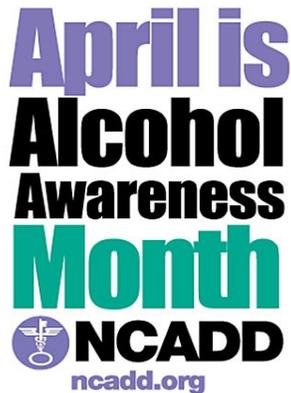


ADSGC NEWS



Alcohol & Drug Services of Gallatin County Newsletter

April 2016



Features

- *Underage Drinking Prevention*
- *WHAT IS EXCESSIVE DRINKING USE?*
- *Alcohol & Drug Services of Gallatin County Programs*

“Talk Early, Talk Often: Parents Can Make a Difference in Teen Alcohol Use.”

Each April since 1987, the National Council on Alcoholism and Drug Dependence, Inc. (NCADD) has sponsored Alcohol Awareness Month to increase public awareness and understanding, reduce stigma and encourage local communities to focus on alcoholism and alcohol-related issues.

With this year’s theme, “Talk Early, Talk Often: Parents Can Make a Difference in Teen Alcohol Use,” the month of April will be filled with local, state, and national events aimed at educating people about the treatment and prevention of alcoholism, particularly among our youth, and the important role that parents can play in giving kids a better understanding of the impact that alcohol can have on their lives.

Alcohol use by young people is extremely dangerous—both to themselves and to society, and is directly associated with traffic fatalities, violence, suicide, educational failure, alcohol overdose, unsafe sex and other problem behaviors, even for those who may never develop a dependence or addiction.

Adolescence is a time of heightened risk-taking and as alcohol and drugs enter the picture, parents are faced with a unique set of challenges. They can simply sit back and hope their kids will “get through it,” or they can take an active role in learning about alcohol and drugs and helping their kids do the same.



Underage Drinking Prevention

1. Show you disapprove of underage drinking.

More than 80% of young people ages 10-18 say their parents are the leading influence on their decision to drink or not drink. So they really are listening, and it's important that you send a clear and strong message.

2. Show you care about your child's happiness and well-being.

Young people are more likely to listen when they know you're on their side. Try to reinforce why you don't want your child to drink—not just because you say so, but because you want your child to be happy and safe. The conversation will go a lot better if you're working with, and not against, your child.

3. Show you're a good source of information about alcohol.

You want your child to be making informed decisions about drinking, with reliable information about its dangers. You don't want your child to be learning about alcohol from friends, the internet, or the media—you want to establish yourself as a trustworthy source of information.

4. Show you're paying attention and you'll notice if your child drinks.

You want to show you're keeping an eye on your child, because young people are more likely to drink if they think no one will notice. There are many subtle ways to do this without prying.

5. Build your child's skills and strategies for avoiding underage drinking.

Even if your child doesn't want to drink, peer pressure is a powerful thing. It could be tempting to drink just to avoid looking uncool. To prepare your child to resist peer pressure, you'll need to build skills and practice them.

Keep it low-key. Don't worry, you don't have to get everything across in one talk. Many small talks are better.

Read More:

<http://www.samhsa.gov/talk-they-hear-you/parent-resources/five-conversation-goals>



WHAT IS EXCESSIVE ALCOHOL USE?

County Health Rankings and Roadmaps
Robert Wood Johnson Foundation Program

25% of Gallatin County adults report excessive drinking, above the state average of 21% and well above the national average of 18%.





Alcohol & Drug Services of Gallatin County

Prevention, education, addiction & mental health treatment services to help on your road to a healthy lifestyle.

About Our Programs

At ADSGC, all treatment services are based on individual needs. To best serve those needs, we use a variety of effective clinical approaches and therapy modalities, including on and off-site options.

On-site Outpatient Programs

Participants in our outpatient programs learn about: the disease of addiction, how to prevent relapse, the recovery process and barriers to recovery, the importance of family dynamics, and more. The length of each program is based on an individual's progress.

Court-Mandated Programs

ADSGC provides classes to adults and adolescents. These include Driving Under the Influence and Misdemeanor Dangerous Drugs Programs, Minor in Possession classes, and monthly "Monitoring" educational sessions.

Offsite Programs

We have satellite offices in West Yellowstone and in Big Sky. Big Sky services are made possible through a partnership with "Women in Action."

Sober Living Environments

The goal of a sober living environment is to end the cycle of intoxication by providing transitional housing, treatment and supportive services to substance abusers. Recovery House, Bozeman offers a sober living environment for up to 7 women, and Olive Branch offers a sober living environment for up to 7 men.

Learn More > adsgc.org