



# Health Newsletter



Recovery is for everyone:  
Every Person, Every Family,  
Every Community

## September is Recovery Month

Together for Mental  
Health

Each September, Recovery Month is celebrated. Nearly 9% of Americans need treatment for addiction and 23 million are in recovery from addiction.

### Some Drug-Related Facts

Fentanyl is a synthetic opioid 100 times more potent than morphine that is used to treat severe pain in cancer patients. Due to its potency, an amount of Fentanyl equivalent to 2 grains of salt can be fatal. Fentanyl has been found in drugs sold on the street and is the leading cause of overdose deaths. Mixing street or prescription drugs with alcohol is very harmful and could be fatal.

### Watch out for signs of drug use

1. Sudden change in behavior.
2. Mood swings, irritable and grumpy and then suddenly happy and bright.
3. Withdrawal from family members.
4. Carelessness about personal grooming.
5. Loss of interest in hobbies, sports, and other favorite activities.
6. Changed sleeping pattern, such as up at night and sleeping during the day.
7. Red or glassy eyes and runny nose.

### Narcan (Naloxone) Saves Lives

Giving Narcan can reverse opioid overdose. Keeping Narcan close by for someone having addiction issues is extremely important. Narcan is effective at reversing overdoses of opioids (fentanyl, heroin, oxycodone, etc.). It is safe to give someone Narcan if you think they may have overdosed on opioids but aren't sure. Call 911 for medical help right away.

### Some Alcohol - Related Facts

#### INDICATORS OF RISKY OR EXCESSIVE DRINKING

- Drink more, or longer than you intend
- Try to cut down or stop drinking, but are not able to
- Have to drink more than you once did to get the effect you want
- Continue to drink even though it makes you feel depressed or anxious or adds to another health problem
- Loved ones and/or trusted friends have made comments about your drinking pattern
- Spend a lot of time drinking or thinking about alcohol
- Find that drinking often interferes with daily activities, family, friends and/or work
- Have been arrested or had other legal problems due to drinking
- Experience symptoms of withdrawal when you don't drink (withdrawal symptoms include: shakiness, sweating, tremors, headaches, anxiety, irritability, and/or insomnia)

**Binge drinking** is consuming 5 or more drinks (male), or 4 or more drinks (female), in about 2 hours  
**Heavy drinking** is consuming more than 4 drinks on any day or more than 14 drinks per week (male) or consuming more than 3 drinks on any day or more than 7 drinks per week (female)

Resource: [NIAA](#)

## ASSESS YOUR ALCOHOL USE • AUDIT-C ALCOHOL USE SCREENING TOOL

### 1. How often do you have a drink containing alcohol?

- a. Never = 0 points
- b. Monthly or less = 1 point
- c. 2-4 times a month = 2 points
- d. 2-3 times a week = 3 points
- e. 4 or more times a week = 4 points

### 2. How many standard drinks containing alcohol do you have on a typical day?

- a. 1 or 2 = 0 points
- b. 3 or 4 = 1 point
- c. 5 or 6 = 2 points
- d. 7 to 9 = 3 points
- e. 10 or more = 4 points

### 3. How often do you have 6 or more drinks on one occasion?

- a. Never = 0 points
- b. Less than monthly = 1 point
- c. Monthly = 2 points
- d. Weekly = 3 points
- e. Daily or almost daily = 4 points

### Hazardous Drinking Score

**Men:** 4 points or higher is considered hazardous drinking  
**Women:** 3 points or more is considered hazardous drinking

*However, when the points are all from Question #1 alone (#2 and #3 are zero), it can be assumed that the patient is drinking below recommended limits and it is suggested that the provider review the patient's alcohol intake over the past few months to confirm accuracy.*

## Tips to cut down on alcohol use

### Monitoring your alcohol use can help you prevent risky drinking:

- Set a daily and weekly drinking limit. Write down your limit and keep it with you.
- Pace your drinking. Have no more than one standard drink per hour.
- Record how much you drink each day.
- Avoid situations and triggers that cause you to drink.
- Ask a friend who does not drink to help you stay within your limit
- Speak with your doctor and/or seek treatment for your alcohol use.

### Resources for help and support

SAMHSA National helpline: 1-800-662-HELP (4357)

Suicide Prevention Lifeline: 1-800-273-TALK (8255), or 988

Lackawanna County, Office of Drug and Alcohol Programs: 570-963- 6315

[Lackawanna County Recovery Coalition](#): For ordering free mail in Naloxone, [www.lackawannarecovery.org](http://www.lackawannarecovery.org)

Scranton Counseling Center: Crisis Line (24/7): 570-348-5100

Drug and Alcohol Treatment Service: 570-961-1997

Friendship House Scranton: 570-342-8305

Recovery Bank: 570-880-7901