

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

**THE HOPEFUL MINUTE
 PODCAST:**

For more information and access to podcasts, visit page 6 of the newsletter and visit our website [HERE](#)

PODCASTS

Thursdays at 4:00pm!

3/4: Outreach Project

3/11: Gambling Prevention

3/18: Pandemic Fatigue

3/25: Wellness Tips

4/1: Alcohol Awareness Month

**VIRTUAL NARCAN
 TRAININGS
 CFLR Narcan Trainings**

When: April 9th, 2021

Time: 9 AM

For more information please contact Heather Youda with CFLR at

315.768.2663

FLYER HERE

Prevention Awareness Newsletter

April 2021

SUPPORTING FAMILIES, OFFERING HOPE

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

Alcohol Awareness Month

April is Alcohol Awareness Month. Alcohol is the most used substance by youth and adults in the United States. According to the National Institute of Health's 2020 Monitoring the Future Survey, 55.3% of high school seniors used alcohol in the past year. In 2019, 25.8 percent of people ages 18 or older reported that they engaged in binge drinking in the past month; 6.3 percent reported that they engaged in heavy alcohol use in the past month. Alcohol is the third leading cause of preventable death in the United States. About 95,000 Americans die from alcohol-related causes each year.



Stress Awareness Month

Originating in 1992, Stress Awareness Month has celebrated annually each April. Stress can be debilitating, and it can cause and/or aggravate health problems. Stress is a normal part of human existence and therefore it's important to learn to cope with our stress and finding healthy ways to deal with these situations can go a long way in living a healthy and positive life.



National Youth Violence Prevention Week: (April 12th-April 16th)

Founded in 2001, NYVPW hopes to raise awareness and educate youth and communities on effective strategies to prevent youth violence before it happens. This week-long national education initiative involves activities that demonstrate the positive role youth can play in making their school and community safe, and the role that everyone can play in preventing youth violence.

World Health Day: April 7th

World Health Day, is a global health awareness day celebrated every year on April 7th. The date of April 7th, marks the anniversary of the founding of WHO in 1948. It is celebrated annually and each year draws attention to a specific health topic of concern to people all over the world. Each year world health day targets a different theme. 2021's theme is building a fairer, healthier world.

Day of Silence: April 23rd

Created in 1996 and celebrated every April, the Day of Silence is a campaign that seeks to shed light on what many LGBTQ youth experience daily. Initially intended to focus on this problem within the school system, it has since expanded into workplaces, university campuses, and sporting events.



**CFLR Inc. Program and
Class UPDATES!**

**The Light Carried....
TLC Support Group**

When: Every other
Tuesday

Time: 6:00 to 7:30 PM

Zoom Link

RECOVERY EVENTS

April Hope Events

For more information
about HOPE events please
contact Erin Wiggins at
315.768.2657 or at
Ewiggins@cflrinc.org

For a complete list of
events, visit our website
calendar **HERE**

CFLR Recovery Advocates

Peer Collaborative

*For persons wanting to
become Peer Recovery
Advocates.*

Click **HERE** to join the
Facebook group!

Monthly Recovery Quote:

*"Recovery can be messy....
and incredibly beautiful."*

Study Find People With Schizophrenia Have Increased Risk of Dying from COVID-19

A newly published study based on data from a 2020 peak period of the pandemic in New York City indicates that people previously diagnosed with schizophrenia or a schizophrenia spectrum disorder who contracted a COVID-19 infection had a significantly increased risk of mortality. Specifically, their risk of death from COVID within 45 days of infection was 2.7 times the risk in people without a psychiatric diagnosis who contracted COVID.

