

PREVENTION

NEWSLETTER

ADDS is part of the IDPH Integrated Provider Network, with services funded by the Iowa Department of Public Health and the U.S. Dept. of Health and Human Services Substance Abuse and Mental Health Services Administration.



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MEET OUR GROWING TEAM!

ADDS is growing in the field of Prevention! Let us introduce ourselves!

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Pet Therapy

Animals are therapeutic and possibly key to helping prevent depression and loneliness.

Quick Quiz

Check your Knowledge of Substance Abuse with these 10 questions!

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CHANGE YOUR BRAIN

Let's say you're an accountant who takes up knitting. That is doing something very different, where the brain must adapt new neural pathways. Making a change has many benefits for your brain as you age!



DID YOU KNOW...

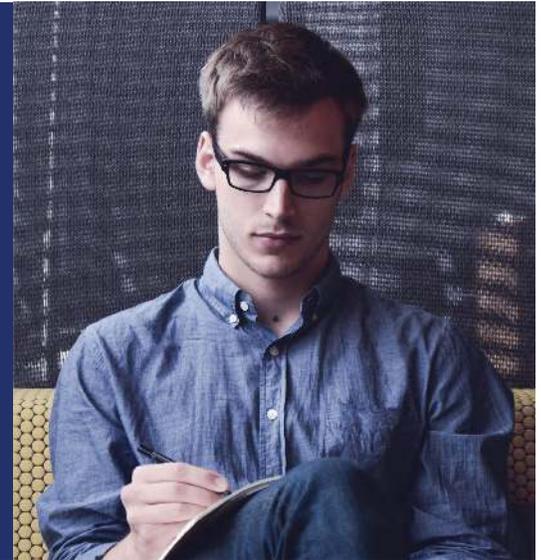
Adult heavy drinking increased from 6.7% in 2019 to 8.3% in 2020. Source: Iowa Annual Behavioral Risk Factor Surveillance System Survey, 2020

In 2020, there were 826 alcohol-related deaths in Iowa. Source: IDPH Bureau of Vital Statistics, 2020 Vital Statistics of Iowa.

ADDS is GROWING!

The ADDS prevention team has grown over the last two months, and now we are proud to introduce everyone on the team! Read below to learn more about us and if you are interested in joining our team, check the following website to explore jobs currently offered at ADDS!

Website: www.addsiowa.org mouse over the Who We Are tab, click "job opportunities"



ADDS PREVENTION TEAM

HEY THERE, WE CARE!

We'll start off by introducing ADDS newest Prevention Specialist! Tristyn Foster is our new State Opioid Response (SOR) Prevention Specialist, and she will handle 4 counties of SOR prevention. Shelly Strawhacker is our Prevention Specialist over Des Moines County, Jessica Tajudeen is over Lee County, Ali Welcher is over Henry and Louisa counties, and...last but not least, our fearless leader, the one and only Grace Robbins is our Team Supervisor! We look forward to serving you and cultivating prevention awareness!

**Awareness
without action is
worthless.
- Phil McGraw**

LEE COUNTY THE BEST YOU COALITION

YOU'RE INVITED!

What: Your perspective matters! Join us for a conversation about the role of alcohol and other substances and how they impact both youth and adults in Lee County.

Who: Any adults or teenagers, including parents, teachers, coaches, business owners, and other community members who want to make a difference in our community!

When: Tuesday, May 10th 4 pm, KHS Counseling office, Keokuk, IA.

What you need to know: The focus of this meeting will be to present all the things the group is currently working on in Lee County, in the field of Substance Use Prevention. Discussion of youth coalition start-ups in Lee County school districts, doing a media campaign, merchant alcohol training, alcohol compliance checks and connecting with other agencies in Lee County.

Pet Therapy

AAI stands for Animal Assisted Intervention. In the last few decades, AAI has been developed, employing a strong belief that relationships with animals contributes to the well-being of people. Having a pet offers a wide arrange of health benefits, beyond their loving companionship. Beck states that “the companionship of animals decreases loneliness and stimulates conversation.” He elaborates “By encouraging touch and giving humans a loving creature to care for, the interaction with animals stimulates physical reactions that are very necessary and important in humans.” (Beck, 2002). The field of Human-Animal Interaction (HAI) has been recognized for decades, but recently new developments have been made, providing solid research measuring activity in hormones retrieved in the saliva of humans and animals, providing evidence that animals and humans experience hormonal fluctuations during interaction with each other. “Much HAI research has focused on physiological measures (e.g., stress hormone levels, sympathetic nervous system activation and cardiovascular reactivity) to examine the effects of animals on the effects of their human companions” (Freund, McCune, Esposito, Gee & McCardle, 2016). It is inevitable that science will provide us with clearer explanations of why and how, but perhaps we may never be able to clearly capture the healing power that comes from a loving relationship, whether it be to human or animal. In short, Animals can help people cope with life. They can bring peace and happiness in an otherwise chaotic world. They can be your best friend: keep your deepest secret, be a shoulder to cry on or a hug to lift your spirits.



References:

Beck, A.M. (2002). Health effects of companion animals. May paper presented at 1st annual Pawsitive Interaction Conference, Atlanta, GA.

