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VOLUME 3, ISSUE 4

WINTER 2011

CHANGES IN THE PROPOSED DSM-5 WORRY ADDICTION COUNSELORS, RESEARCH PROFESSIONALS BY ALISON KNOPF (FOR ADDICTION PROFESSIONAL)

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When the American Psychiatric Association (APA) announced proposed revisions in the *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition* (DSM-5) last spring, one change to the behavioral health field's guide to diagnosis—the elimination of substance abuse and dependence categories—galvanized the addiction field.

Some professionals expressed an immediate concern that people engaging in risky behavior no longer would be eligible for a low-level “abuse” diagnosis, and that there would be widespread confusion about how to use the new measures. Many were happy to see that the abuse and dependence categories would be disappearing, but remained concerned about how the new category of “substance use disorders” would be applied in everyday practice.

The new category of “substance use disorders” would replace the two abuse and dependence categories. This category comprises two subsets: moderate (2 to 3 criteria) and severe (4 or more criteria); there are 11 criteria in all. While the elimination of the abuse and dependence categories is acceptable to many, the way diagnoses would be arrived at is not.

NAADAC, The Association for Addiction Professionals, in its official comments on the DSM-5 proposals, states that the new substance use disorders category “is so broad that the diagnosis would be of little assistance in determining the type or level of care that would be most appropriate.”

As an example of risky behavior that it says would not fall under any official diagnosis under the DSM-5, NAADAC cites the “adolescent

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November 25 - 26, 2010



Former Heroin Addict: 'I have been given a second chance at life'

By Karen Workman (of The Oakland Press) October 21, 2010

When Springfield Township resident Gregory Michael Baker saw his old mugshot on the screen at Wednesday's Adult Treatment Court graduation, he couldn't help but shake his head.

"I don't even know that person," said Baker, a former heroin addict. "I have been given a second chance at life and I'm going to take full advantage of it."

Baker was among five people to graduate Wednesday from Adult Treatment Court, an arduous and lengthy program Oakland County offers to rehabilitate nonviolent offenders with addiction problems.

He's been drug free since June 17, 2009, when he was arrested with his then 18-year-old son, Gregory Ted Baker, for a string of thefts in Springfield Township.

The two targeted easy-to-steal items that they could quickly sell and then used the money to support a two-gram-a-day heroin habit.

In a written statement admitting to the thefts, Baker wrote: "Thank God we got caught, ... The last few months have been bad but now it's time to get off the drug. I am ashamed of myself. I will get help for me and my son."

A little more than a year later, Baker has made good on his statements and says it was a "blessing that we got caught."

"I hate to think where I'd be today if we hadn't got caught," Baker said. "I did not have a problem admitting to my crimes because I knew they were induced by heroin and being honest about it, it made me feel better and made me feel like me and my son, maybe I just saved our lives."

Baker and his son have been ordered to not see one another until both are off probation,

which could be another year. His son is currently living with a relative up north to complete his probation.

"He's in a good spot right now - he's doing well right where he's at," Baker said.

Baker spent 60 days in the Oakland County Jail before he was sentenced to an additional 10 months for his crimes.

"My attorney said, 'What about his drug addiction? He doesn't want to sit in jail and do nothing about this,'" Baker said.

Judge Wendy Potts quickly revised the sentence, giving Baker the choice between 10 months in jail or ATC, Adult Treatment Court.

"Everybody in jail said, 'Man, you're just setting yourself up to fail.' It's so untrue," Baker said. "It's a pretty tough program, but addiction isn't easy. It's been a journey that I think every human should probably have to go through."

The road to recovery began with 60 days at a CPI, a drug treatment center in Waterford Township.

"It was great for me," Baker said. "What that got me set up for was when I got out of there, to do ATC, because I was really worried that, 'When come out of CPI, am I going to be able to do all those requirements?' It was scary, but I handled it. I took everything CPI had to offer."

After leaving CPI, Baker returned to live with his mother in Springfield Township and began working on the ATC requirements - 20 hours of community service per week, a minimum of three meetings a week, weekly drug and alcohol testing and more.

