

Public Health Newsletter



September is National Recovery Month

More than 23 million Americans are in long-term recovery from addiction to alcohol and other drugs and are **living proof that recovery is real** and that it **benefits themselves, their families and communities.**

What is recovery?

Recovery is a **process of change** through which people improve their health and wellness, live a **self-directed** life, and strive to reach their **full potential.**

Recovery focuses on **wellness and resilience**, encouraging people to **actively participate** in their own care.

**Recovery Month celebrates people
in all forms of recovery and
those who serve them.**

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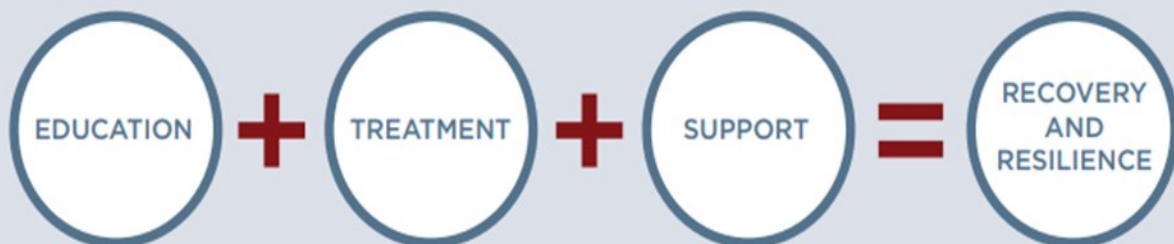
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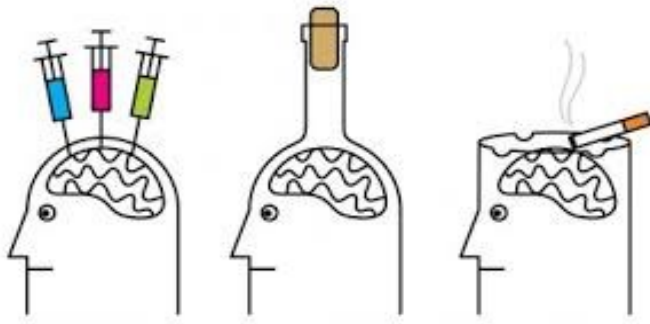
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What is Addiction?

Addiction, substance abuse or chemical dependence, are the medical terms used to describe **abuse of drugs or alcohol** that continues even when serious problems related to their use have developed. Signs of dependence include:

- Tolerance to or need for **increased amounts** to get an effect.
- **Withdrawal** symptoms that happen if the person decreases or stops using.
- **Spending a lot of time to get, use, and recover** from the effects of using.
- **Withdrawal** from social and recreational activities.
- **Continued use** even though they are aware of the physical, psychological, family and social **problems that are caused**.

Substance abuse, as a **recognized medical brain disorder**, refers to the **abuse of illegal substances**, such as **marijuana, heroin, cocaine, or methamphetamine**. Or it may be the **abuse of legal substances**, such as **alcohol, nicotine, or prescription medicines**.

Here are some of the **most common behaviors** that mean a person is having a problem with drugs or alcohol:

- Using or drinking **larger amounts over longer periods** of time than planned.
- Wanting or **unsuccessfully trying to cut down or control** use.
- Spending a lot of time **getting, using, or recovering** from use.
- **Craving** drugs or alcohol.
- Ongoing drug or alcohol use that **interferes with work, school, or home** duties.
- Using drugs or alcohol even with **relationship, physical, or psychological problems**.
- **Taking risks**, such as sexual risks or driving under the influence.
- **Developing tolerance** or the need to use more drugs or alcohol to get the same effect. Or using the same amount of drugs or alcohol, but without the same effect.
- Having **withdrawal symptoms** if not using drugs or alcohol. Or **using alcohol or another drug** to avoid withdrawal symptoms.

The symptoms of drug or alcohol abuse **may resemble other medical problems or psychiatric conditions**. Each person may have **different symptoms**. Always **consult your medical provider** for a diagnosis.

Information on this page adapted from the Johns Hopkins Medicine website at: hopkinsmedicine.org

Understanding Substance Use and Addiction



Many **people don't understand why or how** other people become addicted to drugs or alcohol. They may mistakenly think that those who are addicted lack moral principles or willpower and that they could stop their drug use simply by choosing to. In reality, **addiction is a complex disease**, and quitting usually **takes more than good intentions or a strong will**.

