

2019 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 to be honored. Dr. Bill Claytor was the 3rd recipient, Dr. John Ludlow was the 4th recipient, Dr. Randy Kixmiller 5th recipient, Melissa Combs Zaczyk, RDH, the 6th recipient, and was the first hygienist to receive the award. Dr. Joseph Newell was the 7th recipient. Dr. Macon Sapp was the 8th to receive the honor.

I would like to share several comments made by those of you who nominated our 9th recipient.

- Nominating this person for this award due to the exemplary efforts involving the NCCDP
- Has been a good role model and mentor
- Constantly goes out of the way to accommodate and help meet the needs of others
- Passionate about volunteer work and genuinely cares for everyone
- Advocates for the CDP with great due diligence
- Always ready to be of service to dental professionals who suffer with addiction
- Compassionate and dedicated to recovery and others
- A true advocate for recovery
- Lives the program in their daily life
- Challenges others to be compliant with their contract

The NCCDP is pleased and honored to present the 2019 C.V. Winter Advocacy Award to Laura Ess, RDH. Thank you, Laura, for your never-ending commitment to the recovery community, your dedication to your profession and your service as Hygienist Volunteer Coordinator and Advocate for the NCCDP.



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

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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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Managing Holiday Expectations

By Nancy Davis, Executive Director

'TIS THE SEASON TO BE JOLLY – So why are so many people unhappy during what is supposed to be the most wonderful time of the year?

Every holiday season I try to write something about making the holiday season easier and less stressful. In the recovery world we are told not to have expectations. Those in recovery may have heard the saying, “Expectations are premeditated resentments.” I believe this slogan contains some useful practical information for all of us.

Everyone has a vision of the perfect holiday, but when reality fails to live up to the dream, stress can result. Here are some tips to help you manage your expectations this holiday season.

Set realistic expectations. Set realistic expectations for gifts and holiday activities. Instead of trying to take on everything, identify the most important tasks and take small, concrete steps to accomplish them. No holiday celebration is perfect. View any missteps as opportunities to exercise your flexibility and resilience. A lopsided tree or a burned turkey won't ruin your holiday — it will create a family memory.

Be proactive. If you are concerned about potentially difficult conversations at family gatherings, such as during the holidays, remember these events are about bringing people together, not driving them apart. Focus on good memories and what you and your family have in common. Plan activities that foster fun and laughter, such as playing a family game or looking through old photo albums.

Keep things in perspective. On the whole, the holiday season is short. It helps to maintain a broader context and a longer-term perspective. If something goes wrong, realize it's not the end of the world. Remember the good things you have in your life and recognize that this situation will pass. There will be time after the holiday season to follow up or do more of things we've overlooked or did not have the time to do during the holidays.

Remember what's important. Commercialism can overshadow the true sentiment of the holiday season. When your holiday expense list is fatter than your monthly budget, scale back. Remind yourself that family, friends and the relationships are what matter most.

Take time for yourself. You may feel pressured to be everything to everyone. Remember that you're only one person and can only accomplish certain things. Sometimes self-care is the best thing you can do — others will benefit when you're feeling less stressed. Reflect on aspects of your life that give you joy; go for a long walk; get a massage; or listen to your favorite music or read a new book. All of us need some time to recharge our batteries. Be mindful and focus on the present rather than dwelling on the past or worrying about the future. Remember what brings you happiness and try to maximize those moments.

As this joyous time grows near the NC Caring Dental Professionals Program wishes each of you a “Jolly” holiday season.

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1 – 800-230-3934
Visit our website www.nccaringdental.com



North Carolina Caring Dental Professionals

*I drank or used in order to hide & run from what I didn't like...
What I didn't like was ME!*

I am a gay, codependent, alcoholic. All three of those things play an integral part to my story and my journey through addiction, depression and out the other side. I grew up in North Carolina. I was the hero child. I was an All-American kid. Eagle Scout, Drum Captain, National Honor Society, Active Church Member... you get the idea. I succeeded because I had to. I held myself to a higher standard. If I overachieved, there was less chance of someone seeing my “faults”.

I always had social anxiety, negative body image, and low self-esteem. I grew up in a home where I was constantly critiqued. If I wasn’t corrected on the spot, I was advised afterward of all that I did wrong. The message I received was one of what I thought and did was wrong, what someone else did and thought was right. I was to respond to others in a way that they would like me. I became very good at becoming a personality chameleon. I learned how to adjust myself into someone you would like. Thus, I believe I am going to do something that will disappoint you and you will leave me. That’s the codependent in me.

I didn’t drink until college. I discovered that all I had to do was drink and all my anxiety, body image, and self-esteem issues disappeared. Alcohol had a power to dissolve all my fears and protected me. Alcohol also gave me straight guy friends. My first drink in college was a shot of Everclear. I did mention I am an overachiever right!?! The comfort that alcohol gave me resulted in me drinking alcoholically from that day. That’s the alcoholic in me.

