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# Mental Health America of Jackson County

July 2016

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Affiliate of Mental  
Health America

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## Drug Dependence

Drug Dependence occurs when you require one or more drugs to function normally. You may have a medical condition, such as high blood pressure or chronic pain, which require you to take drugs to maintain your quality of life. This might be considered “drug dependence,” but is probably not a problem. Drug dependence becomes a health concern, however, when an individual abuses illegal or prescription drugs.

Intermittent abuse can evolve into dependence. Eventually, you can't live a normal life without then drug. You may use larger doses or other type of drugs to overcome the tolerance that develops with regular use.

Drug addiction and drug dependence are sometimes interchangeable. Many addicts depend on drugs to function. It is possible, however, to be dependent on drugs without being addicted. This often occurs if you rely on medications to control a chronic medical condition. It is also possible to be addicted to drugs without your body becoming dependent on them.

The characteristics of Addiction are; use of drugs despite the consequence; inability to stop using drugs; and neglect of social and work obligations.

The features of dependence may include some or all of the features of addiction, plus high tolerance as the body physically adapts to the drug, often leading to desire for larger or more frequent dose and physical symptoms of withdrawal when attempting to stop using the drug.

Drug addicts often begin using drugs socially and become dependent over time. In some cases, drugs may have been initially prescribed to treat a medical condition (e.g. pain medication). This normal and safe use can sometimes develop into abuse and dependence.

Compulsive drug use may be triggered by: a family history of addiction (addictive personalities may be genetic, and watching family members abuse substances can make drugs seem normal or desirable); living in an environment where illegal drugs are frequently used and easy to access; and a history of anxiety, depression, or mental health conditions.

## **Drug Dependence Cont.**

According to the National Institute of Health, drug users typically pass through certain stages on the way to drug dependence: Use drugs for recreation. Drugs are taken infrequently and in social settings; Start using drugs on a regular basis, often abandoning family and friends in favor of drug use. Become concerned about losing access to drugs; Become addicted to drugs and preoccupied with getting access to them. May abandon most or all your previous interests and relationships; Become dependent on drugs and unable to live without them; physical and mental health deteriorates.

It can be difficult to differentiate the symptoms of dependence and the symptoms of addiction. Both conditions are characterized by a preoccupation with drugs, secretive behavior, and avoidance of activities and relationships that were once important. Drug addicts may also neglect their appearance and may suffer extreme fluctuations in weight.

You can often determine whether an addiction has evolved into dependence by observing the addict's behavior when he or she has not had access to drugs for a significant period of time. Physical symptoms of withdrawal occur when the body becomes stressed without the drug. Symptoms may include: anxiety, depression, muscle weakness, nightmares, body aches, sweating, nausea, vomiting.

When drug abuse escalates to dependence, treatment becomes complicated. Ultimately, you must stop using the drug, but doing so abruptly can cause harsh physical side effects. You may need to enter a residential detoxification program or attend on an outpatient basis.

Substances that mimic the effects of illegal drugs may be given to reduce symptoms of withdrawal during treatment. Detox programs use a combination of therapy and medical care to ease dependence and ultimately stop addiction. On-going therapy sessions may be required for extended periods of time after you are released from a treatment program.

If left untreated, drug dependence is very dangerous. You may increase your drug use as your body adapts to the drugs, which can result in overdose and death. Treatment may reverse dependence if it is caught early and if you are willing to be treated. Sometimes treatment is successful the first time, but relapse is common among drug addicts. On-going therapy and support groups can help recovering addicts stay on track and address signs of relapse.

[www.healthline.com](http://www.healthline.com)

## **Second Quarter Activities**

Two "I'm Thumbody" classes at Head Start 68 students ; Two "I'm Thumbody" classes at Seymour High School 11 children; Two I'm Thumbody classes at Brown Pre-School 24 children; Display at Seymour Library for Mental Health Month; Appeared on WZZB's Breakfast Club for Mental Health Month 5/19; Column on "Understanding Those with Mental Illness" in Seymour Tribune 5/19; Ice Cream Social at Centerstone 4/14; 15 Clients; Bowling Social 80 people 6/13; Newsletter; Participated on Jackson County Drug Free Council ; Participated in Kid's Fest 4/23; Attended Jackson County United Way Partner Meeting 5/17; Attended Mental Health America Executive Roundtable Meeting in Lafayette on 4/8; Attended 3 Jackson County Community Service Council meetings; Board Membership Campaign; Spoke before the Noon Lions Club 5/12; Decorating Bags for Christmas Gift Lift by Latina 4H Students 5/25 part of Day of Caring; Worked with volunteer to update website.

