

"Pass It On"

Prevention Newsletter

July 2012

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National Alcohol
& Drug Addiction
Recovery Month



Keep Kids Drug Free

Your purchase of the *Keep Kids Drug Free* specialty License tag supports prevention and recovery initiatives.



www.KKDF.org

GATEWAY COMMUNITY SERVICES, INC.



The new Prevention Newsletter, "Pass It On", will update readers on timely prevention news, statistical information, upcoming events, and articles of interest for adults and adolescents. We hope you will find it informative and interesting.

By Supporting National Health Observances, you can:

- Educate the public about health risks
- Organize successful health promotion events and campaigns
- Get new ideas, information and resources on health topics of interest

National Sobriety Checkpoint Week June 28—July 5

<http://www.theautochannel.com/news/press/date/20000629/press019440.html>

Independence Day July 4th

<http://www.emotionscards.com/trivia/fourthofjuly/fourthofjulymain.html>

World Hepatitis Day July 28th

<http://worldhepatitisalliance.org/WorldHepatitisDay.aspx>

UV Safety Month July 1—31

Prevent Blindness America
(800) 331-2020
(312) 363-6001
www.preventblindness.org

LOCAL EVENTS IN DUVAL COUNTY

4th of July Celebration—Fireworks July 4th, 9:45 pm

Downtown Jacksonville Riverfront
[http://www.coj.net/Welcome/Upcoming-Events/All-Events/Fourth-of-July-Celebration-\(1\).aspx](http://www.coj.net/Welcome/Upcoming-Events/All-Events/Fourth-of-July-Celebration-(1).aspx)

Independence Day Celebration at World Golf Village

July 3rd, 7pm
<http://www.visitjacksonville.com/events/view/world-golf-village-celebrates-independence-day>

A T. Rex Named Sue Exhibit July 1—31

Museum of Science & History
<http://www.visitjacksonville.com/events/view/a-t-rex-named-sue-exhibit1>

Celebrate Recovery of Greater Jacksonville

A Christian Based 12 Step Recovery Program. Visit website for Events and Meeting Schedule.
<http://crjacksonville.com/>

Drug Exposed Infants

Over the last two decades, the number of drug-affected infants has been growing. According to data compiled by the *Agency for Healthcare Research and Quality*, the number of babies experiencing drug-related symptoms after birth has risen by 45% since 1995. These babies are called NAS (neonatal abstinence syndrome) babies.

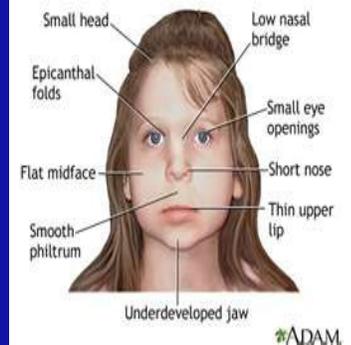
Almost every drug passes from the mother's blood stream through the placenta to the fetus. Illicit substances that cause drug dependence and addiction in the mother also cause the fetus to become addicted. At birth, the baby's dependence on the substance continues. However, since the drug is no longer available, the baby's central nervous system becomes over stimulated causing the symptoms of withdrawal. Alcohol use can also cause withdrawal as well as birth defects related to fetal alcohol spectrum disorder (FASD).

When a mother uses illicit substances, she places her baby at risk for many problems. A mother using drugs may be less likely to seek prenatal care, which can increase the risks for her and her baby. In addition, women who use drugs are more likely to use more than one drug, which can complicate the treatment. The risk of contracting HIV and AIDS is also greater among intravenous (IV) drug users.

Due to the short time mothers spend in the hospital after giving birth, many of the infant's symptoms are less likely to be recognized.