When they start, people may make the choice to use drugs or alcohol, but repeated use can lead to **brain changes** that challenge an addicted person's **self-control** and interfere with their **ability to resist** intense urges. These brain changes can be persistent, which is why addiction is considered a **"relapsing" disease**—people in recovery from addictions are at increased risk for returning to substance use even after years of recovery.

It's common for a person to relapse, but **relapse doesn't mean that treatment doesn't work**. As with other chronic health conditions, **treatment should be ongoing** and should be adjusted based on how the patient responds. Treatment plans need to be **reviewed often and modified to fit the patient's changing needs**.

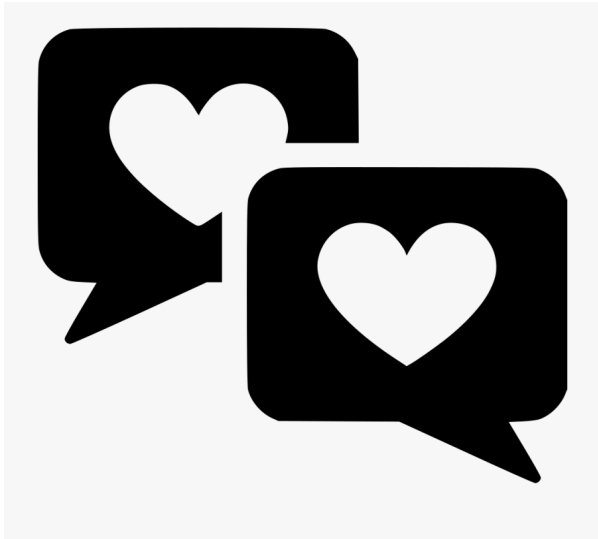
Long-term use also causes **changes in other brain chemical systems** and circuits as well, affecting functions that include:

- **learning**
- **judgment**
- **decision-making**
- **stress**
- **memory**
- **behavior**

As with most other chronic diseases, treatment for addiction generally isn't a cure. However, **addiction is treatable and can be successfully managed**.

The good news is that substance use and addiction is **preventable**. Research has shown that **prevention programs** involving families, schools, communities, and the media **are effective** for preventing or reducing substance use and addiction. Teachers, parents, and health care providers play **crucial roles** in **educating** young people and **preventing** drug use and addiction.

Information adapted from the National Institute of Drug Abuse Website, at www.drugabuse.gov.



8 Ways to Help When Someone You Love Has an Addiction

When supporting a loved one who is addicted to alcohol or other drugs, it's critically important that you also **take care of your well-being**. It is a **balancing act** of **offering support** to your partner (or friend or family

member) in navigating the treatment and recovery options available, while at the same time **not losing sight of what you need** to be **happy and healthy**.

The pathway to healing and recovery is often a journey that can progress over multiple years. Addiction involves the individual, their family, and their friends.

- ♦ **Set Boundaries.** It is important to set **ground rules** for your relationship. Boundaries are **clearly outlined** so that all involved know what behaviors are acceptable. Setting boundaries **protects your personal well-being** and is **more likely to help your addicted loved one**. Some **examples of ground rules** are: No alcohol or drugs in the house; Loved one not allowed in the house when drunk or high; No friends that use drugs or alcohol allowed in the house; No asking to borrow things (money, car, cellphone, etc.)
- ♦ **Practice Self-Care.** "Put your own oxygen mask on first before helping others." **You won't be able to help your loved one if you can't help yourself.** Try to **maintain self-care** routines as much as possible.
- ♦ **Educate Yourself.** An important first step in helping your loved one is **understanding their addiction**. You are not only helping yourself make well-informed decisions, but you also will be **ready with information** when your loved one decides they are ready to seek help. Some suggestions are: **Know the signs** of an overdose and enroll in a Narcan (opioid overdose reversal medication) training course; **Learn about the triggers** and the many different pathways to recovery; Stay up to date on the **latest information on addiction and recovery**; Learn the **terms and language used** when talking about addiction. *Continued on next page.*

Information on these two pages adapted from an article by Dr. John F. Kelly, published on February 13, 2018 on the Psychology Today website at: www.psychologytoday.com

