

BBL Podcasts

Summer 2022 – Summer Series

Episode 2 – Addiction with Candice Durham

Details:

Join students from the University of South Alabama as they meet with addiction expert, Candice Durham, who helps break down the stigma surrounding seeking substance abuse treatment, substance use in college students, and her work with the Recovery Centers of America's office in Indianapolis. For more information regarding the Recovery Centers of America, please follow this link:
<https://recoverycentersofamerica.com/>

If you wish to reach out to Candice Durham directly, you can reach her via email at cdurham@recoverycoa.com

Kick your feet back, get ready to laugh, grab some popcorn, and let's come together to explore this topic!

Transcript:

Can you kick it off?

Hey everyone.

Welcome back to real issues.

Real talk for students by students.

My name is Connor for tell it.

My name is Laura Johnson and boy.

Oh boy.

Do we have a exciting episode this week for all of you guys?

So, as you know, we're continuing our summary Series in this week's episode is surrounding addiction.

0:25

And we have a very special guest who's agreed to come on, the podcast and talk with you guys.

Today about her work that she does with their covery Centers of America.

And you know, that's enough me talking about her, I'll give her a moment to introduce herself in everything that she does Candace.

Hello.

0:42

And thank you for having me on today.

My name is Candice Durham, and I am a treatment Advocate at recovery Centers of America.

RCA, as we call it, we have 10 locations.

Most of them are out on the east coast and I am located in Indiana and Indianapolis they and I go around and provide information to doctors and nurses and therapists.

1:10

Stop at the local.

Hospitals in this area.

I got into this field about four years ago.

I myself am a recovering alcoholic.

I've been sober since May 9th, 2014, I used to be an accountant, and I switched over and started working in this field.

1:28

So I have worked with mostly patients, by honestly, throughout my career.

I've done a lot of work in the nonprofit sector.

I've worked with men in a facility.

Be that was treatment in lieu of incarceration.

1:44

So this actually being out in the community and talking with medical professionals, is kind of new for me.

I'm used to I'm used to working with patients and I have, I have a real passion for this work.

I'm very deep into the recovery community in Central Indiana and I love what we do.

2:06

I think one of the great things about recovery Centers of America, is even if I can't help a patient say a patient isn't a good fit for our facility.

I talk to patients and I will find them placement at other facilities.

2:22

So I worked directly with individuals who are seeking treatment for substance use disorder.

This is amazing.

That is incredible.

And I mean thank you so much for everything that you do.

You know, not just in Indiana, but all your work with the Korea Centers of America.

2:39

It honestly sounds like it's going to A huge impact across the United States.

Um, you know I think it's funny.

Candice.

I actually met in Indianapolis when really she's real talk.

One on the road to speak at the Indianapolis University HIV conference.

It's crazy.

How?

This is like a full circle moment.

2:56

We were able to do that in d-pryde and now, you know, we're having this great conversation surrounding Candace's work and she's able to relay everything she's doing with recovery Centers of America, to the real issues, Real Talk listeners, which we greatly appreciate.

Um, how have you been able?

To advance the mission of the recovery Centers of America, through your work.

3:14

I know you talked a lot about giving patients resources and talking with Healthcare professionals, and really educating those who are within this area.

Would you say, that's what really advances it education and Outreach.

Yeah, I really think it does.

3:29

And I think, what differentiates us from other facilities is that, we're not just the call center that people call.

So when I go out into the Community.

And I go into hospitals and I speak to people, everybody has my cell phone number and people will call me directly just to get information is a kind of prepare them for what treatment options that they have and resources that are available to them.

3:59

So, you know, I'm at Conner Indy Pride recovery Centers of America has an lgbtq+ program which is from what I know the Only one in the state of Indiana.

It's the, you know, it's that the all the other ones folks needs to go out of state.

4:22

So I particularly really wanted to get involved in the lgbtq+ community to provide individuals with a resource like you can stay at home.

This is here, we're a very inclusive environment.

4:38

The people that lead our groups are members of of the lgbtq+ community.

