

Special Edition



September is National Recovery Month



National Recovery Month is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance abuse disorder to live a healthy and rewarding life. It is also meant as a way to celebrate the gain made by those in recovery, just as we would celebrate health improvements made by those who are managing other health conditions. It reinforces the positive message that behavioral health is essential to overall health and prevention work. It also shows that treatment is effective and that people can and do recover.

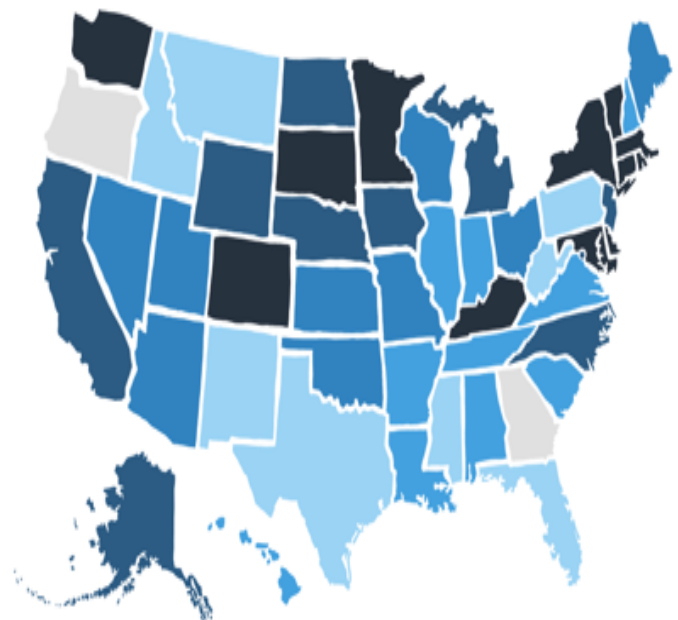


Quick Facts on Drug Addiction

- In 2017, 19.7 million American adults battle a substance disorder
 - 74% struggled with an alcohol use disorder
 - 38% battled an illicit drug disorder
- 1 out of every 8 adults struggled with both alcohol and drug use disorders simultaneously in 2017
- 8.5 million American adults suffered from both a mental health disorder and a substance use disorder
- Drug abuse and addiction cost American society more than \$740 billion annually in lost workplace productivity, health care expenses, and crime-related costs.

Rate of Admissions into Substance Abuse Programs by State

Based on Count of Admissions (Age 12+) per 100,000 People (2017)



Least
admissions

Min: 128

no data

Most
admissions

Max: 2,932

Barriers to Addiction Treatment

- **Feel they don't need treatment:**

- About 95% of people who didn't receive treatment in recent years didn't do so because they saw no need for it.
- They often times don't recognize the severity of their addiction

- **Not ready to stop using:**

- 40% of addicts 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.

