

Prevention Awareness

Oneida County Prevention Council Bulletin

Contact Us

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Office Hours

Monday – Friday, 8:30AM to 4:00PM

Website

www.WhenTheresHelpTheresHope.com



April Awareness and Spring Cleaning

April is Alcohol Awareness Month and 2017 marks the 31st year of the NCADD sponsored event. The event is designed to raise awareness and increase understanding of alcoholism and alcohol-related issues. This year the theme is “Connecting the dots: Opportunities for Recovery.” Alcohol use has been directly associated with traffic fatalities, violence, suicide, educational failure, alcohol overdose, unsafe sex and other problem behaviors, even for those who may never develop a dependence or addiction.

There are many ways to support this eye-opening initiative in your home, place of work or even in the community. Take part in the alcohol free weekend by staying alcohol free for 72 hours from March 31st-April 2nd, bringing to light the impact alcohol use has on individuals, families and communities. Another way to engage in this campaign is to work towards educating our youth about the risks and dangers of alcohol use. Binge drinking accounts for 90% of the alcohol consumed by US youth under 21 years of age. Children who have conversations with their parents/guardians about alcohol and drug use are 50% less likely to use substances. Although these conversations are not always the easiest, they could save a life down the road. More information on how to get involved can be found at www.NCADD.org.

April 29th is National Drug Take Back Day. Almost 2 million Americans abused or were dependent on prescription opioids in 2014, and the number of drug overdose deaths has never been higher. The majority of people who misuse prescription drugs report that they obtained the drugs from family or friends. If you have expired or unused prescription/over-the-counter medication in your home, you can drop them off at a local MedReturn Unit, no questions asked.

Drug Take-Back programs are a preferred step toward preventing unnecessary deaths due to accidental medication exposure and/or addiction. It also helps protect the environment by having a safe way to dispose of medication. Oneida County now has 10 MedReturn units that accept drop-offs. Play it safe, check your home today! For MedReturn unit locations please contact CFLR, Inc. at 315-733-1709 or visit WhenTheresHelpTheresHope.com.

Did you know?

- Alcohol is the 4th leading cause of preventable death in the United States.
- Up to 40% of all hospital beds in the US (except for those being used by maternity and intensive care patients) are being used to treat health conditions that are related to alcohol consumption.
- The use of over the counter drugs is most prevalent among 12-17 year olds.
- The average individual aged 55+ has an average of 5 medications.
- The average American fills 12 prescriptions a year.

If you have any questions, or are interested in prevention services please contact Jodi Warren, Prevention Coordinator, at jwarren@cflrinc.org or by calling 315-768-2643.