



Cars For Kacie Autumn Get Together

OCTOBER 25



11AM-4PM

QUAKER STEAK AND LUBE

211 Columbia Mall Dr
Bloomsburg Pa 17815

ALL VEHICLES WELCOME!!!

Registration: 11Am-1Pm

Vehicle- \$10

Craft/Flea Market Vendors Wanted- \$15

Dash Plaque To First 50 Vehicles Registered

**FOOD-MUSIC-DOOR PRIZES-50/50
DRAWING-CONTROLLED BURNOOTS-
TRUNK OR TREAT-FUN FOR ALL**

10% OFF MEAL AT QUAKER STEAK TO ALL REGISTERED

Awards Approximately 4Pm

We will be excepting donations of Non Perishable Food for Feed A Friend

Cars For Kacie has become the largest Drug Awareness and Prevention show on the East Coast attracting thousands of spectators yearly. Our goal is to educate the public on the disease of Addiction

Info: (570)764-2315 Or (570)591-2856

Facebook.com- Northeast Cruisers Rod and Custom Association

Facebook.com- Cars For Kacie Spring/Autumn Get Together



Depression and Addiction - A Toxic Relationship

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Many people drink alcohol and use drugs because they are depressed or become depressed as a result of prolonged substance abuse.

Depression and addiction have a toxic, cyclical relationship that rips apart families, ruins careers and destroys lives.

For many alcoholics and people with drug addictions, uncovering this link is key to making progress during rehab and maintaining sobriety following treatment.

The Prevalence of Co-Occurrence

We've all dealt with varying levels of depression throughout our lives. It can be difficult for a person to differentiate between the normal occurrence of depression and a depressive disorder.

Due to this and several other factors, people struggling with depression don't often seek any sort of treatment for their condition. As a result, many turn to alcohol or illicit drugs to try to feel better. This is a very common path toward substance abuse and addiction for millions of Americans and others around the world.

Though in many cases it is impossible to know which condition came first, women often develop depression first and while men more frequently struggle with addiction initially.

Over time, the symptoms of both conditions collide, worsening both the depression and the addiction and creating a more difficult path for treatment.

Overlapping Risk Factors

It's very common for addiction and mental illness to co-occur. According to the National Alliance on Mental Illness, approximately 50 percent of individuals with severe mental disorders also struggle with substance abuse.

An estimated 37 percent of alcohol abusers and 53 percent of drug users have at least one mental illness. Part of the reason that these conditions co-occur so frequently is because of the overlapping risk factors.

Compounding Problems

By themselves, both depression and addiction present difficult challenges for individuals living with either condition. When they are combined, the cumulative effects of both conditions can be debilitating, life-altering and potentially fatal.

For some, depression creates such an emotional low that the only way patients think they can feel better is through the use

of mind-altering substances.

While this may be effective in the short-term, it will be ineffective and lead to greater levels of depression in the long-run. A person who continually abuses drugs or alcohol to improve symptoms of depression weakens her ability to self-manage these symptoms and creates a dependency.

It often begins innocently enough. A person is feeling down and figures a glass of wine will quickly make things better. That glass of wine turns into a bottle, then to two bottles, and so on.

As this pattern continues, the individual will find that the only way that she can avoid feelings of depression is through use of drugs and/or alcohol. But the depression will inevitably return, likely packing a more powerful punch.

Then more drugs or alcohol will be needed for temporary relief, and the cycle grows more and more dangerous with time.

In the end, you have a person who is struggling with depression and addiction without any idea how to overcome either condition. In many cases, this pattern continues until one or more negative life consequences forces change.

It's important for people to be aware of the signs of both conditions so that they can monitor themselves and those closest to them.

Incessant self-medication with drugs or alcohol interrupts the body's natural production of dopamine, the neurotransmitter responsible for pleasure. Dopamine is released in high amounts when drugs or alcohol are introduced to the body, and repeated exposure may lead to the brain ceasing its natural production.