- **Lack of Health Coverage and/or cannot afford treatment:**

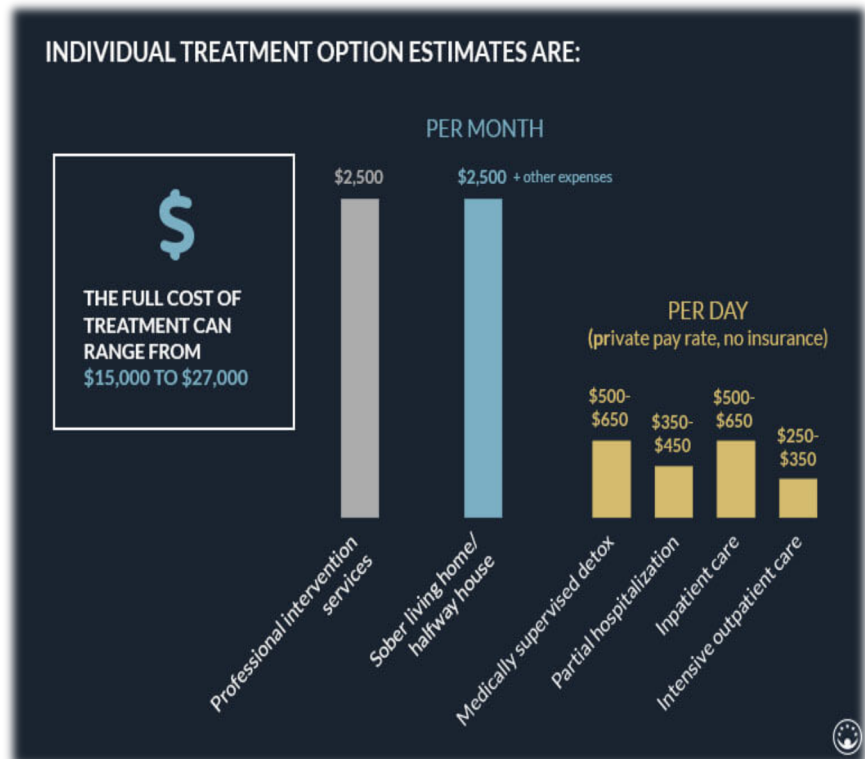
- In 2013, 316,000 addicted people willingly made an effort to get professional treatment but did not receive it
- Over 37% shied away from quality care because they did not have the health insurance to cover the costs
 - Many could not afford to pay out of pocket

- **Stigma:**

- People with substance use disorders fear the judgment of society, friends, and loved ones
- A 2014 Johns Hopkins study found Americans are more likely to have a negative opinion of people with substance use disorders than other mental illnesses

- **Unfamiliar with where to go for help:**

- It can be hard to know where to look for the right help
- People may not fully understand all of their treatment options, thus deterring them from seeking proper drug treatment
- When those with a substance use disorder do find something, they may live too far away or not have a way of getting to and from treatment



Rural America

Research has found that substance use for rural Americans is higher than compared to their urban counterparts.

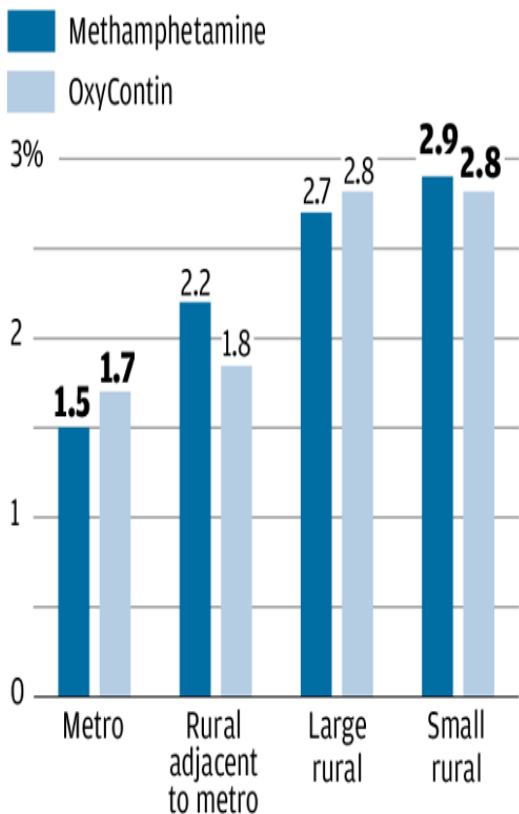
The five main factors that contribute to rural substance abuse are:

- Poverty
- Unemployment
- Risky Behavior
- Isolation
- Low Educational Completion



Rural youth drug abuse

Use of methamphetamine and OxyContin is higher among Americans ages 18 to 25 in counties that are the most rural:



NOTE: Large rural counties have towns with 20,000 people or more; small rural counties don't.

