

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

Save The Date!

**CFLR's Annual Awareness
Breakfast**

When: April 7th

Where: Hart's Hill Inn

Time: 8AM-10AM

FLYER [HERE!](#)

NARCAN Training

When: 3rd Wednesday of
each month

Where: ACR Health 287
Genesee St, Utica, NY

For more information, please
contact ACR Health at
315.793.0661

AND

When: Last Wednesday of
every month

Where: Insight House 500
Whitesboro St. Utica, NY For
more information on Insight
House Narcan Trainings,
please call 315.724.5168

**Suicide Prevention
Coalition Meeting**

When: The first Wednesday
of each month

Where: CFLR, Utica

Time: 8:30 AM

For more information on the
Suicide Prevention Coalition
contact Alisa Ferraro at
315.768.2644

#YouMatter

December 2019

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

Monthly Observances

December is National Impaired Driving Prevention Month

Impaired driving includes distracted driving, drugged driving, and drunk driving. This month is observed to encourage responsible decision-making and advocate for those who choose to live drug and alcohol free. Center For Family Life and Recovery encourages those of driving age to be responsible and to not drive under the influence of drugs and/or alcohol. Distracted driving is described as driving while doing another activity that takes your attention away from driving; distracted driving includes driving while operating a mobile device. Distracted, drunk and drugged driving related accidents are 100 percent preventable.

December 3rd is Giving Tuesday, this observance is designed to give back to the community and do good for others around you. Center For Family Life and Recovery is holding an electronic Giving Tuesday event. Please consider supporting Center For Family Life and Recovery's mission and vision this Giving Tuesday.

Link: [When There's Help There's Hope](#)

Warning Letter About OTC Drugs Sent to Dollar Store: FDA

The U.S. Food and Drug Administration says that Dollar Tree has been sent a warning about selling over the counter drugs which are produced in foreign countries. They have been sited for not testing the raw materials or finished drugs for pathogens and quality. The Dollar Tree is cooperating with the FDA and plans to meet with the FDA to speak about their plan of action in making sure these OTC medications are safe.

Link: [Warning Letter About OTC Drugs Sent to Dollar Store: FDA](#)

Frequent Pot Smokers Face Twice the Odds for Stroke

A new article states frequent marijuana smokers are twice as likely to suffer stroke compared to those who don't smoke marijuana. Arrhythmia can increase risk of stroke, heart attack or heart failure. Marijuana smokers are sometimes hospitalized for dangerously erratic heart rhythm, individuals aged 25 to 34 who compulsively used cannabis were 52% more likely to land in the hospital suffering arrhythmia and those aged 15 to 24 were 28% more likely to be hospitalized for irregular heartbeat. It is found, non-smokers who use marijuana more than 10 days a month are nearly 2.5 times more likely to have a stroke versus non-users.

Link: [Frequent Pot Smokers Face Twice the Odds for Stoke](#)

CFLR, Inc. Classes

Grandparent's Support Group

When: Monday's and Thursday's

Where: Parkway Center
220 Memorial Pkwy
Utica, NY

Time: 2PM-3PM

Peer Skills Training

When: Tuesday's

Where: CFLR, Large Training Room

Time: 4:15-5:15 PM

For more information on these events view our calendar [HERE](#) OR call Center For Family Life and Recovery at 315.733.1709

Family Support

Navigation: Education and Skills

When: Tuesday's

Where: CFLR, Large Training Room

Time: 5:15PM-6:15PM

CFLR's, Impaired Driver Program (IDP)

CFLR's, IDP offers classes in Rome and Utica during the week and on Saturday. To sign up for this program and to receive a conditional license, please visit your local DMV or contact CFLR at 315-768-2660 or jpassalacqua@cflrinc.org for further information.

Prevention Awareness

Suicide Rates Among Generation Z Rising

Since 2014, there has been a 47% increase in major– depression diagnoses.