8 Ways to Help When Someone You Love Has an Addiction Continued

- ♦ **Get Outside Input.** With the **shame and stigma** that goes along with alcohol or drug addiction, it is easy for affected loved ones to become **secretive and isolated**. **Seek help and outside advice** early and often. Talk to friends, people and family members in recovery who have lived the experience of what you're going through, and seek the help of addiction specialists. **Support groups** like Al-Anon can be a great resource for **avoiding feelings of isolation**. There you will find others who relate to your situation (and that of your loved one) and these groups encourage **personal storytelling, connection, and guidance**. You could try family therapy, but keep in mind that your loved one **may not be ready or willing** to go. If this should happen, don't hesitate to **seek out counseling for yourself**. This can be a useful way to **de-stress and talk to someone** who can help. Also, in the time of COVID-19, consider **online services and support** for addiction. There are online support meetings and free online forums. You can even download daily meditations onto your phone!
- ♦ **Consider the Possibility of Working on a Different Problem First.** Sometimes a person may have **more than one issue or illness**. According to the National Institute on Drug Abuse (NIDA), people suffering from an addiction are **twice as likely to also suffer from a mental illness**. Your loved one may be **more willing to talk about their depression or anxiety** with you or a counselor than to talk directly about their addiction. This could be a way for them to **start to get help** that would **ultimately lead to positive changes** in their alcohol or drug use.
- ♦ **Try Immediate Rewards.** Addiction causes the brain and body to become **dependent on an outside substance** that create feelings of happiness and well-being. The **need for rapid rewards** are likely to **show up and become stronger** as the addiction progresses. Even after the person quits, **the reward system in the brain can remain changed** for a long time. New research is suggesting that **immediate rewards may be more effective** in helping early recovery and sobriety. Instead of making long-term plans (like a vacation next year,) try small immediate rewards each day, or each weekend. Immediate and consistent positive rewards have been shown to **increase the odds of recovery**.
- ♦ **Be Patient.** Expect recovery, but **be prepared** for relapse. Although some people have long-term recovery on their first attempt, for others, **it may take multiple attempts over many years**. Keep your hopes up, as **people can and do recover**.
- ♦ **Stay Safe.** Sometimes, **no matter what you do** to support your loved one, their problems are at the point where **they can't make rational decisions**. It may be necessary to find legal assistance to **save your loved one's life**. You may have to **send your loved one into treatment**. And if you feel like **you may be in danger** of harm, or feel that your relationship isn't healthy, **it may be necessary to end the relationship**.

Four Winds Lodge at the Time of COVID

Article Contributed By Four Winds Staff



Four Winds Lodge has continued to be open and operational in this chaotic time we have endured during Covid. There have been some changes that we have had to make, with our client care being the most important. It was a scary time in the beginning but we have progressed through it keeping our facility safe.

There was a time in the beginning that we could not take any new clients in with the fear of bringing the virus to our program and hurting our clients. We have had many clients that felt safe here and were worried about moving on to their next step on their journey. We do know how difficult it is to start your recovery journey or continue your recovery journey when we are not allowed to have contact or be close with anyone that needs help. We understand how hard this process can be and have tried to change with the new developments to get people in that are looking for help.

When we started taking clients in again they had to go through a 10 day isolation period which was difficult for the client as they were just starting their journey and felt alone. We utilized what we could offer to keep them content so they would stay and work the program. We have lots of good information to share with our clients although getting through that first 10 days was difficult. Support is very important in all aspects of the recovery process, so being kept away from others that are going through the same things was a trying time to get through.

We have been aware of many out in the community that would like to get help on their sobriety journey so we have worked with the Ne-Ia-Shing clinic to get the rapid tests done on all new intakes to get the clients into the community in a timely manner. This has been a great help for our program and the community members that are in need of help. The new intakes will be screened before they come to the program and then screened again on arrival. They would then have the rapid Covid test done by our nurse in our program and brought over to the clinic to get results the same day. When we receive the results the client can join the community on the floor. This has been a great help for addicts since the beginning of their stay is the hardest. Every client that enters our program has the choice to walk out our doors at any time and we do what we can to convince them to stay. There are times we are not successful although this is all the choice of the client.

