



MENTAL HEALTH MATTERS

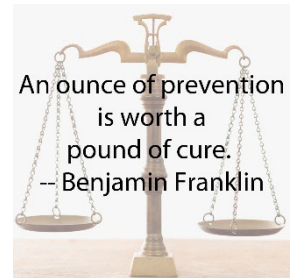
A MONTHLY NEWSLETTER FROM ATLANTIC BEHAVIORAL HEALTH

MENTAL HEALTH AWARENESS | October 2022

Prevention Is Good Medicine

There is a lot going on in October! This is a good month to learn, gain wisdom, and build in *more* than an ounce of prevention! October is a month recognizing many prevention efforts such as **“Knock Out Opioids,” Domestic Violence Awareness** and October 10th is **International Mental Health Day**.

You may be asking why we are recognizing them together? The answer is they are all incredibly important and allow us to highlight the importance of prevention efforts. An overarching prevention strategy is to educate individuals, children, families and communities on how to identify risk factors, increase protective factors and know where to go for help. Resiliency is not a personality trait... it is learned.



Building Resiliency

Many factors influence a person’s chance of developing a mental health and/or substance use disorder. Effective prevention focuses on reducing those risk factors, and strengthening protective factors that are most closely related to the problem being addressed. Thus, building resilience.

Resiliency is all about emotional balance. Yet, being mentally and emotionally healthy doesn’t mean that people never experience hard times or painful situations. Disappointments, loss, and change are part of life and cause even the healthiest individuals to feel anxious, sad, or stressed.

When a person is resilient, he or she can bounce back from adversities like losing a job or going through a relationship breakup, illness, grief, sadness, or other setback. They recognize the reality of the circumstance and do what they must to restore emotional balance.

People can teach themselves to become more resilient and improve their mental health. Learning to recognize emotions prevents a person from becoming trapped in negativity or falling into a state of [anxiety](#) or depression. A good support network of family, co-workers, friends, [counselors and therapists](#) can also help during times of need.

[Why Good Mental Health Is Important and How to Promote It \(psychcentral.com\)](https://www.psychcentral.com)



Atlantic Health System
Behavioral Health

Let's Talk Out Loud About Mental Health

*The more you know, the more you build in protective factors.
Try these quizzes to test your knowledge.*



"Knowledge is power" as the old saying goes and when it comes to opioid use there can be a lot of misinformation and confusion. Test your knowledge so you can be informed and avoid opioid misuse!

1. What are opioids used to treat?

Opioids are used to treat pain. They are a powerful narcotic. This class of drug binds to opioid receptors in the body and helps diminish pain. This can also cause a strong sensation of pleasure which can lead to misuse.

2. What are some common opioids prescribed by doctors?

- Oxycodone (OxyContin, Percocet)
- Hydrocodone (Vicodin, Lortab)
- Morphine (Avinza, Kadian, Dilaudid)
- The illegal street drug heroin is also an opioid.
- Oxymorphone (Opana)
- Meperidine (Demerol)
- Codeine
- Fentanyl (Sublimaze, Actiq)
- Methadone (Methadose, Diskets, Dolophine)
- Tramadol (Ultram, ConZip)

3. Is opioid dependence the same as addiction?

"Taking opioids for prolonged periods of time can result in dependence, which means that when people stop taking the drug, they have withdrawal symptoms (such as anxiety, muscle cramping, and diarrhea).

Dependence is not the same as addiction. Anyone who takes opioids for prolonged periods of time will become physically dependent on the drugs but only a small percentage of those people will become addicted. Addiction is a chronic brain disease characterized by uncontrollable cravings, with compulsive drug use, and inability to control use, and continuing to use despite harm to the self or others."

4. Are there risk factors for opioid addiction?

Not everyone who is dependent on opioids becomes addicted. Risk factors for addiction include:

- Genetic predisposition
- Psychological factors (such as stress, depression, anxiety)
- Personality traits (such as impulsiveness)
- Psychiatric disorders
- Abuse (physical, sexual, emotional)
- Substance abuse by family or friends
- Drinking, smoking, or other drug use at a young age

5. Is it true only street drugs can be abused?

NO! Just because a drug is prescribed does not mean it cannot be abused. Prescription opioids may be abused when a medication is taken.....

.....in a dose other than it was prescribed

.....in a way other than it was prescribed (for example, crushed or snorted, rather than as a pill)

.....that was prescribed for someone else

.....just to get high

[Opioid Dependence Quiz: Addiction Epidemic, Withdrawal, and Treatment \(medicinenet.com\)](#)

Domestic Violence

What is domestic violence (DV)? Violent or aggressive behavior within the home, typically involving the violent abuse of a spouse or partner. Domestic violence means that in a relationship or marriage, one or both of the partners **uses physical, sexual or psychological violence to try to get power or control over the other.** Domestic violence can occur in heterosexual and same-sex relationships. It can range from one episode of violence that could have lasting impact to chronic and severe episodes over multiple years.

