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THE VSAAC VIEW

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September is National Alcohol and Drug Addiction Recovery Month.

Drug addiction is a health problem that can affect a person of any age, race or culture. Drugs change brain chemistry which influences physical, emotional and mental behaviors. Addiction is a brain disease not a choice or a character flaw. Like many chronic illnesses, addiction can be managed and treated. There are many different paths to recovery. No single approach is appropriate for everyone. Treatment is most effective when designed for a specific individual. Options include: residential treatment, outpatient treatment, psycho and social therapies, drug/medical therapies, self-help and support groups. (and/or a combination of any of the above) No matter what treatment options are chosen, family support and involvement is beneficial to both the addict and the family.

To find addiction resources or programs call VSAAC– 736-8566 or Infoline-211.

The Internet and Recovery

Many people who suffer from substance abuse are afraid of what others may think about them if they actively seek traditional treatment. For them the anonymity of online services are attractive because of the convenience and confidentiality. Approximately five times more people look for information online about alcohol and drug problems than those who receive in-person specialty treatment. The web offers forums for people to share experiences, challenges and questions about addiction and recovery. There are also on-line treatment services. For more information try the following: www.samhsa.gov/treatment; www.soberrecovery.com/forums; www.egetgoing.com

Anyone who chooses to use these or other on-line resources should: ✓ review the privacy policy; ✓ check the types of responses and support provided to be sure the site will be beneficial; ✓ are there licensed treatment/recovery counselors overseeing conversations; ✓ are there referrals to other on-line resources.

FAST FACTS

There is such a thing as “third hand smoke!”

Third hand smoke is invisible tobacco residue
Tobacco residue lingers on fabrics, carpets, unwashed clothes,
and hair

Tobacco smoke can become imbedded in walls and
change the color of wall paint

Fans and fresh air can not remove tobacco residue

The solution to third hand smoke: **NO SMOKING INDOORS**

QUICK NOTES!

A **research** study published in *Alcoholism: Clinical and Experimental Research* showed that binge drinkers performed worse on cognitive tests compared to non-binge drinkers even when they were sober. Teens and young adults may suffer alterations in the brain even if they binge drink only once or twice a week.



The most successful strategy to end bullying in schools involves changing the school's climate and attitude toward bullying. This can only be accomplished by consistently raising awareness, enforcing clear rules and by a total commitment to end bullying by teachers, administrators, other school staff and parents.



Prescription drug misuse has become the fastest growing abuse and addiction problem in the U.S. A 2008 study by the National Institute on Drug Abuse found that at least 10% of high school seniors have misused pain medication. Another study indicates that 20% of teens exchange prescription drugs. Prescription medications are safe when taken as prescribed. Medications can cause dangerous physical and mental problems if taken by anyone other than the person that the meds were prescribed for. People, especially teens, incorrectly believe that prescription medications are safer than the illegal street drugs because they are prescribed by a doctor.



There has been a surge in heroin use. Heroin is easy to get and very cheap. It is unusually pure which allows it to be smoked or snorted rather than injected. **Heroin has become the substitute drug for prescription pain medication addicts.** Abusers of pain medications can not always get the supply of medications desired; or, they can not afford prescription medications sold illegally on the streets

Importance of a good nights sleep!

Children, adolescents and teens need at least nine hours of sleep each night.

Not getting enough sleep can result in poor performance in school, sports and other extra curricular activities. Lack of sleep, aside from the possibility of a child falling asleep in school,



may cause a child to exhibit signs of agitation. This could be misdiagnosed as hyperactivity

Lack of sleep may also cause:

- Accidents and injuries
- Behavior problems
- Mood problems
- Slowed reaction times

Signs of Sleep disorders:

- Breathing pauses during sleep
- Difficulty sleeping through the night
- Difficulty staying awake during the day
- Snoring
- Unusual events during sleep
- Decreases in day time performance that can not be explained.



Sleep tips:

Set a routine.

- ① Determine a regular bedtime and stick to it.
- ② Avoid big meals close to the bedtime hour.
- ③ Avoid giving a child anything with caffeine within six hours before bedtime.
- ④ Be sure after dinner activities are relaxing and not agitating- taking a warm bath and reading a story are relaxing.
- ⑤ Room temperature should be comfortable.
- ⑥ There should be no TV or radio on.
- ⑦ The room should be dark.

