

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.



June is Pride Month!

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MEET OUR GROWING TEAM!

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

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Quick Quiz: Check your Opioid Overdose Knowledge!

What is your mindset? Fixed versus Growth mindset.

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ADDs INFORMATION

General information about evaluation times in all 4 counties ADDs services in Iowa.



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**

HAS YOUR GAMBLING BECOME A PROBLEM?

CHECK THE BOXES THAT APPLY TO YOU:

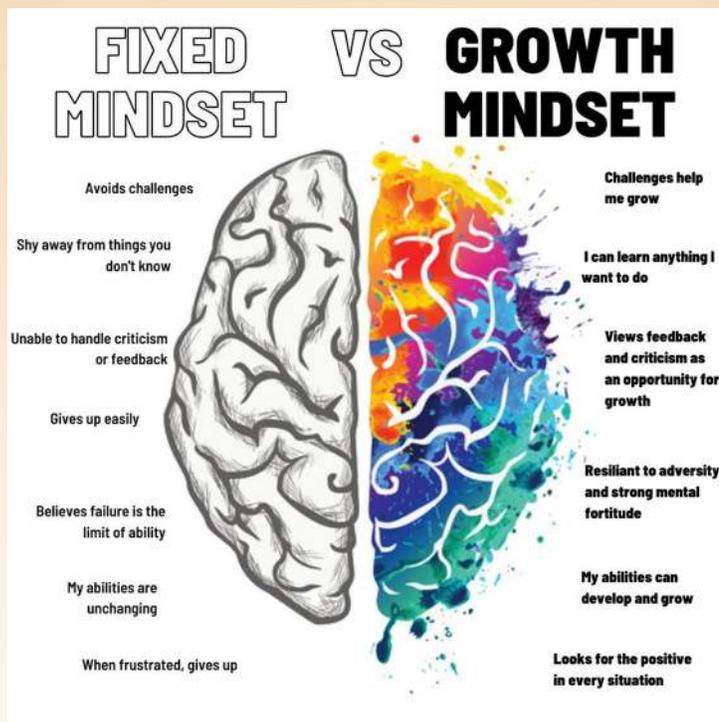
During the past 12 months, have you become restless, irritable or anxious when trying to stop/cut down on gambling?

During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?

During the past 12 months, did you have such financial trouble that you had to get help from family or friends?

If you checked one or more boxes, please call 1-800-BETS OFF or go online to 1800BETSOFF.org for more information.

Fixed vs Growth Mindset



Diversity and Inclusion

What kind of a mindset do you have?

A growth mindset is the belief that your talents, skills and abilities can grow and develop beyond your current capabilities (there is always room for more education!)

A fixed mindset makes a person struggle with change, unable to adapt to alternate ways of doing things.

Growth mindset is necessary to stay motivated in the face of challenges and setbacks of Diversity and Inclusion work; including navigating the unfamiliar, self-evaluation, and ability to adapt. Growth mindset allows us to see the potential in all people.

Because our social interactions across difference are impacted by ones belief in ones own capacity to learn and grow, that belief is fundamental in measuring inclusive culture. There are countless facets of diversity and any meaningful work towards implementing Diversity and Inclusion requires openness and curiosity to learn, as we continue to expand the narrative of "us."

CHECK YOUR OPIOID OVERDOSE KNOWLEDGE!

How to respond to an overdose

1. Try to wake the person up by yelling their name and rubbing the middle of their chest with your knuckles (sternum rub).
2. Call 9-1-1. Indicate the person has stopped breathing or is struggling to breathe. Stay with the person until emergency medical service (EMS) arrives.
3. Make sure nothing is in the person's mouth that could be blocking their breathing. If breathing stops or slows, begin rescue breathing as follows:

First step: Tilt their head back, lift chin, pinch nose shut.

Second step: Give 1 slow breath every 5 seconds. Blow enough air into their lungs to make their chest rise.

4. Use Naloxone and continue rescue breathing, one breath every 5 seconds.
5. If the person begins to breathe on their own put them on their side so they do not choke on their own vomit. Continue to monitor their breathing and perform rescue breathing if respirations are below 10 breaths a minute. If vomiting occurs, manually clear their mouth and nose.
6. If the person doesn't respond after 3 minutes, an additional dose of naloxone should be used.
7. Following naloxone administration, the person may be disoriented or possibly combative as they gain consciousness.

ADDS

OWI CLASS SCHEDULES

BURLINGTON

Friday night 5pm-9pm

Saturday 8:30am-5pm

JUNE 17&18

JULY 15&16

AUGUST 19&20

SEPTEMBER 16&17

OCTOBER 14&15

NOVEMBER 18&19

DECEMBER 16&17

KEOKUK

JULY 15&16

SEPTEMBER 16&17

NOVEMBER 18&19

MT. PLEASANT

JUNE 17&18

AUGUST 19&20

OCTOBER 14&15

DECEMBER 16&17

**WALK-IN EVALUATION TIMES AND
LOCATIONS**

Burlington- 1340 Mt. Pleasant St. Burlington, IA

(319) 753-6567 (first-come, first-serve basis)

Mondays: starting at 8am

Thursdays: starting at 8am

Fridays: starting at 8am

2nd Monday of every month: starting at 1pm.

Mt. Pleasant- 122 N. Main St. Mt. Pleasant, IA

(319) 385-2216 (first-come, first-serve basis)

Tuesdays: starting at 8am

Thursdays: starting at 8am

Wapello- 304 Hwy. 61 N., Wapello, IA

(319) 523-8436 (first-come, first-serve basis)

Wednesdays: starting at 8am

Thursdays: starting at 8am

Keokuk- 928 Main St. Keokuk, IA

(319) 524-4397 (first-come, first-serve basis)

Tuesdays: starting at 8am

Thursdays: starting at 8am

