

# CDU NEWSLETTER

A monthly newsletter brought to you by the Wyoming Department of Health,  
Communicable Disease Unit

Monthly Theme: Addiction and Recovery Awareness

JANUARY 2023

## TOP NEWS

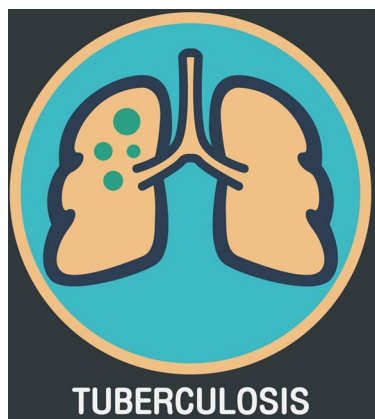


Addiction & Recovery



WEBINAR

CDU Monthly Webinar



SAVE THE DATE  
2023 Wyoming TB Cohort &  
Advisory Meeting



Records & Data Management  
Specialist I - Cheyenne

# CDU NEWSLETTER

**JANUARY 2023**

**New National Suicide Prevention Lifeline: 988**

You can still use 1-800-273-8255 and many others are available [here](#).

The CDU Monthly Webinar is held every **3<sup>rd</sup> Tuesday of every month from 2-3 PM MT** via Zoom  
Please see the calendar at the end of this newsletter.

## WDH Retirement Party for Debi

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Tuesday, January 3<sup>rd</sup> from 1-3 p.m.

Herscheler West

Room 375

## CDU Prevention Supply & Medication Ordering

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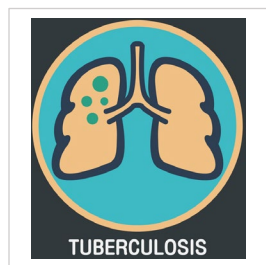
The new ordering platform (WooCommerce) with supplies and meds in one place will launch at 8am on 1/3/2023.

The link to the new ordering platform will be on the CDU Prevention website under the Supplies heading.

<https://health.wyo.gov/publichealth/communicable-disease-unit/hiv-prevention-program/>

## TB

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Save the date for the 2023 Wyoming TB Cohort & Advisory Meeting March 23<sup>rd</sup> & 24<sup>th</sup> at the Wyoming Public Health Lab in Cheyenne.

World Tuberculosis Day is March 24<sup>th</sup> and World TB Day is a day to educate the public about the impact of TB around the world. CDC, along with our partners and colleagues around the world share successes in TB prevention and control and raise awareness of the challenges that hinder our progress toward the elimination of this devastating disease.

## Job Opening

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[Records & Data Management Specialist I-Cheyenne](#)

This position is not remote

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## CDU Monthly Webinar

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Tuesday, January 17<sup>th</sup>, 2-3pm

Register at:

<https://us02web.zoom.us/meeting/register/tZApceugqzluE9fogNtbAKj9Bl3N5Bywmip>

## Curry International Tuberculosis Center - Training Opportunities

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March 24: UCSF Center for Tuberculosis and Curry International Tuberculosis Center World TB Day Symposium

April 6: 2023 HIV/STI/TB Clinical Update

<https://www.currytbcenter.ucsf.edu/trainings>

## STD Awareness Month - April

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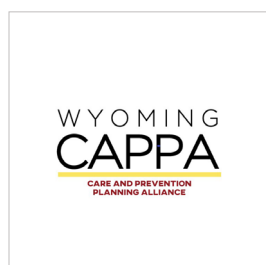


April is STD Awareness month, 2023 resources will soon be available at

<https://www.cdc.gov/std/saw/index.htm>.

## CAPPA

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Virtual Meeting – February 3, 2023

Details regarding CAPPA can be found at

<https://health.wyo.gov/publichealth/communicable-disease-unit/cappa/>.

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## Wyoming Harm Reduction Collective

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Harm reduction is an integral part of improving outcomes among people who use substances. The Wyoming Harm Reduction Collective (WHRC) is the grassroots Wyoming organization of amazing people with lived experience and allies of PWUD. Their mission is to build healthier communities by creating a safe space to engage in evidence-based practices surrounding people who use drugs.

For more information on the Wyoming Harm Reduction go to <https://www.facebook.com/WyoHarmReductionCollective> and <https://wyofile.com/as-fentanyl-hits-wyoming-policy-and-fundingstymie-solutions>.

## Addiction and Recovery

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Addiction is a treatable disorder, like other chronic diseases such as heart disease or asthma, treatment for addiction usually may not be a cure. But addiction can be managed successfully. Treatment enables people to counteract addiction's disruptive effects on their brain and behavior and regain control of their lives.

The chronic nature of addiction means that for some people relapse, or a return to drug use after an attempt to stop, can be part of the process, but newer treatments are designed to help with relapse prevention. Relapse rates for drug use are similar to rates for other chronic medical illnesses. If people stop following their medical treatment plan, they are likely to relapse. While relapse is a normal part of recovery, for some drugs, it can be very dangerous—even deadly.

Research shows that when treating addictions to opioids (prescription pain relievers or drugs like heroin or fentanyl), medication should be the first line of treatment, usually combined with some form of behavioral therapy or counseling. Medications are also available to help treat addiction to alcohol and nicotine.

Additionally, medications are used to help people detoxify from drugs, although detoxification is not the same as treatment and is not sufficient to help a person recover. Detoxification alone without subsequent treatment generally leads to resumption of drug use.

For more information go to <https://nida.nih.gov/publications/drugs-brains-behavior-science-addiction/treatment-recovery>

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## 6 COMMON MYTHS ABOUT ADDICTION

01

**PEOPLE WHO ARE ADDICTED LACK WILLPOWER.**



**FALSE** Drug addiction actually changes the way the brain and body work, impairing willpower and reducing self-control. These changes can make it nearly impossible for a person to resist using drugs.

02

**ALL ADDICTS ARE THE SAME.**



**FALSE** Addiction can affect anyone. Factors like economic status, race, age, career, or education may sometimes increase a person's risk, but in the end, addiction can happen to anyone.

03

**PRESCRIPTION DRUGS ARE SAFE DRUGS.**



**FALSE** Just because a doctor prescribes a drug does not mean it's safe to take, especially if you have a history of drug abuse. Prescription opioids, for instance, can cause addiction even if a person takes them as prescribed.

04

**EVERY PERSON THAT USES DRUGS IS AN ADDICT.**



**FALSE** Although drug abuse can lead to addiction (and in many cases it does), not every person that uses drugs or alcohol is addicted. Addiction is characterized by compulsive substance abuse despite the harmful consequences.

05

**ADDICTION IS A SIGN OF MORAL FAILURE.**



**FALSE** The stigma surrounding addiction implies that addicts lack morals, but this assumption is unfounded. No one knows exactly what causes addiction, but there are factors that increase a person's likelihood of developing an addiction.

06

**ONLY ONE TYPE OF ADDICTION TREATMENT WORKS.**



**FALSE** The addiction treatment process will look different for everyone, but that doesn't mean that one process works better than another. Treatment should be individualized to address each person's distinct needs.

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## JANUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 New Year's Day	2 WDH Closed	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Dr. MLK Jr. Day	17 CDU Monthly Webinar 2-3 PM	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

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communicable-disease-unit/](https://health.wyo.gov/publichealth/communicable-disease-unit/)  
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