

CFLR, INC. TRAININGS,
PRESENTATIONS AND
EVENTS

**Mental Health First Aid
Trainings**

CFLR is now a Mental Health First Aid Implementation site! Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use issues. We will be offering Mental Health First Aid for youth and adult to any interested audiences in the community.

For more information visit [HERE](#).

Compeer Events

For further information on upcoming Compeer events, visit page 4!

Narcan Trainings

CFLR is providing Narcan trainings for anyone interested! Narcan kits are provided with trainings. Trainings are available In-person or virtually through out the month of [December](#).

Please contact Heather Youda with CFLR at 315.768.2663.

Prevention Awareness Newsletter

December 2021

SUPPORTING FAMILIES, OFFERING HOPE.

Oneida County Prevention Council

Contact Us

Phone: 315.733.1709

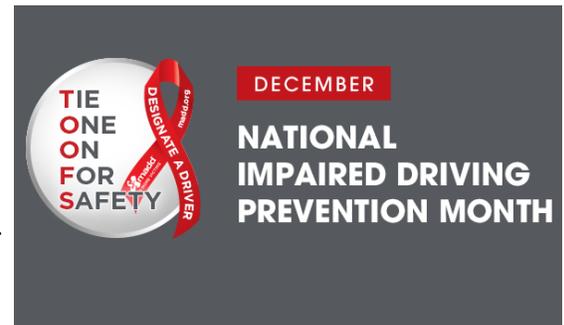
Fax: 315.733.1789

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

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

National Impaired Driving Prevention Month

In 2012, December was designated as National Impaired Driving Prevention Month and invites families, educators, health care providers, and community leaders to promote responsible decision-making and encourage young people to live free of drugs and alcohol. Impaired driving includes distracted driving, drugged driving, and drunk driving. In an average year, 30 million Americans drive drunk, and 10 million Americans drive impaired by illicit drugs.



Human Rights Day: 12/10

Human Rights Day is observed every year on the 10th of December. Human Rights Day commemorates the day the General Assembly of the UN adopted and proclaimed the Universal Declaration of Human Rights in 1948. It is the most translated document around the world and is available in over 500 languages. Each Year a different theme is chosen. This year's Human Rights Day theme relates to Equality.

International Day of Persons with Disabilities: 12/3

The annual observance of the International Day of Disabled Persons was proclaimed in 1992, by the United Nations General Assembly resolution 47/3. The observance of the Day aims to promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities. Each year a different theme is chosen. The theme for IDPD this year is, leadership and participation of persons with disabilities toward an inclusive, accessible and sustainable post-COVID-19 world.



International
Day of
Persons with
Disabilities

3 DECEMBER

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

MH Town Hall
 Coming Soon

**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

**The Holding Space: A
 Group for Mothers to Build
 Emotional Resilience**

The Holding Space is a 12-week group therapy for moms with postpartum anxiety and depression. Designed by a psychiatrist and a psychologist with decades of experience treating mothers with anxiety and depression

To learn more visit [HERE](#) or email edtforparents@utica.edu

Prevention Highlights

Supporting Families, Offering Hope

World Kindness Day

World Kindness Day is a global event that promotes the importance of being kind to each other, to yourself, and to the world. This holiday was formed in 1998 to promote kindness throughout the world and is observed annually on November 13 as part of the World Kindness Movement. It is observed in many countries. World Kindness Day presents us with the opportunity to reflect upon one of the most important and unifying human principles. Even the smallest act of kindness can have a profound impact. CFLR celebrated World Kindness Day in both our offices and in the communities we serve. Remember that even the smallest act of kindness can have the biggest impact!

