

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

**FUN FRIDAY COMPEER**

1/8-Beaded snowflakes

1/2- Cup of Cocoa: Popsicle stick craft

**FOCUSING ON SDOC  
TRAINING**

**WHEN:** JANUARY 22ND

**TIME:** 1:00-4:00 PM

[\*\*REGISTER HERE!\*\*](#)

**FAMILY SUPPORT GROUP**

**WHEN:** OCTOBER 6TH

(EVERY TUESDAY AFTER):

**TIME:** 6:15-7:30 PM

**Meeting ID:** 930 3319 4763

**Password:** 665098

**VIRTUAL NARCAN  
TRAININGS**

**CFLR Narcan Trainings**

**When:** Every other

Wednesday

**Time:** 11 AM

For more information

please contact Heather

Youda with CFLR at

315.768.2663

[\*\*FLYER HERE!!!\*\*](#)

**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 Jennifer D'amico!

# WHAT'S HAPPENING IN PREVENTION THIS MONTH?

## Oneida County Prevention Council

### Contact Us

**Phone:** 315.733.1709

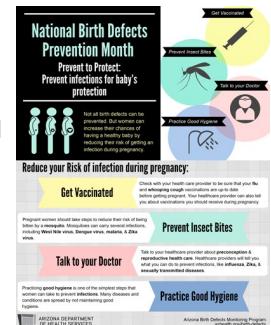
**Fax:** 315.733.1709

**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

### National Birth Defects Prevention Month

January is National Birth Defects Prevention Month; birth defects, or congenital anomalies affects 1 in every 33 babies born in the United States and is a leading cause of infant mortality. Infants who survive and live with birth defects are at increased risk for developing many lifelong physical, cognitive, and social challenges.



### NATIONAL HUMAN TRAFFICKING HOTLINE

**1-888-373-7888**

### National Slavery and Human Trafficking Prevention Month

January also marks National Slavery and Human Trafficking Prevention month. January 11 is the National Day of Recognition by The U.S. Department of Homeland Security, or DHS. To raise awareness, DHS recognizes the day with their social media campaign called the Blue Campaign which encourages individuals to use the hashtag #WearBlueDay.

### No Name-Calling Week– January 21st-25th

No Name-Calling Week is a week organized by K-12 educators and students to end name-calling and bullying in schools. Founded in 2004 with Simon & Schuster Children's Publishing, and evaluated by GLSEN research, No Name-Calling Week was inspired by James Howe's novel The Misfits about students who, after experiencing name-calling, run for student council on a No Name-Calling platform. No Name-Calling Week is rooted in the idea of #KindnessInAction — not merely recognizing the importance of kindness, but actively adding kindness to our every action.



### 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.

**CFLR Inc. Program and**

**Class UPDATES!**

**HOPE EVENTS**

**WANT TO LEARN MORE**

**ABOUT VAPING AND IT'S  
NEGATIVE EFFECTS?**

Join Senior Prevention Specialist, Cortney Kleek for a Vaping 101 Training CASAC CEU's available

**When:** 2/16

**Time:** 9-11 AM VIA ZOOM

**Cost:** \$20

[\*\*Register HERE\*\*](#)

**Peer Collaborative Skills and Practice Class**

**When:** Tuesday's

**Time:** 3:30-4:30 PM

[\*\*January H.O.P.E. Events\*\*](#)

**For more information about H.O.P.E events please contact Erin**

**Wiggins at 315.768.2657 or at [Ewiggins@cflrinc.org](mailto:Ewiggins@cflrinc.org)**

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

**COMPEER EVENTS**

[\*\*January Compeer Events\*\*](#)

**For more information about Compeer events please contact Brandi Lyons at 315.768.2661 or at [Blyons@cflrinc.org](mailto:Blyons@cflrinc.org)**

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

**SAMHSA's "Talk, They Hear You." App**

SAMHSA's "Talk. They Hear You." is an app which is helping parents start the important conversation about the dangers of alcohol. The app features an interactive simulation to help parents learn the do's and don'ts of talking to kids about underage drinking. Through the use of avatars, the app takes you through multiple scenarios including: the practice bringing up the topic of alcohol, learning the questions to ask and getting ideas to keep the conversation active. Learn more by using the link below.