Today, Baker has logged more than 1,100

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hours of community service and found meetings so helpful that he attended more than were required - an average of seven meetings a week, he said.

"I've met some really good people," Baker said. "Anything I can do for ATC now, my gratitude is just hats off for what they did for me. They had my better interests at heart."

Baker said his addiction problems began with a shoulder injury from an accident he had while working on a railroad. A prescription for Vicodin helped him cope with the physical pain, but he soon began feeling he needed to take more and more of the drug.

"Then I dabbled into heroin because it actually seemed to be a little cheaper (than Vicodin)," Baker said. "Before I knew it, it was not cheaper. It was all big money; big money."

A tough divorce worsened things for Baker.

"Anything and everything that meant anything to me was gone," Baker said. "I had to juice up on something; I didn't want to go to reality. I was doing heroin at the time and it just kind of numbed it all for me."

He added: "I hit that little bump in the road and I was off to the races. Heroin can really grab you like that. I knew that, 'Here I was going, heading down toward the train wreck.'"

Once in jail, Baker likened withdrawals to having a migraine because: "A migraine goes away when it wants to. It's not something you can push away."

"It's just the worse feeling. There's nothing to satisfy you; you're not eating, you're not sleeping," Baker said, adding that it took about four or five days to get through withdrawals. "Your skin hurts, everything about you hurts because you're used to being numb."

Baker said learning about thinking patterns

while at CPI was especially helpful to his recovery, as was the support he received from both his children and the people at the Davisburg Methodist Church and Clarkston's Alano Club, where he did his community service.

Now, he's learned to manage the pain from his shoulder injury without medications.

"I just kind of learned to deal with it," Baker said. "I haven't so much as taken an aspirin. I feel pretty good."

Retired from being a railroad worker, Baker is looking forward to finishing up his probation, paying off all his fines and restitution and continuing to attend meetings.

"I want a productive life," Baker said. "I'm high now on life and I just kind of love it and I'm going to continue to do this."

He encourages other addicts to reach out for help and realize that it is possible to overcome an addiction, no matter how impossible it seems.

"Don't be afraid to ask for help, to contact somebody who's been there," he said. "My advice is to stick with (a recovery program). You've got to persevere because if it's easy, it probably ain't worth nothing."

He added: "This little bumpy road has gotten me to true happiness."

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Welcome Paul Day!

Paul is ADE Incorporated's newest employee. Paul is a Program Manager - Customer Support and will be answering your support questions and helping with assessment resets.

Paul and his wife, LaShon, have a YorkiePoo named Brodie. Paul is an avid University of Michigan fan. Please join us in welcoming Paul to ADE!

'Twas A Computer Christmas (A Computer Poem)

'Twas the night before Christmas, and all
through the shop,
The computers were whirring; they never do
stop.
The power was on and the temperature right,
In hopes that the input would feed back that
night.

The system was ready, the program was
coded,
And memory drums had been carefully loaded;
While adding a Christmas-y glow to the scene,
The lights on the console, flashed red, white
and green.

When out in the hall there arose such a clatter,
The programmer ran to see what was the
matter.
Away to the hallway he flew like a flash,
Forgetting his key in his curious dash.

He stood in the hallway and looked all about,
When the door slammed behind him, and he
was locked out.
Then, in the computer room what should
appear,
But a miniature sleigh and eight tiny reindeer;

And a little old man, who with scarcely a pause,
Chuckled: "My name is Santa...the last name is
Claus."
The computer was startled, confused by the
name,
Then it buzzed as it heard the old fellow
exclaim:

"This is Dasher and Dancer and Prancer and
Vixen,
And Comet and Cupid and Donner and Blitzen."
With all these odd names, it was puzzled anew;
It hummed and it clanked, and a main circuit
blew.