Check out your knowledge about DV with this short quiz.

1. *Abuse is often unpredictableTRUE*
2. *Abuse is a family matter, and it should not be talked aboutFALSE*
3. *Forcing someone to do things they don't want to do is a sign of abuseTRUE*
4. *Fear, denial, shame keep people in abusive relationshipsTRUE*
5. *Honeymoon stage, tension phase and explosive phase are cycles of violence in an unhealthy relationshipTRUE*
6. *An intoxicated person cannot legally consent to sexual activity....TRUE*

Domestic Violence Can be Impacted by Opioid Abuse.

NCADV New Jersey
[Domestic Violence Quiz: How Much You Know? - Question 1 \(proprofs.com\)](#)

Everyone deserves to be free of addiction and free of the fear of violence in relationships. Make having good mental health a lifetime goal. Take time to get informed about the dangers of opioid misuse and keeping your relationships healthy and nonviolent.

"Domestic violence affects millions each year. It's defined as a pattern of behavior in a relationship that's used by a partner or a spouse to maintain power over their partner, causing physical, sexual, and psychological harm. Though, it can also be associated with stalking, homicide, mental illness and suicide. Regardless of race, gender, sexuality, and religion, anybody can be affected by domestic violence, and there are many types of violence and abuse. Some can include:" Physical, Mental, Financial, Sexual & Elderly Abuse.

Did you know that domestic violence can escalate when there is opioid misuse or addiction? "Studies indicate that potentially violent situations are more dangerous when the victim is the substance abuser because the victim is less able to accurately assess imminent danger and flee or may exacerbate the situation."

How to Help a Loved One in an Abusive Situation

- Keep the lines of communication open with your loved one.
- Try not to speak negatively about the abusive partner. This may put the victim on the defense because they have already been manipulated to believe that the abuse is their fault.
- Try to listen without judgment and tell them you're concerned for their safety. By treating them with kindness and respect, you remind them that they are worthy of such treatment.
- Avoid telling your loved one what they should do. It can be confusing and puts an enormous amount of pressure on the victim.
- Create a safety plan with them and let them decide what will make them feel safest, whether that includes leaving the relationship or not.
- Consider sending short, positive texts or emails (if they have indicated it is safe to do so) to let the victim know you are there for them, such as, "Just wanted to say hi and know that I love you and I am always here for you."

[The Connection Between Domestic Violence and Addiction \(sobernation.com\)](http://sobernation.com)

For more information or to get help

- *National Domestic Violence Hotline at 1-800-799-SAFE*
- *National Sexual Assault Hotline at 1-800-656-HOPE*
- *Rape, Abuse & Incest National Network (RAINN) 24/7 Hotline 1-800-656-4673*

CRISIS RESOURCES

If you feel you or someone you know may harm themselves or someone else:

- **988 Suicide and Crisis Lifeline:** 988
- **The Trevor Lifeline for LGBTQIA+ Youth :** 1-866-488-7386
- **Veterans Crisis Line:** Dial 988 and Press 1
- **Dial 211:** 211 provides callers with information about and referrals to social services for every day needs and in times of crisis

Knowledge is Power!



Prevention Measures for Opioid Use

- Talk to your doctor about the risks if you are prescribed opioids.
- If you have a past addiction, it is very important to discuss this with your medical providers.
- Stay connected to sober communities like AA and NA during treatment.
- Talk to family and loved ones about a plan to manage opioid prescriptions
- Be sure to dispose of all unused medication.
- Seek substance abuse treatment if you feel your use is getting out of control.

If you or someone close to you needs help for a substance use disorder: **talk to your doctor** or call **SAMHSA's National Helpline at 1-800-662-HELP** or go to [SAMHSA's Behavioral Health Treatment Services](#)



Atlantic Behavioral Health ACCESS Center:

888-247-1400

Atlantic Behavioral Health Crisis Intervention Services **24/7 Hotlines:**

Chilton Medical Center: 973 – 831 – 5078
Hackettstown Medical Center 908 – 454 – 5141
Morristown Medical Center: 973 – 540 – 0100
Overlook Medical Center: 908 – 522 – 3586
Newton Medical Center: 973 – 383 – 0973



Website:
atlantichealth.org



Atlantic Health System
Behavioral Health



Email:
Nomorewhispers@atlantichealth.org