

# ADSGC NEWS

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*Alcohol & Drug Services of Gallatin County*

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### ***Opioid Misuse Among Pregnant Women***

The past decade has seen a rise in the proportion of infants who have been exposed to opioid drugs, such as heroin or prescription pain relievers (e.g., oxycodone, hydrocodone), at birth

A recent government report revealed that approximately 21,000 pregnant women, ages 15 to 44, engaged in opioid misuse within the past month.

The findings — a series of combined data sets from Substance Abuse and Mental Health Services Administration (SAMHSA)— examined the non-medical misuse of opioids among females of childbearing age and found that pregnant women were less likely than non-pregnant women of the same age to misuse opioids (0.9 percent versus 2.6 on average for all the subjects), but the likelihood of opioid use fluctuated noticeably between ages.

“Opioid abuse can disrupt fetal development at any stage during a pregnancy — even before a woman knows she is pregnant,” said Rachel Lipari, Ph.D., a statistician at SAMHSA. “Women who are pregnant or may become pregnant should consult their doctor prior to using opioids.”

“Nonmedical use includes using a prescription-type pain reliever without a prescription of their own or simply for the experience or feeling the drugs caused,” she said.

**Learn More >** [https://www.samhsa.gov/data/sites/default/files/report\\_2724/ShortReport-2724.html](https://www.samhsa.gov/data/sites/default/files/report_2724/ShortReport-2724.html)



Community Medical Services began providing Opioid Treatment Program Services in Phoenix, Arizona in 1983 and has expanded services to Montana, North Dakota, and Alaska. Currently in Montana there are clinics in Belgrade, Missoula, Billings, and Kalispell.

Community Medical Services (CMS) provides ASAM Level I Outpatient Opioid Maintenance Treatment services are available for clients with a diagnosis of Opioid use disorder based on DSM and ASAM criteria. CMS offers treatment with Methadone Suboxone, Subutex, and Vivitrol . At CMS Opioid treatment is individualized and dependent on the client and their medical considerations.

The goal is to stabilize an individual on an appropriate dose amount prescribed by a physician who will assist the individual in becoming free of illicit opiates. Clients participate in a comprehensive treatment approach that may include, but is not limited to, individual counseling and education, case management, outside support groups and referrals to specialized treatment providers.

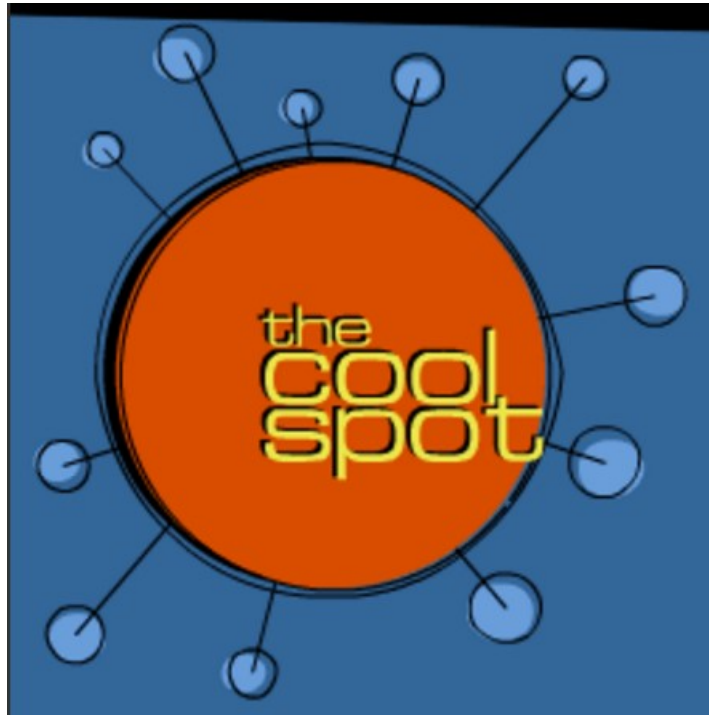
This is determined by the treatment team and client during the assessment and evaluation process at intake and ongoing as treatment needs change or as they are identified. Aftercare counseling is offered to all clients after successfully completing the program.

State and Federal regulations are followed which surround this form of treatment. All locations hold required state and local licenses including CARF accreditation, CSAT certification, DEA registration and State licenses. Medication is dispensed by a credentialed nurse.

