



TOKEN 3 CLUB

Become a Token 3 Club supporter! Your donation will support our lifesaving work, benefiting individuals in our community. Donations can be made by check, charge or online, www.token3club.com.

CLUB enhancements

It's official – the Token 3 Club has become a Better Business Bureau (BBB) Accredited Charity. To achieve this status required submitting a questionnaire and supporting materials for their charity report meeting their 20 Standards for Charity Accountability.

The BBB is confident that charity review builds trust in charitable giving and benefits donors and charities alike. They work towards an ethical marketplace where



BBB Rating: A+

buyers and sellers can trust each other. They do this by offering what no other organization does – a seal of approval that is earned

only by businesses that are already upholding the highest of standards.

The BBB sees trust as a function of two primary factors – integrity and performance. Integrity includes respect, ethics, and intent. Performance speaks to a business's track record of delivering results. It is an honor to know the Token 3 Club operates with all these platforms in mind.

WEBSITE update

We have taken steps to update our website and polish off the cobwebs. The board has been working with Nerdband Agency to generally optimize the site. Some enhancements include easier navigation, alignment with our mission and the look of the Token 3 Club brand, cohesive and aligned information and easier donation capabilities. Our hope is that making the site more streamlined will mean we will see you more often! The site is still under construction but if all goes as planned, we will be fully functional by the end of March. We hope you will let us know what you think. If there are

additional changes you would like to see implemented, we are happy to take them under consideration.

With the site transition to a new platform, it seemed like a good opportunity to expand our offerings. We are working on launching an online store where recovery related items currently available for purchase at the Token 3 Club will be available to be ordered and shipped to your house. We are still working on the logistics so stay tuned for more information.

BOARD member spotlight



Dr. Stephen Roszell, M.D. is a Norton family practice doctor and is married to a psychiatrist who specializes in addiction.

In residency he was taught that family medicine was 50% psychiatry, and he has been impressed how much of the suffering is from addictions of one kind or another. In his practice that has been tobacco, alcohol and food, with some opiates thrown in.

From the start of his practice, he leaned on a handful of patients in recovery to put on the phone with someone open to taking a step toward recovery. Most of the time it takes years, but many wake up to their addiction.

His favorite patients are people in recovery. They have let go of "your problems" and "their issues" and focus with humor and candor on the "me" they can do something about.

When a friend invited Dr. Roszell to serve on the Token 3 Club's board, it was a great honor.

His goal has been to gather as much support as he can from my colleagues in Louisville's medical community, and last year they contributed \$7,500 to the Token 3 Club, matched by a generous gift from the Norton Foundation.

Dr. Roszell attended medical school in family medicine residency at the University of Louisville and has practiced in the Louisville Highlands for the past 20 years.

SUBSTANCE abuse

U.S. DRUG OVERDOSE DEATHS HIT RECORD DURING COVID-19 PANDEMIC

By Lisa Rapaport | January 14, 2021 | <https://www.everydayhealth.com/opioid-addiction/us-drug-overdose-deaths-hit-record-during-covid-19-pandemic/>

More than 83,000 drug overdose deaths occurred during the 12 months ending in May 2020, the most ever recorded during a one-year period, according to the Centers for Disease Control and Prevention. Scientists think the COVID-19 pandemic has accelerated an already alarming trend in overdose fatalities.

How the Pandemic Can Make Addiction Worse

The pandemic creates a perfect storm to worsen substance use and addiction, says Austin Kilaru, MD, assistant professor of emergency medicine at the University of Pennsylvania in Philadelphia.

"The unprecedented social isolation, coupled with unemployment and financial distress, are likely important factors increasing risks for patients," says Dr. Kilaru, who wasn't involved in the CDC report. "For patients with substance use disorders, overdoses that occur while alone are more likely to result in death."

A study published in December 2020 in the *Journal of Urban Health*, for example, found that there was a 47 percent surge in overdose deaths following a stay-at-home order in Indianapolis. In this community, calls to emergency medical services (EMS) climbed 4 percent overall after the stay-at-home order while EMS calls for overdoses increased 43 percent.

Opioid overdoses are also more common among people who are unemployed, living alone, or living in poverty – all situations that have become more common during the pandemic. A study published in January 2020 in *PLoS One*, for example, found that people without jobs or spouses were more than twice as likely to die from opioid overdoses as those who were married and employed.

ALARMING RISE IN ALCOHOL ABUSE DURING COVID PANDEMIC, STUDY FINDS

By Hannah Sparks | February 18, 2021 | NEW YORK POST <https://nypost.com/2021/02/18/alarming-alcohol-abuse-rising-under-covid-19-lockdown-study/>

Americans, particularly young adults, are increasingly

turning to alcohol to cope with life during a viral pandemic, a new study shows.

Researchers at the University of Arizona are sounding the alarm on a spike in substance abuse as Americans have endured a year of devastating illness, isolation and job loss caused by the global coronavirus outbreak. Their new study revealed trends during lockdown pointing to "hazardous or harmful alcohol consumption," as well as an increased likelihood of developing alcohol dependence or a "severe" substance abuse disorder.

The results are published in the latest volume of *Psychiatry Research*.

"Being under lockdown during a worldwide pandemic has been hard on everyone, and many people are relying on greater quantities of alcohol to ease their distress," said lead author Dr. Scott Killgore in a university press statement. Killgore's team surveyed roughly 1,000 per month – a total of 5,931 adults – from all 50 states and DC between April and September 2020.

"We found that younger people were the most susceptible to increased alcohol use during the pandemic, which could set them on the dangerous path toward long-term alcohol dependence," Killgore said.

Each month, participants were asked to answer a 10-question survey to investigate their drinking habits, whether their behavior is consistent with "dependence" or if they've ever harmed or been harmed as a result of alcohol use. At the end of the study, researchers had found that an increase in "hazardous" alcohol use, from 21% among April's cohort to 40.7% in September. Apparent alcohol dependence rose from 7.9% to 29.1%; those who scored 20 and up on the test jumped from 3.9% to 17.4% by fall.

Researchers also included responses from volunteers who had not been living under lockdown restrictions, and found their drinking habits had remained steady during the study period.

Signs of addiction and problematic drinking have never been easier to hide, as the work-from-home lifestyle can make it difficult for colleagues and friends to spot a co-worker in trouble.

OUR mission

To provide a safe and welcoming gathering place for 12-step recovery from addiction.

OUR vision

To become THE meeting place for recovery in the Louisville region by formalizing operations and growing the community.

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March 2021

A SMALL reminder

The Token 3 Club is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither

endorses nor opposes any causes. Our primary purpose is to stay sober and help others to achieve sobriety.