

**CFLR, INC. TRAININGS,
PRESENTATIONS AND
EVENTS**

Save The Date!

**CFLR's Annual Awareness
Breakfast**

POSTPONED

When: June 2nd

Where: Hart's Hill Inn

Time: 8AM-10AM

[BUY TICKETS HERE!](#)

NARCAN Training

CFLR Narcan Trainings

For more information please
contact Heather Youda with
CFLR at 315. 768.2663

ACR Health Narcan Trainings

For more information and
please contact Ben Przepiora
with **ACR Health** at
315.898.2433
OR by email
bprzepiora@acrhealth.org

Suicide Prevention

Coalition Meeting

**Meetings POSTPONED Until
further notice due to
COVID-19.**

For more information on the
Suicide Prevention Coalition
call 315.733.1709

#YouMatter

April 2020

WHAT'S HAPPENING IN PREVENTION THIS MONTH?

Oneida County Prevention Council

Contact Us:

Phone: 315.733.1709

Fax: 315.733.1789

Address: 502 Court St, Suite 401
Utica, NY 13502

Office Hours: Monday & Friday: 8:30-4:00
Tuesday & Wednesday: 8:30-8:00
Thursday: 8:30-9:00

What's going on in CFLR's Prevention Department this Month?

CFLR's Prevention Department's response to COVID-19.

"In light of the COVID-19 the Prevention Department has paused all in-person education and awareness presentation, activities, classes, and groups. Although we may not be able to offer things the same way as we had prior to this pandemic we know that continuing to provide our community prevention support and services is extremely important during this unpredictable time. By doing so our Prevention Team is working diligently at coming up with creative ways to continue offering our services and moving toward virtual prevention and learning and will soon be posting programs, topic presentations, and activities with dates, times and links for anyone wishing to participate. Please also check out our CFLR Facebook page for further prevention information each week.

We want you to know that you are not alone and that through this time CFLR's Prevention Department is here to offer support during this time.

Below is information to help by making sure you are staying safe and healthy during this time:

- Regularly wash hands with soap and water for 20 seconds or use hand sanitizer when soap and water is unavailable.
- Avoid close contact with sick people.
- Stay home if you are sick.
- Cover coughs or sneezes with a flexed elbow or a tissue, then discard into the trash then wash/sanitize your hands.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces using a disinfectant cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.

If you have contracted the coronavirus, the median time from onset to recovery is approximately 2 weeks or 3-6 week for patients with severe or critical cases.

COVID-19 Pandemic Resource Guide created by the Prevention Department at CFLR.

This resource kit includes information on local resources available to you during this time of COVID-19. Information such as local grocery store hours, special shopping hours, local restaurant meal deals, schools giving out food to school aged youth for free during this time, educational resources, and mental health resources. Please check out the link below to access the resource guide.

Link: [COVID-19 Resource Kit](#)

CFLR, Inc.

**Program and Class
UPDATES!!**

Many of our programs have turned to virtual platforms to reach out to our community members. Stay tuned to our CFLR In Action webpage and our CFLR Facebook page for updated information.

CFLR IN ACTION

**CFLR Family Recovery
Wellness Collective**

Click [HERE](#) to join the Facebook group!

Family Support and Wellness

When: Tuesday's

Time: 1-2 PM

[Zoom link](#)

**CFLR Recovery Advocates
Peer Collaborative**

For persons wanting to become Peer Recovery Advocates.

Click [HERE](#) to join the Facebook group!

**Peer Collaborative Skills and
Practice Class**

When: Tuesday's

Time: 3:30-4:30 PM

[Zoom link](#)

**CFLR's, Impaired Driver
Program (IDP)**

"In response to the public health emergency all state- and county-run DMV field offices are closed until further notice. DMV will not be enrolling clients in IDP courses until further notice."

Monthly Observances

April is Alcohol Awareness Month, this month is observed to raise awareness to the affects of alcohol, as well as point out and aid to stop the stigma that surrounds those who struggle with alcoholism and substance abuse.

Child Abuse Prevention Month is observed to raise public awareness of child abuse and neglect, recommit efforts and resources aimed at protecting children and strengthening families. Child abuse takes many forms, physical abuse, sexual abuse, emotional abuse, medical abuse and neglect. It is important to not ignore these forms of abuse if you see them.

