



# Connections

THE QUARTERLY NEWSLETTER FOR FRIENDS & SUPPORTERS OF THE EXTENSION

CONNECTIONS

SPRING 2010

## A Win-Win: The Extension and The Tommy Nobis Center

An Interview with Linda Mosher, Vice President of Human Resources for The Tommy Nobis Center

*Please describe your mission and services.*

**Linda** Our basic mission provides vocational training services to persons with disabilities and others with barriers to employment. We contract with the State of Georgia Department of Vocational Rehabilitation Services to provide these services and we provide services to the Veterans Administration, and various other private pay clients. In essence, this means that the HR Department has several programs to recruit potential employees. We strive to hire from VR, VA, and other similar programs such as The Extension. Our first priority is always to recruit individuals with disabilities and/or barriers to employment.

*How did the Tommy Nobis Center and The Extension develop this wonderful partnership?*

**Linda** Our organization participates in the Drug-Free Workplace Program which requires significant employee and supervisory training hours. Several years ago, TNC was looking for a trainer and it just so happened that a now former employee's husband was on the board at the Extension and referred us to J.J. Well, of course, it has been a partnership ever since. He has helped us in many ways from training, to performing drug tests, to counseling others from TNC when we have a special need as well.

*How many residents do you employ from The Extension and what are their job duties?*

**Linda** At the present time, I believe the number hired from the Extension is around 39. Most of the persons hired are placed in our Recycletronics Division where employees are disassembling computers, monitors, and televisions by breaking down the components into the smallest element. Then the components are put through various sorting and crushing processes and sold to various recycling vendors. The Recycletronics Division functions as a manufacturing plant but in reverse...we are breaking apart rather than building and creating new products.



Ronnie Cantrell, an Extension alumni, was recently promoted to Supervisor with The Tommy Nobis Center

*This sounds like a win-win situation for both organizations. Have you had any successes that you can share?*

**Linda** We have had several success stories. Those that come to mind quickly are Ronnie Cantrell who is a graduate of the Extension and started with TNC in May 2009. We soon learned that Ronnie was very hard working, dedicated to his job and who wanted to move up with the new division. He started as a disassembler and was soon promoted to a "lead worker". As the business began to grow, Ronnie was recently promoted to Supervisor and responsible for the employees located at the TNC building. There is a similar story for Mike McCluer. Mike is about to transition out of The Extension and came through the ranks just like Ronnie. Mike is now a supervisor at the Cobb Industrial site for Recycletronics.

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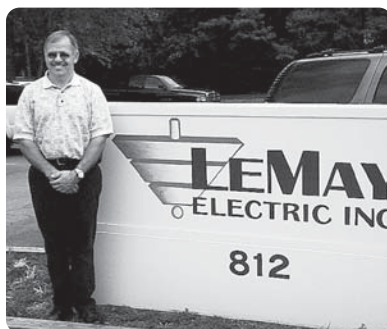
A MEMBER OF OUR STAFF OR BOARD OF DIRECTORS WOULD LOVE TO COME SPEAK TO YOUR GROUP ABOUT ISSUES RELATED TO HOMELESSNESS, ADDICTION AND MORE IMPORTANTLY RECOVERY. JUST GIVE US A CALL AT THE NUMBER BELOW.

**THE EXTENSION**  
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# The Extension welcomes new board member Tom LeMay



More than ten years ago, Tom LeMay attended a Marietta Rotary Club meeting during which J.J. Bremner, The Extension's director of recovery services, spoke about the mission and work of a growing recovery and treatment center for homeless, addicted men. J.J.'s message resonated with LeMay and sparked a relationship that has benefited The Extension in immeasurable ways.

LeMay was elected to the board in January 2010. He will serve on the Finance and Facilities committee. LeMay, a master electrician, first became involved with The Extension as a volunteer and by providing services and material donations through LeMay Electric, the Marietta-based electrical contracting company he founded more than 25 years ago.

LeMay Electric manages commercial electrical projects for educational, office, retail and religious institutions. The company has done extensive work at The Extension men's campus, and last year the company completely rewired The Extension's Barbara J. Crafton Center for women as part of the initial building renovation. Most recently, LeMay Electric donated and installed new exterior lighting to both facilities— an addition that is especially appreciated by the volunteers who visit the center during evening hours.

"I've always admired Tom — his commitment to the organization and those we serve, his complete unselfishness, his high ethical standard, even the friendliness and enthusiasm of his employees who have worked at our facilities," said Tyler Driver, executive director of The Extension. "His is a great combination of business acumen, dedication to the cause and strength of character."

TOMMY NOBIS CONTINUED FROM PAGE 1

*Thank you for your time today. Do you have any additional comments?*

**Linda** Many Extension participants have said this is the first stable or real job they've held in some time; that the job is helping them to get back on their feet; and to keep them busy during the recovery time. It is also a place where they can work along side their "fellow brothers" who can boost and motivate them when having a bad day. A typical community employer would not be as supportive in hiring this particular group as some individuals have very limited work experience and some have background issues. However, not only do we provide the support but we also set high expectations in work behaviors, attendance, productivity, etc. We do not believe in "enabling" the individual but providing them an opportunity to develop good work habits as well as increasing work experience. The Extension has been a great source of manpower for us and it is a win-win relationship for all concerned.

# Understanding Addiction

**W**e believe at The Extension that an informed public that knows the truth about alcoholism and drug addiction can be one of our most powerful allies in our continued mission of reintegrating sober, responsible and accountable men and women back into our community. And that is our intent ...

First and foremost we need to get a basic understanding of what we are dealing with. So let us try to define what Addiction is.