So you know, we recruit and hire individuals that are a good fit for our facility in a good fit for the programming that we offer.

4:56

We also hire people in long-term recovery as well, so patients know that when they walk into their facility, you know the people that are leading their groups aren't just they are professionals, they're highly educated but Ninety percent of them are in recovery

themselves, so they have that lived experience and they can relate to, you know, the patients on a really deep level.

5:20

So I mean, I being a person in recovery, it would be incredibly difficult for me to work for someplace that I didn't believe it.

And I'm, I'm really lucky that I get to work right, work.

I really am.

I love what I do?

That's awesome.

5:37

I mean I do hope one day I find a job.

I loved that much.

I know.

I'm able to give back to my community in that way.

Now our podcast does cater mainly to college students and we know that substance abuse and especially alcoholism can run rampant on college campuses.

5:55

Do you see a lot of college students seek treatment?

You know, we do and we do see a lot of college students and we see a lot of younger people, you know, I started Thinking when I was young I was a student at Indiana University and it all started with binge drinking and I eventually ended up dropping out of school.

6:20

I'm back in school now.

Back at Indiana University.

Thank God after after years and years but yeah we do see a lot of kids.

Unfortunately I'm sorry, I'm old, I call them kids, I'm old enough to be their mom.

6:39

Unfortunately, you know they're still under Their parent's insurance.

So we get we get a lot of young folks and that started out in school with the binge drinking and then it and then it gradually progressed and to them becoming dependent on substances.

6:57

Now, do you see in those, you know, groups of college students are there more like marginalized groups that are affected at higher rates than others, or is it pretty consistent across the board?

You know, it's pretty diverse honestly across the board.

7:13

Is it is really diverse.

I mean, one of the things that I've noticed I mean we will get young people in from really good families who are still in college and just realize that they need to.

They need to seek treatment.

If they're going to continue with their education, I have gotten young people in who ended up leaving school.

7:37

Ended up becoming homeless And we've got them in from some places downtown Indianapolis, that people go to to get assessments.

So it really kind of runs the gamut, you know, addiction does not discriminate.

7:52

Honestly it doesn't.

So you know, we see such a variety of patients from, you know, 18 to 70.

But we do get a lot of young folks then.

Yeah, easy, do you.

8:08

Society, tends to perpetuate a culture of substance abuse among young people in college students.

Do you think it's more of an environmental thing or is it more?

Just depends on person to person.

I think that the College culture kind of promotes that I really do.

8:26

I think that media also promotes it a lot as well.

You know, people tend to think that that drinking excessively is just a part of what you do when you're in school.

So I think that there's a lot of peer pressure and it's, it's so complexed honestly, but I do think it is.

8:48

A lot of the environmental Factor.

Of being away from their bubble being away from their parents and being set free that that ends up.

And it typically starts with in strengthening and then it slowly and then it slowly Progressive rice, isn't anything?

9:05

So I guess that kind of cigs way into our next question, which is there do you tend to notice that like college students like they get to College freshman year, they're away from their parents.

They decide to let loose a little bit.

That's when they Start the binge drinking.

9:23

Do you see kind of like that lateral progression or goes from like binge drinking to like marijuana usage?

And then, you know, like more like oh what's the way to say this?

Get more hard drives but since yeah, party drugs are need.

9:38

Yeah, I think, yeah, I definitely think that, you know, a lot of kids in high school, do smoke marijuana.

They'll sneak beers from their parents but when they get out on their own they have more access.

As to, you know, what we would call parties, Rags, do doing cocaine, or other things like that Adderall is 10.

9:59

A lot of kids want to study and want to do really well.

And there is an abuse of ADHD medication.

That's one.

We see a lot of the Miele abuse.

Ecstasy, things along that line.

10:15

But yeah, I do thinking away from home increases it and I think that A lot of times I think education about addiction is really important for young votes.

Aye, I remember growing up, you know, both of my grandfather's were alcoholics, but my mom and dad look like they walked out of a lamb's and catalog.