People who are currently using Opioids and wish to participate in outpatient treatment do not need a formal referral from a doctor or anyone else. Any interested persons call any of the locations, or they can walk in. Typically we ask a few questions and will schedule a medical intake within 24 hours. Emergency intakes are often available depending on the circumstances.

In Montana there are clinics in Missoula, Kalispell, Billings, and Belgrade.

For more information on CMS services go to [www.communitymedicalservices.org](http://www.communitymedicalservices.org)



## Info for Parents and Teachers

The Cool Spot was created for kids 11-13 years old by the National Institute on Alcohol Abuse and Alcoholism (NIAAA).

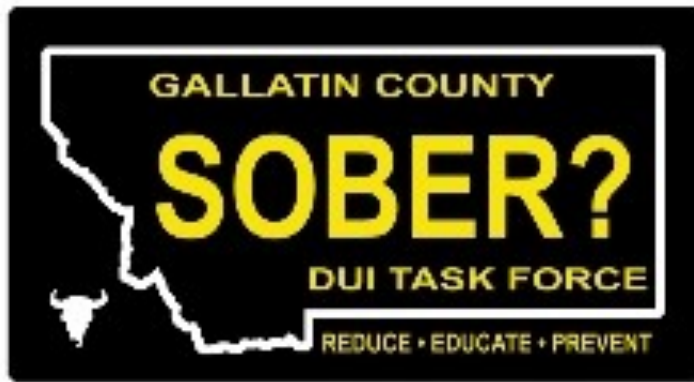
The NIAAA is the lead U.S. agency supporting research into the causes, prevention, and treatment of alcohol problems. It is a component of the National Institutes of Health, within the U.S. Department of Health and Human Services.

The content of The Cool Spot is based on a curriculum for grades 6-8 developed by the University of Michigan. The curriculum was created for the Alcohol Misuse Prevention Study (AMPS), a large-scale project supported by NIAAA.

One goal of AMPS was to give young teens a clearer picture about alcohol use among their peers. Teens tend to overestimate how much kids their age really drink. When they learn more accurate information, some of the pressure to drink can subside. Other goals of AMPS were to help kids learn skills to resist pressure to drink and to give them reasons not to drink. The Cool Spot incorporates AMPS goals in these and other features:

- **Reality Check** quizzes kids about how much drinking is really going on in the U.S. The answers, which often surprise kids and adults alike, are based on results of the 2002 National Survey on Drug Use and Health.
- **Deep Digging** is a simple but powerful page that depicts why using alcohol as a solution to problems, or a way of trying to cope, is trouble.
- **Peer Pressure Bag of Tricks** presents animated scenes that invite kids to identify some common peer pressure "tricks." It also lets kids know that spotting these tricks is the first step to resisting them.
- **Know your No's** is an activity that introduces kids to a variety of ways to say no, and helps them learn which one is the most effective.

**Learn More**> <https://www.thecoolspot.gov/about.aspx>



## **Reminding everyone to be safe when driving**

With graduations, proms and the summer season beginning in our beautiful valley, the Gallatin County DUI Task Force would like to remind everyone to be safe when driving this season.

Statistics from MADD tell us that in 2015, there were over 300,000 drinking and driving incidents nationwide each day with 290,000 injuries daily. Every two minutes a person is injured in a drunk driving crash and 10,265 people were killed. In the amount of time it takes you to read this letter, someone will be injured or killed in a drunk driving accident.

According to the CDC, the average drunk driver has driven intoxicated over 80 times before their first arrest and 1/3 of all drivers arrested or convicted are repeat offenders.

Did you know that Montana is tied with North Dakota for the highest DUI arrests and fatalities in the country?

The DUI Task Force urges everyone to please be safe this summer. Give your keys away, take the keys from someone who is impaired. Prevention is essential. We are fortunate to have many options in the Gallatin Valley – take the bus, call a cab, use an Uber ride, or with the beautiful weather we have this season, walk home. The life you save by doing so may just be your own.

*Maureen C. Exley*  
*Gallatin County DUI Task Force*

**Learn More**> [http://c-coda.org/gallatin\\_county\\_ DUI\\_task\\_force](http://c-coda.org/gallatin_county_ DUI_task_force)