



E-Newsletter on Drug Abuse

ISSUE: 4-2017

With national, state and
local information on Drug Abuse



National Alcohol Awareness Month

Founded and sponsored by NCADD, Alcohol Awareness Month was established in 1987 to help reduce the stigma so often associated with alcoholism by encouraging communities to reach out to the American public each April with information about alcohol, alcoholism and recovery.



Alcoholism is a chronic, progressive disease, genetically predisposed and fatal if untreated. However people can and do recover. In fact, it is estimated that as many as 20 million individuals and family members are living lives in recovery!

Alcohol Awareness Month provides a focused opportunity across America to increase awareness and understanding of alcoholism, its causes, effective treatment and recovery. It is an opportunity to decrease stigma and misunderstandings in order to dismantle the barriers to treatment and recovery, and thus, make seeking help more readily available to those who suffer from this disease.

Why do some people become addicted to alcohol and drugs and others do not?

Whether a person decides to use alcohol or drugs is a personal choice, influenced by multiple biological, familial, psychological and sociocultural factors. But, once a person uses alcohol or drugs, the risk of developing alcoholism or drug dependence is greatly influenced by genetics. Research shows that genes are responsible for about half the risk for alcoholism and addiction, and while genetics are not the sole determinant, their presence or absence may increase the likelihood that a person will become alcohol or drug dependent.

Individual health is the result of the interaction between genes and environment. As an example, the risk of developing high blood pressure is influenced by both genetics and environment, including diet, stress, and exercise. Some diseases, like sickle cell anemia or cystic fibrosis, are caused by an error in a single gene. However, most diseases, like alcoholism and drug dependence, are considered genetically complex

and involve variations in a number of different genes.

[Read More:](#)

<https://www.ncadd.org/about-addiction/addiction-update/family-history-and-genetics>

How to Avoid Opioid Addiction When You're Prescribed Pain Medication

It's no secret that opioid addiction is a serious problem in the U.S., and it continues to rise. Now, new Centers for Disease Control and Prevention (CDC) research shows how easy it is to become hooked on opioids, finding that many people prescribed opioids for short-term use are still taking the medication a year later.

For the CDC study, scientists analyzed prescription data for almost 1.3 million non-cancer patients who were prescribed opioids for the first time between 2006 to 2015. What they found was disturbing: People who had a one-day prescription of opioids had a 6 percent chance of being on the drug a year later, those who took opioids for 12 days had an almost 25 percent chance of still being on the drug a year later, and those with a month-long prescription had a worrisome 30 percent chance of continuing to be on prescription opioids a year later.

[Read More:](#)

<http://www.msn.com/en-us/health/medical/how-to-avoid-opioid-addiction-when-youre-prescribed-pain-medication/ar-BByTVQR>

New resources available for criminal justice and drug treatment counselors

The National Institute on Drug Abuse (NIDA) has created several new resources for those who work within the criminal justice system and other environments where people in recovery are ready to return to their lives outside of a structured setting. The new materials include:

[Read More:](#)

<https://www.drugabuse.gov/news-events/news-releases/2017/03/new-resources-available-criminal-justice-drug-treatment-counselors>

Medication plus ongoing care provided in emergency departments is promising approach for opioid dependence

New research comparing treatment approaches for opioid dependent patients in emergency departments (ED) suggests that combining the medication buprenorphine with ongoing care is more effective than simply providing referrals to addiction treatment, with or without a brief intervention. This study showed that patients who received buprenorphine,

along with a brief intervention to discuss opioid use, and up to 12 weeks of buprenorphine maintenance, were more likely to get follow-up addiction treatment and had reduced self-reported illicit opioid use. In addition, they were also less likely to need inpatient addiction treatment services, saving treatment costs. This adds to the growing body of literature suggesting that opioid-dependent patients may benefit from immediate initiation of medication while awaiting more comprehensive substance use disorder treatment.



