



Early Toxic Stress Linked to Multiple Health Concerns

Adverse childhood experiences (ACEs) are traumatic events occurring before age 18 and include eight categories of childhood abuse and household dysfunction that can have long lasting effects on mental and physical wellbeing. Research reveals that toxic stress caused by losing a parent, having a family member with addiction or mental health issues, having an incarcerated parent, or experiencing abuse, neglect, domestic violence or sexual assault can change brain development, disrupt normal child development and result in a multitude of social, learning, behavioral, medical and mental health concerns. The more ACEs occurring, the greater the impact on wellness across the lifespan.

Individuals reporting four ACEs compared with those reporting none are at least twice as likely to smoke or become obese, three times as likely to experience depression, four times as likely to use illicit drugs, five times as likely to develop alcoholism, 11 times as likely to use injected drugs, and 15 times as likely to commit suicide.

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SAVING LIVES TASK FORCE

The Initiative is a quarterly newsletter presented by the Saving Lives Task Force, the goal of this publication is to educate, inform and engage residents of Dare County.

- **Our Task Force is**
a team of professionals and community members working toward the prevention of substance use disorders and the availability of effective treatment for all Dare county citizens in need of help.
- **Join us for our Meetings**
on the 3rd Tuesday of every month at 3:00 pm at the Dare County Administration Building in Manteo.
- **For More Information**
please contact Roxana Ballinger, Saving Lives Task Force Co-Chair, at 252.475.5619 or roxana.ballinger@darenc.com.

savinglivesobx.com
facebook.com/savinglivesobx



Ongoing Events

- Alcoholics Anonymous - District 93 | 3rd Wednesday of each month | 7:00 pm | Grace By The Sea Lutheran Church**
4212 S Croatan Hwy., Nags Head, NC 27959
Outer Banks AA Hotline: 252.256.0850
www.aaobx.com
- NAR-ANON | Every Thursday | 7:00 pm Source Church in Manteo**
The NAR-ANON program is a means of coping with the insanity brought about from having a family member or friend struggling with addiction. For more details, please contact Debbie at 703.402.3501.
- Dare Community Child Collaborative | 2nd Tuesday of the Month | 1:30 - 3:00 pm | Dare County Administrative Building at 954 Marshall C. Collins Drive, Manteo**
The Dare Child Collaborative is a partnership among providers and families of children and youth with mental health or substance use issues. Together, they identify service, support needs and try to find ways to meet those needs. For more information, please contact Keith at keith.letchworth@trilliumnc.org.

March 2018

- League of Women Voters’ Public Forum | Wednesday March 28, 2018 | 7:00 pm | Kill Devil Hills Town Hall**
Topics discussed will include youth, adverse childhood experiences and mental health resources. For more information please contact Sheila at sheila.davies@darenc.com.

May 2018

- Town Hall Series: Youth & Prevention Tuesday May 24, 2018 | 6:00 - 7:30 pm | Location TBD**
The evening is open to everyone interested in youth, prevention education and other opportunities. Please visit savinglivesobx.com in May for event location and further details.
- Adverse Childhood Experiences: Not Just for Kids! How These Experiences Can Last a Lifetime | Wednesday May 30, 2018 | 6:00 - 8:00 pm | Mako’s Beach Grille & Bar**
This program is for medical and human services providers. Register here: <https://secure.aheconnect.com/registration/register.aspx?EventID=55498> For more information, contact Rebecca at 252.475.9375 or rebecca.woods@darenc.



Dare Coalition Against Substance Abuse (Dare CASA) is a non-profit organization deeply concerned about the impact of substances on our community. Dare CASA's mission is to reduce and prevent substance misuse, substance use disorders, addiction and overdose in Dare County. As an established 501(c)3 non-profit organization, Dare CASA has been providing comprehensive community-based prevention in Dare County for over thirteen years.

While substance use disorders are a lifespan issue, Dare CASA focuses a majority of their resources and services on youth and adolescents. The Coalition works to reduce risk factors in the community and build-up and foster protective factors for youth and teens.

April marks Alcohol Awareness Month; a reminder to raise awareness of alcohol-related issues, reduce stigma and focus on youth underage drinking prevention. This is also prom season for many of our students; thus an important time to focus on youth prevention, health and safety. Dare CASA is excited to partner with our local high schools and SADD

Student Resource Officers to host nationally renowned teen motivation speaker, Jeff Yalden. Dare CASA and Jeff will provide three student assemblies on April 9th and 10th at Cape Hatteras Secondary School, Manteo High School and First Flight High School. Jeff’s message is high-energy and explores teen motivation, self-respect, and living with authenticity while incorporating underlying themes of suicide prevention, substance misuse and bullying prevention. Jeff conveys, “The goal is to radiate love and kindness at the same time we radiate our own self-respect.”

Underage drinking prevention is one of the Coalition’s most important initiatives. It is crucial for parents to understand that alcohol causes more health and safety-related issues for youth than all other drugs. Dare CASA's many other initiatives include: prescription abuse prevention, opioid overdose prevention, DWI prevention, youth marijuana prevention initiative and advocacy efforts to support overall public health and safety. Dare CASA is working towards a Happy, Healthy and Drug-Free community for our kids and families.

