

ADSGC NEWS

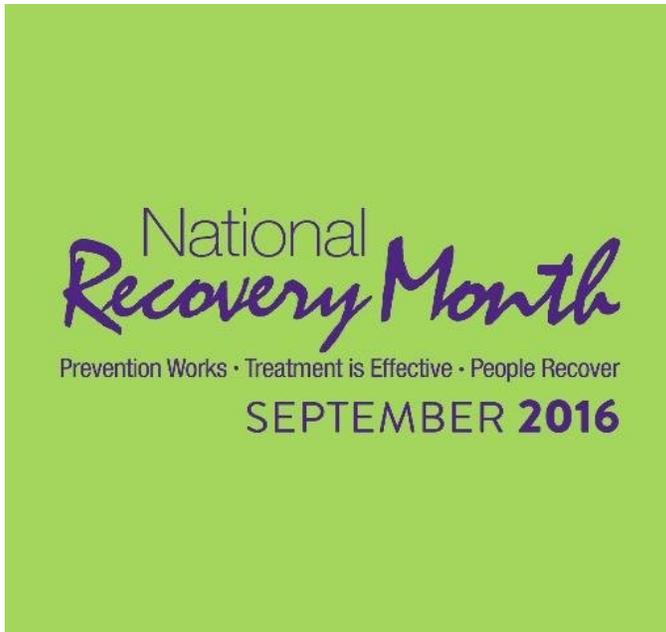
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Alcohol & Drug Services of Gallatin County

406.586.5493

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National Recovery Month (Recovery Month) is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

Recovery Month celebrates the gains made by those in recovery, just as we celebrate health improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease.

The observance reinforces the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

Recovery Month provides a toolkit with tips and resources to plan events, distribute information, and promote recovery efforts.

This year’s theme — *Our Families, Our Stories, Our Recovery!*

Recovery Month Toolkit: recoverymonth.gov/toolkit



**KIDS HAVE QUESTIONS.
PARENTS NEED ANSWERS.
FIND THEM AT DRUGFREE.ORG**



**Partnership™
for Drug-Free Kids**
Where families find answers

The Partnership is a nonprofit, 501(c)(2) charitable organization.

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“Fried Egg 2016” Campaign

For a generation of commercial-watching adolescents, it was an indelible image: an egg, sizzling in a frying pan, representing “your brain on drugs.” It was a straightforward message, and the ad’s final line — “Any questions?” — asked as the egg white clouded and cooked, was strictly rhetorical.

Three decades later, the Partnership for Drug-Free Kids (the group formerly known as the Partnership for a Drug-Free America) is bringing the frying pan out of retirement and firing up the stove again. But this time questions are the point.

The group hopes it can tap into the nostalgia parents may have for the old frying egg ad while also letting them know their children do indeed want answers about drugs.

Source: The New York Times—August 7, 2016



FDA's New E-Cigarette Rules

The sale of e-cigarettes to minors is now banned, as part of the U.S. Food and Drug Administration's long-awaited plan to extend the agency's regulatory powers across all tobacco products.

The new rules halt the sale of e-cigarettes and any other tobacco product to anyone younger than 18. The regulations also require photo IDs to buy e-cigarettes, and ban retailers from handing out free samples or selling them in all-ages vending machines. The rules also cover other alternative forms of tobacco like cigars, hookah tobacco and pipe tobacco.

Electronic cigarettes are battery-operated devices designed to create an aerosol that delivers nicotine, flavor and other chemicals when inhaled by the user. Manufacturers have marketed the products as a way to help smokers quit cigarettes. But, opponents contend that the nicotine-laden e-cigarettes actually encourage people -- especially vulnerable teens -- to pick up the smoking habit.

"This final rule is a foundational step that enables the FDA to regulate products young people were using at alarming rates, like e-cigarettes, cigars and hookah tobacco, which had gone largely unregulated," Mitch Zeller, director of the FDA Center for Tobacco Products, said during a media briefing when the oversight was announced in May.

Source: HealthDay News for Healthier Living

i talk
they hear you

**Underage
Drinking
Prevention**



**Before she starts
asking for the truck
keys.**

**A perfect moment to talk
about alcohol.**

Parents are the #1 influence on
whether their kids drink.

For tips on how—and when—to
begin the conversation, visit:



www.underagedrinking.samhsa.gov



**While they're making
healthy choices.**

**A perfect moment to talk
about alcohol.**

Parents are the #1 influence on
whether their kids drink.

For tips on how—and when—to
begin the conversation, visit:



www.underagedrinking.samhsa.gov





Community-Based Addiction Assessment & Treatment (Outpatient)

Programs are available to assist you through this difficult transition period. Outpatient services help you develop a balanced lifestyle through individual and group sessions. Contact your counselor or the office directly for availability and more detailed questions. Below you will find general descriptions of programs offered.

Intensive Relapse Prevention

This program assists those who have completed treatment to develop a balanced lifestyle. It teaches essential life skills to use when confronted by high-risk thinking and problematic behaviors. Participants attend one weekly group session and an individual session every other week.

Adult Continuing Care

The Adult Continuing Care program supports those who have successfully completed treatment (inpatient or outpatient) yet require additional treatment support. Participants attend a once-a-week group session and an individual session every other week. Sessions focus on relapse prevention, creating a healthy environment that supports recovery, and strengthens skills learned in treatment.

Co-Occurring Mental Health Services include Dialectical Behavior Therapy (DBT)

A behavioral approach that helps those enrolled in treatment to reach their recovery-based life-goals by identifying risky behaviors and teaching skills to change those. DBT is provided as a continuing care program.

Seeking Safety

Seeking Safety is specifically developed to address both Post Traumatic Stress Disorder and substance abuse. It helps clients establish safety—to work toward discontinuing substance use, letting go of dangerous relationships, and gaining control over symptoms as dissociation and self-harm.

The course manual is divided into 25 topics, addressing a range of cognitive, behavioral, and interpersonal domains. Each topic provides highly practical tools and techniques to engage patients in treatment; teach “safe coping skills;” and restore ideals that have been lost including respect, care, protection, and healing.

Structured yet flexible, topics can be conducted in any order and in a range of different formats and settings. Seeking Safety is offered as a continuing care program after primary treatment. Topics of Seeking Safety are also used in our Individual Outpatient Patient program.

[Learn More > adsgc.org](http://adsgc.org)