**Link: [Talk. They Hear You](#)**

**Rising Stimulant Deaths Show We Face More than Just an Opioid Crisis**

Overdose deaths began escalating two decades ago and have been increasing exponentially since. By 2019, deaths involving methamphetamine specifically had increased 10 fold to over 16,500. Since the beginning of the COVID-19 pandemic in March, various healthcare and clinical settings nationwide have seen an increase in samples testing positive for methamphetamine (23%), cocaine (19%) and fentanyl (67%). The alarming increase in deaths involving the stimulant drugs methamphetamine and cocaine indicate we no longer face just an opioid crisis. We face a complex and ever-evolving addiction and overdose crisis characterized by shifting use and availability of different substances and use of multiple drugs.

**Link: [The Opioid Crisis and Rising Stimulant Deaths](#)**

**Study Reveals the Impact of Lockdown on Binge Drinking**

A research study based on 2,000 adults in the US, is the first to highlight the relationship nationally between hazardous drinking and life stresses triggered by the COVID-19 pandemic and lockdowns. On average every respondent had been in lockdown for four weeks, and spent 21 hours a day at home with the majority not leaving for work (72%). Findings revealed the odds of heavy alcohol consumption among binge drinkers, rose an extra 19% for every week of lockdown. Also, the odds of increased alcohol intake overall for binge drinkers was more than double of people who did not drink excessively (60% vs. 28%), especially those with depression or a history of the disease.

**Link: [COVID-19 Lockdowns and Binge Drinking](#)**

**Young Adults Have Cut Back on Vaping During the Pandemic**

A new survey indicates that two-thirds of teens and young adults have reduced their use of e-cigarettes or quit altogether during the COVID-19 pandemic. Since the pandemic began 32% of e-cigarette users said they quit and another 35% percent they had reduced their usage. Factors contributing to this decrease include, closer parental supervision during the pandemic, concerns about overall health and lack of access to selling vaping products. The study surveyed 4,351 people aged 13-24.

**Link: [Young Adults and Vaping](#)**

**Vaping Products Disguised as Everyday Items**

Teens are currently using a wide range of devices that allow them to vape unbeknownst to parents and teachers around them. Most of these products are designed to be disguised as everyday and common household objects. Some of the most common products currently being used are: hoodies, backpacks, phone cases, pens, smart watches, USB Drives.

**Link: [Disguised Vaping Products](#)**

**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)*

**CFLR, INC. VOLUNTEER OPPORTUNITIES**  
**Compeer Program**

**A message from Brandi Lyons, Compeer Specialist:**  
*"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 Brandi Lyons Compeer Specialist at 315.768.2661*

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

**For more information on Compeer contact Brandi Lyons at 315-768-2661.**

**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**

**Carfentanil Advisory**

The Overdose Response Team received a report of 3 confirmed reports of Carfentanil in local drug screenings. Carfentanil is a synthetic opioid; it is a white and powdery substance similar in appearance to cocaine or heroin and is 10,000 times more potent than morphine and 100 times more potent than fentanyl. It is a powerful drug that poses a threat to those who touch it even accidentally and can cause an individual to overdose quickly. Multiple doses of the anti-overdose drug Narcan, may not be effective. Individuals exposed to Carfentanil, can experience dizziness, clammy skin, shallow breathing, heart failure and more.