It searched in its memory core, trying to "think";
Then the multi-line printer went out on the blink.
Unable to do its electronic job,
It said in a voice that was almost a sob:

"Your eyes - how they twinkle - your dimples so
merry,
Your cheeks so like roses, your nose like a
cherry,
Your smile - all these things, I've been
programmed to know,
And at data - recall, I am more than so-so;

But your name and your address (computers
can't lie),
Are things that I just cannot identify.
You've a jolly old face and a little round belly,
That shakes when you laugh like a bowlful of
jelly;

My scanners can see you, but still I insist,
Since you're not in my
program, you cannot
exist!"
Old Santa just
chuckled a merry
"ho, ho",
And sat down to type
out a quick word or so.



The keyboard clack-clattered, its sound sharp
and clean,
As Santa fed this "data" to the machine:
"Kids everywhere know me; I come every year;
The presents I bring add to everyone's cheer;

But you won't get anything - that's plain to see;
Too bad your programmers forgot about me."
Then he faced the machine and said with a
shrug,
" Merry Christmas to All " and he pulled out the
plug!

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client who fails to fulfill role obligations at school and has arguments with his family about his alcohol use.” This client might need education and a brief intervention, but not the extended treatment and recovery support needed by “someone who experiences cravings, tolerance and is unable to reduce their substance use.” Yet, under the DSM-5, both of these individuals could receive the same diagnosis, and subsequently the same treatment, according to NAADAC.

A diagnosis is beneficial in determining whether someone needs treatment, agrees Marvin D. Seppala, MD, chief medical officer at the Hazelden treatment organization in Minnesota. But it doesn't dictate the level of treatment someone needs. Hazelden uses American Society of Addiction Medicine (ASAM) patient placement criteria to determine the level of treatment, and the DSM revisions won't change that, Seppala says.

Still, Seppala agrees that the proposed DSM changes could leave professionals who treat adolescents in a quandary.

“If I see an adolescent just starting down this path, but I don't really see the need for treatment, I might try some interventions and see what happens,” he says. “Sometimes there is a child, let's say a 16-year-old from a conservative religious family, and the child tried marijuana. That family is going to be extremely upset, and you need to have some sort of resource for them.” That child does not have a substance use disorder, Seppala says. “But the family needs an option, like Hazelden's Teen Intervene, for cases in which there is no evidence of a substance use disorder.”

The first phase of field trials for the long-awaited DSM-5 began in May and will continue until March 2011. Revisions will be made concurrently, and revised criteria will be posted online late next spring. The final draft of the manual is expected to be prepared during the first half of 2012, with publication scheduled for May 2013.

Old categories confusing

Ray Daugherty, president of the Lexington, Ky.-based Prevention Research Institute and co-developer of the Lifestyle Risk Reduction Model to address substance impairment and other health problems, does not object to eliminating the dependence and abuse categories in the DSM. He says these designations have been confusing to counselors.

“Many counselors think dependence is the diagnosis for alcoholism, because that's what they've been taught,” Daugherty explains. However, he notes that data from the National Epidemiologic Survey on Alcohol and Related Conditions (NESARC) show that one-third of people with dependence are in full sustained remission (no symptoms for at least 12 months), although they are still drinking. “And since the majority of our counselors work from a disease model, the assumption became that a DSM dependence diagnosis was intended to diagnose an irreversible disease state,” Daugherty says.

Daugherty also is pleased that the “abuse” category looks to be gone from the manual. “Abuse is not a category that comes before dependence,” says Daugherty, although the DSM-IV, by allowing only one or the other diagnosis, presumes that. “In fact, if you look at NESARC, you can build a case that the most severely affected people are the people who qualify for an abuse and dependence diagnosis, although that's not allowed in DSM-IV.”

Carlo C. DiClemente, PhD, professor of psychology at the University of Maryland, Baltimore County, agrees that abuse/dependence should be changed to “substance use disorders.” He says, “It's a good idea to rearrange the nomenclature, because the abuse and dependence categories have been confusing. The distinction has been difficult to establish—some people thought there was a continuum from abuse to dependence, and there isn't.”

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DiClemente and Daugherty, who work together in a project for the Prevention Research Institute, also filed official comments on DSM-5.