10:37

You know, like I never thought so that I, I would end up being an alcoholic.

But there is family history to it and I think that there is a genetic component to it, that kids really needs.

You think about look back on their family, look back on their history and that it's some, some young people are more predisposed to addiction than others.

11:04

I have friends.

I would school with a drank and then I graduated got jobs, got spouses got houses and then they like, Snapped out of it.

But there are some people that do not snap out of it.

Yeah.

Do you see you mentioned education?

11:20

Meaning Each component and as a way to like combat addictive, you know, like, you know, addiction to substances.

Are you guys making progress towards more education in schools?

And when do you think that should start?

You know my son is in high school so that's what I base it off of our facility doesn't have adolescence a lot of facilities around the state.

11:45

They do have adolescent substance use treatment and there's not many.

I do believe that as a society, we need have more resources for kids.

There's always programs, you know, and I've gone to my son's school when they have the programs on on drugs and Alcohol, and things of that nature, things of that nature, but I don't believe that there's enough education starting at a young age and there definitely needs to be more.

12:17

Yeah, for sure, I entirely agree.

I think education is everything.

You know, no matter what the topic is and getting people exposed at a younger age and making them aware that this can happen is a huge deal Elliot and I feel like sometimes even those conversations among Our inner friend groups like I feel like we talked about this, we don't get a lot of education.

12:37

So we talk about it within our group, to discuss it, how can you bridge the conversation of connecting, the ones that we care about with these treatment programs.

As far as can you be a little more specific?

Sorry.

Like if you see a friend struggling, with these kinds of addictions in these kinds of problems and you feel like maybe you don't have the educational resources.

12:59

You were taught anything, but you think they should begin to seek treatment?

Aunt, how should you begin to?

I guess research and educate this person or even connect this person with the resource.

I mean, you know, a lot of people have treatment centers in mind when they're talking with people that they know treatment centers in their local area.

13:22

A really good resource is mental health of America.

Every state has a mental health of America chapter, so in Indiana is mental health of America of Indiana and they have a website that has a list of tons of resources.

13:41

For people and it will kind of go down of what that Center specializes in.

So I think for Lake broad picture as far as some of your listeners are concerned, if there may be another state and things like that, that mental health of America is a very good resource recovery Centers of America.

14:03

Is also a really good resource our website.

We have 10 locations throughout the United States.

Then each one of our locations also specializes in different things.

For example, we have the LGBTQ+ program, we have a program for First Responders.

14:22

We have a location in Pennsylvania that has a dual diagnosis for individuals with substance use issues as well as eating disorders.

So and you can always put my name and number on there.

I have no professional.

14:38

Boundaries people can call me Me, and a lot of people, just called me personally, and use me as a resource because I tend to know everybody in Indiana that does treatment so conscience.

Well, so you mentioned mental, health of America, and Recovery Centers of America.

14:57

Are there any other national resources that you think people should be aware of?

If they are wanting to seek treatment or connect someone that they care about with a treatment program?

Just once I want to like they're out there and highlight real quick.

There are there are specific programs, there is Narcotics Anonymous and they have a website as well.

15:19

A Narcotics Anonymous as some really good resources for treatment.

There is also a che which is heroin Anonymous.

And then, of course, I am a member of Alcoholics Anonymous.

A lot of people are afraid of going to 12-step meetings there.

15:36

A little sketchy about it, but those are honestly there.

Are free and it's a good resource for peoples who go to those meet other people within their own communities.

That that have resources, you know, that know what's going on.

15:54

I've gone to 12 step meetings, Chicago I've gone to toss that meetings and Philadelphia and the members of those are very in tune with what's going on in their local area.

Yeah.

In do you think it's always great to like Find the community-based organization like that when you're trying to seek treatment.

16:16

Yeah, I think it is because one of the things especially for younger people is if they're in school and all day, they're just around a bunch of other people that drink or a bunch of other people that use substances.

16:32

There are young people meetings, like an Indianapolis.

We have, you know, we have young people meetings where it will be, you know, beginners and Recovery.

