

ADSGC NEWS

Prevention Resource Center



Alcohol & Drug Services of Gallatin County

adsgc.org

August 2018



Community Outreach & Partnerships

Brass Plaque Presentation to Frank Parrish Jr. Director & Chief, Montana State University Police Department, by Bozeman Elks Lodge #463.

Presented to MONTANA STATE POLICE DEPARTMENT For Their Continuing Commitment and Dedication for the Students and Staff of Montana State University Through Drug Awareness and Prevention Education.

There is now another Prescription Drug Take-Back Box in Southwest Montana at Montana State University Police Department and funded by the Elks National Foundation Beacon Grant.

Learn More > http://c-coda.org/prescription_drugs/proper_disposal



Guidance for families dealing with substance-use disorders

Licensed professional counselor Pat Aussem works with the nonprofit Partnership for Drug-Free Kids to offer guidance to families navigating substance-use disorders. Here are some suggestions she offers parents:

Don't assume your child's drug use is just a passing phase. You need to address it as a health issue and not a rite of passage.

Many parents hope their kids will somehow decide to stop using without really understanding the health impacts of substance use, such as the [potential negative] impact on brain development. In addition to being clear about expectations and consequences related to substance use, parents might consider consulting a credentialed addictions professional.

This is not about you. Recognize that your child is unwell and that the behavior does not reflect your family's ethics.

For example, if you've learned that your daughter is prostituting or that one of your children is selling drugs or has been arrested, there's such a sense of betrayal of your family values. Remember there's something going on in the brain that is compelling this behavior despite adverse consequences. Many parents are flummoxed by their kids' drug use and spend much time agonizing over what they did wrong to cause it; use that energy instead to seek help.

Consider compassion — for yourself.

Understand and believe that you didn't cause or stoke your child's disorder. That would be like saying that you caused your child to have cancer. Having an attitude of kindness and patience toward yourself is important not only for your sake, but can help your child as well.

Source: Health & Science, The Washington Post, June 30, 2018



Students... Keep yourself and friends safe

Prescription Drugs should only be taken when prescribed for legitimate health issues, and never taken recreationally. Here are some ways you can keep yourself and your friends safe:

- Don't assume that prescription drugs aren't as dangerous as illegal drugs – they are!
- You (and your parents) should read the information that comes with the prescription and that is written on the container and take them only according to these instructions. That includes the dosage prescribed and the length of time.
- Understand that one prescription pill or the wrong mixture of medications (even over-the counter) can be deadly, especially when combined with alcohol.
- Don't be tempted to take a friend's Attention Deficit Disorder (ADD) medicine to study or stay awake. An overdose of these medications can cause anxiety, panic, tremors, irregular heartbeat, dangerously high body temperatures, and even a heart attack.
- Form friendships with people who aren't using prescription drugs so you aren't pressured or tempted to take them yourself.
- Avoid parties or other social situations where drugs will be included. Don't let yourself get caught up in Pharm and Skittles parties – they are EXTREMELY dangerous!
- Know the signs of prescription drug overdose. If you find yourself in a situation where a friend has taken prescription drugs, with or without alcohol, watch over them closely until you know for sure they are OK. Get emergency help immediately if there's ANY sign they're in trouble. REMEMBER: Real Friends Don't Let Friends Die!
- If you're concerned that a friend may be becoming addicted, encourage them to talk to a parent or other trusted adult. If that fails, don't be afraid to seek an adult's help yourself. It's better for you to have them be mad at you than to have them die or become addicted because you didn't come to their rescue.

Check out the NIDA for Teens website, where there's a wealth of information about the dangers of prescription drugs:

<https://teens.drugabuse.gov/>



Opioid Overdose Prevention

Drug overdose deaths are on the rise nationally and are the third leading cause of injury-related death in Montana, accounting for 1,334 deaths between 2003 and 2014.

The rate of opioid overdose death in Montana was just below the national average of 5.5 per 100,000 in 2013-2014, at 5.4 deaths per 100,000.

Montana Opioid and Substance Use Disorder Issues:

- Since 2000, the rate of prescription drug overdose deaths has doubled, with more than 7 deaths from prescription opioid overdose alone.
- For every 100 Montanans, there are 83 painkiller prescriptions written annually in the state.
- In 2015, over 15% of high schoolers in Montana reported having taken a prescription medication without a prescription in their lifetime.

In 2016, the Montana Injury Prevention Program (MIPP) received funding from the Prescription Drug Overdose: Data-Driven Prevention Initiative (DDPI) Grant for three years.

The DPPI plan was developed through the Montana Opioid Strategic Planning Task Force, which was formed in November of 2016. This diverse group includes over 90 stakeholders from over 50 different agencies including law enforcement, public health professionals, medical personnel, and non-profit workers.

The MIPP brought together state agency programs and external partners to develop a comprehensive and statewide prescription drug overdose and abuse prevention plan.

The DPPI plan focuses on six key areas: Partnerships, Prevention and Education, Treatment, Monitoring, Community Resources, and Law Enforcement.

Learn More > <https://dphhs.mt.gov/publichealth/emsts/prevention/opioids>