Symptoms depend on the drug involved. They can begin within 1 - 3 days after birth, or they may take 5 - 10 days to appear. They may include:

- Blotchy skin coloring (mottling)
- Diarrhea
- Excessive crying or high-pitched crying
- Excessive sucking
- Fever
- Hyperactive reflexes
- Increased muscle tone
- Irritability
- Poor feeding
- Rapid breathing
- Seizures
- Sleep problems
- Slow weight gain
- Stuffy nose, sneezing
- Sweating
- Trembling (tremors)
- Vomiting



Treatment depends on:

- The drug involved
- The infant’s overall health
- Whether the baby was born full-term or premature

Infants with neonatal abstinence syndrome are often fussy and hard to calm.

Tips to calm the infant down include:

- Gently rocking the child
- Reducing noise and lights
- Swaddling the baby in a blanket

Some babies with severe symptoms need medicine to treat withdrawal symptoms. Medicines may include:

- Morphine
- Methadone

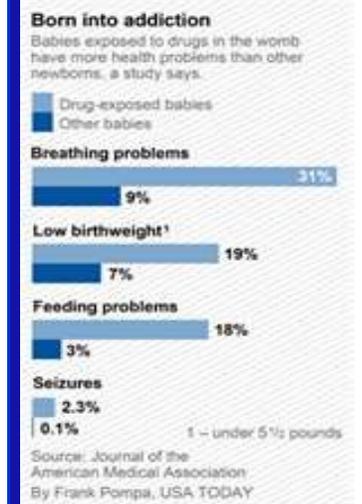
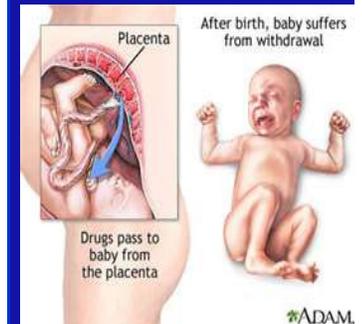
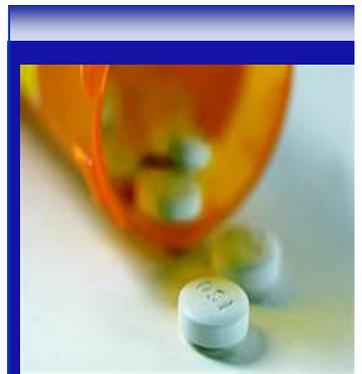
The following link will take you to a video offered by CNN that depicts an infant with neonatal abstinence syndrome. Warning...this video can be disturbing.

<http://cnn.com/video/?/video/bestoftv/2012/04/27/lyon-drug-dependent-babies.cnn>

Content used in this article was compiled from the following websites. Please visit for more information.

<http://healthland.time.com/2012/01/30/updated-guidelines-for-treating-babies-exposed-to-drugs-in-the-womb/>

<http://www.nlm.nih.gov/medlineplus/ency/article/007313.htm>



The Benefits of Ketamine

Ketamine has been around for about 30 years and was initially used only in veterinary medicine. Although primarily associated in treating animals, ketamine is approved for use with humans as well. It is currently widely used in pediatric anesthesia and useful for control of severe pain.

In a report recently posted in the *Journal of Biological Psychiatry*, there appears to be mounting evidence that ketamine has profound abilities in lessening the effects of depression, especially in patients who struggle with the debilitating diagnosis of bipolar disorder. For many of these patients, modern pharmacotherapy has been a hit or miss in the effort to control the wildly fluctuating symptoms of mania and depression.

During a project headed by the *National Institute of Health*, bipolar patients also suffering from depression were treated with a single dose of ketamine. Patients were carefully monitored and evaluated. The results were startling. Patients reported near immediate improvement in their depression which lasted for over three days. In addition, ketamine apparently reduced the number and severity of suicidal thoughts as well. Researchers were very excited over these findings as, up to this point, no pharmaceutical product has exhibited combined effects as an anti-depressant and as a means of reducing suicidality.

