

CFLR, INC. VOLUNTEER  
OPPORTUNITIES

**Compeer Program**

**4/3/18:** Utica Coffee  
Club 10:30-12 P.M.

**4/5/18:** Denny's  
Restaurant - 200 S.  
James St, Rome, NY  
1-2:30 P.M.

**4/10/18:** CFLR - 502  
Court St., Suite 401,  
Utica, NY  
11-12:30 P.M.

**4/16/18:** Annual  
Volunteer Recognition  
Party- CFLR: 502 Court  
St., Suite 401, Utica,  
NY 5:30-7 P.M.

**4/24/18:** Bonfire &  
Cookout- Center Point  
Pavilion 8021 State Rt  
12 Barnevald, NY

CFLR, INC. MEETINGS

**Heroin and Opiate**

**Educational  
Workgroup**

The next meeting is on  
April 12th from 10  
A.M. to 11 A.M. If you  
are interested in  
attending please call  
or email Jodi Warren,  
the Director of  
Prevention Services.  
[jwarren@cflrinc.org](mailto:jwarren@cflrinc.org)  
or 315.768.2643

CFLR, INC. ACTIVITIES

**Give It A Whirl!**

Wednesday's at CFLR  
205 N. Washington St,  
Herkimer, NY  
5-6 P.M.

Wednesday's at CFLR  
502 Court St, Utica, NY  
6-7 P.M.

Friday's  
Chestnut Commons  
Chestnut St, Rome, NY  
2-3 P.M. and 6-7 P.M.

**APRIL 2018**

**WHAT'S HAPPENING IN PREVENTION THIS MONTH?**

**Oneida County Prevention Council Bulletin**

**CONTACT US**

**PHONE:** (315) 733-1709

**FAX:** (315) 733-1789

**ADDRESS:** 502 Court St, Suite 401  
Utica, NY 13502

**OFFICE HOURS:** Monday - Friday  
8:30 A.M. - 4:00 P.M.

**WEBSITE:** [www.WhenTheresHelpTheresHope.com](http://www.WhenTheresHelpTheresHope.com)

**ALCOHOL AWARENESS MONTH**

April is **Alcohol Awareness Month**. NCADD founded and sponsors Alcohol Awareness Month which began in 1987 in hopes to reduce the stigma of alcoholism and encourage communities to reach out each April with information about alcohol, alcoholism and recovery. This years theme is "Changing Attitudes: It's not a 'rite of passage.'" We often forgive underage drinkers as it is seen as a "rite of passage." If we keep this attitude then we are merely hoping our children will "get through it" or we can change the way we look at underage drinking and make a difference. Please check our CFLR Facebook page as we will be posting Alcohol Awareness information throughout the month of April.

Link: [NCADD](#)

**PREVENTION AWARENESS**

**Increasing Rates of Children Affected By Prenatal Drinking**

Around 1-5% of children are diagnosed with Fetal Alcohol Syndrome, or FASD. FASD describes the effects that occur in children whose mother drank alcohol throughout pregnancy. These can include learning and behavioral difficulties. These new findings estimate that FASD is just as high, or perhaps higher, as children with Autism Spectrum Disorder (ASD). The findings also show that these numbers are higher than previously believed, and that FASD can often be undiagnosed or misdiagnosed. It is one of the leading preventable causes of birth defects and neurological problems. In a recent survey, it was found that out of 8,000 pregnant women, 10% reported drinking recently, while 3% reported to at least one episode of binge drinking within the past 30 days.

