

2. Contact the Flathead Valley Chemical Dependency Clinic at 756-6453 to learn about in and out-patient addiction services.

3. Contact a Suboxone medical provider or call 1-800-755-9603. Suboxone treats addiction to narcotic pain relievers.

Kalispell Regional Medical Center - Pathways Treatment Center, 200 Heritage Way Kalispell, MT 59901 (406) 756-3950 www.krmc.org

The Montana Center for Wellness & Pain Management, 245 Windward Way, Suite 101 Kalispell, MT 59901 (406) 756-8488 www.kalispellregional.org

Dr. Robert C. Sherrick
795 Sunset Boulevard, Suite F
Kalispell, MT 59901 (406) 260-4181

Dr. Greg Sukit Vanichkachorn
205 Sunnyview Lane
Kalispell, MT 59901
(406) 751-4155

Dr. Kenneth B. Cairns
308 Mission Drive, P.O. Box 880
St. Ignatius, MT 59865 (406) 249-3198

4. Contact the National Drug Information Treatment and Referral Hotline
1-800-662-(HELP)-4357
TTY: 1-800-487-4889

In Flathead County.

Watch these PSAs produced by the STOP Prescription Drug Abuse in the Flathead Coalition:
<https://www.facebook.com/593042374181027/videos/vb.593042374181027/881467602005168/?type=2&theater>
<https://www.facebook.com/593042374181027/videos/vb.593042374181027/598319913653273/?type=2&theater>

[os/vb.593042374181027/598319913653273/?type=2&theater](https://www.facebook.com/593042374181027/videos/vb.593042374181027/598319913653273/?type=2&theater)

In Lake County.

1. Contact Autumn Diller with Western Montana Mental Health at 532-9170.
2. Contact a Suboxone treatment provider in St. Ignatius at 249-3198 or in Missoula at 532-9800.

In Lincoln County.

1. Contact Vel Shaver with FVDC at 293-7731.

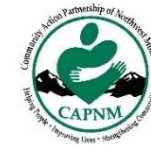
In Sanders County.

1. Contact Jennifer McPherson with FVDC at 827-4241.



For further information about the Community Action Partnership of NW Montana contact: Jackson Diaz, Community Collaboration Coordinator, 406.752.6565

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LEARN THE FACTS, BREAK THE CONNECTION, STOP THE ABUSE:

REDUCING OPIOID ABUSE IN NW MONTANA

THE BEST WAY TO GROW HEALTHY BABIES MAY BE GETTING MOM INTO RECOVERY

Amanda Williammee pauses at the classroom window to watch 2-year-old daughter Taycee. "I like to peek in on her and see what she's doing before she sees me," Williammee nearly whispers. "I love watching her, it's too funny."

There's a dance party in progress and then Taycee spots her mom, screams and comes running to the door. "Did you dance?" Williammee says, leaning down to her daughter.

It seems a typical preschool pickup, but it's not. Williammee, 25, has struggled with addiction since she was a 19-year-old college student. She injected opioids during both of her pregnancies, and her babies were born with neonatal abstinence syndrome, which includes withdrawal symptoms like tremors, irritability, sleep problems and high-pitched crying. She remembers that withdrawals were harder for

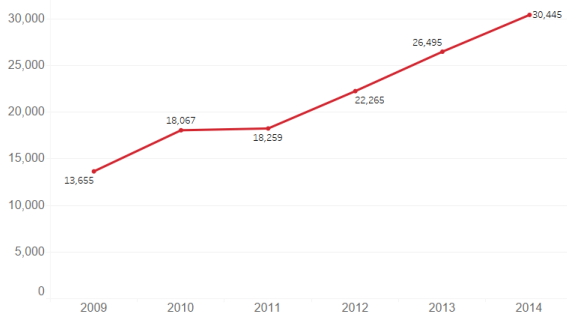
toddler Taycee than they've been for 6-month-old Jayde.

"It wasn't just like we had this two-week period at the hospital of her being sick. Like, it went on for months because she did not sleep," Williammee said, recalling that Taycee would sleep only for 20-minute stretches and needed constant swaddling. Sometimes, Williammee ran a warm bath for the baby to calm her. "She'd wake up and just be miserable," Williammee said.

On average, a baby is born every 15 minutes in the U.S. withdrawing from opioids, [according to recent research](#). That staggering statistic raises concerns among doctors, social workers and mothers like Williammee who worry about how drug abuse while pregnant affects a baby's health.

Babies Born With Neonatal Abstinence Syndrome

The number of babies born with neonatal abstinence syndrome increased 123 percent in the six years from 2009 to 2014.



Source: Winkelman, T.N., Villapiano, N., Kozhimannil, K.B., Davis, M.M., Patrick, S.W., Incidence & Costs of Neonatal Abstinence Syndrome among Infants with Medicaid: 2004-2014, Pediatrics published online: March 23, 2018

"Most of these children do well and are within the normal ranges," Merhar said. "But it's important to know that there is a risk for some delays and that these children are monitored closely."

Still, exposure to opioids in utero does not appear to be as damaging as some other addictive substances. "It's not like the fetal alcohol syndrome problem, where it really affects the brain," Merhar said. "[Children with fetal alcohol syndrome] are at high risk of mental retardation and there's significant developmental delays."

Dr. Lauren Jansson, director of pediatrics at the Center for Addiction and Pregnancy at Johns Hopkins Medicine, has treated mothers and babies since the early 1990s. When asked about how the babies will develop, she said, "The one solid thing we can say about children who are exposed to substances prenatally is that their mothers need treatment."

The children, she said, are more likely to have optimal development if the mothers receive treatment.

Hendrée Jones is executive director at UNC Horizons where Williammee takes her kids to day care and attends parenting classes along with her addiction treatment. She offered reasons to be optimistic. During a recent Tuesday morning group therapy session, about a dozen mothers sat in a circle of comfortable chairs with ottomans in front of them. Two newborns snuggled on their moms' chests as Jones talked about gratitude. She asked each of them to name something for which they were grateful.

Williammee, who began treatment for the third time in February, was quiet but a few days later, during an interview at her homey, staff-monitored apartment, she described why this time will be different. "It's going to work. It is," she said. "'Cause I've got a lot of tools to take

with me and use in my life to stay clean, instead of using drugs to cover up my feelings when something's hard."

And, this time, child protective services has threatened to take Taycee and Jayde, who were napping in the next room as Williammee spoke. "I'm not just some drug addict," she said. "I'm a mother of two kids, and I feel like I'm a great mother. I have educational goals I plan to accomplish, and I plan on being a productive human being in our society."

Williammee said she hopes to finish her last year and half of college and become a teacher.

What help and community resources are available for me?

Generally.

1. Join family or friends and watch the FBI & DEA video entitled "Chasing the Dragon" (viewer discretion advised) found on YouTube at <https://www.youtube.com/watch?v=lqdmWRExOkQ>

Also view the 2016 Wall Street Journal video entitled "American Epidemic: The Nation's Struggle with Opioid Addiction" at <https://www.youtube.com/watch?v=nNj89ohoYQ0>

View the 2017 documentary entitled "Addicted: The Opioid Epidemic" at <https://www.youtube.com/watch?v=p8KuSp9BmXY>