But how to measure whether someone has a “substance use disorder” is of greater concern, according to DiClemente—especially for researchers. Typically, it is the DSM diagnosis that drives the election of study subjects. If researchers are going to be testing treatment strategies on someone who meets certain diagnosis, they need to know what that diagnosis means, DiClemente says.

For researchers such as DiClemente whose work is particularly focused on alcohol use, quantity and frequency measures are key, he says. However, he notes that even previous editions of the DSM failed in that regard.

What really matters is not the label, but that counselors understand what a DSM-5 diagnosis means, says Daugherty, who notes that the DSM-IV was confusing as well. “A DSM-IV diagnosis only requires three symptoms, and it’s impossible to build any source of evidence base that three symptoms constitute an irreversible state,” he says.

“My big concern with DSM-5 is that whatever you call it, you need to make it crystal clear what you are meaning to cover,” Daugherty adds. With the DSM-IV, a client might come in with three symptoms, the counselor calls them an alcoholic and says they are in denial,” he explains.

Prescriptions and dependence

According to Charles P. O’Brien, MD, PhD, chair of the substance-related disorders work group for the DSM-5, it was a “big mistake” ever to introduce “dependence” into the diagnostic lexicon (it first appeared as part of the DSM-III revision that was released in 1987).

Although the concept was tied to tolerance and withdrawal, those symptoms don’t necessarily mean there is any pathology, O’Brien says.

“The reason for removing the word ‘dependence’ is that it was causing problems, especially for people who were on chronic pain medication,” he says. These patients’ pain was being undertreated because the doctors thought dependence constituted addiction, he says.

Likewise, people on buprenorphine or methadone for the treatment of opioid addiction are dependent but not addicted, and do not have a substance use disorder, O’Brien says. “Under the proposed guidelines, tolerance and withdrawal are not counted toward addiction for people who are in an appropriate medical treatment program,” he says.

Physiologic dependence exists in the DSM-5, but not for individuals taking medications such as analgesics, antidepressants, anti-anxiety medications or beta-blockers under medical supervision.

NAADAC objects to the prescription exclusion, stating in its comments that it “is important for clinicians to be able to diagnose a prescription drug dependence, even if it was developed under medical supervision.” Without such a category, there could be a new category of diagnostic “orphans,” according to NAADAC’s comments.

John Lisy, LICDC, OCPS II, LISW, LPCC, a member of the NAADAC task force that reviewed the DSM-5 proposed changes, stated the submitted comments, “Having watched an acquaintance’s slow slide to death because of addiction to what was initially appropriately prescribed pain medication is my constant reminder that prescribed addiction is not a problem to be ignored.”

In the case of alcohol, which is not a medication, the DSM-5 still counts physiologic dependence as a symptom.

Risky use

Counselors are also searching for a single

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criterion that can be used for “some kind of diagnosis reflecting recurrent risky substance use,” according to NAADAC. Under the DSM-5, many people who formerly met abuse criteria because they had legal problems (e.g., a DUI offender) would be ineligible for any intervention. “This change risks delaying their ability to receive care, even though the evidence consistently demonstrates that when people who exhibit risky substance use receive early intervention or treatment, they demonstrate better outcomes,” according to the NAADAC comments.

Including in the DSM-5 language an additional severity specifier called “mild” or “risky use” requiring only one criterion would help solve this problem, according to NAADAC. This would help provide services of some kind to the teenager who gets in trouble at school, and to the person convicted of DUI. NAADAC is concerned that under the DSM-5, there would be overdiagnosis and these people would receive treatment unnecessarily.

Daugherty agrees. His Prevention Research Institute developed PRIME for Life, a prevention and intervention program that is used with driving under the influence offenders in 16 states, as well as with high-risk young drinkers. Daugherty says there is huge variability across the states; in some, as few as 25 percent of DUI offenders are mandated to treatment, and in others, that figure is as high as 75 percent. “There isn’t a threefold difference in the people who need treatment,” says Daugherty. “The difference is policy—some states view that any DUI offender who qualifies must have treatment.”