Link: Schizophrenia & COVID-19

Skewed Opioid Prescribing Patterns in the United States

Opioid prescribing remains high in the United States compared with other countries, despite concerted efforts to educate providers and enforce evidence-based and appropriate prescribing practices. A study was conducted by D. Matthew Kiang and his colleagues at Stanford University. The team analyzed information on 134 million opioid prescription claims from the Optum Clinformatics Data Mart, which contains data from a national private insurance provider that covered about 60 million nationally representative patients over the time period analyzed and found that a small proportion of providers are responsible for a large percentage of all opioids prescribed. Based on their findings, Dr. Kiang and colleagues concluded that interventions aimed at promoting responsible opioid prescribing should target primarily high opioid-prescribing providers. These providers often prescribe higher opioid doses than recommended by CDC and for longer periods of time, which may place patients at increased risk of overuse, addiction, and overdose.

Link: Opioid Prescribing Patterns

Teen Mental Health and The Pandemic

A new poll conducted for the C.S. Mott Children's Hospital at the University of Michigan Medical School found 46% of parents say the pandemic has adversely affected their teen's mental health. One-third of teen girls and one-fifth of teen boys have experienced new or worsening anxiety since March 2020, the poll found. Pandemic restrictions have kept teens at home "at the age they were primed to seek independence from their families." The poll found also found that 52% of parents have tried relaxing family pandemic rules to allow their teen to have more contact with friends, 81% say it has helped. Check out the link below to learn more.

Link: Pandemic Impact on Teen Mental Health

10 Fast Facts to Know About Vaping

1. Long-term scientific studies are not available to prove safety or potential negative side effects.
2. Nicotine levels vary from e-liquid to e-liquid.
3. Studies show that labeling is not always a reliable indicator of nicotine content.
4. E-liquid has been found to contain aldehydes, tobacco-specific nitrosamines, metals, tobacco alkaloids and volatile organic compounds.
5. Glycol, the main ingredient in e-liquid, may impair lung function and cause a dry throat and cough.
6. Vaping may weaken a user's immune system.
7. Nicotine raises blood pressure and spikes adrenaline, which increases heart rate and the likelihood of having heart issues.
8. Nicotine is highly addictive and can harm adolescent brain development.
9. Vape devices may be used to hide marijuana use. Users heat up a "dab" to produce vapors that provide an instant high.
10. Terpenes may be present in e-liquid to mask the smell of marijuana.

Link: Vaping Fast Facts

CFLR Inc. Program and Class UPDATES!!

Family Support Group

When: Tuesday's

Time: 6:15 - 7:30PM

Zoom Link

Meeting ID: 930 3319 4763

Password: 665098

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

Peer Collaborative Skills and Practice Class

When: Tuesday's

Time: 3:30-4:30 PM

Do You Need NYS Mandate

Sexual Harassment Training?

CFLR's Employee assistance program (EAP) can help. EAP can provide trainings with no contractual obligation, trainings are \$175.00 for up to 40 people at 1.5 hours.

Call today to schedule, 315-733-1709, ask for Sara Haag!

Prevention Awareness

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

EAP

Covid19 has created a new type of mental health crisis. No one is immune to the stress and anxiety that living in a pandemic has created. CFLR's Employee Assistance Program (EAP) is here to help. We provide mental health wellness services such as individual and family counseling, parenting support, substance abuse support, HR/supervisor consultation, trainings, and critical incident debriefing to over 80 CNY company's employees and their families. Companies who provide an EAP to their staff show an increase in employee retention and productivity while decreasing employee absenteeism. If you are interested in learning more about what our EAP can do for your company, contact Sara Haag at SHAag@cflrinc.org

Compeer @ CFLR

If you are interested in becoming a volunteer for The Compeer Program at Center For Family Life and Recovery, you can visit [our website](#). All volunteers must have a background check. Volunteers must be 18 or older and attend a (one time) mentor training to get to know the program as well as participate in a one on one interview. If you have any questions please contact Kerina Herard @ kherard@cflrinc.org

Links: Compeer Child and Youth Referral Form

Compeer Adult Referral Form

Volunteer Application

Veteran's Club

CFLR Veteran's Club works to socialize Veteran's who are struggling with PTSD, dementia, and depression. If you have any questions about **Veteran's Club** please contact Kerina Herard at kherard@cflrinc.org

Upstate Medical University Vaping Claims

In the midst of the new information circulating about vaping, Upstate New York Poison Center has received numerous calls about vaping related poisonings in New York State. As of September 6th, there have been 450 cases of vaping related pulmonary disease in 33 states and one U.S territory; 5 deaths have been reported for vaping related injury. In schools around the country 1 in 5 high school students have admitted to vaping and 1 in 20 middle school students have admitted trying e-cigs. At this point, long term health risks are still unknown due to the product not being around for a long period of time.

