



MCFARLAND RADAR (Relevant Alcohol & Drug Awareness Resources) COALITION

AODA PREVENTION

NEWSLETTER

SEPTEMBER 2022

September is National Recovery Month

National Recovery Month is a national observance held every September to promote and support new evidence based treatment and recovery practices, the nation's strong and proud recovery community, and the dedication of service providers and communities who make recovery in all its forms possible. The Substance Abuse and Mental Health Services Administration launched Recovery Month in 1989 to increase public awareness surrounding mental health and addiction recovery. In the years since, SAMHSA has timed announcements of initiatives and grant funding during this month, while also collaborating with private and public entities to celebrate individuals during their long-term recoveries.

**RECOVERY
IS FOR
EVERYONE**

Every **person**, every **family**, every **community**.

This year's theme is Recovery is For Everyone: Every Person, Every Family, Every Community. This theme is to remind people in recovery and those who support them, that recovery belongs to all of us. We are all called to end gatekeeping and welcome everyone to recovery by lowering barriers to recovery support, creative inclusive spaces and programs, and broadening our understanding of what recovery means for people with different experiences.

Recovery Statistics

- 23.5 million adults (ages 18+) are in recovery from alcohol or drug addictions
 - 51% alcohol
 - 11% cannabis
 - 10% cocaine
 - 7% Meth
 - 5% opioids
- Most never receive the help they need. Only 11.2% received help for their addiction in a specialized facility
- Drug abuse and addiction cost American society more than \$740 billion annually in lost workplace productivity, health care expenses, and crime related costs.



Barriers of Addiction Treatment

- They feel they do not need treatment:
 - The majority of people who did not receive treatment in recent years didn't do so because they saw no need for it. That majority, to be exact, is over 95 percent of afflicted individuals.
 - Despite the negative lifestyle changes, the financial and emotional costs, the damage that addiction often bears, these people did not realize that their lives were at stake.
- They are not ready to stop using:
 - 40% of addicted persons do not seek help because they are not ready to stop using.
 - They excuse themselves from the conversation of drug rehab completely by letting addiction control their priorities.
- They do not have health coverage or cannot afford the costs:
 - Over 37% of these individuals shied away from quality care because they did not have the health insurance to cover the costs.
- They worry about the negative effect treatment will have on job or school:
 - Many people, from students to full-time professionals, do not seek help because they do not want to take time away from other responsibilities.
 - Students, and in some cases parents, are worried about the negative impact a long-term leave may have on their academics.
 - Full-time workers may feel they cannot afford to take time off the job.
 - Long-term drug treatment may take 90+ days, but addiction can take away a person's life. It's important that we do not let our loved ones lose sight of what matters.
- They are concerned with what others think:
 - Addiction undoubtedly carries a stigma. This stigma carries a heavy weight on the shoulders of those in and out of recovery.
 - So much that many people do not want to seek addiction treatment out of fear of other's judgement. They do not want to stand out, but rather, fit in.
 - They do not want to be looked at wrongly, to be punished, but rather, to be healthy and move forward in life.
- They do not know where to go for help:
 - When caught up in the addiction cycle, it can be hard to know where to look for the right help. Users may feel hopeless, apathetic, unsure if anyone can help them at all.
 - They may not feel the need to do the research in finding the right drug rehab facility. Even when they do, they may live too far away from a quality treatment provider or not have a way of getting to and from treatment.
 - They may not fully understand all of their treatment options, thus deterring them from seeking proper drug treatment.

Suicide Awareness Month

September is National Suicide Awareness Month and it brings to light a topic that is not often talked about within our society. In 2020, suicide was the 12th leading cause of death overall in the United States, claiming the lives of over 45,900 people. It is still the second leading cause of death amongst individuals between the ages of 10-14 and 25-34, the third leading cause of death among individuals between the ages of 15-24, and the fourth leading cause of death among individuals between the ages of 35 and 44.