I always wrestled with my sexuality. I kept thinking it was “just a phase” or that I could deny it and conform to societal norms. I dated girls until my mid 20’s, I was even engaged. I knew I couldn’t live a double life; the guilt was too much. I came out to my mom when I was 30. She immediately acted like she was having a heart attack. Wailing crying she called me a monster, told me I had birth defect, that I was going to die of AIDS, and that I wasn’t going to get into heaven. Then made me promise never to tell my dad. I honored that promise even on his death bed, but he knew. She told me I was to be hidden and to never expose this to anyone. I had society, the news, politicians, the preacher, and now my family telling me to be ashamed of who I am and to be hidden. My drinking ramped up to deal with the shame of being the ultimate disappointment. I just wanted to be accepted and loved. That’s when I found ecstasy. It filled the void I wasn’t getting from my family. That love affair lasted about two years. The shame of doing drugs caught up and I went back to alcohol – because it’s legal! It wasn’t until I went to rehab and got away from all the entities listed above and dealt only with myself, that I accepted and loved myself. It took a long time to conclude that I was enough.

I now have an entry in the PRIDE Parade in my city. I work with several LGBT organizations and am a member of the LGBT Chamber of Commerce. I don’t let my sexuality define me, but I am no longer ashamed of it. I am married to an amazing man and have a successful practice with patients from all walks of life. I owe the CDP a huge debt of gratitude for this.

- A grateful recovering gay, codependent, alcoholic.

YOUR ONLY OBLIGATION IN ANY LIFETIME
IS TO BE TRUE TO YOURSELF.
-RICHARD BACH

“The STOP Act, ePrescribing & You”

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

One of the most recent topics for discussion amongst dentists in North Carolina surrounds ePrescribing and how it will affect their dental practices. Effective January 1, 2020, all prescriptions for “targeted controlled substances” must be submitted electronically. If you have not already set up ePrescribing with your dental software company, NOW is the time. After January 1, 2020, no prescriptions written for a “targeted controlled substance” on a prescription pad, those sent through faxes or phoned into the pharmacy will be accepted.

What is a “targeted controlled substance”?

The STOP Act defines a “targeted controlled substance” as “any controlled substance included in G.S. 90-90(1) or (2) or G.S. 90-91(d).”

The controlled substances included are as follows:

G.S. 90-91(1) & (2). This statutory section includes Schedule II controlled substances that are opioids or opioid derivatives. It does not include Schedule II amphetamine derivatives, barbiturate derivatives, or nabilone derivatives. You may review the list here: <http://www.ncbop.org/LawsRules/Statutes.pdf>

G.S. 90-91(d). This statutory section includes Schedule III controlled substances that are combination products containing opioids or opioid derivatives. It does not include other Schedule III controlled substances. You may review the list here: <http://www.ncbop.org/LawsRules/Statutes.pdf>

As a reminder, Schedule IV and V drugs may be written on a prescription pad but can also be sent electronically through ePrescribing. Obviously, you must have a DEA number in order to prescribe any Schedule II, III, IV or V drugs. A DEA number is not required to write a prescription for an antibiotic (not Scheduled) but you must have a current dental license in North Carolina.

Please contact the following link that provides excellent information on this issue: <http://www.ncbop.org/PDF/GuidanceImplementatationSTOPACTJuly2017.pdf>

Definition of Addiction:

Addiction is a treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual’s life experiences. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences.

Prevention efforts and treatment approaches for addiction are generally as successful as those for other chronic diseases.

Adopted by the ASAM Board of Directors September 15, 2019


VISIT THE UPDATED NCCDP WEBSITE
www.nccaringdental.com

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. Henry Duncan, DDS – Chairman, Fundraising Committee

Why Would I Return?



I can remember my drive to treatment. As most of us did, I found it hard to think straight. One thing is for sure, I was not looking forward to what lay ahead. I didn’t know what to expect. All I knew was that this was going to be my home for the next ninety days. Ninety days, that sounded like forever, and I was going to be all alone.

For this recovering addict, hitting a bottom has been the greatest gift I have ever been given. Alumni Events at treatment centers offer me a way to celebrate this gift.

Each time I return to an event I realize that I can “go home again”. Even if the faces change, the spirit remains. Just walking on the grounds and seeing the buildings, I experience a sense of gratitude for my place of healing. I can remember how lost I felt when I arrived and appreciate the gift of a new life their program helped me find.

Alumni events foster a sense of community and connection. As we say in the rooms,“ we have to stay in the middle of it”. Alumni events help me to stay connected to the program. These events offer me an opportunity to give back. I have been a speaker on a panel to share what it’s like when you return home from treatment. We have had dinners where we prepared “Dirty Santa” gifts for those who would be in treatment over the holidays. All my experiences have grown my connection to my Alumni group and recovery.

Alumni groups offer workshops, trips, activities, and fellowship. I can experience life with others in recovery! I get to see old friends and make new friends. Going back to Alumni weekends nourishes my spirit and provides what I like to call “Second Stage Recovery”. Second Stage Recovery is that which feeds our soul. I always come away with a nugget of knowledge, something to put in my recovery “bank”.

Finally, going back helps me decide which programs I want to support with my service and my dollars. I can make informed decisions about what is important to me. In a tangible way, I can practice step 12. “Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”

- A grateful dentist in recovery

revisit. reunite. relive.