Undiagnosed Depression

Perhaps the most common reason why depression and addiction co-occur so often is because of how frequently depression goes undiagnosed and untreated.

The fact is that the majority of people with depression or any other sort of mental illness do not seek or receive treatment. In most cases, it's because they believe it won't be effective, they have limited access, they can't afford it, they don't feel they need help or they don't want to deal with any negative stigma.

Untreated depression leads to worsening symptoms of depression, suicidal thoughts and increases the risk of contracting other medical conditions. It can also lead to ruined relationships, problems at work or school and make it difficult to accomplish basic tasks in your life.

This in turn can lead to even greater depression, to the point where some people

may decide that they want to entirely drown out their feelings with drugs or alcohol.

Dual Diagnosis Challenges

One of the largest treatment obstacles facing individuals with dual diagnoses is lack of qualified professionals or sufficient facilities. Not all addiction rehab facilities are staffed with cross-trained addiction care professionals who can treat both addiction and mental illness.

Though co-occurring disorders have existed for quite some time, they have only recently begun to be studied extensively over the past 30 years.

Historically, there have been three different treatment strategies for dual diagnoses:

People with dual diagnoses frequently present more severe symptoms of both conditions than people with a single diagnosis. Additionally, treatment is less effective in dual diagnosis patients, and they are more likely to relapse following treatment.

Traditionally, the most common type of treatment for these patients was sequential. Many clinicians believed (and some still believe) that in order for one condition to improve, that the other had to be resolved.

In many cases, the existence of one condition along with the other caused healthcare professionals and addiction treatment specialists to deem that a patient may not be a good candidate for treatment.

Concurrent treatment

When a facility is staffed with healthcare professionals who can treat both conditions, it can minimize any potential conflicts between treatment strategies at one facility vs. another.

This method is especially helpful in patients with persistent symptoms who require intensive or continuous care.

Integrated care is more convenient for patients, reduces isolation by including them in the mainstream addiction population and likely costs less than having to be treated at multiple facilities.

Specific Treatment Approaches

Several methods exist for treating depression and addiction. While research is still ongoing into which specific methods are most effective, current research has begun to paint the picture:

- Medication
- Cognitive behavioral therapy.
- Therapeutic communities like community lodges, inpatient facilities.

Overdose Deaths Down In Chester County

The Chester County Coroner's Office is releasing data on drug overdose deaths in Chester County from Jan. 1 through June 30.

A total of 58 deaths have been confirmed to be due to an accidental drug overdose, according to a press release from the coroner's office.

This is fewer than the 68 overdose deaths reported mid-way through 2019, but the Coroner's Office cautioned that it is not possible to accurately predict a total for all of 2020.

In 2019, for example, the

second half of the year saw a drop in overdose deaths so the total for the year was 105 deaths.

Fentanyl remains the predominant drug responsible for overdose deaths.

There have been news reports of surges in drug overdose deaths elsewhere in the state during the COVID-19 pandemic, but that trend has not been observed so far in Chester County.

The Pennsylvania Department of Health has no 2020 drug death data on its website at this time.

The demographic profile of those who have died of an accidental drug overdose so far in 2020 has shifted compared to previous years, according to the press release.

While the affected population remains predominantly male (82 percent) and white (80 percent), almost half of overdose deaths this year have been in those over age 45.

By comparison, for all of 2019, only 31 percent of deaths were in those over age 45. The oldest person dying of a drug overdose so far in 2020 was in their 70s.

Parkesburg, Grief Support Groups Resume

The Parkesburg Support Group is back with a temporary location.

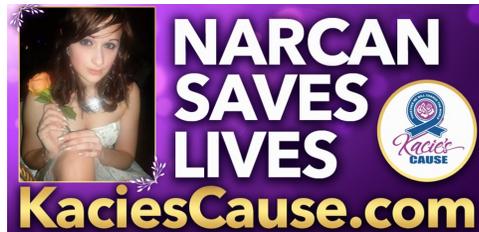
Join us Wednesdays from 7-8 p.m. in the round at the outdoor gazebo at Schneider Parish Center, 2995 Cemetery Road, Parkesburg.

