remain in our hearts.



PLEASE CONSIDER

Please consider making a tax-deductible donation to the NC Caring Dental Professional’s Jake Thorpe assistance fund. This money is used to provide interest free loans to assist impaired dental professionals on their path to recovery. 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