

Region 1 Behavioral Health Authority

September 2021 Newsletter



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**Check us out at www.region1bhs.net
Facebook @Region1BHA**

RESOURCES FOR WESTERN NEBRASKA

24/7 Mental Health line: 308-635-5766

24/7 Substance Abuse line: 308-762-7177

Suicide Prevention Lifeline: 1-800-273-8255

24/7 Crisis Text line: text REG 1 to: 741-741

24/7 Nebraska Family Helpline: 1-888-866-8660

Disaster Distress Helpline: 1-800-985-5990 or Text '*TalkWithUs*' to 66746

Rural Response Hotline: 1-800-464-0258

Kratom

prevention
spotlight

CURRENTLY LEGAL IN NEBRASKA

Kratom is derived from *Mitragyna speciosa*, a tropical evergreen tree in the coffee family native to Southeast Asia. It is indigenous to Thailand, Indonesia, Malaysia, Myanmar, and Papua New Guinea, where it has been used in herbal medicine since at least the nineteenth century. Kratom types are generally divided into three different variations: Red-vein, White-vein or Green-vein, which is based on the color of the stem and vein of the leaf in the plant prior to processing. Red kratom is considered to be the best-selling and most widely available type on the market.



KRATOM IS MOST COMMONLY USED TO RELIEVE PAIN, BOOST MOOD, COMBAT FATIGUE, OR AS A READILY-AVAILABLE ALTERNATIVE TO OPIATES FOR DRUG SEEKERS, AS IT IS NOT COMMONLY TESTED FOR ON DRUG SCREENS.



KRATOM IS AVAILABLE FOR PURCHASE BOTH FROM MAJOR ONLINE RETAILERS LIKE AMAZON AND LOCALLY THROUGHOUT THE PANHANDLE AT SMOKE SHOPS AND CONVENIENCE STORES, OFTEN MARKETED AS A MOOD ENHANCER OR HERBAL SUPPLEMENT. KRATOM IS TYPICALLY SOLD AS A POWDER, CAPSULE, OR DRINKABLE TEA PRODUCT UNDER A VARIETY OF BRANDS.

The possession, use, or sale of kratom is currently only illegal statewide in Alabama, Arkansas, Indiana, Rhode Island, Vermont, and Wisconsin. In most states where kratom remains legally obtainable, there are no formally-established age restrictions on the purchase of kratom products.

LONG-TERM SIDE EFFECTS OF KRATOM USE INCLUDE: CONSTIPATION, LOSS OF APPETITE, INSOMNIA, NAUSEA, SWEATING, SKIN HYPERPIGMENTATION, SIGNIFICANT WEIGHT LOSS, AND CLINICAL ANOREXIA.

THESE MATERIALS WERE FUNDED IN WHOLE OR IN PART UNDER THE SUBSTANCE ABUSE PREVENTION AND TREATMENT GRANT THROUGH THE NEBRASKA DEPARTMENT OF HEALTH & HUMAN SERVICES AND REGION 1 BEHAVIORAL HEALTH AUTHORITY.



National Recovery Month Awareness

National Recovery Month (Recovery Month) is a national observance held every September to promote and support new evidence-based treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of service providers and community members across the nation who make recovery in all its forms possible.



Region 1 BHA teamed up with the Nebraska Strong Recovery Project during the month of September to raise awareness about this important topic by distributing purple pinwheels at various businesses and organizations around the panhandle to represent individuals in recovery from substance addiction and other mental health conditions.



NEBRASKA FAMILY
HELPLINE
1-888-866-8660

A 24/7/365 resource for families of a youth experiencing behavioral health challenges.

National Suicide Prevention Lifeline

1-800-273-8255

