

CFLR, INC. TRAININGS,  
PRESENTATIONS AND  
EVENTS

**The Hopeful Minute  
Podcast**

For more information and access to current and previous podcasts visit page 2 of the newsletter and visit our website [HERE](#)

**Narcan Trainings**

CFLR is providing Narcan trainings for anyone interested! Narcan kits are provided with trainings. Trainings are available In-person or virtually.

For more information please contact Heather Youda with CFLR at 315.768.2663

**Light of Hope**

August 31st

More information coming soon!

**Office of Drug User Health  
Friendly Listening Town  
Hall**

August 4, 2021

2:00pm—4:00pm

Please RSVP by August 3, 2021

For further information please contact clara.desanctis@health.ny.gov

# Prevention Awareness Newsletter

## August 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

#### August 31<sup>st</sup> - International Overdose Awareness Day

International Overdose Awareness Day is a global event held on the 31st of August each year. It aims to raise awareness of overdose and reduce the stigma of a drug-related death. It also acknowledges the grief felt by families and friends remembering those who have died or had a permanent injury as a result of drug overdose. International Overdose Awareness Day also spreads the message that the tragedy of overdose death is preventable.



**International  
Overdose  
Awareness  
Day**  
31st August

#### August 17th - National Nonprofit Day

National Nonprofit Day is celebrated on August 17th. National Nonprofit Day recognizes the goals and positive impacts nonprofits have on communities and the world. Through nonprofits, awareness, research, and aid reach the people who need it most. Nonprofits also produce tremendous benefits to their surrounding communities and the broader world. National Nonprofit Day was founded by Sherita J. Herring, to educate, enlighten and empower others to make a difference, while acknowledging those that are instrumental in impacting lives every day.

#### National Wellness Month

Research has shown self-care helps manage stress and promotes happiness. Whether you challenge yourself to a new yoga pose or try a different spa treatment, make a small change and impact your health in positive ways.



#### National Truancy Prevention Month

August is National Truancy Prevention Month. School attendance is one of the best ways to promote bright futures and support positive outcomes in children. National Truancy Prevention Month, is about bringing parents, schools, and governments together to keep kids in school each and every day. August was designated as National Truancy Prevention Month in the year 2008 by the U.S. Senate.

**Community Events:**

**Free Live Music**

**Kopernick Park**

**Utica, NY**

Time: Every Monday night through and including August 30th and Friday September 3rd 2021

6:00pm -9:00pm

For more Information visit [HERE](#)

**Canalfest Fishing Derby**

**Bellamy Harbor Park**

**Rome, NY**

August 7th

8:00am-10:00am

**NYS Virtual Overdose Awareness Day**

Time/Date: September 9th 2021

More information coming soon!

**Farmer's Markets**

Whitesboro - August 2nd  
2:00pm - 7:00pm

Clinton - August 5th  
10:00am - 4:00pm

Herkimer - August 5th  
3:00pm - 7:00pm

New Hartford - August 3rd  
3:00pm - 7:00pm

For more information visit [HERE](#)

**Prevention Highlights**

**Supporting Families, Offering Hope**

**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!

#CFLRSupportingFamiliesOfferingHope

**Recovery Field Days**

In celebration of our 10-year anniversary, CFLR hosted a community Recovery Field Day on July 12<sup>th</sup>, 2021 from 7-9pm at Our Savior Lutheran Church: 1640 Genesee St. Utica, NY. Activities such as Face Painting, Soak-a-peer, snacks, and more. Games such as Can Jam, Corn Hole, Giant Jenga, Potato Sack Races and other races were all included in this fun filled and family friendly event!



**Compeer**

Center for Family Life and Recovery, Inc.'s Compeer Program fosters good mental health and increased social skills by matching community volunteers in supportive mentoring friendships with at risk youth, adults, seniors, and veterans receiving mental health services in Oneida and Herkimer Counties, NY. Compeer hosts monthly events for all Compeer members and Compeer volunteers to attend!

This month, In honor of Family Fun Month, Compeer is hosting a family fun event! Please join us on August 27th at Pinti Field in Rome at 5:30pm-7:30pm! Outdoor movie and Tie Dye shirt making station! Snacks and drink will be provided. **Please RSVP to [Jtorres@cflrinc.org](mailto:Jtorres@cflrinc.org)**

**Tim Foley Recovery Classic Golf Tournament**

Come join the fun at the 13th annual Recovery Classic Golf Tournament!

When: Friday September 17th

Where: Woodgate Pines Golf Club Boonville, NY

\*To register, call 315.733.1709 or email Marie Kohl at [makohl@cflrinc.org](mailto:makohl@cflrinc.org)

**MVCAA Youth Bash**

CFLR's Prevention Team participated in the MVCAA Youth Bash at Pinti Field in Rome. For the event, the prevention team and Compeer provided arts and crafts in the form of rock and flower pot painting, as well as provided resources and information to participants as well.