Link: [Increasing Rates of Children Affected by Prenatal Drinking](#)

**CNY Prevention  
Conference**

**When:** 5/11/18  
**Time:** 8AM-3:15PM  
**Where:** Double Tree  
Hotel, East Syracuse, NY  
**Cost:** \$100 per person

[Register [HERE!](#)]

Dr. Joanne Joseph is the keynote speaker. There will be a number of sessions offered throughout the day after Dr. Joseph's Keynote Sessions. These sessions range from resiliency to prevention, as well as suicide and sexual assault prevention. For more information, email Glen Johnson at [HERE](#)

or Penny Williams at [HERE](#)

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**Impaired Driving  
Program**

Center for Family Life and Recovery also offers Impaired Driving Program (IDP). Which is designed to teach aspects of drinking and driving, and to help educate those who have gotten a DWI. For more information please visit our website.

[HERE](#)

## PREVENTION AWARENESS CONTINUED

### **Have You Let Your Teen "Sip" Before?**

Despite beliefs that letting children taste alcohol at an early age is harmless, science and research is beginning to show the opposite. In a recent study conducted at the University at Buffalo, it was shown that children who were allowed to sip or taste alcohol with adult supervision at an early age are at a higher risk for increased and heavy drinking when they reach young adulthood. This contradicts the beliefs that allowing children to do so will promote responsible drinking. The study was conducted in children who came from average families that did not present any problem factors. There is still little research done with this population, yet it backs interventions being done to reduce sipping and tasting done among young children.

*Link:* [Have You Let Your Teen "Sip" Before?](#)

### **Neurotransmitter May Play a Role in Alcohol Relapse**

In a recent study done at Indiana University, it was shown that the neurotransmitter glutamate has an effect on alcohol cravings. This is an important finding as around 30% of Americans have an alcohol dependence or alcohol use disorder, and around 90% of attempts at recovery end in relapse within four years. Glutamate is more active than dopamine in regards to reward-motivation centers which are key to addiction. Scientists in the study found that glutamate levels could now be measured, which allows for treatments for alcoholism and other addictions to specifically target glutamate levels. Those with alcohol use disorders in the study were found to have lower levels of glutamate when shown pictures associated with drinking.

*Link:* [Neurotransmitter May Play a Role in Alcohol Relapse](#)

### **The Effects of Drug Use on Teen Brain Development**

Most of us have wondered why teenagers act and do the things they do. Well, Scientists have discovered that that brain is not fully developed until a person is about 25 years old. Although this explains why they do what they do, it can also be the reason why teenagers engage in unpredictable and risky behaviors. The areas in the brain develop at different times; including the prefrontal cortex, which develops last and it controls impulses and reasoning's. In the teenage years, teens might experiment with drugs and alcohol, which can have harmful effects on the developing brain. The brain is made up of billions of nerve cells, and the nerve cells control how the person feels, the "feel-good" neurotransmitter is called dopamine. When teens use drugs it overloads the body with dopamine and it sends too many "feel-good" signals. As time goes on, the body needs more of the drug to feel the same high as the first time the drug was used. Drug tolerance can become very dangerous, especially with cocaine and heroin. The effects that drug use has on the brain will determine if the teenager is able to bounce back to normal. To read more click on link below.

*Link:* [The Effects of Drug Use on Teen Brain Development](#)

### **Is Your Teen Riding with Impaired Drivers?**

In the United States a study found that one third of young adults have rode in a vehicle with a driver that was impaired by alcohol or drugs. Riding with a marijuana impaired driver was more common than with an intoxicated driver. Between 2013 and 2014 a national survey was gathered from young adults who had graduated within the last two years. The results showed that 33% had ridden with an impaired driver at least once. Of those twenty three percent said they ridden with a driver that was impaired from marijuana and 20% had ridden with an alcohol impaired driver.