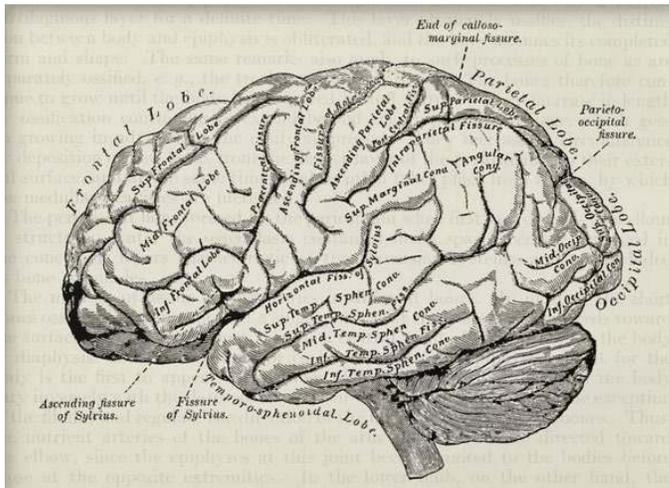
Freund, L., McCune, S., Esposito, L., Gee, N., & McCardle, P. (2016). The Social Neuroscience of Human-Animal Interaction. American Psychological Association. <https://doi.org/10.1037/14856-000>

Prevention Specialist Jessica Tajudeen pictured with her brother's Golden Retriever Buck, posing for a selfie.

CHECK YOUR KNOWLEDGE!

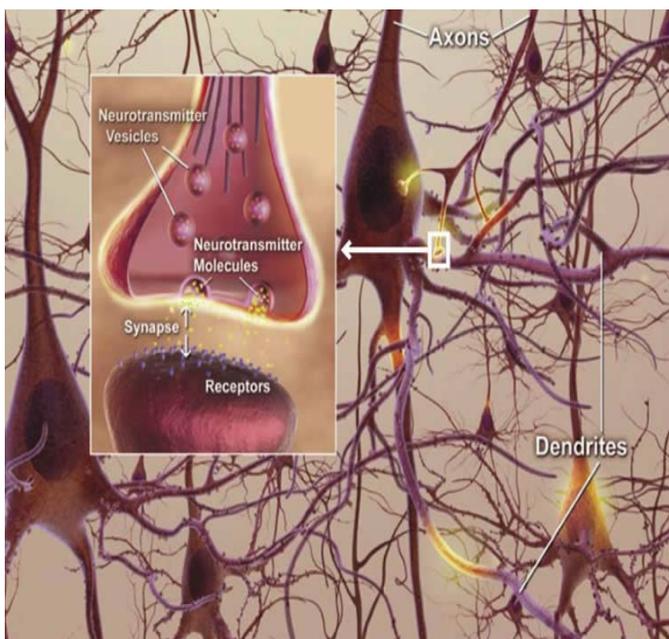
1. True or False: A Drug is a chemical substance, other than food that produces physical, mental, emotional or behavioral changes in the user.
2. True or False: Marijuana is the most commonly used illicit drug in the USA.
3. True or False: A single time of repeatedly “sniffing” an inhalant can cause heart failure and even death.
4. True or False: Over the last few years, the number of people using controlled prescription drugs in the USA has grown.
5. True or False: In teens, one possible sign of substance use disorder is when grades slip, and attendance becomes irregular.
6. True or False: Different drugs cause different symptoms so it's not always easy to tell when someone is using a substance.
7. True or False: 52% of Adult Americans have a substance abuse problem.
8. True or False: When a person needs more of a drug to get the same effects, it is known as tolerance.
9. True or False: Ketamine (Special K, Vitamin K, Kit Kat) is used as an animal tranquilizer.
10. True or False: Alcohol is responsible for more crime, health and social problems than any other type of drug.

IF YOU ANSWERED TRUE TO ALL OF THE ABOVE, YOU ACED THE QUIZ!! WTG!!! 🍷🍷🍷🍷🍷🍷



What's a Synapse?

The synapse is the point of communication between one neuron and a neighboring neuron, muscle cell or gland cell. It is the site where virtually all important brain activity emerges. At this gap between the message-relaying axon of one brain cell and the message-receiving dendrites of its neighbor, chemicals called neurotransmitters are released and absorbed in a process of information transmission that spreads throughout extensive networks of cells. (BMG, 2007).



CHANGE YOUR BRAIN

So...you want to make a change? Maybe you wish to change an old habit or start a new one. Maybe you want to learn something new. Whatever the change is and no matter how much we consciously accept or even welcome it, we may find ourselves struggling to adjust. Change can be good...but why does it often feel so bad? Why is it so hard!? Part of it is because of our brain's resistance to change: a response system that has been built in us over many years. When we are babies, our brains are extremely malleable as we are experiencing new things constantly. As we grow older, our brains learn what works and what doesn't. Efficiency (or whatever's easier and less work) comes naturally to the brain. This is great because it means we don't have to continually be re-learning behaviors. On the other hand, the brain gets so used to doing things a certain way that introducing new behavioral modes becomes quite the challenge. According to Dr. Sanam Hafeez, a licensed clinical psychologist, "The more you do something the more ingrained it becomes in neural pathways, much like how a computer that stores the sites you visit- when you log onto your browser, they will pop up because you use them a lot. Change is an upheaval of many things, and the brain has to work to fit it into an existing framework." Although change is naturally more difficult as we age, it is beneficial to our cognitive health to stimulate and encourage it. Hafeez states, "if you stretch your brain past it's comfort zone, you're opening the door to being receptive to other types of change." Most people won't try something new because they are afraid of failure. Doing something you never thought you would do, or could do, will help build your confidence to enable you to be more receptive to other opportunities to change. Start small and work your way up to the big things. Take small steps to change and rewire your brain!