**Link: [Teens Are Getting Hooked on Leftover Prescription Meds](#)**

**\*\*\*\*If you would like to be Narcan trained please contact Heather Youda at 315-768-2663 or by email at [hyouda@cflrinc.org](mailto:hyouda@cflrinc.org) for more information on Narcan Trainings.**

**NEW from SAMHSA An App Will Help People Who Have Serious Mental Illness To Develop A Crisis Plan**

SAMHSA released a mobile app, "My Mental Health Crisis Plan" this allows individuals with a serious mental illness to create a crisis plan. The app provides an easy, step-by-step process for individuals to create and share a psychiatric advance directive. It allows the individual to state their treatment preferences, hospital preferences, doctor and other mental health preferences. As well as, allows the individual to identify their healthcare proxy and/or power of attorney, emergency contacts and the ability to share the plan with others. For more information check out the link below.

**Link: [SAMHSA APP Press Announcement My Mental Health Crisis Plan](#)**



# #OneDecision #YouMatter

NATIONAL  
**SUICIDE** PREVENTION  
**LIFELINE**  
1-800-273-TALK (8255)  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

Veterans  
Crisis Line  
1-800-273-8255 PRESS 1

CRISIS TEXT LINE |

Text HELLO to 741741  
Free, 24/7, Confidential

## Prevention Awareness

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

**The Light Carried....**

**TLC Support Group**

**When:** Every other Tuesday starting December 1st

**Time:** 6:00 to 7:30 PM

[Zoom Link](#)

**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](#)

**CFLR Recovery Advocates**

**Peer Collaborative**

*For persons wanting to become Peer Recovery Advocates.*

Click [HERE](#) to join the Facebook group!

### 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](#)

### 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 Jennifer D'Amico, LMSW, CFRC at 315-733-1709 or [jdamico@cflrinc.org](mailto:jdamico@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 Brandi Lyons @ [blyons@cflrinc.org](mailto:blyons@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 Brandi Lyons @ [blyons@cflrinc.org](mailto:blyons@cflrinc.org)

# #OneDecision #YouMatter



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## Prevention Awareness

### What Leads To Suicide?

#### 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](#)

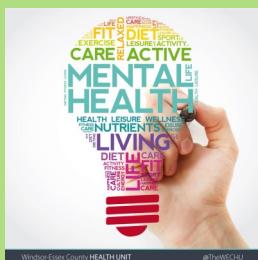
[SAMHSA: Coping with Stress](#)

[Coronavirus WKTV](#)

#### Educational Links:

[PBS Kids](#)

[FunBrain](#)



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 program to local schools, agencies and organizations. For more information contact Jodi Warren at 315.768.2643 or by email at [jwarren@cflrinc.org](mailto:jwarren@cflrinc.org).*

For More Information on Recognizing Self Harm Please Visit:

<https://www.amenclinics.com/blog/how-to-spot-the-warning-signs-of-self-harm/>

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suicidepreventionlifeline.org

Veterans Crisis Line  
1-800-273-8255 PRESS 1

CRISIS TEXT LINE |

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## Free and Informative Webinars

### **Community Organization for the Prevention Professional**

January 5th, 2021

11:00am EST

The Community Organization training provides information which community preventionists can use as they work to plan and implement prevention efforts in their communities. The training focuses on elements and skills needed to engage and organize a community's prevention efforts. Participants will experience how these skills are relevant to each element of the SPF.

[Link: Register](#)

### **ADHD: Controversy, Key Research, Findings, Rising Prevalence and Promise**

January 12th, 2021

2:00 PM EST

Dr. Stephen Hinshaw will discuss the many controversies surrounding attention-deficit hyperactivity disorder (ADHD), basing the presentation in scientific findings rather than the myths that so often surround the topic. Included will be processes underlying ADHD, prevalence in males vs. females, risk for long-term impairments, the role of school policies in predicting rising rates of diagnosis, and a brief summary of effective treatments.

[Link: Register](#)

### **Incorporating SEL, Climate & Culture into School Improvement and Accountability in 2021**

January 12th, 2021

2:00 to 3:00 PM ET

The COVID-19 pandemic, combined with the nation's mental health and equity concerns, has accelerated the shift in the accountability landscape. As we move beyond test scores to a more holistic picture of students and school communities, education leaders are rethinking school performance to incorporate social-emotional learning, climate, and culture—with stakeholder voices at the center. Join this webinar to hear from a panel of district and school leaders on their vision and concrete practices for partnering with their communities and centering the whole child.