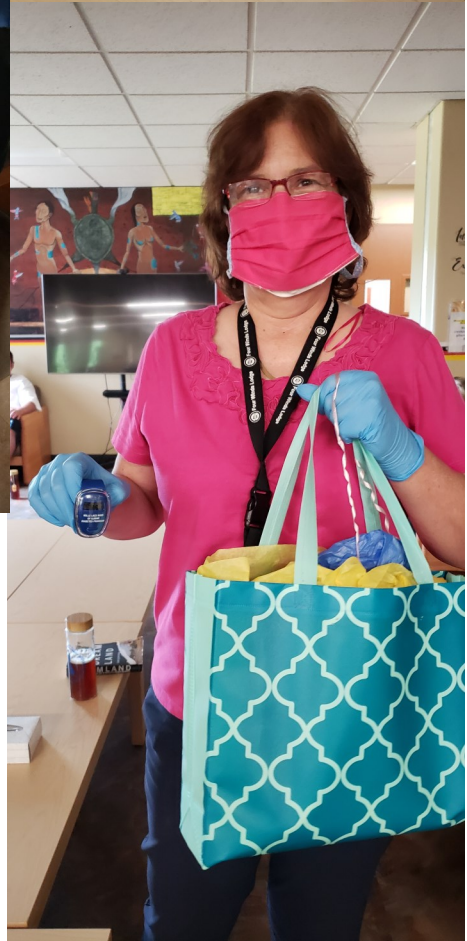
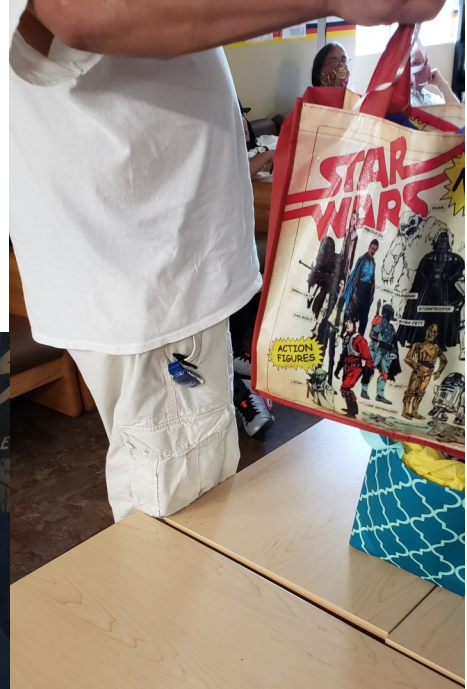
We have had success in this trying time and have started an alumni page for our community members to keep in contact with others that have been through the program. This is helping to continue to provide support for our members that have successfully completed the program. We are hoping that Alumni page will continue to show support for individuals when they return to their community. We are here to help and that is what we will continue to do for our people in and/or want sobriety.

Four Winds Lodge Staff and Participants Compete in Summer Pedometer Challenge

Despite the challenges of exercising during the summer of COVID-19, staff and participants of the Four Winds Lodge stayed active and improved their health by competing in the Pedometer Challenge.

Each week, the staff and participant who logged the most steps won a gift bag full of fun prizes and healthy treats.

*Right, see photos of some of the winners holding their prizes.
Photos courtesy of Lindsay Misquadace-Berg, Treatment Director, Four Winds Lodge*



Five Surprising Benefits of Walking

1. It counteracts weight-promoting genes.
2. It helps tame a sweet tooth.
3. It reduces the risk of developing breast cancer.
4. It eases joint pain.
5. It boosts immune function.

To learn more about the benefits of walking, read [Walking for Health](#), a Special Health Report from Harvard Medical School.

Prizes for the Pedometer Challenge supplied by Public Health SHIP and Tobacco Grants.



Celebrate September!

September 5 —
Be Late For
Something Day

September 7 —
National Salami Day

September 10 —
Sewing Machine Day

September 13—
Grandparents' Day

September 14 —
National Cream-Filled
Donut Day

September 16 —
Collect Rocks Day

September 19—
National Dance Day

September 20 —
National Womens'
Friendship Day

September 22 —
National Hobbit Day

September 24 —
National Cherries
Jubilee Day

September 26 —
International
Rabbit Day



September Recipe

Green Beans and Toasted Almond Salad

Use Fresh Seasonal Beans And Enjoy!

INGREDIENTS:

- 4 cups of green beans
- 1 cup almonds
- 1 1/2 tablespoons whole grain spicy mustard
- 1/8 cup extra virgin olive oil
- 1/8 cup white wine vinegar
- 1 tablespoon maple syrup

INSTRUCTIONS:

- Preheat oven to 350 degrees.
- Chop ends off of green beans and cut into 1-2 inch pieces.
- Chop almonds and spread on roasting sheet. Roast for 3-5 minutes, or until almonds are lightly browned and crunchy.
- Bring a pot of salted water to boil and add green beans. Cook for 3 minutes or until beans are cooked but still crunchy.
- Drain beans and set aside.
- In a small bowl combine mustard, extra virgin olive oil, white wine vinegar and maple syrup.
- Mix well.
- In a large serving bowl combine green beans, almonds and dressing.
- Mix well and serve immediately!

Recipe from A House in the Hills website at: www.ahouseinthehills.com

CHR's 320-385-7056

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