*Link:* [Is Your Teen Riding with Impaired Drivers](#)

CFLR, INC. TRAININGS,  
PRESENTATIONS AND  
CLASSES

**Rational Emotive  
Behavioral Therapy**

**Where:** Center for  
Family Life and  
Recovery, Inc.  
502 Court St. Suite 401  
Utica, NY 13502

**When:** Tuesday's

**Time:** 5 P.M.

If interested, call Ambi  
Daniel: 315-768-2665

**"Concealing Secrets: An  
Interactive Mobile  
Bedroom Kit"**

**Where:** Center for  
Family Life and  
Recovery, Inc.  
502 Court St, Suite 401  
Utica, NY 13502

**When:** Monday, April  
30, 2018

**Time:** 5 PM– 6PM

Call for more  
information:  
315-733-1709

## PREVENTION AWARENESS CONTINUED

### **Binge Drinking in College Still Continues**

When a lot of people think of college, they think of alcohol and there is a reason for that— it's still happening. Binge-drinking in college is at about 40% and has been that way for about 2 decades. Despite the fact that 1,800 college students die every year from alcohol related causes, 600,000 injured from alcohol related causes and 100,000 alcohol influenced sexual assaults occur every year. Education isn't enough to convince college students not to drink. The link below goes into more detail on this subject.

*Link:* [Binge Drinking in College Still Continues](#)

### **National Take Back Day**

National Take Back Day is **April 28th**, on this day explore your medicine cabinets for outdated, unused or unwanted medications and bring them to your local Med Return Units. It was found that 70% of students try their first substance from family medications in the home. So in order to reduce these stats be sure to know what is in your cabinets and when to get rid of them.

## SUBSTANCE USE: FACTS AND WARNINGS

### **Baclofen Has Been Found Ineffective**

A new study has found that Baclofen, a medication used to treat alcohol use disorders, is ineffective in this aspect. Despite showing that there was a higher rate of alcohol abstinence when compared with the placebo group, there wasn't a significant difference. Baclofen failed to increase abstinence and reduce alcohol cravings. There was a ratio of 1:7 for success (with eight people being treated and only one of the eight staying abstinent).

*Link:* [Baclofen has Been Found Ineffective](#)

### **Elderly Alcohol and Substance Abuse**

Nearly 17% of elderly, over the age of 65, adults have an alcohol abuse problem. It was found that 2.5 million older adults had alcohol-related problems. There are two general categories of elderly alcohol abuse, "hardy survivors" and "late onset." Hardy survivors include those that have had an alcohol problem before reaching the age of 65. Late onset includes those that begin alcohol problems later in life. It is often triggered by death of a loved one, retirement, depression, a friend or pet's death, health concerns or money problems. Elderly are not immune to alcohol and substance abuse problems like some believe.

*Link:* [Elderly Alcohol and Substance Abuse](#)

### **Symptoms of Alcoholism Make Recovery More Difficult**

Due to the symptoms of alcoholism, this may make it more difficult for some people in recovery to take Naltrexone, which is a prescription drug meant to treat alcoholism. Though prescribed as a treatment plan, it is often not taken regularly, which makes it difficult for the medication to actually help. This study found that patients who were contacted regularly, were more likely to take the medication, than if they were left on their own. This shows that just prescribing the medication isn't going to fix the problem, it requires constant contact or feedback, which may simply be in the form of an app or a text message.

*Link:* [Symptoms of Alcoholism Make Recovery More Difficult](#)

**TRAINING  
OPPORTUNITY**

**MORNING:** "Ethics in  
the Workplace for  
Helping and Addictions  
Professionals"  
-Lee Livermore

**AFTERNOON:**  
"Recognizing Impaired  
Persons" - Gary Bulinski

**When:** Thursday, April  
19, 2018

**Time:** 8 A.M. - 5 P.M.

**Where:** Harts Hill Inn  
135 Clinton St.  
Whitesboro, NY 13492

**Cost:** \$90

[CLICK HERE TO  
REGISTER!](#)

SBIRT

-Julie Dostal, PhD

**When:** May 9—10, 2018

**Time:** 9 A.M. - 4 P.M.

**Where:** CFLR Large  
Training Room  
502 Court St., Suite 401  
Utica, NY 13502

**Cost:** \$TBD

Call Bianca Bussey for  
further information and  
to register:  
315-768-2644

## SUBSTANCE USE: FACTS AND WARNINGS CONTINUED

### The Dangers of Binge Drinking

There was a study that was conducted in 2015, and it found there were more than 17 million American adults that had engaged in binge drinking. It also found that 1 in 6 adults engage in binge drinking at least once a week, which averages about seven drinks per binge. Consuming so much alcohol during the binges can become harmful to the individual. One way to prevent binge drinking is to enforce a prevention program that focused on how many times a person binge drinks and how much alcohol they consume. Binge drinking for men is having five or more drinks and women four or more drinks within two hours.