Suicide does not discriminate against genders, ages, and ethnicities. However, certain demographics such as those in the LGBTQIA+ community are at a higher rate of suicide. Youth who identify within this community are almost five times as likely to have attempted suicide compared to heterosexual youth. American Indian and Alaska Natives experience high rates of suicide compared to all other racial and ethnic groups in the US with it being the eighth leading cause of death for Natives across all ages.

Risk Factors

Risk Factors are characteristics or conditions that increase the chance that a person may try to take their own life

- Previous Suicide Attempt
- Mental Illness, such as depression
- Social Isolation
- Criminal, Financial, Job, and/or legal problems
- Serious Illness
- Substance use

Suicide & Crisis Lifeline

In 2020, the US Congress designated the new 988 dialing code to be operation through the existing National Suicide Prevention Lifeline. SAMHSA sees 988 as a first step towards a transformed crisis care system in America. This Lifeline provides free and confidential support for anyone experiencing a suicidal, mental health, and/or substance use crisis, 24/7. You can either text or call this number.

In 2020:

45,979 people died by suicide in the United States.

That is 1 death every 11 minutes.

- 12.2 million adults seriously thought about suicide
- 3.2 million adults made a plan
- 1.2 million adults attempted suicide



How to Help Someone who is Suicidal?

Do's and Don'ts

- Do:
 - Be direct. Talk openly and matter-of-factly about suicide.
 - Be willing to listen. Allow expressions of feelings. Accept the feelings.
 - Be non-judgmental. Don't debate whether suicide is right or wrong, or whether feelings are good or bad. Don't lecture on the value of life.
 - Get involved. Become available. Show interest and support.
- Don't:
 - Don't dare them to do it.
 - Don't act shocked. This will put distance between you.
 - Don't be sworn to secrecy. Seek support.



4 Ways Parents can Build Up Resiliency in Their Child

- Coping Skills:
 - Have a conversation with the child about what coping skills are and how they can use them to feel calm and in charge of their emotions.
 - Help them make the connection between experiencing a negative feeling (sad/angry/scared) and doing a fun or calming activity to change their mood.
- Self-Esteem:
 - Work with the child on boosting their confidence. This can be done through encouraging them to take on leadership roles at home or in school.
 - Modeling is the most important for self-esteem. If the parent speaks positively about themselves, the child is more likely to look for positive aspects as well.
- Supports and Connectedness:
 - Try and get the child to build their network through extracurricular or online activities and community groups.
 - Increase family interactions
- Mental Health Care:
 - If any concerns arise, parents should discuss with the child's pediatrician or contact a mental health agency to initiate services.

McFarland is a small community south of Madison in Dane County. In January of 2017, a group of concerned citizens came together to discuss substance abuse problems in the McFarland area. The McFarland RADAR is a result of these meetings

We are comprised of local representatives from schools, businesses, churches, village administration as well as parents, and youth—all working together to promote healthy lifestyles

For more information go to: <https://www.radarmc.com/>



For time, day and place of meetings, please contact Cathy Kalina at CathyK@fsmad.org

The McFarland RADAR (RADAR stands for Relevant Alcohol & Drug Awareness Resources) Coalition works to develop, implement and support environmental strategies to reduce substance abuse.

We believe by working together, we can nurture social and environmental changes to make the McFarland area a safer and healthier place, brightening the future of our children, youth and families.

McFarland RADAR Mission Statement

“The mission of McFarland’s RADAR Coalition is to promote healthy lifestyles in the McFarland area through alcohol and drug abuse prevention and education efforts.”

HOW CAN YOU HELP?

We are asking you to give the gift of time. Make a difference in the lives of our youth and our community by

1. Working with us in providing support for planning, project management and awareness campaigns
2. Helping with coalition events, conferences, workshops, and fairs held throughout the year.
3. Being a voice for change in our community, it is time to come together and be that force for change in the McFarland area.