

Rotary Club of Arlington



Hubcap

The Official Weekly Publication of the Rotary Club of Arlington

May 26, 2022

In this edition: [Zoom Link](#), Drug treatment innovations, and more...

Kurt's Korner

By Kurt Bartley



REPORT OUT from May 20 Club Board Meeting:

The Rotary Club of Arlington members have been/ will be presenting this week Rotary Service Awards to 6th & 8th grade students (female and male) at 63 different elementary and jr. high award ceremonies. Thank you to Jill Regina and her team for their heroic effort in scheduling club members for these events!

President-Elect Victoria Farrar-Myers has weekly meeting programs booked through July 7th. If you have suggestions for program speakers, now you need to connect with President-Nominee Barry Bondurant. Congratulations Victoria for a great job this past Rotary year!

As the Youth Services Committee had excellent interviews with students from Arlington High School interested in attending RYLA (Rotary Youth Leadership Awards), the board approved their request for sending (4) applicants to RYLA camp in lieu of (2).

The Arlington Heroes Run for 2021 was recently closed out, presenting each of the three beneficiaries (Arlington Veterans Park Foundation, Arlington Police Foundation & Citizens Fund of the Arlington Fire Charitable Group) a check for \$7,523.09. Again, many thanks to Heather Kipker for her leadership as Chair and much appreciation is extended to Kim Crawford (Club Treasurer) for

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THIS WEEK AT ROTARY

Mashal Roshan
Afghan Women's Rights -
A lived experience
COMING SOON

June 2 [Jay Warren et al](#) Baseball Town Series

June 9 [Mark Dellenbaugh](#) Echoes from the Hill

IT HAPPENED LAST THURSDAY

BY CAREY F. WALKER

The weekly meeting was called to order at 12:10 pm by President Kurt Bartley. Nancy Blinn offered the invocation and led the Pledge of Allegiance. Everyone sang a beautiful rendition of "God Bless America" with Kathleen Smith on piano. Tashunda Scott introduced guests and visiting Rotarians. Visiting today was Jeff Roller. Visiting Rotarian was Fred Schmidt from Fort Worth.

Sally Hopper announced Rotarians with birthdays. Chris Hayes, Kailey Broussard and Bryan Roberts are all celebrating birthdays this week.

Announcements:

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The Rotary Club of Arlington
PO Box 121045 Arlington, Texas 76012 – www.ArlingtonRotary.com
Founded May 29, 1923 – Charter Number 1493 – Issued June 11, 1923 – District 5790 – Club 1763



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managing the books!

Our club currently has 145 active and 7 honorary members. This is a net of 4+ members for this Rotary Year. Congratulations to all members – Diane Patrick (Jeannie Deakyne), Val Gibson (Linda Gibson), Joyce Stanton (Ken Cox), Sarah Knotts (TaShunda Scott), Peter Scott (Richard Urso), Joe Way (Jean Hood), Clete McAlister (Joe Carpenter), Steve Kleiber (Diego Pena), Kris Landrith (Rigien & Jonathan Jackson), Randy Hendricks (Benjamin Harris), Victoria Farrar-Myers (Vince Hrabal), Sarah Knotts (Rick Jenkins), Victoria Farrar-Myers (Brent DeRaad), Dan Blumberg (Jage Bothmann) – who sponsored a new member this year and especially to Randy Hendricks and Peter Scott for leading such a solid Membership Committee!

We have a major Club Event on Thursday, June 16th! It is our Annual Installation Dinner to be held @ Texas Rangers Golf Clubhouse. It is a GREAT gathering to celebrate this past Rotary Year (2021-22) and install our leadership team for the coming Rotary Year (2022-23).

Current Annual Goals:

Polio Plus - \$5,525.76 of our \$5,000 goal (110.5% of goal)

Annual Fund/EREY (Every Rotarian Every Year) - \$22,904.00 of our \$17,500 goal (135% of goal). This is the Birthday fund money, remember checks are made payable to Rotary Foundation.

Paul Harris: Goal of 10. To date: 22 delivered, 2 on order & 1 holding for delivery.

This Rotary Year alone the Rotary Club of Arlington has donated \$54,975.57 to the Rotary International Foundation!!! My gratitude is extended to Sally Hopper for her leadership as our Club Foundation Chair.

Thank you for Serving To Change Lives!

Kurt, President 2021-22

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The installation dinner is scheduled for June 16, 2022 at 6:30 p.m. at the Texas Rangers Golf Club.

The End of Year Awards Assembly needs volunteers to make presentations at AISD schools.

The Arlington Miracle League is grateful for the many Rotarians that volunteered to make playing the game of baseball successful for 227 players. The volunteers are an integral part of allowing these young boys and girls to be able to participate.

Don Mebus and Kathleen Smith led us in singing "Roll Rotary".