## **“Tall Cop Says Stop”**

Use of illegal drugs and abuse of alcohol and prescription medications are destroying families leading to overcrowding in jail and causing problems at hospital and local schools.

The Jackson County Safety Commission is taking a step to educate and train people on what to look for when it comes to identifying drug use and how to make a difference in the fight to take back the community.

On **August 18th from 8am to 12 Noon**, nationally recognized drug training officer Jermaine Galloway will present his “Tall Cop Say Stop” program in the Seymour High School Auditorium.

Galloway, standing 6 foot 9, focuses on youth and drugs, the drug culture and up-and-coming trends that are being or will be seen in cities and towns. The session is geared toward leaders in the community, including government, business and industry, religious, health and education officials and others who work with youth.

Galloway, regarded as one of the nation’s top experts in drug and alcohol, trends said” you can’t stop what you don’t know.”

“After attending one of my presentations, you will know what is out there, where to find it, how people are abusing, how items have become popular and why you have not heard if it, new trends, logos. stash compartments, products and much more along with having the knowledge to stop it” Galloway said.

The event is free.

To register Email Officer Keith Williams at [officerwilliams@scsc.K12.in.us](mailto:officerwilliams@scsc.K12.in.us)

Seymour Tribune July 1, 2016

## **International Overdose Awareness Day**

Jackson County Drug Free Council plans to mark International Overdose Awareness Day with a candle-lighting ceremony at 6:30pm Wednesday, August 31st at One Chamber Square, 101 S. Chestnut St. , Seymour.

On August 31st, thousands of people worldwide will stand alongside the friends and families of fatal overdose victims to reflect on those who have been lost. The event is organized on the understanding that no one needs to feel shame or disgrace over a drug overdose.

The event offers all who have been affected by an overdose the chance to publicly mourn and help the wider community understand the fatal overdoses profoundly affect mainstream society.

The day also serves as a warning that not only illicit drugs can be dangerous and no one is immune to overdose.

With number of fatalities from prescription drugs growing, the day is also a chance to see that medicines are not always our friends. Painkillers and other pharmacy drugs play an important medical role, but their careless use can have tragic long term consequences.

Seymour Tribune July 1, 2016

## Membership Campaign

The Membership Campaign was very successful. We raised \$2495 this year, an increase of \$1,055 from 2015. I would like to thank the members of the Board of Directors for all their hard work to increase the number of people who support the agency. I would also like to thank the 74 people who have support the program this year.

## Seymour Noon Lions

I would like to thank the Seymour Noon Lions Club for contributing \$150.00 toward our Annual Bowling Social held at Kingpins Bowl on June 13th. We had a lot of fun. Eighty people attended and 40 people bowled.

## First Presbyterian Church

I would like to thank the First Presbyterian Church of Seymour for donation \$500.00 to the program.

## Todd's Transitional Housing, Inc.

We are a Transitional Housing facility that offers hope for the hopeless and shelter for the lost. We base our facility on Corinthians 13, Faith, hope and love and the transforming power of Jesus Christ. As most of the staff has struggled with alcohol or drug addiction we know how it feels to have no hope so God has allowed us to open this 100 bed facility to help men be men god called them to be. We want to help them be Father's and sons again and be productive citizens again.

Provide: A.A. Classes, N.A. Classes, Celebrate Recovery, Bible Studies, Relapse Prevention, Career Builder, Financial Management Classes, Church, Group Therapy, Counseling is available. most importantly a Relationship with God.

Men volunteers are needed.

4990 N. U. S. Highway 31, Seymour, (812)-271-1199

## Upcoming Events

July 28 - Free HIV & Hepatitis C Screening, Positive Link, Walgreens in Seymour - 4pm -6pm

July 30 -Rock & Ready School Supplies Distribution - Jackson County United Way, Seymour High School - 9am - 2pm

**August 8 - Mental Health America of Jackson County Board Meeting - 4PM -  
Community Agency Building**

August 9 - Jackson County Drug Free Council Meeting, Community Foundation Building, 4:00PM

August 10 -Jackson County Community Service Council, Jackson County - Library, 12:00 - 1:30

**August 17- MHAJC Social at Centerstone - 12 Noon - 1:30PM**

August 17- Mobile Food Pantry, Anchor House - Tanger Mall, 10:00AM - 12:00PM

August 18 - "Tall Cop Says Stop Program" - Seymour High School Auditorium, 8:00AM - 12 Noon

August 31 - International Overdose Awareness Day Candle Light Ceremony - One Chamber

