

# Helping Others Update

**Ohio is the 2nd highest state in the nation for underage consumption of alcohol.** Over 26% of all alcohol consumed in Ohio is by underage drinkers. 40% of people who begin drinking before age 15 will develop alcohol abuse or dependency. As a leading provider of adolescent chemical dependency treatment for over 29 years, we are committed to providing quality life-changing treatment to adolescents and their families.

As such, since 2007, New Directions has been collaborating on the research project "Helping Others and Long-Term Outcomes" conducted by Maria Pagano, Ph.D an Assistant Professor at Case Western Reserve University School of Medicine. In addition, she is part of the Discovery and Wellness Center for Children, University Hospitals of Cleveland, Department of Psychiatry. Dr. Pagano has more than fifty (50) publications and presentations regarding substance use disorders.

This research will provide a deeper understanding of the influence of spirituality and altruistic behaviors on the recovery process of adolescents during and following their treatment at New Directions.

According to the Helping Others Research Group, on average, **six (6) months** post discharge clients reported\*:

- 60% attended community support meetings;
- 68% attended school;
- 74% improved school performance;
- 77% were drug free;
- 82% experienced improved family relationships;
- 86% had no new legal involvement.

The Helping Others Study is sponsored by the National Institute on Alcohol Abuse and Alcoholism, National Institutes of Health and the Department of Health and Human Services. With a grant from the Templeton Foundation, this research will be able to continue through 2012.

Our mission, and treatment interventions use a holistic approach to recovery, recognizing that addiction is a three-fold disease that affects the body, mind, and spirit.

New Directions appreciates the opportunity to be a part of this initiative among our vulnerable population of adolescents.

Treatment makes a difference. Recovery makes a life.

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