Educational Video for Students– Vaping: Do You Know What's Inside?

Educational Video for Parents– Vaping: Is It Worth It?

Upstate New York Poison Center– 1.800.222.1222

Mental Health During COVID-19

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.

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

Useful Links:

[CDC COVID-19 Facts](#)

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

[SAMHSA: Coping with Stress](#)

[Coronavirus WKTV](#)

[My Mental Health Crisis Plan](#)

[Talk. They Hear You](#)

Educational Links:

[PBS Kids](#)

[FunBrain](#)



Prevention Awareness

What Leads To Suicide?

There's 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. 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 **National Suicide Prevention Lifeline at 1.800.273.TALK, (8255).**

To Learn More About Signs and Symptoms: [Click HERE!](#)

Self-Harm

Self-harm is said to be a non-suicidal self-injury, although it correlates to a higher risk for an individual to act upon suicidal ideation. Self-injurious behavior may provide a feeling of relief or mask the pain one is feeling due to extreme emotional distress. Self-harm may bring a person who is extreme emotional pain some feeling of relief. Risk factors for self-harm include, having friends who self-injure, life issues including neglect, abuse, and traumatic life events, mental health issues and alcohol or drug use. Symptoms of self-harm are scars, often in patterns, fresh cuts, scratches, bruises, bite marks, or other wounds including burns, wearing long shirts and pants even in hot weather, and keeping sharp objects on hand. It is important to effectively manage mental health conditions, if you are struggling, call the **National Suicide Prevention Lifeline at 1.800.273.TALK, (8255).**

Center for Family Life and Recovery's Prevention Department provides prevention programming and services for Oneida County school districts, agencies and organizations. For more information contact Jodi Warren at 315.768.2643 or by email at jwarren@cflrinc.org.

For More Information on Recognizing Self Harm [Click HERE!](#)

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

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 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. **National Take Back Day is April 24th, 2021!** *These units do NOT except sharps (syringes). Please visit our website for sharp drop off locations.

#OneDecision #YouMatter



CFLR Inc. Program and Class UPDATES!!

CFLR's, Impaired Driver Program (IDP)

IDP classes have resumed, any questions and or to register contact Joe Passalacqua at 315.768.2660 or jpassalacqua@cflrinc.org

FAMILY SUPPORT GROUP

WHEN: OCTOBER 6TH
(EVERY TUESDAY AFTER):

TIME: 6:15-7:30 PM

Meeting ID: 930 3319 4763

Password: 665098

CFLR, INC. VOLUNTEER OPPORTUNITIES

Compeer is now using a hybrid approach for events and activities! We will now be offering in person activities along with virtual activities. In person activities are limited to 10 people so be sure to RSVP with Kerina Herard at 315.768.2655

Please visit our CFLR website and Facebook page for upcoming virtual activities, posts, and Compeer updates."

For more information on Compeer contact Kerina Herard!

Prevention Webinars

Successes and Challenges in School-based Prevention During Covid-19: A Panel Discussion

April 1, 2021 1:00-2:30pm

This webinar will present a panel of prevention providers from across the Great Lakes Region who have been working in school-based settings throughout COVID-19. They will share their success and challenges throughout the initial crisis and as they have worked through the 2020–2021 school year. Participants will have an opportunity to ask questions of about how the presenters navigated the challenges and ever-changing landscape of school-based prevention this year, while looking forward to the school year ahead.

