



A Community Crisis: Ending Overdose Starts With Us

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As overdose deaths continue to devastate families and communities across the country, a powerful truth remains: overdose can and must be prevented. Every life lost to overdose is a life that could have been saved with the right support, the right tools, and the right response.

The good news? Overdose prevention solutions exist. Let's use them.

From access to naloxone (Narcan) to expanded mental health and substance use treatment and harm reduction strategies, we already have effective tools to save lives. These are not abstract ideas. They are evidence-based interventions proven to reduce death and promote recovery. What is missing is the widespread implementation and community

commitment necessary to make these solutions accessible to all.

Everyone deserves respectful and comprehensive health-care, no matter their background, their past, or their struggles. People who use substances are often denied basic dignity and care. But addiction is a health issue, not a moral failing. It's time we treat it that way.

Ending the overdose crisis will take more than medical responses alone. It requires a community-wide effort. That means parents, educators, healthcare providers, law enforcement, local leaders, and neighbors standing together to reduce stigma, increase education, and demand access to lifesaving resources.

We cannot afford to look away. Not when so many lives are at stake.

This Overdose Awareness season, let's replace judgment with compassion, fear with facts, and inaction with advocacy. Because the truth is simple: overdose is preventable. But only if we act together.

If you or a loved one is struggling with substance use, INcompass Healthcare can help. We provide compassionate care and support through outpatient individual and group therapy, medication-assisted treatment, psychiatric care, and recovery resources. Visit INcompasshc.org or call (812) 537-1302 to learn more.

Common signs of mental health or substance use disorders in young adults

Young adulthood is a period of incredible transition marked by personal growth and a newfound sense of independence. Many young adults confront that transition while simultaneously dealing with a mental health issue or substance abuse disorder. According to the Substance Abuse and Mental Health Services Administration, young adults between the ages of 18 and 25 had a higher prevalence of serious mental illness when compared to adults between the ages of 26 and 49 and adults age 50 and older. In addition, SAMHSA notes that more than five million young adults report having a substance use disorder. Such issues can make the transition from teenager to young adult more challenging, potentially compromising young people's ability to live full and independent lives. Treatment is vital when confronted by mental health or substance use disorders, and far too many young adults report receiving no treatment at all. For example, SAMHSA notes that 87 percent of young adults with substance use disorders report receiving no treatment for their conditions. Learning to recognize these common signs may compel young adults to seek treatment, while loved ones of young adults who notice any of the following signs can encourage men and women to seek treatment.

- Trouble sleeping or oversleeping
- Loss of interest in hobbies and friends
- Feelings of anxiousness
- Changes in overall energy levels
- Changes in appetite and weight
- Feelings of hopelessness
- Difficulty in daily functioning
- Extreme mood changes
- Thoughts of suicide

The National Institutes of Health urges anyone concerned with their mental health to bring those concerns to the attention of their primary care providers. The NIH notes that people with mental health conditions can be at risk for other medical conditions, including heart disease and diabetes. In addition, the National Institute on Drug Abuse notes that addiction can increase a person's risk for various diseases, including cancer and HIV/AIDS.

People who suspect they or a loved has a mental health or substance use disorder are urged to contact their primary care physicians. Treatment options and additional resources also are available at www.samhsa.gov. TF209325

We are here for you!

**Remembering
lives lost,
celebrating
lives saved...**

Sunman Police Dept.
812-623-5000

1 VOICE
10TH ANNUAL
OVERDOSE AWARENESS WALK

SUNDAY AUGUST 31
5:00 PM
ADULT CENTER
GUEST SPEAKERS

YOUTH CONNECTION

SUNDAYS
4:30 PM - 5:30 PM

Feel overwhelmed, unhappy, unmotivated or lonely?
Struggle with anger, depression or anxiety?
Use alcohol, drugs or unhealthy behaviors to cope?

YOUTH • PEERS • SUPPORT & ACTIVITIES!

FACILITATED BY CHOICES EMERGENCY RESPONSE TEAM (CERT)

Tyson Activity Center
100 N High Street
For more info: 812-689-6063 x 202

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Struggling? Need a meeting?
Come join us!
Fridays • 6-7 pm

For those that don't know what P2P is..we are simply a group of people who support each other. Our ultimate goal is to create a life worth living while doing it sober. We are not AA or NA. We are not faith based (we don't knock it, but we accept anyone, no matter your beliefs). We will not judge you.
Join us! We would love to have you!

Tyson Activity Center • 100 N. High St., Versailles

**Say NO
to drugs,
say YES
to life!**

The Ripley County Prosecutor's Office