SOURCE: Maine Rural Health Research Center State Journal

Alcohol is one of the main substances that rural residents use, especially youth and young adults. Two of five youths between the ages of 12 to 20 report underage drinking in rural areas. To many rural families, underage drinking is not a chief concern among parents. Alcohol is easier to obtain, in homes, bars and liquor stores compared to urban settings. With heavy underage drinking comes high incidents of drunk driving incidents. In 2013, there were over 4,915 reported motor fatalities in rural areas due to drunk driving, which represented 48% of all driving fatalities in 2013.

Illicit drug use is also prominent in the rural communities, with meth being the number one drug problem. Young adults between the ages of 18 and 25 are six times more likely to abuse

Challenges when it comes to treatment

- Limited Access:
 - 82% of people living in rural counties have no access to detox services within their area
 - Many need to travel long distances (often multiple times a week)
 - Several have inadequate means of transportation
- Availability of addiction treatment medication
 - Over 60% of rural counties have zero physicians with a waiver to prescribe buprenorphine (or Suboxone) for opioid addiction treatment
- Higher stigma associated with addiction and recovery

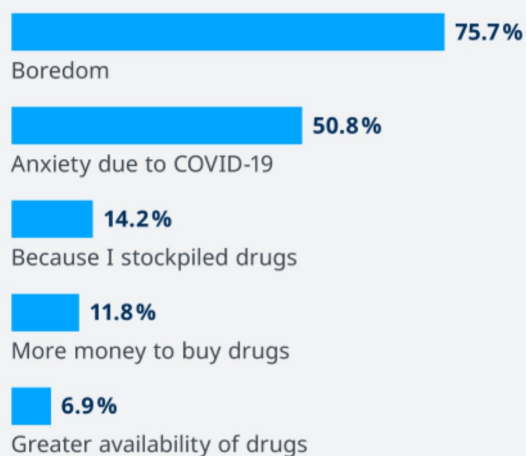
COVID 19 Impact on People with Addiction

As of June 2020, 13% of Americans reported started or increasing substance use as a way of coping with the stress and emotions related to COVID-19. In the early months of the pandemic there was an 18% increase nationwide in overdoses compared with those same months in 2019. As 2020 went on, more than 40 US states had seen an increase in opioid-related deaths along with increases in substance use disorders.

Several doctors have seen an increases in people who have used substances trying new drugs, if their usual substances became more difficult to access. For example, in Washington state, there was an uptick in the use of fentanyl, due to a shift in drug supply availability.

Reasons for increased drug use during COVID-19 lockdown

European Web Survey on Drugs, April-May 2020



Source: EWSD / EMCDDA

Recovery

Several rehab facilities in places like, Pennsylvania, Illinois, Indiana, Minnesota and Florida, have all experienced COVID-related financial difficulties that have forced them to close or limit operations. And treatment facilities that have remained open, have had to take several precautionary methods to help counteract COVID-19 but still provide quality care to those with substance abuse disorders. Still, some people requiring drug or alcohol rehab have stayed away for fear of catching COVID.

During the pandemic, several facilities have begun to use telemedicine to help those requiring drug and alcohol rehab. Community-based groups like Narcotics Anonymous and Alcoholics Anonymous to meet virtually. And most insurers,

including Medicaid, have lifted previous telehealth restrictions on treatment for behavioral health, including substance use disorder.



Our Safety Protocols Keep You Safe

With passion and vigilance, American Addiction Centers (AAC) remains open and committed to serving the millions of individuals struggling with addiction, while enforcing safety and prevention as a top priority in regards to COVID-19.



Rigorous Screening
Prior to Entry



Testing of All
Patients & Staff



Admission
Testing



Mask Wearing
Mandates



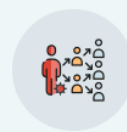
Full Facility Sanitization
& Regular Fogging



Extensive PPE
Use On-Site



Social
Distancing



Exposure & Isolation
Protocols

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



For time, day and place of meetings, please contact Cathy Kalina at cakcenters@hotmail.com

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/>

The McFarland RADAR 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.