

ADDS

Substance Abuse & Problem Gambling Prevention Newsletter

MARCH
2020

ADDS WALK-IN EVALUATION TIMES AND LOCATIONS

As of 03/18/2020.

ADDS has suspended all **walk-in** evaluations until further notice. All group sessions have been postponed due to CDC recommendations on the outbreak of COVID-19 and the growing concern for placing our clients and staff at risk. 1 on 1 sessions will be conducted via telehealth.

*March is
Problem
Gambling
Awareness
Month!*

HELP WHERE YOU NEED IT.

I-800-BETS OFF

yourlifeiowa.org

DO THE FIVE
Help stop coronavirus

- 1 **HANDS** Wash them often
- 2 **ELBOW** Cough into it
- 3 **FACE** Don't touch it
- 4 **FEET** Stay more than 6 feet apart
- 5 **FEEL** sick? Stay home

My Life My Quit is a free youth tobacco cessation program made especially for teens. Get the truth about vaping, smoking, and other tobacco products so you're not left in the dark when it comes to your future. If you decide you want to quit, you can get the tools you need to do it successfully. 100% free, confidential and made for teens.

- Text your quit coach or call for support.
- Get text messages that give you a boost while you quit.
- Learn how to cope with stress in healthy ways.
- Find out why your body craves nicotine.
- Get tips and the support you need to quit for good.

Start Your Quit Today: Text "Start My Quit" to 855-891-9989 or call.

MY LIFE MY QUIT

Reduce your risk of serious lung disease caused by COVID-19 (coronavirus) by quitting smoking and vaping

When someone's lungs are exposed to flu or other infections the adverse effects of smoking or vaping are much more serious than among people who do not smoke or vape.

Smoking and/or vaping is associated with increased risk of lung infections and breathing problems. People who have any cotinine (a substance formed in the breakdown of nicotine) in their bodies—even at low levels associated with secondhand smoke—have substantially increased risk of acute respiratory failure from acute respiratory distress syndrome.

Among Chinese patients diagnosed with COVID-19 associated pneumonia, the odds of disease progression (including to death) were 14 times higher among people with a history of smoking compared to those who did not smoke. This was the strongest risk factor among those examined.

ADDS is working to educate the public that *stopping smoking, vaping, and avoiding secondhand smoke and aerosol exposure can help protect individuals from complications of communicable disease such as COVID-19 and Influenza.*
For free, confidential help with quitting, contact QUITLINE IOWA at 1-800-784-8669.

Source: Glantz, S. A. (2020, March 6). *Reduce your risk of serious lung disease caused by coronavirus by quitting smoking and vaping.* Retrieved from <https://tobacco.ucsf.edu/reduce-your-risk-serious-lung-disease-caused-corona-virus-quitting-smoking-and-vaping>



Check out our new Teen Resource Guide below for 2020!

WALK-IN TIMES AND LOCATIONS CONT.

Call ahead to schedule Evals or with any other questions!

Burlington - 319-753-6567

Wapello - 319-523-8436

Keokuk - 319-524-4397

Mt Pleasant - 319-385-2216

Anyone with flu-like symptoms including fever cough or shortness of breath, or that has recently traveled outside the country will not be seen for any reason at this time.



Support at your fingertips

TEXT

Text "Start My Quit" to 855-891-9989

Free and confidential support available 24/7 for anyone under 18 years old. Get the facts and support to help quit vaping, chewing, or smoking.

ixTina – Text TINA to 877877 or through Snapchat: askxtina

A risk-free outlet for teens to address important sexual health questions/issues, which may otherwise go unanswered. The question textline is open on the 1st and 3rd Friday of every month from 3pm-5pm.

Your Life Iowa – Text (855) 895-8398

Get information and support on alcohol, drugs, gambling and suicide from experts dedicated to the health of Iowans

Your Life Your Voice – Text Voice to 20121

Text with a counselor - you don't have to face your problems alone!
Available every day, Noon to Midnight.

LOCAL

Alcohol Drug and Dependency Services of SE Iowa (ADDS)

319-753-6567 1340 Mt. Pleasant Street, Burlington, Iowa 52601

Counseling and education on tobacco, alcohol, and other drug misuse
Domestic Violence Intervention Program (DVIP)

Help for relationship violence. 24/7 hour crisis line 1-800-373-1043

Family Planning of Southeast Iowa

319-768-1225 801 S Roosevelt Ave Suite C, Burlington, IA 52601

Comprehensive, affordable, and confidential reproductive health care (birth control, STI testing, treatment and education).

Rape Victim Advocacy Program (RVAP)

Free, confidential help. 24 hour hotline 1-800-228-1625

Young House Family Services

319-752-4000 400 S. Broadway St., Burlington, IA 52601

Counseling and help for mental health and substance abuse.

ONLINE

www.mylifemyquit.com

Free, confidential, personalized coaching for quitting nicotine and facts on all nicotine products.

www.loveisrespect.org

Engage, educate and empower young people to prevent and end abusive relationships

www.girlshealth.gov/feelings

Reliable, useful information on health and well-being. "Be Happy. Be Healthy. Be You. Beautiful."

www.yourlifeiowa.org

Information and help for alcohol, drugs, problem gambling or suicidal thoughts.

www.yourlifeyourvoice.org

Tips to help you deal with life's challenges.

www.mindingyourmind.org

Free, quick, and anonymous screening tool to "Check up from the Neck up"

www.suicidepreventionlifeline.org/chat

Connect with counselors for emotional support.

www.imalive.org

Live online network that uses instant messaging to respond to people in crisis.

PHONE

Your Life Iowa

Support for whatever problem you're facing. Available 24/7. 855-581-8111

National Suicide Prevention Lifeline

800-273-TALK (8255)

Your Life Your Voice

800-448-3000

Call if you are having thoughts of harming yourself or you are being abused.

If in a crisis and you need immediate assistance, call 911

APPS

A Friend Asks

Provides info, tools, and resources to help someone who may be struggling with thoughts of suicide.

Real Talk: Stories by Teens

Uses real stories by real teens to convey relevant and credible information about the issues that teens go through growing up.

Your Life Your Voice

Offers a simple solution for tracking your thoughts, feelings and moods in an interactive tool on your phone.

My Sex Doctor Lite

Offers tons of useful information about sex and sexuality.



SNAP a picture of this or download it at: addsiowa.org/prevention-services