[Read More:](#)

<https://www.drugabuse.gov/news-events/news-releases/2017/02/medication-plus-ongoing-care-provided-in-emergency-departments-promising-approach-opioid-dependence>

Physicians call for drug abuse to be treated as 'chronic disease'

With drug overdoses causing tens of thousands of deaths every year in the U.S., physicians are calling for the crisis to be treated like a medical emergency. Today, the American College of Physicians (ACP) published a position paper arguing that action needs to be taken by the medical community and others to stem the crisis, especially in light of the massive growth of the opioid epidemic.



"Twenty-two million people need treatment and a large percentage of people aren't getting treatment," Dr. Nitin S. Damle, president of the American College of Physicians, told ABC News, citing national statistics compiled by the U.S. Centers for Disease Control (CDC). "We want to focus the spotlight on that."

In the paper, the ACP is making a host of new recommendations on the basis that substance abuse should be considered a chronic disease that needs ongoing treatment, not a "moral disorder or character defect."

[Read More:](#)

<http://abcnews.go.com/Health/physicians-call-drug-abuse-treated-chronic-disease/story?id=46398937>

Rehab facility opens new location for drug and alcohol treatment in Auburn

There is now a new option for substance abuse treatment in Cayuga County. After receiving final approval from New York State's Office of Alcohol and Substance Abuse Services (OASAS), Syracuse Recovery Services has opened a new outpatient rehab facility in Auburn.

Located at 2 Easterly Ave., the Auburn facility is the agency's third Central New York location, as the Syracuse-based organization also operates in Onondaga and Cortland counties. Lisa Forshee, the director of Syracuse Recovery Services, said the for-profit agency applied for the Auburn office last year when she noticed a growing need for drug and alcohol treatment in the region.

[Read More:](#)

http://auburnpub.com/news/local/rehab-facility-opens-new-location-for-drug-and-alcohol-treatment/article_1a454ebd-6d49-59d0-aece-40589b32848b.html

Star athlete → injury → opioids → addiction → death

CARY, N.C. - Drew Gintis loved wrestling, his mom explains. Really, really loved it. "It was his identity," she says.

Marsha Gintis sits in a coffee shop outside Raleigh with the sun streaming in through the window behind her. She opens a manila folder and there is a written speech and a large photo of her son. This is so difficult for her to talk about, but she feels she must. There are lives at stake.

Drew started wrestling as a high school freshman and he lost nearly all of his matches. Yet by junior year he was a co-captain and was planning to wrestle in college. He went from 1-21 to 21-2. Marsha always cringed when she watched her only boy wrestle - there was one time he had his entire face wrapped from an injury - and she vividly remembers the shoulder injury that ended his career as a senior. A doctor prescribed Oxycodone.

The shoulder healed, but Drew didn't.

Read More:

<http://sports.yahoo.com/news/star-athlete-%E2%86%92-injury-%E2%86%92-opioids-%E2%86%92-addiction-%E2%86%92-death-164328371.html>

More Schools Stocking Naloxone in Response to Heroin Epidemic

A growing number of schools across the country are stocking the opioid overdose antidote naloxone in response to the heroin epidemic, The New York Times reports. Schools in Massachusetts, Kentucky, Connecticut and New Mexico have naloxone for emergency use. New York State provides naloxone for free to schools, and almost 250 schools in Pennsylvania have received a free supply. In Rhode Island, all middle schools and high schools must have naloxone on the premises. Any high school in the country can receive two free doses of Narcan (a brand name for the nasal spray version of naloxone), through a partnership between the drug's producer, Adapt Pharma, and the Clinton Foundation.

Read More:

<https://drugfree.org/learn/drug-and-alcohol-news/schools-stocking-naloxone-response-heroin-epidemic/>

Quote of the Month

"We can achieve what we can conceive and believe."

- Mark Twain -

Remember:

Getting Drunk is Never Safe...

Getting High is Never Smart !!!

Stay Clean -- Stay Sober -- Stay Healthy

- Tim VanDamme -

Executive Director

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