CFLR Thanksgiving Dinner Donation

The Thanksgiving Basket Distribution is a special annual event that brings together staff, volunteers, and donors to provide holiday baskets of food and items for those in need. This year, thanks to the generosity of many, including our own CFLR team...we helped a total of 38 local client families enjoy a blessed holiday meal! Many local organization sites participated in the food drive, which was wildly successful to help fill baskets with a variety of holiday foods. Food collected locally for this project goes directly back to identified client families in need. Special gift cards were included in each basket so that families could exercise client choice to shop for their supplemental preferred fresh food perishables according to their tastes and dietary needs. On event day, boxes and baskets were loaded into vehicles at three different basket distribution sites set up outside for a COVID-safe distribution at Utica, Rome, and Herkimer CFLR offices. Site locations allowed for a distribution nearest to families in need served by the give-a-way. Some baskets were even hand-delivered. The project was led by a team of dedicated CFLR staff on the Thanksgiving Committee, including co-chairs Counselor Lynne McHugh and Clinical Coordinator Bonnie Carr.



November Compeer Events

This month we were able to have 2 Compeer group events, our monthly adult coffee club at Utica Coffee Co. as well as a Thanksgiving craft night. We made pie themed garland for a holiday decoration keepsake while snacking & chit-chatting!



**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.

Youth and Adult Mental Health First Aid Training

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 through email at esposito@cflrinc.org.

Talk Saves Lives Training

An Introduction to Suicide Prevention is a standardized, 45-60 minute presentation that provides participants with a clear understanding of this leading cause of death, including the most up-to-date research on suicide prevention, and what they can do in their communities to save lives.

In addition to the standard presentation, four specialized Talk Saves Lives modules are available that provide similar information, while focusing on specific at-risk communities:

- Firearms
- LGBT
- Seniors
- Spanish Seniors.

To inquire about our Talk Saves Lives, please contact Francesca Esposito at 315.768.2674 or through email at esposito@cflrinc.org.

#OneDecision #YouMatter



CRISIS TEXT LINE |

Text HELLO to 741741
Free, 24/7, Confidential

“Mental wellness starts with friendship.”

WEBINARS

Screening for Adolescent Substance Use

December 7th
10:00am

[Register](#)

Opioid and Alcohol Misuse and Risk of Suicide

December 8th,
1:00pm—2:30pm

[Register](#)

Schools and Prevention Professionals Working Together to Create Trauma- Responsive Environments

December 9th
12:00pm —1:30pm

[Register](#)

Pitching Prevention: Effective Messaging to Promote Prevention

December 9th
1:00pm—3:00pm

[Register](#)

Upcoming Compeer Events:

Adult (+18) Coffee Club

December 16th, 10-11am

Utica Coffee Roasting Co.

92 Genesee St. Utica, NY

Christmas movie night– Elf (all ages welcome!)

December 21st, 4:30-6:30pm

Center for Family Life & Recovery office

502 Court St, 4th floor Utica, NY

(Please RSVP to Ashley Miller by **December 13th** if you plan on attending either event)

What is 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. 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

wheretheshopethereshelp.com.

How are these friendships made?

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

What are the volunteer requirements?

- Must be 18 years or older
- Must be able to pass a background check and undergo fingerprinting
 - Must have knowledge of mental health & wellness
- 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

If you feel that you are the right person to provide hope to someone in need and would like to become a volunteer,

please contact Ashley Miller at

amiller@cflrinc.org or please call (315) 768-2678.

**CFLR INC. PROGRAM AND
CLASS UPDATES**

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

*IDP classes have resumed,
any questions and or to
register, please contact Joe
Passalacqua at 315.768.2660
or 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...

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 Par-
ents– 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

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

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.

A graphic for the "SPIKE ALERT BY TEXT" program. It features a person in a blue uniform holding a smartphone. The text reads "SPIKE ALERT BY TEXT" in white on a purple background, followed by "FREE / REAL-TIME / LOCAL OVERDOSE SPIKE & DRUG THREAT ALERTS". Below this, it says "STAY INFORMED" in large white letters, and "Text 'SPIKE' to 1-855-963-5669" in white. A yellow bell icon with sound waves is also present. At the bottom, it says "A collaboration of the Oneida County Opioid Task Force Overdose Response Team and the Partnership to End Addiction".

