

What's your Parenting IQ?



E-Newsletter Issue: 9-2017

National, state and local information on Drug Abuse

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Family Day is a Day to Eat Dinner With Your Children

Make Something Delicious Together on Family Day, Monday, September 25, 2017



Hectic work schedule? Swimming in after-school activities? Do outside influences interfere with your family's dinnertime? Family Day™ (September 25, 2017) is a national effort to promote family dinners as an effective way to reduce youth substance abuse and other risky behaviors, as research by

The National Center on Addiction and Substance Abuse at Columbia University consistently finds that the more often children eat dinner with their families, the less likely they are to smoke, drink or use illegal drugs.

This September 25, Informed Families invites you to spend time with the original social network (your family at the dinner table!) and join us in standing up for sitting down to dinner.

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**What's your Parenting IQ?
Find out now with the Parent Report Card!**

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The scary reality of NFL and opioids

Jeff Hatch is a retired NFL lineman. Here, he shares his story of opioid addiction with Yahoo Sports.

With another NFL season underway, some

players, unfortunately, have been cut and seen their careers end as teams pared down their rosters.

It's hard for a man who's spent his entire life preparing for the professional ranks see his career come to a close, and making the transition back to civilian life is often extremely difficult. But there's one aspect of this difficult transition that is too often ignored: addiction.

Many, if not most, NFL players cope with the excruciating pain during their playing careers with the help of prescription painkillers, which are easy to obtain through their teams, fellow players, doctors and other sources. Many become addicted and most don't take advantage of whatever assistance is available during their playing careers.

Once they are cut, released or retired, many are left not only with an uncertain financial and professional future, but also with an addiction to opiates. And it's not pretty. It certainly wasn't for me.



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Are You a Functional Alcoholic?

How to recognize an alcohol use disorder, and what you can do about it.



Most people know that consuming too much alcohol is bad for your health. What you may not realize is that excessive drinking remains the third leading preventable cause of death in this country. It's a disease that affects some 17 million U.S. adults, a staggering one-fifth of whom are "functionally dependent," meaning they don't fit stereotypical ideas about how an alcoholic looks or acts.

"What it means to be a functional addict is that you can be addicted to drinking and still continue to function in certain domains," says Stephen Ross, MD, director of substance abuse in the department of psychiatry at New York University's Langone Medical Center. "Functional addicts can drink heavily once they get home from work and yet are still able to get up the next day and go to work. They may not function optimally, but they can do their job."

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Fatal Heroin Overdoses Have Risen Five-fold Since 2002

Fatal heroin overdoses have risen fivefold from 2002 to 2016, according to a new government report. Last year, an estimated 13,219 Americans died of a heroin overdose. The number of people who used heroin in the United States rose from 404,000 in 2002 to 948,000 in 2016, CNN reports. An estimated 11.8 million Americans misused an



opioid last year. Of those, only 8 percent used heroin. The majority misused prescription painkillers, the article notes.

According to the findings, from the latest National Survey on Drug Use and Health, 21 percent of Americans 12 and older with an opioid use disorder received treatment for their illicit drug use at a specialty facility in the past year. Receipt of treatment for illicit drug use at a specialty facility was higher among people with a heroin use disorder (37.5 percent) than among those with a prescription pain reliever use disorder (17.5 percent).

Heroin, Fentanyl & Other Opioids: From Understanding to Action

Heroin and other opioids are ravaging communities across America. Deaths from heroin increased 328% between 2010 and 2015, and drug deaths from fentanyl and other synthetic opioids are now seeing a sharp rise as well. More Americans die from drug overdoses than in car crashes, and this increasing trend is driven by Rx painkillers.

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My Kid Just Completed Addiction Treatment. Now What?

Parents often feel uncertain and ill-prepared when their son or daughter has completed addiction treatment. Many parents expect their teen or young adult to be "fixed" when he or she finishes a treatment program. Unfortunately, this is not a realistic expectation.

For many young people, a substance use disorder is a chronic condition that will require management into adulthood, and for some, throughout life. This is typical of chronic disorders. (For example, if treatment for asthma or diabetes were stopped, a relapse would likely occur.) So, with this in mind, how can you best support your child's recovery in the days and weeks after treatment?

To help parents, we created a guide called Continuing Care.



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More Children and Teens Arriving in Emergency Rooms Dependent on Opioids



More children and teens are arriving in U.S. emergency rooms dependent on or addicted to opioids, HealthDay reports.

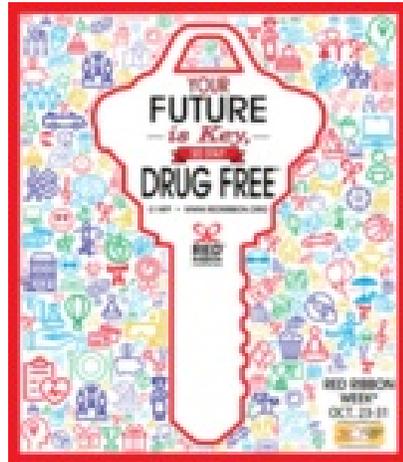
Almost 50,000 ER patients ages 21 and younger were diagnosed with opioid dependence or addiction in 2013, up from 32,200 in 2008, according to a study

presented at the annual meeting of the American Academy of Pediatrics.

"It was very concerning to see that by the last year we studied, an average of 135 children each day were testing positive for opioid addiction or dependency in emergency departments," study co-author Veerajalandhar Allareddy, MD of the University of Iowa said in a news release. "In our opinion, this is a pediatric public health crisis."

Introducing The 2017 Red Ribbon Week Theme: Your Future Is Key, So Stay Drug Free

The theme for the 2017 Red Ribbon Campaign has been announced and Iris Yu, a student at Solon Middle School in Ohio won the contest for creating this year's theme: "Your Future Is Key, So Stay Drug Free." National Red Ribbon Week is celebrated Oct. 23 through Oct. 31.



"I think that drug prevention is important because [drug use] has been popularized by pop culture and the media," said Iris. "I came up with the theme by first considering what doing drugs would affect, and the obvious answer to me was your future. The rest of the words kind of just fell into place."

CVS to limit opioid drug prescriptions amid national epidemic

Drug-store chain CVS Health announced Thursday that it will limit opioid prescriptions in an effort to combat the epidemic that accounted for 64,000 overdose deaths last year alone.

Amid pressure on pharmacists, doctors, insurers and drug companies to take action, CVS also said it would boost funding for addiction programs, counseling and safe disposal of opioids.



The company's prescription drug management division, CVS Caremark, which provides medications to nearly 90 million people, said it would use its sweeping influence to limit initial opioid prescriptions to seven-day supplies for new patients facing acute ailments.

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Quote of the Month

***"Believe you can and
you're halfway there"***

-Theodore Roosevelt

Tim VanDamme Executive Director M.S., CASAC