**Suicide Prevention &  
Mental Health Resources**

National Suicide Prevention  
Lifeline at 1.800.273.TALK,  
(8255) for veterans press 1

Crisis text line text HELLO  
to 741741

The Trevor Project  
(LGBTQ Crisis Line)  
1.866.488.7386

**Useful Links:**

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

[SAMHSA: Coping with  
Stress](#)

[American Foundation for  
Suicide Prevention](#)

[Suicide in America: FAQ](#)

[National Suicide Prevention  
Lifeline](#)

[#BeThe1To](#)



**Suicide Prevention Program**  
Awareness Educate Prevent Support

**Prevention Awareness**

**Oneida County Suicide Prevention Program**

Center for Family Life and Recovery, Inc. is the lead agency for the Oneida County Suicide Prevention Program (OCSPP). Our mission is to prevent suicide in our community by strengthening the coordination and accessibility of services; providing awareness of suicide prevention, facilitating intervention and post-prevention services/programs, enhancing support to those affected by suicide, and providing awareness of Mental Health. We work to accomplish these goals in our schools, with our families, and in the community.

**For more information, please visit our website [Suicide Prevention - Center for Family Life and Recovery \(whenthereshelpthereshope.com\)](#) or contact Francesca Esposito at 315.768.2674 or email [fesposito@cflrinc.org](mailto:fesposito@cflrinc.org).**

**Youth and Adult Mental Health First Aid Training (MHFA)**

CFLR is a MHFA certified implementation site. Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder. Participants do not learn to diagnose, nor how to provide any therapy or counseling – rather, participants learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis by applying a core five-step action plan.

**To inquire about our MHFA training please contact Francesca Esposito at 315.768.2674 or email [fesposito@cflrinc.org](mailto:fesposito@cflrinc.org).**

**Out of the Darkness Suicide Prevention Walk**

Please join us on October 3rd, 2021 at the AFSP Out of the Darkness Mohawk Valley Walk at MVCC in Utica! Invite your family, friends and loved ones, this walk is a space that provides community, connection, healing and hope.

The Out of the Darkness Mohawk Valley Walk is a special event that provides community, connection, healing, and hope for survivors of suicide loss and those with lived experience. By registering, you are joining a strong community united in an effort to fight suicide while showing up for yourself, recognizing and honoring those you love, raising awareness, educating communities, supporting one another, and sharing hope. Every dollar you raise allows AFSP to invest in life-saving research, education, advocacy, and support for those impacted by suicide.

The health and safety of our participants, staff, and volunteers will be our top priorities as we work with local authorities to make decisions about event details.

**To register, please visit [HERE](#)**

**#OneDecision #YouMatter**



**CRISIS TEXT LINE |**

**Text HELLO to 741741**  
Free, 24/7, Confidential

## **COMPEER EVENTS**

### **August is Family Fun Month!**

Family fun is an important part of building a strong family identity. When families have fun together, it can build a bond that can last a lifetime! Traditions are often developed in times of fun. Those traditions can help define and individualize a family!

**In honor of Family Fun Month, Compeer is hosting a family fun event!**

**Please join us on August 27th at Pinti Field in Rome at 5:30pm-7:30pm!**

**Outdoor movie and Tie Dye shirt making station! Snacks and drink will be provided.**

**Please RSVP to  
Jtorres@cflrinc.org**

## **Compeer**

The Compeer Program meets the diverse needs of youth, adults and families affected by mental illness, by positively impacting their lives through meaningful friendship and mentorship. Compeer combats many mental health barriers including loneliness, over utilization of emergency services, lack of trust and more. In order to be eligible as a client in the Compeer program, an individual must have a mental health diagnosis or be deemed an at risk youth. To learn more about the referral process, please visit our website [wherethereshopethereshelp.com](http://wherethereshopethereshelp.com)

*Compeer promotes good mental health through the support of a matched mentorship.*

**Depression is a lonely disease. Be a lifeline for someone today.**

## **COMPEER VOLUNTEERS**

Community Volunteers are matched with at risk youth, adults, seniors and/or veterans receiving mental health services in Oneida and Herkimer counties.

### **Volunteer requirements**

- Must be 18 years or older
- Must be able to pass a background check
- Must have knowledge of mental illness
- Must be able to make a one year commitment in the program
- Must be able to commit to a minimum of four hours a month to connect with your match

For more information on how you can help someone struggling with a mental health challenge, If you feel that you are the right person to provide hope to someone in need and would like to become a volunteer or if you would like to refer, please contact Jovonna Torres, Compeer Specialist at [Jtorres@cflrinc.org](mailto:Jtorres@cflrinc.org) or please call 315.768.2655.