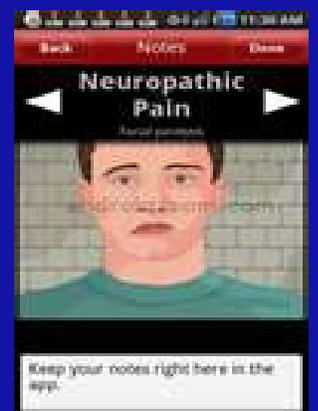
There are also developments showing that ketamine can be an effective drug in treating individuals suffering from neuropathic pain, or pain due to damage to the nervous system. Neuropathic pain may include damage to the nerve fibers or tissues, and is often characterized by a pain that is burning in nature, and may include a numb or tingling sensation. Neuropathic pain has no overall determinable cause, but has been seen to be linked to shingles, chemotherapy, and diabetes. For those wishing to use ketamine in pain management, it is usually administered as a topical gel. Ketamine is an anesthetic that dulls the nervous response and makes it appropriate as a topical gel for nerve associated pain. Because side effects of ketamine include hallucinations and psychotic episodes, research performed on the use of oral ketamine for pain management has been very limited.

There is however a stigma that goes along with the use of ketamine as it is a popular recreational hallucinogenic drug. Ketamine and Ecstasy are by far the favorites of the rave scene. We can see however, used properly as prescribed by one's physician, this drug can be very useful.

This article was adapted through content found at the following links.:

http://campaign.r20.constantcontact.com/render?llr=sj8m4tcab&v=001AbyoPARFHBNLZRM7DFzWE_I7eWwOEvdCpnpYct0op8RMYOUV57QTyFwNMBLuHwVFmstvoH66kZaDg1WmQSAKM8TQeojxN1H3PBuey_1NuZz2pi4Dy88nEmlyRVTxyya1

<http://www.paindoctor.com/treatments/alternative/ketamine-for-pain-management>



4th of July—Independence Day

The 4th of July is the time when we celebrate our nation—a time to reflect on the freedoms which we believe are not granted by our government, but are self-evident rights for all humankind.

Every day thousands leave their homelands to settle here in the land of the free. Before they become citizens they are required to take a citizenship test and score 80%. Could you pass this test if you took it today? We've listed 10 of the 20 questions that was once listed on the actual citizenship test. The correct answers are on the following page.

- What is the title of the National Anthem?
 - * Oh, Say Can You See
 - * God Bless America
 - * America the Beautiful
 - * The Star Spangled Banner
- On July 4, 1776, we declared independence from whom?
 - * Germany
 - * Spain
 - * Great Britain
 - * Rome
- Why did the Pilgrims come to America?
 - * To establish a trade route with India
 - * To establish a new Nation
 - * To set up fur trade with the Natives
 - * To find religious freedom
- The Constitution has how many Amendments?
 - * 23
 - * 27
 - * 33
 - * 31
- Who said "Give me liberty or give me death?"
 - * Thomas Paine
 - * John Wilkes Booth
 - * Patrick Henry
 - * Nathan Hale
- What American President said "We dare not forget that we are the heirs of that first revolution."
 - * George Washington
 - * John F. Kennedy
 - * Franklin Roosevelt
 - * Dwight Eisenhower

<http://games.toast.net/independence/>

http://www.pbs.org/capitolfourth/quiz_sub1.html



Answers to the 4th of July, Independence Day Quiz

1. **What is the title of the National Anthem?**
 - * **The Star Spangled Banner**