The curriculum developed by the Prevention Research Institute is “classroom motivational intervention,” says Daugherty. “If states are going to take DSM-5 and do the same thing, they’ll be saying that people who have as few as 2 of those 11 symptoms will be mandated to treatment.”

“We considered having something like

hazardous drinking, but we couldn’t get agreement on it,” O’Brien says in reference to the substance use workgroup. “When someone gets a DWI, the question is, does he have any of the other symptoms? It may be that they do—even if only for that one night.” And many people with repeated DWIs have other symptoms as well, he says.

Seppala agrees that most people who get DWIs turn out to have other symptoms as well—it just requires some probing, such as interviewing of family members, to get past their denial of a problem. “Research suggests that if you get a DWI you are at high risk for alcoholism,” he says, adding that people usually have to drive 200 to 300 miles to get one. “If you never drink much and you get caught after one office party, that’s unusual and unfortunate,” he says. “But most of the time, there’s a lot more going on than that one DWI.”

Seppala is disappointed that the word “addictions” isn’t included in the DSM-5’s substance use disorders category, because it would help explain diagnoses to patients. “If I say someone has addiction, that makes sense to them,” he says. “If I say, ‘You have a moderate substance use disorder,’ I’m going to have to qualify this in terms of understandable terminology.”

The biggest confusion will be for heavy users of alcohol, he says. “They’re going to wonder if they’re alcoholics.

”But the bottom line is that Seppala is “really glad we’re getting rid of abuse and dependence, and moving forward to try to define this better.” Seppala, who was doing his residency when the DSM-IV came out, says the criteria are never perfect, but treatment providers adapt. “We’ll figure out DSM-5, and we’ll use it,” he says.

Alison Knopf is a freelance writer based in New York. She wrote on the possible merging of the National Institute on Drug Abuse and National Institute on Alcohol Abuse and Alcoholism in the March/April 2010 issue.

Drivers to get chance to fix records with classes

By Matt Helms - Freep.com - November 2, 2010

Michiganders with relatively clean driving records will get a onetime chance to waive points from tickets — if they pass a basic driver improvement course — starting next year.

The option of swapping education for points, a carrot for otherwise decent drivers who get caught speeding, making an illegal turn or blowing a stop sign, is a first for Michigan. Other states have had similar programs for years.

The idea is to give errant motorists a break on points that can drive up insurance rates, and educate them about safer behavior behind the wheel. The program officially starts Dec. 31.

Imperfect drivers such as Angel Jackson, 29, of Detroit say the program sounds fair — and welcome.

“It gives us a chance to take the points off our record,” said Jackson, a Detroit café barista and bartender who fesses up to a crash and a speeding ticket in 2007. “I think it gives everybody at least a second chance.”

Not everyone will get the opportunity. Drivers must have two or fewer points on their records. They must still pay for the ticket and up to \$100 for the driver improvement course. But it’s a deal for comparatively minor offenses that carry three or fewer points as a penalty.

Some Mich. Drivers could end up in class

Michigan is about to test the notion that remedial driver’s education classes will help reduce crashes and repeat tickets for motorists who try out a new diversion project.

The state will give drivers an option to avoid points by taking courses — online or in the classroom — designed to teach offenders about collision avoidance, defensive driving, reducing distraction, and other safe behaviors.

Supporters say the classes will help by teaching violators rather than punishing them with fines and other penalties.

Brian Makowski, president of Troy-based O/E Learning, one of the firms competing for state approval to provide the courses to drivers, said the education his company provides is thorough and improves people’s skills on the road.

O/E, a longtime provider of workplace safety education, has applied to offer a three- to four- hour online instruction program with audio, video and 3D simulations to both teach and test those who take it, based on National Safety Council standards.

“It’s a comprehensive course,” Makowski said. “This is

not meant to be a cakewalk for people to avoid points.”

Thousands of drivers could end up in classrooms or taking courses such as O/E’s on home computers. Drivers will bear the costs: up to \$100 for the classes, \$17 of which will go to the Secretary of State’s Office to administer the program.

