

ADSGC NEWS



Alcohol & Drug Services of Gallatin County Newsletter

February 2016

Substance Abuse Prevention 1960s & 2010 – Present



1960s

Features

- *Rising Death Rate of Young White Adults Driven by Drug Overdoses*
- *Healthy Gallatin working with Community Partners*
- *Got Drugs?*
- *The New Joy of Coloring*
- *How to Talk With Kids About Alcohol, Drugs, & Other Important Things*

Natation Situation

People began using drugs to have psychedelic experiences. Drug use was associated with the counter culture or racial/ethnic minorities. By the end of the decade drug use was considered a national epidemic.

Prevention Strategy

Scare tactics through films and speakers; information about substance abuse through films and speakers.



2010-Present

National Situation

Greater emphasis is place on prevention and treatment for everyone. Behavioral health integrated with primary care under the Affordable Care Act.

Prevention Strategy

Use of evidence-based practices; strategic planning process; improved access to health insurance with better benefits for mental health and substance abuse services and support.



Rising Death Rate of Young White Adults Driven by Drug Overdoses

Drug overdoses are driving up the death rate of young white adults in the United States to levels not seen since the end of the AIDS epidemic more than two decades ago — a turn of fortune that stands in sharp contrast to falling death rates for young blacks, a New York Times analysis of death certificates has found.

The rising death rates for those young white adults, ages 25 to 34, make them the first generation since the Vietnam War years of the mid-1960s to experience higher death rates in early adulthood than the generation that preceded it.

The Times analyzed nearly 60 million death certificates collected by the Centers for Disease Control and Prevention from 1990 to 2014. It found death rates for non-Hispanic whites either rising or flattening for all the adult age groups under 65 — a trend that was particularly pronounced in women — even as medical advances sharply reduce deaths from traditional killers like heart disease. Death rates for blacks and most Hispanic groups continued to fall.

Researchers are struggling to come up with an answer to the question of why whites in particular are doing so poorly. No one has a clear answer, but researchers repeatedly speculate that the nation is seeing a cohort of whites who are isolated and left out of the economy and society and who have gotten ready access to cheap heroin and to prescription narcotic drugs.

[Read More>](#)

http://www.nytimes.com/2016/01/17/science/drug-overdoses-propel-rise-in-mortality-rates-of-young-whites.html?_r=2



Healthy Gallatin is committed to addressing the public health crisis caused by the use of all forms of commercial tobacco products. Through funding made possible by the Montana Tobacco Use Prevention Program (MTUPP) we work with community partners to eliminate tobacco use, especially among young people.

Our goal, and that of MTUPP is to reduce disease, disability, and death related to tobacco use through work focused in these core areas:

Quit

Tobacco

Prevent

Tobacco Use

Eliminate

Exposure & Disparities

MONTANA TOBACCO

QUIT *LINE*
1-800-QUIT-NOW



Every Deposited Unwanted Pill Is One Step Closer To Preventing Prescription Drug Abuse.

If you have any unused or unwanted prescriptions, drop them off at one of the following drug take-back box locations in Gallatin County.

*Funded by the Elks National Foundation Beacon Grant

***Belgrade City Hall/Police Department:**

91 E. Central Ave.—Belgrade, Mt. 59714

***Bozeman Police Substation:**

34 N. Rouse Ave.—Bozeman, Mt. 59715

Gallatin County Law & Justice Center:

615 S. 16th Ave.—Bozeman, Mt. 59715

***Manhattan Police Department:**

120 W. Main Street—Manhattan, Mt. 59741

***West Yellowstone Police Department:**

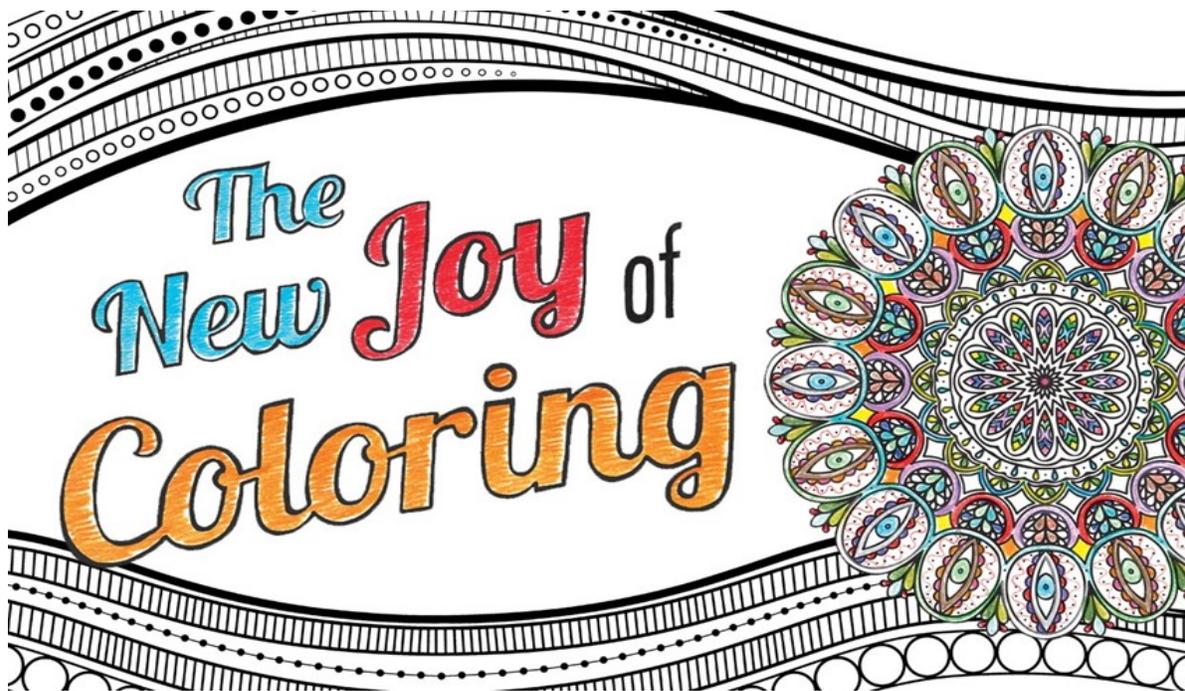
124 Yellowstone Ave.—West Yellowstone, Mt. 59758

(Please No Sharps or Ointments)

Keeping unused, unwanted or expired prescription drugs can result in them falling into the wrong hands. These 'hands' could range from pets to small children or curious teens.

Disposing of prescription drugs into the regular trash may result in groundwater contamination.

Brought to you by Bridger Arthun, Senior at Bozeman Senior High School, Bozeman Elks Lodge #463, and the Community Coalition on Drug Awareness.



Color for Your Health

While other hobbies might relax you, coloring offers complete absorption. "It engages both sides of your brain in that it's both creative and tactical," says psychologist Alice Domar, Ph.D., Executive Director of the Domar Center for Mind/Body Health in Boston.

Creativity comes with envisioning the color selection and how it will play throughout the piece, while the tactical involves applying your decisions to the artist's design. Both keep your right brain from taking over and wandering where it wants, as it does when you doodle.

"It's impossible to worry about dinner or the laundry or anything else when your mind is completely engaged," Domar explains. "With knitting or other crafts, you can watch TV or multitask, but coloring really requires you to be in the moment. And that makes it meditative."

She suggests coloring to patients who need stress relief, particularly those who loved the activity as a child. "Coloring brings you back to a simpler time, it's pleasurable, it's a chance to sit and be mindful... and at the end you get this beautiful result. You have a real sense of accomplishment."

SOURCE> *Parade Magazine*

<http://parade.com/409702/hdowdle/50-shades-of-happy-the-new-joy-of-coloring>



How to Talk With Kids About Alcohol, Drugs, & Other Important Things

If you could do one thing that would help your child succeed in school, live a healthier life, and develop to his or her fullest potential, would you do it?



FREE Workshops for Parents, Grandparents & Guardians

Every 3rd Monday of the month

from 6:30 to 8:30 pm

Door Prizes!

Alcohol & Drug Services of Gallatin County

2310 N. 7th Avenue

Bozeman, Montana 59715

Please Contact Jennifer Pazera to Learn More & Enroll

406.586.5908