

MONTHLY NEWSLETTER



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Alcohol Treatment Options

<https://www.parkview.com/blog/raising-awareness-around-alcohol-addiction>

There are a few different types of treatment programs available for those dealing with alcohol use disorder, including:

Outpatient – This form of treatment requires a person to regularly go to a mental health clinic, counselor, office, hospital clinic or local health department for treatment.

Inpatient – With this option, an individual must stay at a facility and undergo treatment during the day or evening. It usually lasts several weeks, and then, in most cases, they will likely transition to outpatient treatment.

Residential – This is an extended treatment option where a person lives at a facility while recovering. It can last from weeks to months. Residential treatment may be a good option for anyone who has a long history of alcohol or drug use, has a difficult home situation or has limited social support.

Anyone struggling with AUD should speak with their primary care provider, especially if they're unsure of their treatment options. They can help determine which program is appropriate based on their situation.

Upcoming Event:

The student group will be focusing on Marijuana Education and Awareness. We will also be informing students and staff about the upcoming Positive Community Norm survey this month.

What is MAPP?

Mille Lacs Area Partners in Prevention (MAPP) is an organization that works to develop and maintain partnerships that engage and empower the community to make health choices about drugs. Through a collaborate process we are able to share resources as well as inform each other of how drugs are impacting our community and find solutions for these concerns. At this past months coalition meeting, we discussed the State Opioid Settlement and some of the opportunities in prevention as well as the importance to hear how opioids have, and do, impact our community.

If you, or know of someone who might be interested in being part of this coalition please contact mapp@onamia.k12.mn.us



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Onamia Youth

Eight students and two staff members attended a **Youth Leadership Conference** in Elk River, MN along with 60 other students from Rogers, Zimmerman, Elk River and Big Lake. The conference focused on discovering their leadership strengths and how they can use their strengths within the community. There was also a discussion about assets they see in the school and community as well as addressing some opportunities they see. The students were awesome and I am very proud of them and positively represented our community.



Survey Spotlight

(2021) Positive Community Norms Survey: ALCOHOL

Only 16% of Onamia and Nay Ah Shing High School students (9-12th grade) **report using ALCOHOL within the past 30 days.**

65% of Onamia and Nay Ah Shing High School students (9-12th grade) stated they **believed that consumed 5 or more drinks of Alcohol once a week is a moderate to great risk to their health.**

75% of Onamia and Nay Ah Shing High School students (9-12th grade) stated they **thought their parents/guardians would feel it was wrong or very wrong to consume a drink of alcohol.**

*Updated PCN survey coming in May.

Additional Resources

Substance Use Disorder Services:
<https://mlbo.dev/services/substance-use-disorder-services>

Addiction Recovery:
<https://www.mlhealth.org/services/addiction-recovery>

SAMHSA's National Helpline (Treatment Referral Routing Service):
<https://www.samhsa.gov/find-help/national-helpline>

Question of the Month

What is the number of people who died from alcohol poisoning each year?

- a. 200
- b. 1,200
- c. 2,300
- d. 5,100



Scan the QR code or visit our website to make your guess!