



# CHAP Weekly Update

April 2, 2021

## Substance Use and Prevention for Alaska Youth

### Definitions

**Substance Use** is when someone consumes a substance. Substance use always comes with a risk of developing a Substance Use Disorder.

**Substance Misuse** is when a person consumes substances, despite the fact that they are causing issues in their life.

**Substance Use Disorder** is a disease that affects a person's brain and behavior, leading to an inability to control the use of a substance despite the harmful consequences.

**Recovery** is a process of change through which people improve their wellbeing by overcoming a Substance Use Disorder.

### Words Matter

Be mindful of language. Instead of saying "abuse," use the word "misuse."

The stigma attached to the words "drug abuse" or "alcoholic" can be a barrier to someone recognizing/admitting that they have a problem and/or seeking help.

### Harm Reduction Approach

This type of approach is respectful and non-judgmental, meeting people "where they are at."

The question is not "why the addiction?" but rather "why the pain?"

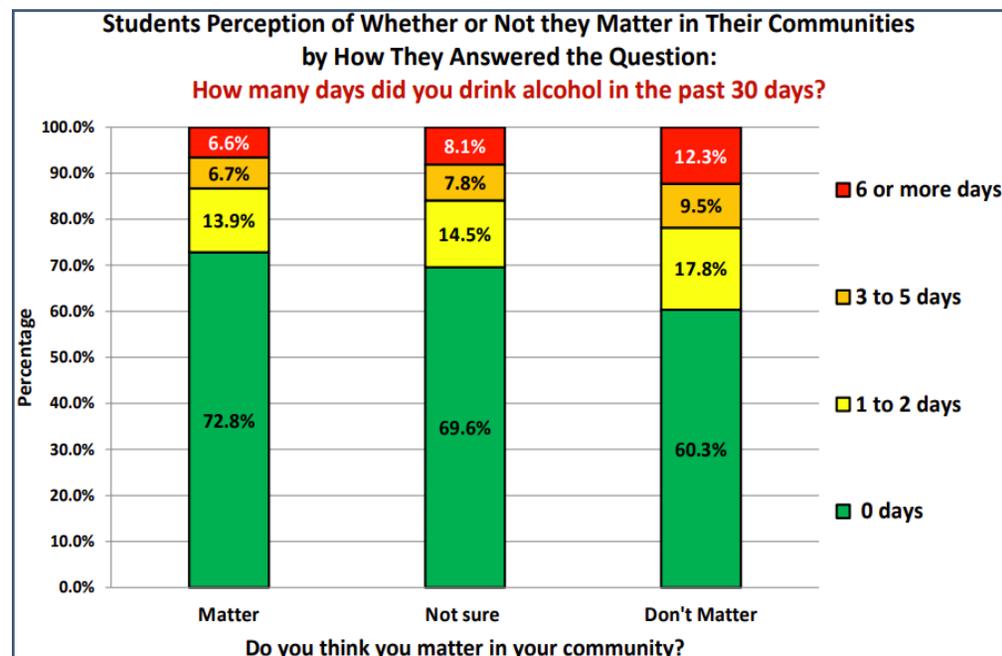


### Substance Use

Substances can change the brain, making substance use compulsive or uncontrollable. The brains of some individuals may be more vulnerable to the effects of alcohol and drugs than others. Several factors contribute to this vulnerability:

**Risk factors:** Peer pressure, inadequate coping/social skills or support system, Adverse Childhood Experiences (ACEs), such as neglect, household dysfunction

**Preventive factors:** Feelings of community, connection, encouragement, such as participating in alternative activities (sports, music, theater groups, cultural activities)



View larger graph in [this week's presentation](#) at [anthc.remote-learner.net](http://anthc.remote-learner.net)

Let us know what you think! aka-[CHAPCOVID-19weeklyupdates@anthc.org](mailto:CHAPCOVID-19weeklyupdates@anthc.org)

Send questions for presenters and each other, and suggest topics for discussion.





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## How Can a CHA/P Help?