Millennials dying from suicide, alcohol, and drugs has increased in the last 10 years; these individuals often report feeling lonely. In the case of Generation Z, the mental health crisis continues, 13% of teens have experienced at least one major depressive episode in the past year, this number has increased 5% since 2007. Researchers think the cause of this mental health crisis is social media. Generation Z is a very digitalized group of people; over-use of social media causes loneliness, depression, and anxiety, which is likely the cause of this mental health crisis among Generation Z youth.

Link: [Suicide in Generation Z's Second–Leading Cause Of Death, And It's A Worse Epidemic Than Anything Millennials Faced At That Age](#)

Liver Injury Associated With Herbal Supplement Use

Kratom is a popular herbal supplement, often times this product is available in smoke shops and online. Kratom is a botanical product found in Southeast Asia, at a low dose it is a stimulant, and when used at high doses is has an opioid-like effect. Since the rising opioid epidemic, more than 90 deaths have been linked to Kratom. In a recent study, there were eight cases with liver injury from using Kratom products.

Unfortunately, Kratom is not a prescription drug therefore, the makers do not need approval from the U.S. Food and Drug Administration. Although Kratom is a legal herbal supplement, the FDA has warned many individuals against its use due to its opioid-like effects. The number of liver injury cases is concerning and more information is needed to make regulations about this dietary supplement.

Link: [Kratom May Cause Liver Damage: Study](#)

Oneida County Raises Legal Sale Age For Tobacco and Vaping Products

As of November 13th, 2019, the minimum legal sale age for tobacco products and electronic cigarettes is 21. Under the Adolescent Tobacco Use Prevention Act (ATUPA), an individual can purchase cigarettes, loose cigarettes, cigars, bidis, gutka, chewing tobacco, powdered tobacco, nicotine water, herbal cigarettes, shisha, smoking paraphernalia, liquid nicotine, and e-cigarettes and similar devices only if they are 21 or older. If companies are found selling the above listed products to minors they can potentially be fined, lose their license to sell lottery tickets, and lose their license to sell tobacco products in their store. This Act was put into affect in New York to decrease underage use of the tobacco and nicotine products.

Link: [Adolescent Tobacco Use Prevention Act \(ATUPA\)](#)

Teen Receives Lung Transplant From Vaping Related Injury

In September, a Michigan teen was brought to the hospital with what appeared to be pneumonia. Doctors transferred the teen to a different hospital in Detroit due to the severity of his lung injuries. On October 15th at Henry Ford Hospital, a double lung transplant was performed on the 17-year-old boy who was suffering a vaping related injury. This is the first double lung transplant performed on a patient with a vaping related illness. The teen from Michigan is fighting for his life and doctors at Henry Ford Hospital in Detroit shared this story to let others understand the dangers of vaping.

Link: [Michigan Teen Receive Double Lung Transplant After 'Enormous' Damage From Vaping](#)

**CFLR, INC. VOLUNTEER
OPPORTUNITIES**

Compeer Program

Compeer Newsletter

*The link above includes the times
of all Compeer events.*

Adult Compeer

Zumba

When: 12/9 and 12/23

Coffee Club

When: 12/17

**National Lampoons Christmas
Vacation Movie Night!**

When: 12/18

Family Compeer

Polar Express Movie Night

When: 12/6

Game Night

When: 12/10

Gingerbread Decorating

When: 12/12

Compeer Holiday Party

Ugly Sweater's Welcome!

When: 12/20

CFLR, INC. ACTIVITIES

Give It A Whirl

November 2019

Utica GIAW Schedule

Tuesday events are at Utica CFLR

HERE!

**Rome Neighborhood Center
Schedule**

Thursday events are at Rome
Neighborhood Center

HERE!

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 Alisa Ferraro, Prevention/Advocate Coordinator at 315.768.2644 or aferraro@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 Erin Wiggins, Peer Advocate at 315.768.2657 or by email ewiggins@cflrinc.org

Oneida County Suicide 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. The Coalition meets on the first Wednesday of every month at 8:30 AM– 9:30AM at 502 Court Street Suite 401.

If you or anyone you know are struggling, it is vital to get help immediately. Call The National Suicide Prevention Lifeline at **1.800.273.TALK, (8255) #YouMatter**

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

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](#)

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.