* For more information click [HERE](#)

CFLR INC. PROGRAM AND CLASS UPDATES

Family Support Group

When: 10/6

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
Katie Burns at
KBurns@cflrinc.org

For a complete list of events,
visit our website [calendar](#)
[HERE](#).

Monthly Recovery Quote:

Whatever our individual
troubles and challenges may
be, it's important to pause
every now and then to
appreciate all that we have, on
every level.

— Shakti Gawain

CFLR Recovery Advocates Peer Collaborative

For persons wanting to
become Peer Recovery
Advocates. Click [HERE](#) to join
the Facebook group!

Survey Finds 911 Call Centers Lack Proper Behavioral Health Crisis Training

A survey of 911 call centers around the US, found that few have staff with behavioral health crisis training, most have only limited options in how they respond to crisis calls. The survey illuminates challenges for 911 call centers amid a closer examination of how cities respond to emergencies like mental health crises, drug overdoses or homelessness. When people call 911 for an emergency, telecommunicators on the line are tasked with processing the caller's information and deciding who to dispatch to the scene. Interestingly, there is not a standard national protocol for how to handle emergency calls, and there are more than 5,000 separate call centers across the country. The survey, conducted by Pew in collaboration with the National Emergency Number Association, sought to learn how 911 call centers deal with behavioral crisis events. Of the 37 responding centers, 25 said their call-takers and dispatchers had not received specialized crisis intervention team (CIT) training or training related to mental health or substance use-related crises. Additionally, 23 of the 37 responding centers said they did not have access to behavioral health clinicians. Findings suggest a need to better understand the challenges call centers face in addressing mental health and substance use-related emergencies, and to develop policy solutions tailored to the unique circumstances of each call center and its service area.

FDA Approves Naloxone Injection to Counteract Opioid Overdoses

The FDA has approved ZIMHI (naloxone hydrochloride) injection as an additional option to treat opioid overdose. ZIMHI is administered using a single-dose, prefilled syringe that delivers 5 milligrams (mg) of naloxone hydrochloride solution through intramuscular (in the muscle) or subcutaneous (under the skin) injection. FDA has previously approved injectable naloxone hydrochloride products in 0.4 mg and 2 mg doses under the trade name, NARCAN. Naloxone is a medicine that can be administered by individuals with or without medical training to help reduce opioid overdose deaths. If naloxone is administered quickly, it can counter the opioid overdose effects, usually within minutes.

Cigarette Sales Increase for the first time in 20 years

For the first time in two decades, cigarette sales increased last year during the COVID-19 pandemic, as tobacco companies also increased spending to promote their products. The Federal Trade Commission, in its annual Cigarette Report, said that manufacturers sold 203.7 billion cigarettes in 2020, up from 202.9 billion in 2019 which is an increase of 0.4%. The FTC compiled the report from data submitted by four major tobacco companies, Altria Group, the maker of Marlboros; ITG Holdings USA, which makes Winston and Kools; Reynolds American, with brands such as Camels and Pall Malls; and Vector Group Ltd., maker of Pyramid brand cigarettes. The companies, the report said, increased advertising and promotion to \$7.84 billion in 2020 from \$7.624 billion the previous year, concentrating most of their resources to reducing cigarette costs for consumers.

Study Shows Alcohol Consumption Reduced Through Brief Medical Interventions

A recent study indicated that short one-on-one discussions about alcohol consumption in a doctor's office may reduce patients' drinking levels. Findings published in the Addiction journal showed that brief interventions, described as conversations lasting under an hour and targeted to motivate changes in a patient's risky drinking behavior, resulted in a reduction of one drinking day per month. General medical settings may be ideal because they present significant opportunity to screen for alcohol and drug use across non-treatment seeking patients of varying ages receiving services at the clinic for a wide array of other medical conditions. The study involved a systematic review and meta-analysis of data from 116 trials and 64,439 total participants.