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Findings from the 1998 groundbreaking ACE Study demonstrated that as the number of ACEs a person experiences increases, not only do the risks of alcohol and drug abuse, obesity, suicidality, depression, and intimate partner violence increase, but so do heart disease, cancer, stroke, diabetes and a range of other poor health outcomes in adulthood.

North Carolina data on toxic stress in childhood first became available in 2012 when questions about ACEs were included on the NC Behavioral Risk Factor Surveillance System (BRFSS) survey, a telephone survey of adults aged 18 and older that is sponsored by the Centers for Disease Control and Prevention (CDC). A comprehensive report on NC BRFSS data on ACEs and associated risk factors is published on the State Center for Health Statistics website.

NC mirrors the findings of the original ACE study: 58 percent of NC adults reported at least one ACE and 22 percent reported three or more ACEs. Over a quarter reported growing up with an adult who was abusing alcohol or drugs, and one in 10 reported they had been sexually abused by an adult. A statistically significant increase in risk for a host of health problems accompanied increasing ACE exposure, even after controlling for gender, age, race and education. A concerning NC trend is that younger adults report more incidences of ACEs.

The good news that science also reveals is that people of all ages, from the very young to older adults, can learn, practice and share resources needed for building resilience, so that they can thrive in spite of adversity, providing hope for prevention, treatment and recovery from the nation’s worst health and social problems. Earlier interventions hold more promise due to greater brain plasticity.

A new collaborative effort called Be Resilient OBX is forming to implement a local Community Resiliency Model (CRM) that will have a collective impact on many health issues in Dare County,

including increasing rates of anxiety, depression, and substance use disorders among our young people. Plans include raising public awareness and building capacity to train significant numbers across social, mental health, medical, educational, court, faith-based, and caregiver systems to respond with evidence-based strategies that are trauma informed and resiliency focused.

To learn more, contact Nancy Griffin at cypdare@darekids.org



Saving Lives Task Force Advocacy

In North Carolina we experience approximately 1300 fatal drug overdoses each year and countless cases of alcohol poisoning. One of the most disturbing facts of this shocking trend is that many of these tragedies could have been avoided.

It is well known in the law enforcement and health care communities that many will face these situations without proper or prompt medical care because those around them fear getting in trouble if they call for help. In 2013 the NC legislative bodies passed SB20 911 Good Samaritan/Naloxone Access law, in an attempt to save the lives of our loved ones from overdoses. These steps have helped alleviate many of the fears associated with getting people help and has received vast support from our state's law enforcement, health care, and advocacy groups.

Since the inception of these laws, local law enforcement has noticed an increase in the number of persons that have called for help to save another's life. Please take a moment to become familiar with these laws (links at end of article) and pass this information on to others, especially to our youth populations that are at an increased risk.

Dare County was one of the first counties in NC to equip all of their law enforcement with the lifesaving medication known as Narcan or Naloxone.

Overdose Prevention Law in NC

SB20 911 Good Samaritan/ Naloxone Access law, effective April 9, 2013, states that individuals who experience a drug overdose or persons who witness an overdose and seek help for the victim can no longer be prosecuted for possession of small amounts of drugs, paraphernalia, or underage drinking. The purpose of the law is to remove the fear of criminal repercussions for calling 911 to report an overdose, and to instead focus efforts on getting help to the victim.

The Naloxone Access portion of SB20 removes civil liabilities from doctors who prescribe and bystanders who administer naloxone, or Narcan, an opiate antidote which reverses drug overdose from opiates, thereby saving the life of the victim. SB20 also allows community based organizations to dispense Narcan under the guidance of a medical provider. As a result, officers may encounter people who use opiates and their loved ones carrying overdose reversal kits that may include Narcan vials, 3cc syringes, rescue breathing masks and alcohol pads.

As of August 1, 2015, a person who seeks medical assistance for someone experiencing a drug overdose cannot be considered in violation of a condition of parole, probation, or post-release, even if that person was arrested. The victim is also protected. Also, the caller must provide his/her name to 911 or law enforcement to qualify for the immunity. Pharmacists are now immune from civil or criminal liability for dispensing naloxone to people at risk of an opioid overdose.

The bill enabling this law was called SB154, Clarifying the Good Samaritan Law. Full text is available at: <http://www.ncleg.net/gascripts/BillLookUp/BillLookUp.pl?Session=2015&BillID=S154>

Full text of SB20 is available here: <http://openstates.org/nc/bills/2013/SB20/documents/NCD00022391/>

This Issue was provided to you through a partnership between The Saving Lives Task Force & The Power of U.



THE INITIATIVE Resources:

savinglivesobx.com

PORT/New Horizons Trillium Health Resources

2808 S Croatan Hwy,
Nags Head, NC 27959

252.441.2324

www.trilliumncaccesspoint.org
877.685.2415 – 24 Hours a Day

Mobile Crisis Team

24 Hours a Day / 7 Days a Week

866.437.1821

2-1-1 Directory

www.nc211.org

Highlife 252

Syringe Exchange Program

252.457.7242

Contact your insurance company to find out more information on local providers and your plan's benefits.