## Preventing Substance Use

### What Does a Substance Use Disorder Look Like?

- Spending more time getting, using, recovering from substance use  
*Example:* Having to sleep longer after a night of partying
- Continuing using substances even though it causes problems  
*Example:* Failing exams or missing family functions because of drinking too much
- Needing more of the substance to get the same effect  
*Example:* Having to drink more alcohol in order to feel drunk



These symptoms can occur with the use of any substance.

**Note:** The negative consequences of substance misuse can occur with the person's first experience with that substance (accidents, injuries, missed school/work).

- Use a respectful, non-judgmental approach to addressing the issue. Meet the person "where they are at."
- Encourage them to get help. Be a trusted and knowledgeable resource.

### Substance Use Resources

"The opposite of addiction is not sobriety. The opposite of addiction is connection." A 15-minute-long Ted Talk by Johann Hari:



**Everything you think you know about addiction is wrong**

A 5-minute-long YouTube video by Nathan Harmon:

**Substance Abuse the Counterfeit Connection**

### How Can You Help with Substance Misuse Prevention in Your Community?

A focus on prevention will change community conditions and shape community norms to prevent the use of substances by youth. It will also:

- Increase protective factors
- Minimize risk factors
- Build resilience

### Prevention Strategies

- Provide information
- Raise awareness
- Enhance knowledge and skills
  - ◊ Help educate colleagues about ACEs
  - ◊ Educate parents about how to build resilience in children
- Be a caring adult
  - ◊ Spend quality time with youth in your community
  - ◊ Ask questions
  - ◊ Help decrease stigma
  - ◊ Talk with family, friends and neighbors
  - ◊ Ask about ACEs, acknowledge your own
- Enhance access to support
  - ◊ Offer resources
  - ◊ Offer support for help
  - ◊ Offer referral to Mental Health
  - ◊ Encourage alternative activities and after school programs
- Decrease access to substances
  - ◊ Safe medication disposal





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## Remember, You Are Not Alone!

## Alaska Vaccine Updates

Substance misuse is a challenging issue for all Healthcare Providers. There are lots of resources available to help your patients and communities.

### Additional Resources

#### ANTHC's Substance Misuse Prevention Program:

- Experienced / knowledgeable people available to assist you
- Good information / resources on their website

- Alaska is tied for **No. 4** in percent of population fully vaccinated
- The vaccine is now available to **anyone living or working in Alaska who is age 16 or older**
- Alaskans fully vaccinated: **22.7 %**
- Alaskans vaccinated with 1+ doses: **31.9%**



**iknowmine.org:** Information, curriculum and materials



**How people in addiction recovery can manage during the isolation of COVID-19.**

#### Addiction Recovery Resources

**Are you Seeking Substance Use or Mental Health Treatment?**

#### Treatment Locator

ANTHC Behavioral Health CRAFT:

#### Community Reinforcement Approach and Family Training



## CHA/P on Facebook



Check out news stories, information and accomplishments of Health Aides around the state. See and share photos of our program and people.

Community Health Aide/Practitioner Facebook page:

[www.facebook.com/groups/AlaskaCommunityHealthAidesPractitioners](http://www.facebook.com/groups/AlaskaCommunityHealthAidesPractitioners)

## COVID BY THE NUMBERS

- Alaska cases as of April 2, 2021: **62,785**
- US cases as of April 2, 2021: **30.6 million**
- Alaska average daily cases: **24** per 100,000 people.  
**Active cases are rapidly increasing!**
- More information at [Coronavirus.dhss.alaska.gov](http://Coronavirus.dhss.alaska.gov)



## SAVE THE DATE



**April 6, 2021**

Meera Narayanan will discuss Gestational Diabetes.

**April 13, 2021**

Dr. McLaughlin and his colleagues from the State will facilitate a discussion/update about COVID-19.

Thank you to Jennifer Summers, Substance Misuse Prevention Program Manager in the Wellness and Prevention Department at ANTHC.

Email: [jasummers@anthc.org](mailto:jasummers@anthc.org)



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