There is an indoor plan in case of inclement weather. We follow all CDC guidelines by wearing masks and distancing ourselves. Please join us for support of families and friends of loved ones with substance use disorders.

The grief support group is also resuming its meeting. The group meets on the first and third Tuesdays from 6-7:30 p.m. at 2 Station Way in Chadds Ford (across from Hank's Place).

Preventing Overdoses

Thanks to a partnership with the Chester County Department of Drug and Alcohol Services, Kacie's Cause has received doses of Naloxone (Narcan) that can treat opioid overdoses, and has distributed them in 2020 throughout Chester County and the Pocono area.



Fentanyl, an opioid pain medicine, has been found in more than 50 percent of overdose deaths statewide since 2015, according to state statistics. Heroin is the second-most common drug found in overdose victims. **If you are a Chester County resident and need Naloxone, please contact one of our chapters or Andy Rumford (andy.rumford@kaciescause.org).**

CHAPTERS

Each chapter of Kacie's Cause has a Facebook page with information relating to their group. To contact them, go to www.kaciescause.org and see the chapter listing at the bottom of the home page. Kacie's Cause has chapters in:

- Kennett Square**
- Parkesburg**
- Exton/Downingtown**
- Oxford**
- Collingdale**
- Southern Delaware County**
- Coatesville**
- Indiana University of Pennsylvania**
- West Chester**
- Poconos**
- Boyertown**

WHO WE ARE

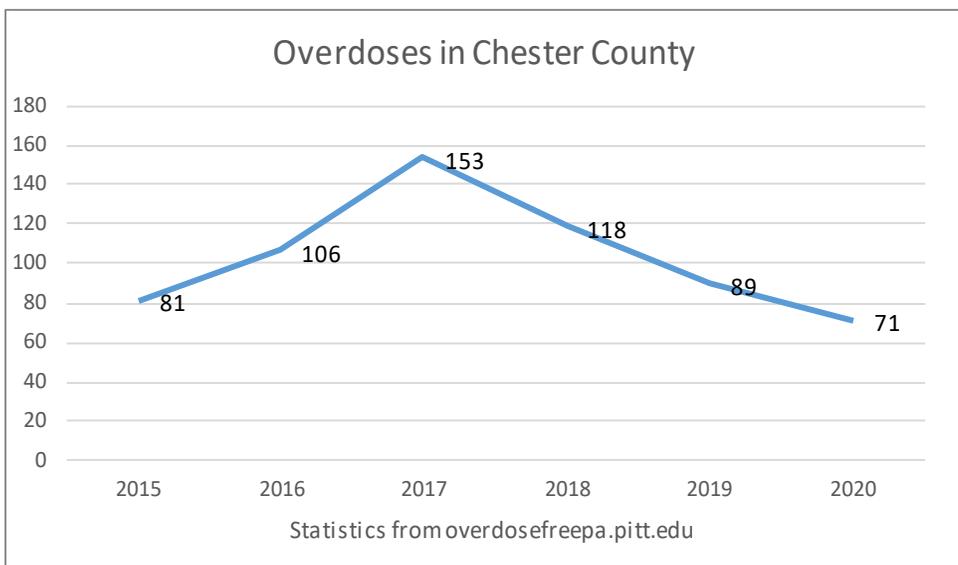
Kacie's Cause is a nonprofit organization for parents, family and friends of those battling the disease of addiction.

It was founded by Andy and Donna Rumford on March 12, 2013 — the day their daughter, Kacie Erin Rumford, died of a heroin overdose.

The 501(c)3 organization is dedicated to Kacie Erin Rumford, her memory, her love of all of us and her desire to change this world to be a better place to live ... from her family and friends who love her.

To contact Kacie's Cause, e-mail andy.rumford@kaciescause.org or go online at www.kaciescause.org.

Newsletter prepared by First Baptist Church of Kennett Square and in partnership with Kacie's Cause



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