

ADSGC NEWS



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Alcohol & Drug Services of Gallatin County

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2016 Juried Art Exhibition / *Bitter Pill: Montana Lives Affected by Rx Abuse*

The United States Drug Enforcement Administration, the District of Montana U.S. Attorney's Office, and the Montana Attorney General's Office Resolve Montana initiative are proud to present Bitter Pill: Montana Lives Affected by Rx Abuse, an art exhibition that aims to express the human side of prescription drug abuse and recovery.

Artwork can be an effective and unique medium to bring the conversation about prescription drug abuse and the toll it exacts on our families, friends, and neighbors to a broad audience.

The Bitter Pill exhibition showcases works from more than 30 amateur and professional artists from across Montana whose pieces examine the state's prescription drug abuse epidemic.

For information about showings of the Bitter Pill Exhibit in Montana visit:

<https://dojmt.gov/consumer/prescriptiondrugabuse/bitter-pill-art-contest/>



Kids are being inundated with booze ads, study finds

The study, published in the May issue of the *Journal of Studies on Alcohol and Drugs*, found that kids ages 11-14 typically viewed two to four alcohol ads a day.

Objective:

The purpose of this study was to quantify middle school youth's exposure to alcohol advertisements across media and venues, determine venues of greatest exposure, and identify characteristics of youth who are most exposed.

Method:

Over a 10-month period in 2013, 589 Los Angeles–area youth ages 11–14 from diverse racial/ethnic backgrounds completed a short paper-and-pencil survey assessing background characteristics and then participated in a 14-day ecological momentary assessment, logging all exposures to alcohol advertisements on handheld computers as they occurred.

Results:

African American and Hispanic youth were exposed to an average of 4.1 and 3.4 advertisements per day, respectively, nearly two times as many as non-Hispanic White youth, who were exposed to 2.0 advertisements per day. Girls were exposed to 30% more advertisements than boys. Most exposures were to outdoor advertisements, with television advertisements a close second.

Conclusions:

Exposure to alcohol advertising is frequent among middle school–age youth and may put them at risk for earlier or more frequent underage drinking. Greater restrictions on alcohol advertising outdoors and on television should be considered by regulators and by the alcohol industry and should focus particularly on reducing exposure among minority youth.



Problems Related to Marijuana Use

Acute Psychiatric Reactions. In a community sample, 22% of users reported experiencing acute anxiety or panic attacks following use, and 19% reported memory loss or “blackouts” for a period while intoxicated.

Unintentional Injury. In a large-scale study of more than 60,000 patients, users of marijuana were more likely to be admitted to the hospital due to injury from all causes than non-users or former users even after adjusting for alcohol use and other potential confounds. The Drug Abuse Warning Network (DAWN), a system for monitoring the health impact of drugs, estimated that in 2011 there were nearly 456,000 drug-related emergency department visits in the United States in which marijuana use was mentioned in the medical record (a 21% increase over 2009).

Psychosocial Adjustment. A 25-year longitudinal study in New Zealand found that after accounting for a host of confounding variables (including family functioning, academic achievement, and comorbid mental illness and substance use), increasing levels of marijuana use prior to age 21 were associated with lower levels of income, lower levels of educational attainment, higher unemployment, lower levels of relationship satisfaction, and lower levels of life satisfaction at age 25.

Academic Performance Effects and Outcomes. One university study found that discontinuous enrollment in college was most prevalent among chronic/heavy marijuana users (40.8%) and lowest among minimal marijuana users (24.9%)

Mental Health Effects. It is estimated that 14% of schizophrenia diagnoses could be prevented if marijuana use was similarly prevented.

Dependence: In the United States, marijuana dependence is the third most common type of substance dependence (preceded by alcohol and tobacco). It is estimated that 8.5% of the U.S. population will experience a marijuana-use disorder during their lifetime.

Low Treatment Rate. Only about one-third of individuals with marijuana dependence issues ever receive treatment. For those who do receive treatment, there is a lag of more than three years between the onset of dependence symptoms and treatment.

Source: SAMSHA's Center for the Application of Prevention Technologies

YAM YOUTH AWARE OF MENTAL HEALTH

Promising new youth suicide prevention intervention program to be provided in Montana

A promising new youth suicide prevention intervention program designed to enhance mental health resiliency in youth will be provided in schools across Montana thanks to a \$303,000 grant from the Montana Research and Economic Development Initiative, a group of committed facilitators and the Montana State University Center for Mental Health Research and Recovery.

The research-based program, which has been found to reduce suicide attempts and suicidal thoughts by more than 50 percent, is called YAM (or Youth Aware of Mental Health). The five-hour program is spread over five weeks. Using trained facilitators, YAM includes interactive talks, as well as three hours of role-playing and mental health referral resources for youth. The program is designed to teach both mental health awareness and risk factors that are associated with suicide, as well as a set of skills for dealing with adverse life events. An important component of YAM is that it is directly delivered to each youth, rather than to “gatekeepers,” or those people who frequently interact with youth, such as teachers, school staff and community leaders, according to Dr. Matt Byerly, head of the MSU Center for Mental Health Research and Recovery, which helped bring the program to Montana.

“The focus of YAM is unique compared to other interventions for youth,” Byerly said. “It’s not gatekeeper training, and it’s also not limited to an educational focus. It has important components that are meant to develop skills, including skills in emotional health and the ability to navigate stressful situations. Other important components include building connectedness and empathy for youth with their peers.”

YAM will be provided this fall and next spring to 1,000 to 1,500 students in approximately 11 schools throughout Montana, including several schools on American Indian reservations. Most of the students will be in ninth grade, although there will also be some participating seventh and eighth grade classrooms.

YAM was developed in Sweden, and more than 11,000 ninth grade students in 10 European countries participated in the initial study. Results of the study showed that, YAM was the only intervention of three that was superior to the control group, reducing suicide attempts and suicidal thoughts by more than 50 percent compared to the control group. The findings were published in the journal “Lancet” in 2015.

Source: By MSU News Service



3rd Annual Run for Recovery 2016

On Saturday, May 21, 2016 the Alive Again Life Recovery Mission (AALRM) hosted a 5K/10 K Run for Recovery fund raiser in Bozeman. The race included a 10K run; a 5K run, walk or stroller; and a kid's fun run.

Despite the inclement weather, people in the community gathered to support this event .

Alive Again Life Recovery Mission exists for the purpose of creating a safe Christian environment for individuals of all ages to fellowship, learn, and heal from addiction and addiction-related effects.

They meet every Friday evening at E-Free Church of Bozeman (1701 South 19th Avenue, Bozeman, Montana) and welcome any and all who want to join for dinner and fellowship.

Staff members of Alcohol and Drug Services of Gallatin County (ADSGC) Vicki DeBoer, Robyn Carr, Anne Wysoski, and Becky Wysoski supported this event by entering as runners and walkers.

A great time was had by all!