

January 2018

What's Happening in Prevention This Month?

Oneida County Prevention Council Bulletin

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Happy New Year!

It's that time again! The New Year is almost here and with it comes new hope and change with New Year's resolutions! We want you to make 2018 the best year yet. So when celebrating the New Year please be sure to have a designated driver or have a plan in place if you cannot drive. Be SAFE and have a wonderful, joyous, and healthy New Year!

Substance Use: Facts and Warnings

Marijuana is on the Rise in High School

A 2017 study shows that Marijuana use in 12th graders is higher than previous years. The use of "vape" devices is also on the rise as one in three that used marijuana used a "vape" device in this study. It is believed that Marijuana use is on the rise because students see Marijuana as less of a risk and in turn believe it is safe to use. Below is an article with more detail on the study.

[Marijuana on the Rise](#)

Have You Heard of "N-Bomb"?

"N-Bomb" refers to a synthetic hallucinogen that's being sold as a substitute for LSD. This drug is more powerful than LSD as a small amount can cause the user seizures, heart attack, arrested breathing and even death. To learn more about this powerful drug, follow the link below.

[N-Bomb](#)



Center for Family Life and Recovery, Inc. wishes everyone a happy, safe, and healthy New Year!



Prevention Awareness

Concealing Secrets: An Interactive Mobile Bedroom Kit

We are currently booking our Concealing Secrets Interactive Bedroom Kit! If your school or agency is interested in having the Concealing Secrets Bedroom Kit for parents, faculty and/or community please call CLFR at 315-733-1709.

January is...

National Human Trafficking Awareness Day-

January 11th is used to educate those who are unaware of the Human Trafficking that is occurring all over the world. Many don't realize how close it actually is. Take this day to learn more about Human Trafficking and what is being done to stop it.

[Human Trafficking in Utica NY](#)

Education Awareness

Students: Enter to Win a \$10,000 Scholarship!

Operation Prevention is doing a video challenge! Students can grab a couple of their friends and record themselves sending a message about the dangers of prescription opioid misuse! Be creative and send a 30-60 second Public Service Announcement! Prizes include: 1st Place- \$10,000 scholarship, 2nd Place- \$5,000 scholarship, 3rd Place- 1,000 scholarship and a People's Choice Prize- A trip to Quantico, VA for an exclusive tour and DEA training. **Enter by March 20th, 2018** for your chance to win. Contact the Center for Family Life and Recovery, Inc.'s Director of Prevention Services, Jodi Warren, to learn more about this opportunity. The link below has all the information.

[Video Challenge](#)

January is...

National Science Fiction Day-

Take some time out of *January 2nd* to start reading a new science fiction book!

National Compliment Day-

January 24th is National Compliment Day. Be sure to compliment someone today!

CFLR, Inc. Volunteer

Compeer Program

1/4/18- 1-2:30PM Rome Compeer

Gathering at Denny's Restaurant

1/9/18- 10:30-12PM Utica Coffee Club at the Tram

1/11/18- 6:30-8 PM Games at 15 Auert Ave, Utica

1/16/18-11-12:30PM Coffee & Crafts at CFLR

1/23/18-6-7:30 PM Music with Donna in the ADK Room at 502 Court St, Utica

Compeer for Kids

1/18/18- 4-6PM Family Fun Day at CFLR, Inc.

1/25/17- 4-5:30PM Family Movie Matinee "The Secret Life of Pets" at CFLR, Inc.

CFLR, Inc. Meetings

Heroin and Opiate Educational Workgroup

The next meeting is on January 11th from 10:00 to 11:00. If you are interested in attending please call or email Jodi Warren, the Director of Prevention Services.

jwarren@cflrinc.org or 315.768.2643

CFLR, Inc. Activities

Give it A Whirl Wednesdays

1/10/18- Learn to Paint

1/17/18-Comfort Food

1/24/18-Message Center

1/31/18- Who am I?

Medical Awareness

January is...

National Blood Donor Month-

If you are able to this month and can donate some blood, please do. You could help save a life!!!

National Personal Trainer Awareness Day-

January 2nd go to your local gym and sign up for a personal trainer! Make this year a year to get physically healthy.

National Winter Skin Relief Day-

Winter is always rough on skin, take *January 8th* to pamper yourself and rejuvenate your skin! Below are some home remedies and tips to keep your skin beautiful through the harsh winter.

[Natural Home Remedies for Skin Care](#)

National Take the Stairs Day-

January 10th is the day to avoid the elevator and take the stairs! Every little bit of exercise helps, adding in exercise to your everyday life can help you stay healthy. Instead of parking close to the entrance park a little farther away for extra walking time. Below are more tips on adding fitness into your everyday life.

[Sneaking Fitness into Your Day](#)



CFLR, INC. TRAININGS AND CLASSES

“Recognizing and Engaging in Change Talk”

Where: Center For Family Life and Recovery, Inc.

502 Court St, Suite 401
Utica NY, 13502

When: Tuesdays at 5PM

Be sure to call and reserve your seat now!

[For more information click here!](#)

