

ADSGC NEWS

Alcohol & Drug Services of Gallatin County

September 2015



Alcohol & Drug Services of Gallatin County

*Providing prevention,
education, addiction, and
mental health treatment
services to help on your
path to recovery.*

adsgc.org

Every September, Substance Abuse and Mental Health Services Administration (SAMHSA) sponsors Recovery Month to increase awareness and understanding of mental and substance use issues and celebrate the people who recover.

Recovery Month promotes the societal benefits of prevention, treatment, and recovery for mental and substance use disorders, celebrates people in recovery, lauds the contributions of treatment and service providers, and promotes the message that recovery in all its forms is possible.

Read More: www.recoverymonth.gov

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Adverse Childhood Experiences (ACE)

The Adverse Childhood Experiences (ACE) Study is one of the largest investigations ever conducted to assess associations between childhood maltreatment and later-life health and well-being. The study is a collaboration between the Centers for Disease Control and Prevention and Kaiser Permanente's Health Appraisal Clinic in San Diego.

More than 17,000 Health Maintenance Organization (HMO) members undergoing a comprehensive physical examination chose to provide detailed information about their childhood experience of abuse, neglect, and family dysfunction. To date, more than 50 scientific articles have been published and more than 100 conference and workshop presentations have been made.

The ACE Study findings suggest that certain experiences are major risk factors for the leading causes of illness and death as well as poor quality of life in the United States. It is critical to understand how some of the worst health and social problems in our nation can arise as a consequence of adverse childhood experiences. Realizing these connections is likely to improve efforts towards prevention and recovery.

What's an ACE Score?

Use The ACE Score Calculator to find out. The ACE Score attributes one point for each category of exposure to child abuse and/or neglect included in the Study.

www.cestudy.org/ace_score



Talking to our youth about marijuana use is not always easy, but it is crucial.

Talk to youth about dangers of marijuana

The flood of current laws legalizing unconstrained medical and recreational cannabis use in state after state has drowned the perception of marijuana as being harmful in any way to the user.

As a prevention specialist, I am concerned about the consequences of legalizing marijuana for those who are vulnerable to developing problems from its use, and especially for youth who are most at risk of drowning in addiction.

Many teens do not consider marijuana to be a harmful drug. Some believe marijuana cannot be harmful because it is “natural”.

Preadolescents who start using marijuana and other addictive substances at an age of 10 to 12 are 5 to 6 times more liable to develop some form of substance-use disorder and other health consequences in their lives than others who delay their first use until they at least graduate from high school.

Marijuana interferes with a person’s ability to complete tasks requiring multiple steps to achieve a goal. It impairs depth perception, can suppress short term memory ability, and has many other detrimental mental effects when someone is under its influence.

Regular heavy use of marijuana has recently been shown to produce cognitive problems and even an 8 point drop in IQ — the same IQ drop experienced from lead poisoning! This IQ loss has been shown to have chronic effects that persist into midlife even if the user stops using after their adolescent years.

Talking to our youth about marijuana use is not always easy, but it is crucial.

Make sure they are well informed about the extremely potent forms of new marijuana products like dabs, edibles, and flavored e-cigarette cartridges that are being marketed toward young users.

*Rick Gale
Alcohol & Drug Services of Gallatin County
Adolescent Resource Center*



Back-to-School Survival Guide for Parents



Getting ready for the upcoming school year isn't all about notebooks, brand-new clothes and lunchboxes. It's also about preparing your child for a new transition and laying the foundation for good communication.

Questions about drugs and alcohol will inevitably come up during the school year as your son or daughter meets different friends, encounters unfamiliar social situations and is exposed to pop culture and media.

To help parents, the Partnership for Drug-Free Kids has assembled a virtual backpack. Not only will it better equip your child during this transition, it's filled with tips and tools for talking, listening and improving your overall communication so that when your child has questions about drugs and alcohol, you will be the one he or she turns to.

www.drugfree.org/back-school-survival-guide-parents/