*Link:* [The Dangers of Binge Drinking](#)

### Alcohol Use is a Big Risk Factor for Dementia

A recent study done in France found that out of 57,000 cases, around 57% were related to chronic heavy drinking. This was found in those who had early-onset dementia, which is found in those before the age of 65. Heavy alcohol use can also lead to mental and behavioral disorders. Alcohol use disorders shorten life expectancy by 20 years or more, and dementia is one of the leading causes of death. The findings from this study point to the importance of better screenings, interventions, and treatment for heavy drinking and alcohol use disorders.

*Link:* [Alcohol Use is a Big Risk Factor for Dementia](#)

### Why Do People Get Aggressive After Drinking?

Ever notice how some people become aggressive after drinking a few glasses of alcohol? Researchers believe the alcohol is having an affect on the brain that causes this. A study was conducted using fifty healthy young men, the placebo group drank two drinks without alcohol, and the other group drank two drinks containing vodka. The participants were then expected to complete an activity while lying in the MRI scanner, which could measure the levels of aggression. The MRI could show the different areas of the brain being used while the participants were engaging in the activity, as well as the difference in the persons who consumed alcohol and who didn't. When being provoked during the activity there was no difference in the neural responses, however when competing aggressively there was activity in the prefrontal cortex section of the participants who had the alcohol. Other areas of the brain that were being triggered include the hippocampus, which stores memory and the rewards section of the brain. There is a relationship between alcohol and activity in different areas of the brain.

*Link:* [People Get Aggressive After Drinking](#)

### Preventing Underage Drinking

Teenagers are known to experiment when it comes to alcohol and drugs. Here are some tips for preventing underage drinking. **Limit access:** if you have alcohol in the home be sure to put it away and keep track of how much there is. **Check In:** always be sure to know where your teen is, how to get ahold of them, what adults will be present, and if there will be alcohol. Ask them to check in with you at a set time, develop a secret code with your child to indicate that your child needs help to get out of a situation. Verify their whereabouts and activity by checking in with who they are with or stopping by. **Network:** Get to know your teens friends, parents and be clear of expectations. **Be ready:** Wait up or set alarms at curfew time and talk with them about their night. Look for signs of alcohol/drug use. Be prepared for if your child has been using; know what you are going to do and say and follow your plan.

**CFLR, Inc.'s Prevention Department:**

At Center for Family Life and Recovery we are committed to working together with our school districts and community partners with the common goal of improving our children and families quality of life. If you would like to know more about the Prevention Services, visit our website by clicking the link below or by contacting Jodi Warren, Director of Prevention Services at 315-768-2643 or [jwarren@cflrinc.org](mailto:jwarren@cflrinc.org).  
[CFLR, Inc.'s Prevention Services](#)

***TURN IN YOUR UNUSED OR EXPIRED MEDICATION FOR SAFE DISPOSAL!!!***

Check your home for expired and unused medication and dispose of them at a MedReturn Unit. MedReturn Units are a safe, convenient, and responsible means of disposing of prescription/non-prescription drugs, that are located throughout Oneida County. Current MedReturn Units Sites: **Boonville PD; Camden PD; Kirkland PD; Oneida County Sheriff's Dept.; Oriskany PD; Rome PD; Sherrill PD; Trenton Municipal Building; Waterville Municipal Building; and Utica PD.**