They also so have canoe trips and things like that.

16:47

So when you connect with that recovery Community, I think is really important for people to just make friends.

Make friends have other sober friends to be supportive.

Make you feel like you're not alone Situation Room.

17:04

Absolutely.

Yeah, because it's really stigmatizing.

I mean, addiction can be very stigmatizing and and a lot of times you know, you'll be around people that are like Well, you can just have one, you know, not a big deal, you can just have one but one is never going to be enough.

17:22

There was really helpful to be around other people who who don't drink and she kind of normalized that, you know, I'm I'm allergic to peanuts.

I can't eat peanuts or I'm going to die.

I'm also allergic to alcohol.

17:39

Okay, leg, you know, every time I drink I break out in handcuffs so you You know it's probably a good idea for me.

Not to do that.

Yeah.

Are there any final points that you would like to make any key takeaways?

18:00

You know I think the most important thing really for the young people that are listening is that it's okay to ask for help, it's okay to ask for help one thing that a lot of people think and I'm just speaking from Own experience from when I was young and I started drinking heavily is that I thought.

18:22

Okay, well, you know, I'm not, I'm not homeless, you know, all of these bad things haven't happened to me.

So there's no way that I can have a problem with addiction, you know, I'm not an alcoholic and when you're young and trying to imagine the rest of your life, not drinking or Seeing yourself as somebody with addiction issues, it is very overwhelming.

18:49

And what I tell people all the time is just put the word yet after every sentence, you say you're not homeless yet, you haven't lost your job yet you haven't been kicked out of school.

Yeah.

Like these things don't have to happen, they don't.

19:10

And I don't want young people's who wait until they do happen to see.

Treatment.

It's really important to seek treatment, before it escalates to that point, because those things don't have to happen, they don't, you don't have to wait until you're 34.

19:26

Like, I did to get sober, you know, it's really not necessary.

And I seen a lot of young people in recovery.

A lot of young people and Alcoholics Anonymous, who have had amazing successful lives then.

19:43

And I think they look at Their recovery as a responsibility to their community so they can carry the message to other young people.

That's that recovery is possible.

Recovery is possible and it's it's pretty freaking amazing.

20:01

Honestly living a sober life and and that there's nothing wrong asking for help it really to me.

I think being in recovery, you feel like you're a part of something that is just so much bigger than yourself.

20:18

It is just such a big community and and honestly, seeking treatment and getting sober is probably the most badass thing anybody could ever do, I agree?

Yeah, I agree.

Look, Candace, thank you so much for coming on this episode and talking to us, about your work with recovery Centers of America.

20:39

How you're seeing substance abuse in college?

Students and huge congratulations to you for going back to school for being sober for this long and for everything that you're doing to give back to your community.

I mean Round of Applause honest honestly it's very inspiring.

20:54

You very much inspired me today.

It's a remarkable story you know?

It's I'm just very fortunate that I have the opportunity to meet as many people in the community as I can to do and talk with other other folks who are seeking treatment and

medical Professionals who are really, really trying to provide the best Services because those resources are out there.

21:19

Absolutely.

Well.

Ladies and gentlemen, I think this is going to be the end of the episode.

We're going to wrap it up right here, but if you guys are interested in recovery Centers of America, we of course will leave their information in our podcast description as well as reference.

21:35

A few of the other programs that Candice mentioned.

We will also go ahead and drop Candace's contact information since you said that there wasn't An issue with you guys reaching out to her so if you have no problem.

Awesome.

So if you guys have any questions as ever, please feel free to reach out to her.

Once again, if you would like to give real issues, real talk for students by students to follow feel free to do so you can find us on all social media platforms.

21:57

Just real issues, Real Talk F SB s.

We'd love to hear from you hear what you guys think about the episodes and just connect with us in any way you can.

And if you'd like to listen to any of our other episodes, you can find us on every single podcasting streaming platform, just type in real issues, Real Talk force your Students in the search bar and we'll pull right up.

22:14

Catch you guys in the next one.

I all.

Thanks.

Bye.

Close

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