



HEALTH & WELLNESS NEWS

What do you know about addiction?

Addiction is a term that is used a lot. Yet, most people do not understand what addiction is. Addiction is a general term for severe substance use disorders. Addiction is not caused by weakness! Addiction is not a choice! Addiction is not easy to overcome! A baby can be born with an addiction gene even if both parents never used a single substance!

Our DNA is composed of genes. Genes decide what color your eyes are. Genes control all of the traits that you have. Traits include what we look like physically. Traits also include how your body functions. There are more than 20,000 genes in your DNA. When genes get changed, diseases can occur.

Let's look at an example. Some people are more likely to experience Type II diabetes. There are many genes associated with diabetes. Genes sometimes have mistakes and changes happen. Once the mistake happens, all future copies of the gene will be changed. A gene could have changed in a grandparent. At conception, the gene can be passed on. It's not just that you have the gene. Your childhood environment and adult lifestyle matters a lot!

Addiction is the same! Some people are more likely to experience addiction than others. Just like in diabetes, there are many genes associated with addiction. Just like in diabetes, you could have received a changed gene from one of your grandparents. Depending upon the environment and lifestyle, the changed gene may lead to the disease of addiction.

Addiction occurs when a person cannot stop using a substance like alcohol or drugs. Even when there are really bad outcomes, the person cannot stop using the substance. It is called chronic, which means it is very long lasting. Tolerance is developed. This means over time it takes more and more of the substance to get the same effect. The most important thing to understand about addiction is that it changes your brain and how your brain functions! The physical changes to the brain can even be seen with a brain scan.

Just because a person has addiction genes, it does not mean you will develop an addiction. The best protection against addiction is to never take substances like alcohol or drugs! If you have used alcohol or drugs and have experienced negative consequences, the best way to prevent addiction is to get treatment.

If you have questions about addiction or would like more information about treatment, please call Elaine Robertson at the ye?lan tilixam haws, 503-879-1389.

5 easy tools to become a Positive Parent

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Misbehavior is your child's way of communicating an unmet need.
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Validate your child's attempts.
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Give your child the respect you want them to give to you.
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Encourage your children to express their emotions.
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Show your children that you have confidence in their potential.

Remember that the worse your child feels, the worse they will behave.

The information is provided to you by the Indigenous Project LAUREN (Linking Actions for Urgent Needs in Children's Health). The purpose of this grant is to foster culturally responsive models to support and promote the wellness of children and families.

- Know when to quit
- Don't chase your losses

Prevention, harm reduction, treatment and safe gambling



We can help with responsible gambling

Are you having problems with gambling?

Please meet Sergio Gutierrez, CADC-1, CGAC-1 Chemical Dependency and Gambling Addiction Counselor. Sergio works at the CTGR Behavioral Health Department twice a month from 8:00-5:00pm. Sergio has been practicing since 1997 and is versatile in his knowledge pertaining to gambling addiction. He is ready and eager to help our members in any way he can.

Call now for availability and to make your appointment:
503-879-2026

Gambling Hotline:
1-877-MY-Limit (1-877-695-4648)
or Text 503-713-6000

The odds can be in YOUR favor!!