

Regional Advisory Board (RAB) of Community Anti-Drug Coalitions

September 2021 Newsletter

September is Recovery Month

Recovery Month is a national observance held every September to promote and support new evidence-based treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of service providers and community members across the nation who make recovery in all its forms possible. This year's theme is Recovery is for Everyone: Every Person, Every Family, Every Community. For more information, visit recoverymonth.org.

To celebrate Recovery Month, the Regional Advisory Board with the Association of Recovering Motorcyclists is hosting the **12th Annual Ride for Recovery** on September 11, 2021 beginning at Serenity House in Auburn at 11:00 a.m. Stops for this police-escorted Ride will be in Angola and Kendallville, with the Ride ending at Sweetwater at the Recovery Rocks event. This event will have speakers, resource tables, and food trucks.

Did you know?

Lonely seniors are more likely to take opioid painkillers, sedatives, anti-anxiety drugs and other medications, a study published in the journal JAMA Internal Medicine found, which puts them at increased risk of drug dependency, attention problems, falls, accidents and mental decline. Almost one quarter (23%) of highly lonely seniors used anti-anxiety meds and sedatives, including drugs such as Valium, Unisom and tricyclic antidepressants that have been linked with a higher risk for dementia. The rate of prescription opioid use among those highly lonely was 11%. Researchers also found that highly lonely seniors were more likely than those who weren't lonely to be taking five or more medications, 58% versus 46%. The study suggests "social prescribing" instead, which directs seniors to local social opportunities such as senior centers, exercise classes, grief groups or volunteer programs. (IDOH, 8/10/21)

Helping Our Youth Cope with Stress

Just like adults, youth can experience stress. School and social life can create overwhelming feelings in our kids at times. The American Psychology Association published, "Left unchecked, long-term stress can contribute to a long list of physical and mental health problems. Prolonged stress can cause high blood pressure, weaken the immune system and contribute to diseases such as obesity and heart disease. It can also lead to mental health problems such as anxiety and depression—disorders that are becoming more common in youth."

A few ways in which stress may show up include: irritability and anger; changes in behavior; trouble sleeping; neglecting responsibilities; eating changes; and getting sick more often.

Tips from the American Psychology Association to manage stress include: sleep well; exercise; talk it out; and make time for fun — and quiet. (IYI Weekly update, 8/27/21)

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