Sexual Assault Awareness Month is observed in April. The mission of this month is to raise awareness about sexual violence around the world, and to educate communities on how to prevent it. People are encouraged to embrace their voices to show support for survivors and speak out if they have experienced sexual assault themselves.

*If you, or anyone you know is experiencing any of form of sexual assault you can reach out to the **National Sexual Assault Hotline 800.656.HOPE (4673)**.*

National Drug and Alcohol Facts Week

Please stay tuned to CFLR's Facebook Page for daily facts during National Drug and Alcohol Facts Week.

Underage Drinking: The Facts

- 31% of seniors reported at least one episode of binge drinking during the past two weeks.
- Most kids who consume alcohol do so in their own home or in the home of a friend.
- 49% of high school seniors in NY have consumed alcohol in the past 30 days– that's more than 100,000 seniors.
- 1 out of 3 13-year-olds in NYS has tried alcohol.
- Nearly 52% of NY students in grades 7-12 reported their parents had never talked to them about the dangers of underage drinking.
- Research indicates the brain continues to develop into the mid-twenties. Alcohol use can have a detrimental effect on the developing brain.
- A teen who begins drinking before the age of fifteen is 7 times more likely to have an alcohol abuse problem later in life than someone who waits until age 21 to drink alcohol.
- What is binge drinking? Five or more drinks at one time for males, 4 or more drinks at one time for females.

Talk to your teens about the effects of drinking alcohol, if you have these conversations with your teens they are less likely to use drugs and alcohol.

Seniors and Addiction

Those born between 1946 and 1964 are called "the baby boomer" generation, this generation grew up in a culture of free love and drug experimentation. This generation may be taking illicit drugs, abusing alcohol and might possibly be struggling with addiction.

Teens and Prescription Drugs

A study was conducted on 12th Graders and their misuse of prescription drugs. In 2019, it was found that 14.6% of 12th Graders misused prescription drugs.

For more facts during National Drug and Alcohol Facts Week, check out our CFLR Facebook Page.

CFLR, INC. VOLUNTEER OPPORTUNITIES

Compeer Program

A message from Brandi Lyons, Compeer Specialist:

“Compeer friends, please explore your social options and stay connected during this time of crisis! Remain social by calling your loved ones or emailing your friends. I have enjoyed spending time talking and emailing many of our Compeer friends and I hope to hear from many more Compeer friends soon! Also, use this time to focus on self-care and please visit our CFLR website and Facebook page for upcoming virtual activities, posts, and Compeer updates.”

CFLR, INC. ACTIVITIES

HOPE Events

A message from the Recovery Team at CFLR:
*“At this time, we will be postponing all **in person H.O.P.E events** for 30 days due to the COVID-19 virus.*

*We **WILL** be offering **virtual platforms** we can participate in from the comfort and safety of our own homes.*

*Please stay tuned on our **‘Center for Family Life and Recovery’** Facebook page for the **‘Zoom’** links.”*

[**April 2020 H.O.P.E. Events**](#)

Prevention Awareness

Vaping Resource For Teens

The State Department of Health partnered with Truth Initiative and created a text-based intervention program called, “This is Quitting.” The program is tailored to specific age groups (13-17 and 18-24) to give appropriate quitting recommendations. **Teens can text “DropTheVape” to 88709.** This program will send users daily text messages tailored to their sign-up date and their target quit date. This program offers encouragement, motivation, skill and self-efficacy building exercises and coping strategies.

Link: [**New Program to Help Young People Quit Vaping**](#)

Do You Suspect That Your Loved One Might Have A Drinking Problem?

The first step to help a loved one with a drinking problem is to find out if their “problem” is a problem. Your loved one may have a drinking problem if they; regularly drink more than intended, cannot cut back on drinking, spend a lot of time getting alcohol, drinking alcohol, or recovering from the effects of alcohol, have trouble at work, home, or school because of alcohol use, have trouble with relationships because of drinking, and miss important work, school, or social activities because of alcohol use. If you are concerned about a loved one's drinking problem, ask them. You can do this by sitting down with them and expressing your concerns by using “I” statements to let them know how the drinking affects you. Let them know the different types of behavior you've been observing that has worried you. It may take a few conversations before your loved one agrees to getting help but don't give up!