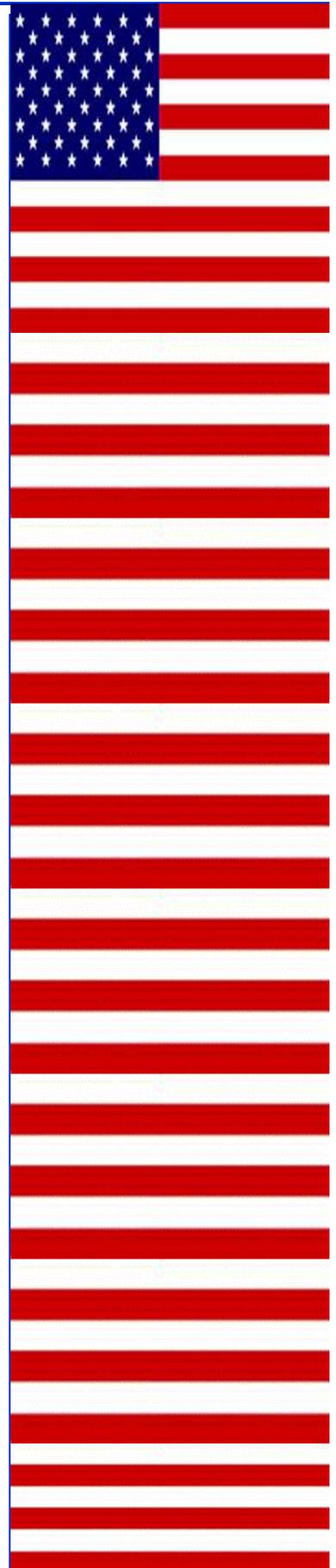
2. **On July 4, 1776, we declared independence from whom?**
 - * **Great Britain**

3. **Why did the Pilgrims come to America?**
 - * **To find religious freedom**

4. **The Constitution has how many Amendments?**
 - * **27**

5. **Who said “Give me liberty or give me death?”**
 - * **Patrick Henry**

6. **What American President said “We dare not forget that we are the heirs of that first revolution.”**
 - * **John F. Kennedy**



Gateway's Northeast Florida
Keep Kids Drug Free (KKDF)
Prevention Center:

- Hand-out material and resource information
 - Supports and houses Gateway's Prevention Team
 - Implements evaluated and effective programming
 - grant and training coordination
 - innovative universal services.
- ⇒ Project Success
- ⇒ Life Skills
- ⇒ Celebrating Families
- ⇒ Second Step
- ⇒ Older Adult Puppet Skits
- ⇒ September Recovery Month

to name a few...

*The Northeast Florida
Keep Kids Drug Free
Resource Prevention
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Fax – 904.388.1918

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Florida's Keep Kids Drug Free (KKDF) Regional Prevention Centers,

- Regional Prevention Centers were established in 2000 as a response to the increasing need to put the best resources directly in the hands of Florida's prevention professionals.
- Modeled after the *Federal Centers for the Application of Prevention Technology (CAPPT)* and the *Texas Prevention Resource Centers (TPRC)*.
- Directly provides statewide coverage of Prevention/Outreach services, training, technical assistance, grants and funding guidance.
- Meets Governor's Drug Strategy Objectives.

Keep Kids Drug Free Foundation's Mission Statement

To enhance the quality of life for residents of the State of Florida. Our flexible grant making resources allow us to respond to current and emerging community needs and opportunities. We approach our grant making not solely in terms of Program categories, but rather with a focus on community building. We have committed our resources to trying to prevent substance abuse and strengthen the fabric of our community. We consider all grant proposals in the context of this commitment. Within our mission, the *Keep Kids Drug Free Foundation* makes grants in the broad program area of substance abuse prevention. Although the *Keep Kids Drug Free Foundation* has not established a minimum size of grants, our discretionary grants average \$5000 per award.



GATEWAY COMMUNITY SERVICES, INC.

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Jacksonville, Florida 32204*



www.gatewaycommunity.com

www.gatewayconnect.org/

Gateway Community Services, Inc. takes action against addiction through a wide variety of programs and services.

From prevention to transitional housing and clinical research, we have the understanding, care, facilities and know-how to help with every facet of the recovery process.

Gateway Connect is your complete online and phone counseling service, bringing technology to treatment.

If you, or someone you know, suffers from alcohol or drug addiction and related mental health issues, Gateway can help. Call us toll-free at **1.877.389.9966**. We're open 24 hours a day, seven days a week. Call us today and together we will take action against your addiction.