Addiction is a chronic but treatable brain “disease” that is characterized by an obsessive, compulsive repetitive behavior in search and use of alcohol/drugs despite continued adverse results. If left untreated this disease will ultimately lead the addict/ alcoholic to incarceration or death.

Why is it a “Brain Disease?” Quite simply because drugs change the brain and when the brain is rewired it becomes increasingly more difficult to stop. The adage of “Just stop” cannot work with the dependent brain in control of our thinking. What’s the answer? A holistic behavioral modification regimen coupled with supportive services that treat all areas of the addict/alcoholic over an extended period of time that will allow the brain to rewire itself allowing the addict to make healthier decisions creating positive outcomes that reinforce the new behaviors.

Why do some people become addicts and others don’t? There is no magic formula here, many factors can play a role in whether a person progresses to addiction. According to research done by NIDA (national institute on drug abuse) tells us that Genetics play a major role, approximately 40 to 60% of addicts/alcoholics are genetically predisposed to becoming dependent. Of course this is not the only factor. Age of first use, surrounding social environment, ethnicity, and gender are also factors.

Our experience tells us that potential addicts/alcoholics experiment with drugs/alcohol in early youth just like so many adolescents do but the “feeling” created by the drug is much different in potentially dependent people than in others. A feeling of intense

euphoria comes over the future addict that is unlike any feeling they have ever had. Usually these people suffer from low self-image, come from abusive dysfunctional environments or just feel like they don’t “fit-in”. The drug/alcohol use makes those things “go away” and they are replaced, temporarily, with euphoria that becomes a feeling that they want to duplicate over and over again. The brain starts to rewire and the progressive nature of the disease forces the addict to use “more” and “more often” to replicate the same euphoria that was created during the early experimentation stage.

The “Denial” of the disease is so prevalent and powerful that many addicts/alcoholics never seek help. Alcoholics especially believe that they can “function”

at a level that is acceptable to them and blame all of the destruction around them on other people, places or things rather than their alcoholism. The truth about the disease is that it has singleness of purpose. It has only one goal. That goal is to survive. It does this by convincing the addict that “they can quit” any time they choose. All chemically dependent people have

made promise after promise to themselves, their loved ones and even to God that they will quit! These promises are never kept. They can’t be. The disease in our thinking is too powerful to overcome with sheer will-power. Albert Einstein stated that “No problem can be solved from the same level of consciousness that created it” In other words, the dependent brain is the problem so the brain cannot be the solution. The solution rests in a different level of consciousness which is “behavior”. Addiction alters our core belief system. Our values and beliefs are adjusted to whatever level necessary to rationalize our addictive behaviors. Recovery is about establishing a foundation of values and beliefs that now dictate our behaviors.

“Addiction alters our core belief system. Our values and beliefs are adjusted to whatever level necessary to rationalize our addictive behaviors.”

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*John (J.J.) Bremner, CAC II, CCS  
Director of Recovery Services*

This is the beginning of a series of educational articles that we will publish to inform our readers about addiction and other related topics that affect our community. The next article will focus on teens and drug abuse.



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## REAL SOLUTIONS TO REAL PROBLEMS

VOLUNTEER

**Park-To-Park Fun Run** The Extension will benefit from funds raised through the Rotary Club of Marietta Fun Run. We will need volunteers for various duties on Saturday, April 10th, 2010.

**Yard Sale** The Extension needs your help with our annual yard sale. The yard sale will be on June 18th & June 19th, 2010. We will need volunteers during the week of June 14-June 20.

For more information on these volunteer events, please contact **Tina Jones**, Director of Development at 770-590-9075 ext. 309 or [tinajones@theextension.org](mailto:tinajones@theextension.org)



DONATE TODAY

### *I want to help!*

Enclosed is my gift of \$ \_\_\_\_\_

I pledge \$ \_\_\_\_\_  per month  quarter  year

- I would like to be sent a reminder of my pledge.
- I would like someone from The Extension to contact me.
- I made an online donation at [www.theextension.org](http://www.theextension.org)

Please mail to: **The Extension, P.O. Box 793, Marietta, GA 30061**

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## THE EXTENSION

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Copier paper  
Comet, Ajax, etc.  
Coffee & cups  
Commercial mops  
Cleaning supplies  
Laundry detergent  
Peanut butter & jelly  
Bathroom tissue  
Twin sheets  
Shampoo  
Towels & washcloths  
Shower shoes  
Bars of soap  
Toothbrushes  
Toothpaste  
Bleach  
Instant oatmeal  
Instant grits  
Canned soup  
Tea bags  
Feminine hygiene products  
Flash drives

Unopened first aid supplies  
Working washers and dryers  
Pillows  
Sanitary pillow covers  
Light bulbs  
Gift cards  
Shaving razors  
Blankets  
Sweatshirts  
Deodorant  
Dishwashing liquid  
Paper towels  
Brooms  
Jackets & coats  
Sugar  
Notebooks & journals  
Pens  
Poster Board  
Colored Pencils/pens  
Glue & scissors  
Umbrellas  
Bicycles with helmets

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*Of course, your financial support is also appreciated.*



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Please post at your church or place of business. *Thanks!*

# YARD SALE

*benefitting*



*The*  
**EXTENSION**  
ADDICTION RECOVERY SERVICES

June 18 & 19

9:00am — 5:00pm

*at our men's campus, located at  
1507 Church Street Ext., Marietta*

We need your unwanted household items, toys,  
sporting goods, electronics, tools, and other items.  
(sorry, no clothing)

*Items can be dropped off at our men's campus.*

*for*  
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