Link: [**How To Help A Loved One Who Has A Drinking Problem**](#)

Child Abuse and Neglect

It is important to know that child abuse and neglect are preventable, a child's life is shaped by their experiences. Experiences for a child can include, their environment, relationships they build with parents, teachers, and caregivers. When a child is abused and neglected, and have experienced other adverse childhood experiences (ACEs) it increases the risk for negative health consequences and certain chronic diseases as adults. A crucial part in preventing child abuse and neglect is to encourage and form safe, stable, nurturing relationships and environments.

Link: [**Child Abuse and Neglect CDC**](#)

Mindfulness To Cope

Mindfulness is the human ability to be fully present, aware of where we are and what we're doing. This often times helps individuals become centered and relaxed. When we bring awareness to what we're experiencing through our senses or what we're feeling through our thoughts and emotions, that is when we're being mindful.

Mindfulness activities include:

- Yawn and stretch for 10 seconds every hour
- Mindful breathing

Link: [**Mindfulness Activities for Children and Teens**](#)

[**1-Minute Mindfulness Exercises**](#)

Useful Links:

[NAMI COVID-19](#)

[Information and
Resources](#)

[CDC COVID-19 Facts](#)

[NYS Office of Mental
Health: Managing Anxiety](#)

[SAMHSA: Coping with
Stress](#)

[Coronavirus WKTV](#)

Educational Links:

[PBS Kids](#)

[FunBrain](#)

[National Geographic](#)

[Other Educational Sites](#)

[CFLR In Action](#)

[CFLR Prevention Tools and
Resources](#)

CFLR's Compeer Program is a mentoring service dedicated to providing supportive friendships to individuals struggling with mental illness. Compeer services are designed for individuals ages 5 and up, receiving mental health services. Individuals must be referred by a mental health professional, human services professional, or juvenile justice professionals.

Compeer is always looking for volunteers who have a passion for helping others and giving back to the community! If you are at least 18 years of age and are interested in becoming a volunteer mentor for Compeer, please visit our website and apply today! Volunteers are subject to a background check and a one-time orientation. For more information about becoming a Compeer Volunteer Mentor please contact our Compeer Specialist, Brandi Lyons at 315.768.2661 or by email blyons@cflrinc.org

[Youth Referral Link](#)

[Adult Referral Link](#)

[Volunteer Application Link](#)

CFLR Veteran's Club works to socialize Veterans who are struggling with PTSD, dementia, depression, and other mental health issues. If you have any questions about the Veteran's Club or how to become a Veteran Volunteer Mentor, please contact Brandi Lyons, Compeer Specialist at 315.768.2661 OR by email at blyons@cflrinc.org

Oneida County Suicide Prevention Coalition Their mission is: Awareness, Educate, Prevent, Support. They come together once a month to get involved in the community (Oneida County). This coalition is designed to be able to inform others about the warning signs of suicide and what to look for, as well as, educate the community about the prevalence of suicide.

COVID-19 Leaving You Feeling Down?

During this pandemic of COVID-19, many states are seeing an increase in suicide rates. It is important to know the signs and symptoms to be able to prevent suicide. There is no single cause for suicide. Suicide most often occurs when stressors and health issues converge to create an experience of hopelessness and despair. Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated. It is important to know the signs and symptoms of suicidal behavior. These behavior's can include, but are not limited to; talking about wanting to kill themselves, talking about shame or guilt, giving away possessions, and saying goodbye to family and friends. Mental Health conditions such as depression, anxiety, and problems involving substance use and abuse increase the risk of suicide. It's important to note that most people who actively manage their mental health conditions go on to lead more positive lifestyles. If you are struggling, call the **Mobile Crisis Assessment Team (MCAT) at 315.732.6228 OR 1.844.732.6228**

National Suicide Prevention Lifeline at 1.800.273.TALK, (8255).

Crisis Text Line: Text HOME to 741741

Veterans Crisis Line 1.800.273.8255 Press 1

Link: [Signs and Symptoms](#)

CFLR, Inc.'s Prevention Department

At Center for Family Life and Recovery we are committed to working together with our local 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.

Link: [CFLR, Inc.'s Prevention Services](#)

Ready, Set, Spring Into Action!!

Check your home for expired and unused medication, including pet 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 Unit 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.**

*These units do *NOT* except sharps (syringes). Please visit our website for sharp drop off locations.