Chris McMurrough introduced the program for today's meeting. Dr. Micki Washburn is an Assistant Professor at the UTA School of Social Work. Her topic of discussion was "Using Reality for Substance Abuse Counseling". Prior to her appointment at UTA, Dr. Washburn worked as a Research Scientist at the University of Houston Center for Drug and Social Policy Research, and was the Coordinator of the Virtual Reality Clinical Research Lab. Dr. Washington frequently integrates aspects of technology into her scholarship and has expertise in VR development and telehealth. Her current research focuses on the development of interventions for Hispanic women with co-occurring mental health and substance use disorders who are at risk of child welfare involvement.

For over 15 years, Dr. Washburn has worked with people experiencing co-occurring mental health, substance abuse and physical health concerns. She holds practice licenses in both Social Work and Professional Counseling. She is also a State of Texas board approved LPC Supervisor. Dr. Washburn is trained in multiple evidence-based intervention approaches including motivational interviewing, cognitive behavioral therapy, Acceptance and Commitment Therapy, and Mindfulness Oriented Recovery Enhancement. Her

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**SAVE
THE
DATE**

June 16

6:30 PM

Installation Dinner

Texas Rangers Golf Club

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extensive practice experience brings real world knowledge to the classroom to further develop the knowledge base and skills of the next generation of social work professionals.

Dr. Washburn began by discussing substance use disorders (SUDS) as a public health issue. As of 2019, 11% of Americans qualify as having met the definition of having SUDS. This includes people as young as 12 years of age. 21 million Americans have self-reported meeting the criteria for SUDS. Heroin and other opioid abuse is continually increasing in the United States and addiction may occur in as little as one week of use. Accidental drug poisoning due to unintended overdose from fentanyl is on the rise.

Current treatment protocols for opioid abuse have limited success when not combined with medications for opioid use disorder (MOUD). Combining MOUD with evidence based behavioral interventions by professionals has shown positive results. Relapse prevention, peer support, MOUD, 12 step programs and the use of methadone and buprenorphine have shown to be effective in the treatment of SUDS. Just asking addicts to avoid people, places and things associated with substance abuse is not an effective method of treatment.

Prior research supports the use of virtual reality cue exposure therapy for the treatment of stimulant use disorders and alcohol use disorder. The virtual creation of various environments allow for the user to experience simulated people, simulated social interaction as well as practice needed coping skills in VR. VR can create any number of real-life situations. These include basements, bathrooms, beneath bridges and any environment imaginable.

VR allows the creation of a 360-degree environment. VR permits the creation of multiple virtual environments and cues that can

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CONGRATULATIONS!

Rotarians celebrating their club anniversary of "Service Above Self."

Holly Hattendorf 4 Years May 24, 2018



BIRTHDAYS

Bob Cooke Birthday Fund
May 22 — May 28

May 22 Calvin McKaig

May 24 Carolyn Mebus

May 27 Larry Jordan

Our club has a tradition of writing birthday checks to the **Rotary Foundation** in the amount of the number years they are celebrating (or rounding it up a little higher if they chose). The gift sent to the **Rotary Foundation** goes into a pool that eventually funds our club grants and also earns you points toward your next Paul Harris pin. Checks can be mailed to Sally Hopper, 3409 Viscount Drive, Arlington, TX 76016. (Please note this is the **Rotary Foundation** not the Arlington Rotary Foundation. Thanks!)



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Volunteers don't get paid,
not because they're
worthless, but because
they're priceless."



Sherry Anderson



**Dr. Micki Washburn explains new treatments
for drug abuse.**

ROTARY CLUB OF ARLINGTON & CARTER BLOODCARE BLOOD DRIVE



**June 30, 11:00 AM to 3:00 PM
at FUMC Arlington**



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be customized. The use of VR and feedback from substance abuse treatment professionals and from the individuals in therapy as well as the use of focus groups is a method to create a successful recovery protocol. The goal of VR is for the addict to be able to use this new technology at home. Dr. Washburn indicated that UTA is the only university engaged in this form of VR research. UTA is on the cutting edge of VR innovation when it comes to the treatment of SUDS.

Dr. Washburn informed us that opioid- abusers in treatment usually get worse before they get better. The addict, if successful, typically gets better over time.

Victoria Farrar-Myers informed us that next program will be Mashal Roshan, Afghan Women's Rights- A lived experience.

A book was donated to Webb Elementary school to honor Dr. Micki Washburn.

Tom Ware provided us with the last laugh.

The quote for this week: "Never Mind your happiness; do your duty". – Will Durant

Kurt thanked the special guests and everyone else for coming. He then led us in the Four Way Test and we were adjourned.

MISS LAST WEEK'S MEETING?

The recording of last week's Zoom meeting can be viewed for a limited time by clicking [HERE](#).

Password is: aa.R4R8X

EACH ONE BRING ONE

