



## BELLEVILLE AREA CARES COALITION

### AODA PREVENTION

### NEWSLETTER

NOVEMBER 2021



It's that time of year when our thoughts turn to Thanksgiving which often times the day we set aside to feel thankful for what we have. But it is important to be thankful not just during Thanksgiving or the month of November but year around as it has shown to develop a positive mindset and contributes to a better way of life.

### Benefits of being Thankful

- Improve on your relationships with others
  - Showing some appreciation is an easy way to start a conversation and over time, it can deepen your friendships
- You'll sleep better:
  - Being thankful helps you sleep longer and you'll feel better rested when you wake up
- Physical health will improve:
  - Being thankful has been linked to lower blood pressure, fewer aches and pains, and improved immunity.
- You'll feel better about yourself:
  - Being thankful has been linked with higher levels of self-esteem and appreciation

### How to Practice Thankfulness:

- **Start by observing:** Notice the *Thank Yous* you say
- **Keep a Journal:** Establish a daily practice in which you remind yourself of the gifts, benefits and good things you enjoy
- **Share you gratitude with others:** the next time your partner, friend or family member does something you appreciate, be sure to let them know



# Children of Parents with Addiction

## Quick Statistics:

- An estimated 18.25 million children live in households with family addiction,
- More than 10% of US children live with a parent with alcohol problems
- Two babies are born to addicted parents every seconds of every hour of every day
- 20.2 million adults needing treatment for a substance dependency or misuse issue did not feel that they needed help



## Effects of Parental Drug Addiction on Children:

- Poor academic performance at school
- Poor behavior at school (ex: fighting, ignoring direction, bullying others)
- Low self-esteem
- Health problems related to anxiety surrounding their parent's addiction (ex: stomach ulcers, migraines, problems with potty training)
- Defiance of authority (parents, grandparents, teachers, police officers)
- Physical, mental, and/or sexual abuse
- Posttraumatic stress disorder stemming from one or more traumatic events (e.g. a non-fatal parental overdose, being involved in a physical altercation with a parent, being left alone for long periods of time)
- Lack of:
  - Appropriate physical and mental healthcare
  - Daily structure
  - Healthy involvement in the community (such as through youth activities)
  - Healthy diet and encouragement of exercise
  - Moral guidance



# The Seven C's: Helping Kids Cope with Addiction

The "Seven C's" gives children tips on coping while a parent is in recovery. It states:

- I didn't CAUSE it: It is important for children to understand that they couldn't prevent their parents addiction
- I can't CONTROL it: Make sure that the child knows that addiction is something your child can't control
- I can't CURE it: Explain that recovery takes time and hard work, but it is helping make the parent a happier and healthier person
- I can take CARE of myself: Make a list with the child on ways to they can take care of themselves and encourage them to make healthy decisions
- COMMUNICATE your feelings: Choose someone trustworthy – a close family member, friend, therapist or teacher – who is willing to talk to them and be a listening ear
- Make healthy CHOICES: Motivate your child to take care of their mind and body.
- CELEBRATING me: Everyone, including children, deserves to take time out to celebrate themselves.

I didn't CAUSE it.

I can't CONTROL it.

I can't CURE it.

I can take CARE of myself  
by COMMUNICATING my  
feelings,  
making good CHOICES and  
CELEBRATING myself

## Messages to tell children of parents with addiction

- **Substance Dependence is a Disease:** Children should know that their parents are not bad people. They need to see them as people that are sick who are suffering from a disease.
- **Don't Blame Yourself:** Children must understand they are not the cause of their parent's drug or alcohol dependence. They also need to be told that they are not responsible for stopping the behavior, either.
- **They are Not Alone:** There are millions of children that have parents who are addicted to drugs or alcohol. You can tell them that even in their school, other children are in the same situation.
- **Talk about it:** Children with parents who are misusing drugs need to be told that it is okay to talk about the problem, and they don't need to feel guilty, scared, or embarrassed. They need to talk to someone they can trust, like a teacher, counselor, foster parent, a member of a peer support group, or a faith-based group.

If you're under 18 and living in an unhealthy environment, try these:



REACH OUT TO A FAMILY MEMBER FOR GUIDANCE & SUPPORT



TALK TO YOUR SCHOOL COUNSELOR



TRY A SUPPORT GROUP LIKE ALATEEN



GET INVOLVED IN ACTIVITIES AS A POSITIVE OUTLET

# Hallucinogens

Hallucinogens are a diverse group of drugs that alter a person's awareness of their surroundings as well as their own thoughts and feelings.

Hallucinogens are commonly split into two categories:

- Classic Hallucinogens (such as LSD)
- Dissociative Drugs (such as PCP)

Some hallucinogens are extracted from plants or mushrooms, and some are synthetic (human-made) and historically have been used for religious and/or healing rituals. More recently, people report using hallucinogens for social and/or recreational purposes, including to have fun, deal with stress, have spiritual experiences, or just to feel different.