The logo for Compeer features the word "Compeer" in a sans-serif font. The letter "C" is large and blue. The letter "o" is replaced by a heart shape, with the top half in green and the bottom half in blue. The remaining letters "mpeer" are in a dark blue color. A registered trademark symbol (®) is located at the end of the word.

**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](mailto:jpassalacqua@cflrinc.org)*

**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!

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

**When:** Every other Tuesday  
**Time:** 6:00 to 7:30 PM  
[Link](#)

**Educational Links**

**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**

**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](mailto:jwarren@cflrinc.org)

**Link: CFLR, Inc.'s Prevention Services**

**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.

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



**EAP**

Covid-19 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](mailto:SHAag@cflrinc.org)

**Oneida County Spike Alert by Text Program**

Oneida County has launched a text message alert program with Partnership to End Addiction aimed at reducing the amount of substance use overdoses by notifying the community of real-time drug and overdose threats. All Oneida County residents, including parents, caregivers, medical professionals, first responders, community groups and those struggling with substance use, can sign up for the free "Spike Alert by Text" program right now by texting the word "SPIKE" to 1-855-963-5669.

\* For more information click [HERE](#)



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

**Family Support Group**

**When:** 10/6 (Every  
Tuesday After)

**Time:** 6:15-7:30pm.

**Meeting ID:** 930 3319 4763

**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](#)

**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!

**Marijuana Use May be Linked to Suicidal Thoughts in Young Adults**

According to researchers who analyzed data from the National Surveys on Drug Use and Health between 2008-2019, marijuana use could be linked to increased risk of suicidal thoughts, plan, and attempt among young adults. A study was conducted by researchers at the National Institute on Drug Abuse (NIDA) and published recently in JAMA Network Open. Analyzing data from 281,650 adults between ages 18 and 35, researchers found that among people without depression, about 3% of non-marijuana users had suicidal thoughts. In comparison, the percentage for daily marijuana users was 9%, and 14% for people who had a substance use disorder. A marked 6 and 11 percent increase from those that did not engage in marijuana use

**Cannabis Intoxication and Rates of Accidental Ingestion in Young Children Rise After  
Legalization**

There has been a significant increase in rates of child intensive care admissions for unintentional cannabis poisonings following legalization of the marijuana. Specifically, Toronto based researchers from The Hospital for Sick Children (SickKids), found a four-fold increase in unintentional poisonings in children under the age of 12 and a three-fold increase in intensive care admissions for severe cannabis poisoning in the first two years following cannabis legalization. It was determined through the study, that the increases in severe intoxications from cannabis were primarily due to exposure of young children to cannabis edibles, which have become increasingly accessible and popular in recent years. Edible cannabis products are both highly concentrated and visually attractive to young children correlating ingestion as the most consequential route of pediatric exposures.

**Negative Symptoms in Schizophrenia Worsened Under Pandemic Conditions**

Researchers have found that social distancing and isolation stemming from the pandemic a significant worsening of negative symptoms such as flattened emotions, reduced motivation, difficulty speaking, a disinclination to socialize or seek pleasure in schizophrenia patients. A similar result was also observed to a lesser degree in those at clinically high risk of developing psychosis. In the past year, a research team led by Gregory P. Strauss, Ph.D., of the University of Georgia, has closely studied and investigated this possibility in people with schizophrenia, and explored whether people at high risk of developing psychosis might be more likely under pandemic conditions to experience a first psychotic episode, which often marks the onset of schizophrenia. They studied 32 outpatients with chronic schizophrenia or schizoaffective disorder, and 25 individuals at clinically high risk, comparing each group with matched healthy control subjects. The team concluded that during the pandemic, negative symptoms were increasing in both schizophrenia patients and those at high risk of psychosis, in a less pronounced way in the latter group.

**Research Identifies Potential Pathways to Treating Alcohol Use Disorder and Depression**

A recent discovery from researchers at the University of Illinois Chicago may lead to new treatments for individuals who suffer from alcohol use disorder and depression. Withdrawal from chronic alcohol drinking can often result in depression. In this particular study, researchers removed postmortem hippocampus samples of rats in alcohol withdrawal. "During withdrawal from long-term alcohol use, people often suffer from depression, which may cause them to start drinking again as a way to self-medicate. If we can treat that aspect, we hope we can prevent people from relapsing," The hippocampus is a brain region that plays a role in depression and cognitive function. Researchers conducted RNA sequencing of all the RNA transcripts in the hippocampus and looked for those that were changed during withdrawal from alcohol. Additionally, researchers looked at the same genes in human postmortem hippocampus samples of individuals who had a medical diagnosis of alcohol use disorder, alcoholism. They found that STAT3 and its target genes were elevated in the postmortem hippocampus of human subjects who died without alcohol in their systems in withdrawal or abstinent from alcohol when compared to samples from control subjects who did not have alcohol use disorder. These results were strikingly similar to the results found in the rat study.