

The High Point Pock

HPC strives to guide, educate, encourage, and support

September 2024



Vance Shaw, MD, FASAM, Medical Director



Time—the In Between of Choices Made

Time is something that seems to be standing still some days and moving at lightning speed at others. Time is something we lament over, wishing for more of it, or less, depending on the mood or the attitude felt. No matter what your experience is with time, there is one constant that never changes—all of us are given 24 hours every single day. What we choose to do with our time is what defines each of us as a person. The individual choices each of us make every day are based on what makes us "tick." All these choices, all these days—our experiences from birth until death are the in between called TIME.

Something that we are always striving to do at our clinic(s) is to make the best possible choices available to us at the time for the good of our patients; having a willingness to do what is best, not necessarily what is easiest. It is often easiest to do nothing, to allow things to stay the same, to ignore the stagnant waters below. Not to move is complacency and we desire to move with how time, and God, move us.

We have recently determined that the best next choice for all of us who are positively affected with the existence of High Point Clinic is to implement a process to begin to merge Low Point Clinic patients into the High Point Clinic. Please recognize that we do this only after spending much wisely-used time determining the best steps needed here and now to embark upon change (which is inevitable in our life journeys) that will bring improvement and progress. We hope and pray for your journey to be one where you are willing to choose change, where it will benefit your life and those others who you love. We love you and desire a future of hope and with that, change.

—Rene' Shaw, Executive Director, and Dr. Vance Shaw, Medical Director



Change Is Coming
Put on Your Seatbelts!



Starting in August we began letting Low Point Clinic (LPC) patients know of some exciting changes coming. By the first of the year, LPC will be completely merged with High Point Clinic (HPC). This will be a process, carried out in phases. The first LPC patients will begin transitioning to HPC in November. All LPC pts will be transitioned by December 31, 2024.

There are several reasons why this is happening at this time and nothing happening needs to bring anyone fear of what is coming. This merge will be beneficial in so many ways. You, our patients, will continue to receive the individualized, personal care that you have always received. Those coming from LPC will truly be given more opportunities for assistance than previously were available to them.

We will be able to concentrate all of our attention toward one clinic, rather than dividing it between two. Running two separate clinics required the duplication of several services and expenses. HPC includes more resources with more staff, and we have more weekly availability to give services here! We continue to be licensed by the state and stay current with guidelines and rules implemented for us as an Office Based Opioid Treatment Clinic. (OBOT)

The biggest change will be that, starting in October, the clinic will be closed every other Saturday. This means that if you are a weekly patient, you cannot come on Saturdays so will need to come either on a Tuesday or a Thursday. On September 28, when you schedule your next appointment with Madison, you will choose either Tuesday or Thursday for your next appointment. If you already come every two or four weeks, you will not have to make any changes.

So, get ready for a bit of change. Remember that the clinic is already closed every Friday, Sunday, and Monday. File away a mental note that starting in October the clinic will also be closed every other Saturday, and you are all set to move ahead and take these beneficial changes in stride.

For change to happen...

Your "want to change" must be greater than your "want to stay the same."

Truth!



MENTAL HEALTH AWARENESS

Did you know that October has lots of opportunities to focus on mental health? Be sure to keep an eye out for any local events. Use the month to find resources and ways to focus on your own health.

Mental Illness Awareness Week - Oct 6–12

Everyone is impacted by mental health conditions – including the friends, family, and coworkers who don't live with a mental health condition themselves. One in five adults in the U.S. experiences a mental health condition each year, which impacts those who know and love them.

This year, Mental Illness Awareness Week is October 6 – 12. Many components make up mental health/illness. For example: Autism, Suicidal Ideation, Self-Harm, Sleep Disorders, Smoking, Substance Abuse. Find more information, resources, help at www.nami.org (the National Alliance on Mental Illness). Talk to our counselor, Emily Hand, and/or our Case Manager, Laney Beard, for practical help with resources, people, and places to support you and your loved ones.



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CLINIC
Evidence Based Addiction Medicine
Non-Profit

JOHNSON CITY

Recovery Center

Calling all Goblins, Ghouls

When: Saturday, October 12

What time: 6pm - 9pm

A JCRC Haunted Night

2nd Annual Costume Contest

Family-Friendly Fun

Trunk or Treat

Pizza

Bonfire

Where: HERE



Reaching High Point After Hours

Starting in October HPC will be closed every other Sat. In preparation for the extra closures and to continue to provide the best patient care possible, we have implemented a new voicemail system which we are very excited about! The new system allows us to access voicemails in real time and not have to wait till the next clinic day to hear them.

If you don't leave a message, we do not know that you actually called. After hours, the only approved method of reaching us is via our voicemail system. Please do not use email, web site messaging, or leave more than one message. One is really all it takes.

What it means for you, as a patient, is that any time you leave a voicemail, if it is before 8pm in the evening, we can retrieve it remotely and listen to it. We will make sure that any medication issues are resolved as quickly as possible. Other issues will wait till the next clinic day to be taken care of.



World Mental Health Day - Thursday Oct 10

This year's official theme for World Mental Health Day—It is Time to Prioritize Mental Health in the Workplace. This theme underscores the critical importance of mental health in professional settings, aligning with the founding principles of WFMH (World Federation for Mental Health) established in 1948.

The campaign is dedicated to advocating for mental health within the workplace. The objective is to engage a global audience—including employees, employers, organizations, and stakeholders—in grassroots advocacy to promote mental well-being at work. The aim is to highlight the essential role of mental health in professional environments, advocating for workplaces where mental health is prioritized, protected, and promoted.



Halloween!! It Is Coming!

You know how much all of us here at HPC love Halloween! We are getting ready to break out the decorations and make it all Halloween all over the clinic.

This year the actual day falls on a Counselor Clinic week so we are going to celebrate the week before. Halloween at High Point will be **October 22-26**! You never know what you will find that week when you come for your appointment.

We invite you to celebrate with us. Come in a costume—you know we will all be dressed up—so why not join us? There will undoubtedly be something Harry Potter and Hogwarts related happening since we seem to like all things Harry Potter just a little bit.

There will be tricks (candy) or treats (candy) that week.



Holiday Information You Need to Know

The holiday season is roaring towards us like a freight train that has jumped the tracks. Looking ahead, please note these changes to the clinic schedule. As always, we will be working with you to make sure all of us navigate the holidays well.



Thanksgiving—Clinic will be closed Thurs - Sat, Nov 28-30.

- If you are a Thurs patient, you will have your appointment on Wed, Nov 27



Christmas—Clinic will be closed for the holiday week, Tues thru Sat, Dec 24—Dec 28.

- If you are a weekly patient, you will need to plan ahead to go for two weeks at your appointment on Tues, Dec 17, or Thurs, Dec 19. Talk to Madison.