## Common Classic Hallucinogens

- **LSD:** One of the most powerful mind-altering chemicals. It is a clear or white odorless material made from lysergic acid, which is found in a fungus that grows on rye and other grains.
- **Psilocybin (shrooms):** works by activating serotonin receptors, most often in the prefrontal cortex. This part of the brain affects mood, cognition, and perception.
- **Peyote:** a small, spineless cactus that is found in the southwest United States, northern Mexico, and Peru. Giving people a dream-like high
  - As a Schedule I substance, peyote is considered an illegal and addictive drug in the United States.
  - However, the American Indian Religious Freedom Act (AIRFA) Amendments of 1994 gives Native Americans the legal right to use peyote for their religious services

## Common Dissociative Hallucinogens

- **PCP:** was developed in the 1950s as a general anesthetic for surgery, but it is no longer used for this purpose due to serious side effects. Leading to a distortion of sights, colors, sounds, self, and one's environment.
- **Ketamine:** Used as a surgery anesthetic for humans and animals. Much of the ketamine sold illegally comes from veterinary offices, different chemicals in the brain to produce visual and auditory distortion, and a detachment from reality.
- **DXM:** a cough suppressant and mucus-clearing ingredient in some over-the-counter cold and cough medicines. Misuse of DXM describes different "plateaus" ranging from mild distortions of color and sound to visual hallucinations and "out-of-body" sensations, and loss of motor control.

# How do people use hallucinogens?

<i>Method</i>	<i>LSD</i>	<i>Shrooms</i>	<i>Peyote</i>	<i>PCP</i>	<i>Ketamine</i>	<i>DXM</i>
Pills	X			X	X	X
Liquid	X		X		X	X
Raw or Dried		X	X			
Brewed into Tea		X	X			
Snorting					X	
Injecting				X		
Smoking				X		

## Classic Hallucinogen Effects

- **Affects on the Brain:**
  - Mood
  - Sensory Perception
  - Sleep
  - Hunter
  - Body Temperature
  - Sexual Behavior
  - Intestinal muscle control
- **Short-Term Effects:**
  - Increased blood pressure, breathing rate, or body temperature
  - Loss of Appetite
  - Dry mouth
  - Sleep problems
  - Panic
  - Excessive Sweating
  - Feelings of relaxation
- **Long-Term Effects:**
  - Visual Disturbances
  - Paranoia
  - Mood Changes
  - Disorganized Thinking

## Dissociative Hallucinogen Effects

- **Affects on the Brain:**
  - Pain Perception
  - Responses to the environment
  - Emotion
  - Learning and Memory
- **Short-Term Effects:**
  - Memory Loss
  - Panic and anxiety
  - Seizures
  - Psychotic symptoms
  - Amnesia
  - Inability to move
  - Mood Swings
  - Trouble Breathing
- **Long-Term Effects:**
  - Speech problems
  - Memory/Weight Loss
  - Depression/Suicidal Thoughts



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| Acorns       | Election Day | Orange      | Thanksgiving |
| Apple        | Eleventh     | Oven        | Travel       |
| Apple Cider  | Fall         | Parade      | Tray         |
| Autumn       | Family       | Peace       | Treaty       |
| Berries      | Feast        | Pumpkin Pie | Turkey       |
| Black Friday | Festivities  | Rake        | Veterans Day |
| Blessings    | Food         | Recipe      | Voting       |
| Brown        | Football     | Red         | Windy        |
| Casserole    | Gratitude    | Roast       | Yellow       |
| Cool         | Ham          | Rolls       |              |
| Corn         | Leaves       | Seeds       |              |
| Cornucopia   | Leftovers    | Sleep       |              |
| Cranberry    | Napkins      | Snow        |              |
| Dinner       | November     | Stuffing    |              |

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Happy Thanksgiving



Belleville is a small community southwest of Madison in Dane and Green Counties. Belleville is a special place to visit because of its natural beauty, recreational activities and friendly people and atmosphere. Belleville is a great community for families seeking a solid educational system along with the natural amenities of the community.

The Belleville Area Cares Coalition came into existence following a town hall meeting in April of 2014.



**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**

**More information can be found at : <https://www.bellevillewicare.org/>**

**BACC meetings are held on the 4th Tuesday of each month at 4:45 pm in the Belleville Village Hall.**

#### **BACC Mission Statement**

***“The mission of Belleville's Area Cares Coalition is to promote a healthy community for youth and young adults, free of alcohol and other drug abuse.”***

*The Belleville Area Cares 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 Belleville area a safer and healthier place, brightening the future of our children, youth and families.*

#### **HOW CAN YOU HELP?**

The BAAC asks 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 Belleville area.