The law’s sponsor, Sen. John Pappageorge, R-Troy, said the courses will provide otherwise good drivers a break on their driving records, if not on their pocketbooks. Participants still have to pay costs associated with the ticket.

“It’s clearly shown that it reduces accidents, fatalities, and in the long run, it saves money because of the accidents that don’t happen,” Pappageorge said of the program. “This is for minor infractions. That’s the beauty of it. It’s for a minor offense that wouldn’t have done damage anyway.”

Pappageorge said the retraining will produce better drivers. But the effectiveness of such programs is in dispute.

Jonathan Adkins, spokesman for the Governors Highway Safety Association, said the issue hasn’t been studied closely enough for the group to believe it’s more effective than strong financial deterrents; waiving points may lessen the effect.

“The reason people will obey traffic laws is fear of hassle or getting a ticket or another pain in the neck of some sort,” Adkins said.

Insurance Institute for Highway Safety spokesman Russ Rader said his group generally opposes driver improvement classes because the institute’s studies found them ineffective.

“Diversion programs allow citations to be hidden, keeping risky drivers out on the road without the mechanisms like license suspension that have been shown to effectively reduce crashes,” Rader said.

Michigan Secretary of State spokesman Ken Silfven said the program was designed to provide refresher education for drivers who otherwise would only pay or fight the ticket, and not learn safety lessons. Its impact will be evaluated. The state must study the effectiveness of the courses after five years, examining whether they reduce crashes and tickets among participants.

Bill Kelley, 75, a Detroit retiree, said he can’t remember the last time he got a parking ticket, let alone a moving violation. But he said he supports giving decent drivers a break.

“I think the restrictions they’ve got there will rule out the crazies,” Kelley said. “The law of averages says they’re going to be ineligible for the program.”

THE GIFT

(By a Marine stationed in Okinawa, Japan)

'Twas the night before Christmas,
He lived all alone,
In a one bedroom house
Made of plaster and stone.

I had come down the chimney
With presents to give,
And to see just who
In this home did live.

I looked all about,
A strange sight I did see,
No tinsel, no presents,
Not even a tree.

No stocking by mantle,
Just boots filled with sand,
On the wall hung pictures
Of far distant lands.

With medals and badges,
Awards of all kinds,
A sober thought
Came through my mind,

For this house was different,
It was dark and dreary,
I found the home of a soldier,
Once I could see clearly.

The soldier lay sleeping,
Silent, alone,
Curled up on the floor
In this one bedroom home.

The face was so gentle,
The room in such disorder,
Not how I pictured
A United States soldier.

Was this the hero
Of whom I'd just read?
Curled up on a poncho,
The floor for a bed?

I realized the families
That I saw this night,
Owed their lives to these soldiers
Who were willing to fight.

Soon round the world,
The children would play,
And grownups would celebrate
A bright Christmas Day.

They all enjoyed freedom
Each month of the year,
Because of the soldiers,
Like the one lying here.

I couldn't help wonder
How many lay alone,
On a cold Christmas Eve
In a land far from home.

The very thought
Brought a tear to my eye,
I dropped to my knees
And started to cry.

The soldier awakened
And I heard a rough voice,
"Santa don't cry,
This life is my choice."

I fight for freedom,
I don't ask for more,
My life is my God,
My country, my corps."

The soldier rolled over
And soon drifted to sleep,
I couldn't control it,
I continued to weep.

I kept watch for hours,
So silent and still
And we both shivered
From the cold night's chill.

I didn't want to leave
On that cold, dark night,
This guardian of honor
So willing to fight.

Then the soldier rolled over,
With a voice soft and pure,
Whispered, "Carry on Santa,
It's Christmas Day, all is secure."

One look at my watch
And I knew he was right.
"Merry Christmas my friend,
And to all a good night."

*Joy and happiness to all of our
military and their families this holiday
season! Thank you for your sacrifice
to secure our nation's freedom!*



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