

Rhode Island's free resource for health care information and mental health and addiction services

[www.RInetworkofcare.com](http://www.RInetworkofcare.com)

Rhode Island Network of Care for Behavioral Health provides valuable information to those in Rhode Island struggling with mental health and addiction issues either personally or within their families. This extensive website provides access to information, advocacy and other resources to empower consumers and their families to make the best, most informed decisions possible regarding needed care in their lives.

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### "Wealth Only Accounts for 7 Percent of a Person's Happiness"

Since economic problems began mounting months ago, a number of people are feeling financially stressed. The experts provide quick tips to help people and their families stay mentally healthy and safe during difficult times. Read the article, "[Mental Health Important During Country's Economic Woes,](#)" dated February 9, 2009.

### Achieving a Healthy Weight by Healthy Living

Research shows that people who are most successful in improving their health have made the broader and more significant shift to a healthier lifestyle, rather than targeting weight loss alone. Click [HERE](#) to learn more about healthy weight.

### Quiz: Is Your Weight Increasing Your Health Risks?

Do you know if you are at a healthy weight?

The higher an individual's body mass index is, the greater the risk of some diseases such as high blood pressure, coronary artery disease, stroke, osteoarthritis, some cancers, and type 2 diabetes.

Are you concerned about the risk to you, a family member, or friend?

Try this quick and easy [interactive tool](#) to find out whether your weight increases your health risks.

[FULL ARTICLE](#)

### Community Voices

"The Rhode Island Network of Care [Personal Health Record](#) empowers patients to manage their mental health. The site provides a confidential and secure place for patients to chart their road to recovery while offering access to their plan to physicians, family members, and others who they have selected to help them in their journey."

Diane Ferreira  
Director, Social Services  
Butler Hospital



## What's for Supper?

Most people have heard that healthy eating is important. But it can be hard to know what healthy eating means. The RINOC has information that can teach you how to eat well, whether your goal is to feel good, manage your weight, or prevent health problems. You will also find plenty of information about nutrition for health conditions such as diabetes, heart disease, food allergies, digestive problems, and eating disorders.

To read more about some suggestions for supper tonight, click [here](#).

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## A Resource for Medication Information

What is the most important information you should know about the medication that you are taking?

The RINOC Medications library provides this answer, as well as access to information on prescription and non-prescription drugs by searching on keywords or clicking a letter.

See a picture of your medication. Learn about issues that you should discuss with your healthcare provider before taking medication, information on how you should take medication, what other drugs will affect the medication, what you should avoid taking in addition to the medication, possible side effects, and other key items that may be helpful to you.

To read more about a medication that you or a family member is taking, click [here](#).

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## Rhode Island Parent Information Network Conference

The Rhode Island Parent Information Network (RIPIN) and the Family Voices program are hosting the 5th Annual Partnerships Conference on March 12, 2009 to be held at the Providence Marriott Downtown, Providence, RI.

The focus of the conference, "Journey to Independence for Children and Youth with Special Health Care Needs and their Families," will be to improve outcomes through information, tools, and techniques on how to become independent and successful throughout life.

To learn more, please visit our Community Announcement section on our [homepage](#).

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NRI Community Services: 7th Annual Champions

## Music Series

On March 26th, April 30th, and May 28th join colleague and friends as NRI Community Services honors individuals whose careers have been dedicated to behavioral health services. These concert events will feature the bands Fat City, Commander Cody, and Young Neal & the Vipers to soothe your soul and lift your spirit as you applaud the work of our community champions.

To learn more, please visit our Community Announcement section on our [homepage](#).

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## Partner Spotlight

Outpatient Suboxone Treatment for Opiate Addiction Available at NRI Community Services

At NRI Community Services, Suboxone treatment is proving to be a godsend for many who have unwittingly become addicted to pain medications. So many people in need of pain relief don't realize that the medication prescribed by their doctor can have such long-lasting, life-changing effects.

Because withdrawal symptoms are so insidious, those who become addicted will resort to behaviors that they never would have thought themselves capable of, and often avoid treatment because of the stigma associated with it. However, now patients can find relief in an office setting. Suboxone is the first opioid medication approved under DATA 2000 (Drug Addiction Treatment Act of 2000) for the treatment of opioid dependence in an office-based setting, and often replaces Methadone, which is provided in a clinical setting.

At NRI Community Services, Suboxone treatment is as easy as going to any doctor's appointment and is provided in beautiful, newly renovated offices in Woonsocket, RI. A psychiatrist works with clients to adjust dosages, and may provide other behavior therapy as needed. Clients say that Suboxone is a "miracle" drug that allows them to get past the uncontrollable existence that comes with drug addiction and live a healthier lifestyle.

To learn more, visit our [partner page](#) and click on "NRI Community Services."

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We welcome feedback on the RINOC newsletter. Please [click here](#) to share your comments. Thank you.

*The contents of this newsletter are for informational purposes only. RINOC and its founding partners do not endorse any of the newsletter content and do not intend to provide medical advice, diagnosis or treatment.*