Link: [Register](#)

Presentation Development and Design Training for Prevention Professionals Part 1

April 22, 2021 9:00am-12:00pm

Do your presentations inspire and influence your audiences? Do you know how to tackle tough topics and information overload? We use presentations as one of our primary strategies to share content knowledge, build skills, ignite calls to action and affect culture change. Many of us have attempted to create compelling presentations, however most of us never receive any formal training in presentation design-despite all we expect presentations to do for us. In this three-hour virtual workshop, participants will learn practical skills to plan and deliver exceptional presentations using the tools and resources they already have.

Link: [Register](#)

Drug endangered Children Community of Practice: April 2021

April 14, 2021 12:00pm

The Community of Practice (CoP) provides a platform for Drug Endangered Children's Alliance (DEC) members to share their work. If you are interested in hearing personal inquiries, case studies, or networking with other DEC Alliance members, or just want to learn more about the DEC Alliances, attend our CoP event!

Link: [Register](#)

Integrating Cultural Proficiency into Prevention

April 26, 2021 11:00am—2:00pm

Cultural proficiency is critical to promoting behavioral health equity. To address substance abuse and mental health concerns in communities effectively, prevention practitioners need to consider cultural factors and strategies to enhance cultural responsiveness of prevention programming. This training will help participants incorporate cultural considerations in the context of the Strategic Prevention Framework.

Link: [Register](#)

Join us on April 24th for National Take Back Day at Union Station!

April 24th is National Take Back Day! The Oneida County Prevention Team, a subgroup of the Oneida County Opioid Task Force in collaboration with the Oneida County Sheriff's Department and The Center for Family Life and Recovery, will be providing a drive through, rain or shine, from 10:00am to 2:00pm at the Union Station at 321 Main St. Utica, NY 13502 where we will be distributing HOPE Bags containing free resources!

National Take Back Day addresses a crucial public safety and public health issue. According to the 2020 National Survey on Drug Use and Health, 9.7 million people misused prescription pain relievers, 4.9 million people misused prescription stimulants, and 5.9 million people misused prescription tranquilizers or sedatives and more than 5,700 youth reported using prescription pain relievers without a doctor's guidance. The survey also showed that a majority of misused prescription drugs were obtained from family and friends, often from the home medicine cabinet.

Visit our website [HERE](#) for further information on MedReturn locations and more!



The Hopeful Minute Podcast

Join the Center for Family Life & Recovery Team to talk about positive stories, health & wellness, prevention, recovery and more!
New Podcasts Thursdays at 4pm!

Visit our website [HERE](#) to view the latest videos!

#CFLRSupportingFamilies OfferingHope

Alcohol Awareness Month

April is Alcohol Awareness Month. Alcohol Awareness Month is a public health program organized by the National Council on Alcoholism and Drug Dependence to draw more attention to the causes and effects of alcoholism as well as how to help families and communities deal with drinking problems. Alcohol Awareness Month is also observed to increase outreach and education regarding the dangers of alcoholism and issues related to alcohol. The program was started in April 1987 and has since become a national movement. The prevention team will be spreading awareness in both the community and in school districts throughout the month of April.

Monthly Prevention Impacts

"A mom I am working individually with on the Active Parenting Program, who was released from prison in November 2020 after 10 years, was able to gain supervised visitation with her son every other weekend, which began at the beginning of March 2021 partially due to her engagement in the program."

- Lauren Platt, Family Prevention Specialist

Heather Youda, Community Prevention Educator and Fran Esposito, Prevention Services Coordinator delivered 60 care packages to The House of The Good Shepherd for children in Foster Care, aged 10 and under. The packages included blankets, hats, trinket items such as chap stick, stress balls, toys, pens, coloring books, reading books, tissues, sanitizers, fruit snacks, coloring pencils or crayons, notebooks for journaling, water bottles, and stuffed animals.

"The care bags are important to children in foster care for many reasons. Some of the simple comforts within each bag are perhaps something that is a luxury to the child. Even a warm hat or a new blanket may be something this child as never had before. It also provides a sense of ownership. Often the children the children come into our care without many personal possessions, so this new stuffed toy or journal is theirs explicitly. There's comfort and value is having something to call their own."

- Paris Pearson, Director of Foster Care

