

ADSGC NEWS



Alcohol & Drug Services of Gallatin County Newsletter

November 2015



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ALERT: Montana Youth Electronic Cigarette Use Alarming

2015 Montana Youth Risk Behavior Survey results indicate Montana youth are using electronic electronic vapor products more than cigarettes, cigars and smokeless tobacco combined.

Electronic vapor products (E-Cigs, E-Hookahs, Electronic Cigarettes, Vapes, Electronic Nicotine Delivery Systems etc.) are battery-operated “smoking” devices that most often contain highly addictive nicotine.

The long-term effects of E-cigs on health are unknown, but we do know that nicotine is harmful to the developing brain. With an unregulated industry, there are no labeling requirements and some E-cigs have been found to contain known carcinogens.

American poison control centers report an increased incidence of nicotine poisoning and according to the Centers for Disease Control and Prevention’s (CDC) National Youth Tobacco Survey, youth electronic cigarette use tripled between 2013 and 2014.

“Vaping” emits an aerosol that typically has no lingering smell, which can make it difficult to detect in a school setting. Vapor products can be modified for use with marijuana and other illicit drugs.

READ MORE > http://www.opi.mt.gov/pdf/TobaccoEd/ECigsSchoolCommunication_YRBS.pdf



E-Cigarettes 101

Are They Safe?

E-cigarettes have triggered a fierce debate among health experts who share the same goal -- reducing the disease and death caused by tobacco. But they disagree about whether e-cigarettes make the problem better or worse.

Pro and Con

Opponents say that because nicotine is addictive, e-cigarettes could be a "gateway drug," leading nonsmokers and kids to use tobacco. They also worry that manufacturers -- with huge advertising budgets and celebrity endorsements -- could make smoking popular again. That would roll back decades of progress in getting people to quit or never start smoking.

Some supporters believe that e-cigarettes could help people quit, just like nicotine gum. Initial research looks promising, but more long term, in-depth studies are needed.

So far, evidence suggests that e-cigarettes may be safer than regular cigarettes. The biggest danger from tobacco is the smoke, and e-cigarettes don't burn.

Source> [**WebMD**](#)



As Marijuana Use Increases, So Does Addiction

According to the Oregonian, a new study published in JAMA Psychiatry, has found that marijuana use has more than doubled since 2001, with nearly 10 percent of adults across the country reporting marijuana use in 2013.

The percentage of people reporting dependence or abuse of marijuana also doubled, from 1.5 percent in 2001 to nearly 3 percent in 2013. Among marijuana users, the report found that 3 out of every 10 people, or nearly 7 million Americans, have a marijuana abuse or addiction problem.

The biggest increases in marijuana abuse and dependence was found among middle aged or older adults, women, African-Americans, Hispanics and people living in the southern U.S.

“While many in the United States think prohibition of recreational marijuana should be ended, this study and others suggest caution and the need for public education about the potential harms in marijuana use, including the risk for addiction,” the report stated.

The new report also noted that many people who use marijuana do not become addicted, but with a 30 percent chance of abuse or dependence, the number of people struggling from addiction to marijuana is likely to keep increasing as the number of marijuana users also increases, the report said.

Source: Partnership for Drug-Free Kids



PartnershipTM for Drug-Free Kids

Where families find answers

80 Percent of Those with Opioid Use Disorders Don't Receive Treatment

A new study finds 80 percent of people with an opioid addiction are not receiving treatment. The study examined addiction treatment rates over the past decade, when heroin overdose deaths quadrupled.

Researchers from the Johns Hopkins School of Public Health noted in a news release that in 2013 more than 8,200 people died of a heroin-related overdose. The findings appear in the Journal of the American Medical Association.

There have been changes in the number and types of treatment settings used by people with opioid addiction, the study found. Outpatient treatment and self-help groups were most common.

The percentage of patients receiving care in a doctor's office rose from 25 percent in 2004 to 35 percent in 2013. Many of these patients are prescribed buprenorphine, which helps to manage opioid cravings.

In many places, drug treatment programs are not available, or programs are overcrowded, said lead researcher Brendan Saloner. He added that many state Medicaid programs restrict access to buprenorphine and methadone.

"The real challenge in this is getting more people into settings where they can get methadone or buprenorphine," he said. "We also need to think about changing the conversation about opioid addiction, which is a chronic relapsing illness, just like diabetes. Referring to drug users as junkies or criminals keeps people with addiction in the shadows and away from getting help. They may be open to treatment but they never seek it out because of the stigma associated with their addiction."

[READ MORE > http://www.newswise.com/articles/number-of-addicted-rises-but-percentage-in-drug-treatment-remains-stagnant](http://www.newswise.com/articles/number-of-addicted-rises-but-percentage-in-drug-treatment-remains-stagnant)



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

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Please Contact Jennifer Pazera to Learn More & Enroll

406.586.5908