[Link: Register](#)

### **Improving Health Outcomes for Diverse Populations Part 1: Inequality, Systemic Racism and Disparities Impact on the Behavioral Health of our Clients**

January 12th, 2021

1:00 to 2:30 PM EST

The Pandemic and recent incidents of Police Brutality have shed new light on age-old problems in the U.S.

— inequality, systemic racism and disparities in behavioral health. These problems have caused an increase in substance abuse, suicides, child abuse, and depression. Unfortunately, equality in behavioral health care is the ideal but not yet the real. Disparities occur across many dimensions, including race/ethnicity, socioeconomic status, age, location, gender, disability status, and sexual orientation — Kaiser Family. This workshop will discuss how the recent incidents of civil unrest due to police brutality and the disproportionate impact of COVID 19 on African Americans, Latin X and aged populations.

[Link: Register](#)

## Free and Informative Webinars

### **Workforce Vicarious Trauma: Management Guidelines**

January 13th, 2021

1:00 to 2:00 PM ET

The novel coronavirus pandemic has brought incredibly challenging working conditions to many in health and human services fields. Many workers are logging on remotely and struggling with simultaneous demands like homeschooling children or caring for a sick family member, while others may be grieving unfathomable losses or managing a personal mental health crisis while trying to carry on for the sake of the vulnerable populations they serve. This webinar will introduce what we know about how vicarious trauma impacts individuals, examine how the current crisis exacerbates these conditions, and offer supportive attitudes, interventions, and policies for managers and supervisors to implement.

[Link: Register](#)

### **Improving Health Outcomes for Diverse Populations (Series) Part 2: The Hidden Self- Exploring our Implicit Bias**

January 19th, 2021

1:00 to 2:30 PM ET

Bias in all human beings begins in childhood and is a natural cognitive function of us all. Well intentioned people who consciously disapprove of bias can still harbor implicit bias. Implicit bias can occur instantly & involuntarily with certain groups of people (Justice Research & Statistics Association, 2018). This workshop challenges Behavioral Health Staff to examine their implicit biases which can influence service engagement, case decisions, actions, attitudes and behaviors towards those we serve. We will assess our implicit biases and learn strategies to limit and manage them in the behavioral health setting.

[Link: Register](#)

### **Prevention In Action Webinar: Adapting Prevention Programs during COVID-19**

January 21, 2021

1:00 PM EST

The COVID-19 pandemic has created new challenges for preventionists, by limiting the ways we are able to interact with our communities. In this New England PTTC Prevention in Action webinar, we will hear how two prevention organizations in Rhode Island and Connecticut have adapted their prevention programs to accommodate the need for social distancing and reduced face-to-face programming due to the pandemic. Following the presentations, we will open an interactive discussion among webinar participants and panelists to share additional ideas and challenges of engaging in prevention in the current situation.

[Link: Register](#)

### **Improving the Health Outcomes for Diverse Population (series) Part 3: Cultural Humility in the Behavioral Health Space**

January 26th, 2021

1:00 to 2:30 PM ET

Behavioral Health Staff support diverse populations throughout the day that may have cultural backgrounds different from their own. It is imperative that workers build a bridge of understanding to better communicate and relate to a broad range of clients. Cultural Humility is a tool that allows workers to explore the culture of others as they explore themselves. Cultural Humility is achieved through respect, open mindedness, and a willingness to learn about diversity. This workshop explores the dynamics of cultural humility and how it can help bridge the gap between staff and diverse clients. "Cultural competence is widely seen as a foundational pillar for reducing disparities through culturally sensitive and unbiased quality care"- (U.S. Dept. of Health & Human Services)

[Link: Register](#)