

**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

January Event Listings and Dates

TBD

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.

For more information on scheduling for the month of January, please contact Heather Youda with CFLR at 315.768.2663.

Prevention Awareness Newsletter

January 2022

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

No Name-Calling Week: January 17th—21st

Annually in January, No Name-Calling Week sets forth an annual event that calls for kindness in and out of the classrooms. Name-calling, insults, and words in general cause harm. In children and adults, unkind words leave marks we can't see and often cannot be easily undone. Over time, the abuse results in poor grades, difficulty concentrating, anxiety, depression, and even suicide. Our children deserve the support of parents, educators, and administrators, and this observance brings everyone together under one cause. No Name-Calling Week is a week organized by K-12 educators and students to end name-calling and bullying in schools.



National Slavery and Human Trafficking Prevention Month

January is National Slavery and Human Trafficking Prevention Month. Every year since 2010, the President has dedicated the month of January to raising awareness about the different forms of human trafficking, also known as modern slavery, and educating people about this crime and how to spot it.



National Birth Defects Prevention Month

CDC recognizes January as National Birth Defects Awareness Month. This is a time to raise awareness about birth defects and highlight efforts to improve the health of people living with these conditions across their lifespan. Join the nationwide effort to raise awareness of birth defects and their impact on individuals, parents, and families. 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.



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

**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 edtforsupportingfamilies@utica.edu

Prevention Highlights

Supporting Families, Offering Hope

A Year in Review

We were able to provide so many amazing community events this past year, here are just a few!

Tim Foley Golf Tournament- On September 17th, CFLR hosted our biggest fundraiser of the year at Woodgate Pines Golf Club in Boonville. 22 teams took to the green on the cool fall morning to help us raise money for all the services we provide our community.



Take Back Days- CFLR partnered with the Oneida County sheriff's department, Utica PD and Rome PD to hold two Take Back Days this year. On April 24th, we held a take back day at Union station in Utica. On October 23rd, we held Take Back Days with locations in both Utica and Rome. These events were huge successes and we managed to collect over 3000 lbs. of unused or expired prescription medication. This year, we have given out 800 HOPE bags at our Take Back Days, filled with information on medical returns, at home medical disposal kits, and different resources.



Light of Hope- The Light of Hope event was a beautiful and emotional evening spent along the water at Bellamy Harbor Park in Rome on International Overdose Awareness day, August 31st. We gathered to shed light on overdose and suicide awareness.



Recovery Days- CFLR hosted our first ever Recovery Field Day on July 12th. Each team offered different family-friendly fun activities to our community to celebrate the agency's 10-year anniversary.

Out of the Darkness walk- CFLR joined with the American Foundation for Suicide Prevention in hosting the Mohawk Valley's Out of the Darkness walk to provide community resources and connections for those who are affected by suicide.



Thanksgiving Baskets- Our teams were very busy throughout the month of November organizing our annual Thanksgiving basket drive. We were able to provide 38 baskets to local families in need, some of which were hand delivered with the help of Utica police department!

**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 Sui-
cide 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

NATIONAL
**SUICIDE PREVENTION
LIFELINE**
1-800-273-TALK (8255)
suicidepreventionlifeline.org

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

CRISIS TEXT LINE |

Text HELLO to 741741
Free, 24/7, Confidential

“Mental wellness starts with friendship.”

WEBINARS

Leveraging Systems Change for Substance Misuse Prevention

January 4th 2022

3:00— 4:00pm

Why Health Equity Matters in Prevention

January 6th 2022

10:00—11:30am

[Register](#)

Engaging Emergency Medical Services in Naloxone Distribution

January 12th 2022

11:00—12:30pm

[Register](#)

Addressing Social Determi- nants of Health Through Prevention Planning

January 27th 2022

10:00—11:30am

[Register](#)

Upcoming Compeer Events:

Adult (+18) Coffee Club

TBD

Dunkin' Donuts

31 Schuyler St. Utica, NY

(Please RSVP to Ashley Miller if you plan on attending any events)

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.



* 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
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!

Youth with Mental Illness, Substance-misuse Histories At Risk of Opioid Misuse

Opioid misuse continues to be a devastating problem in the U.S. and a leading cause of death in adolescents and young adults. Researchers at Penn State College of Medicine have concluded that young adults with certain mental health conditions and histories of substance misuse may have an increased risk of being diagnosed with an opioid use disorder. The investigators of a national study to investigate this query analyzed data from 4,926 privately-insured patients, 12 to 25 years old, who were clinically diagnosed with an OUD or opioid poisoning in 2017. Findings showed that in the two years leading up to their diagnosis, 60% of patients received medical treatment for a mental health condition, such as anxiety or depression, or a substance use disorder.

E-cigarette use May be Detrimental to Bone Health in Adults

A study involving 5,500 adult e-cigarette users across all age groups indicated that e-cigarette use was associated with a higher prevalence of fragility fractures. Findings contained in the *American Journal of Medicine Open* suggested that e-cigarette use may be detrimental to bone health even in young adults. Researchers conducted a cross-sectional analysis using 2017-2018 data from the National Health and Nutrition Examination Survey (NHANES), utilizing a sample of more than 5,500 American adult men and women including 4,519 (81.2%) never e-cigarette users, 1,050 (18.8%) ever e-cigarette users, and 444 (8.0%) with self-reported fragility fractures. The results indicated that a higher prevalence of fragility fractures among e-cigarette users compared to non-users. Results also showed that those who used both conventional and e-cigarettes had a higher prevalence of fragility fractures compared to conventional smokers alone. The prevalence of e-cigarette use is highest in the 18-25 years age group in the United States.

Wearable Injector Can Detect and Reverse Opioid Overdose

A research team at the University of Washington, has developed a wearable device to detect and reverse an opioid overdose. The device is worn on the stomach like an insulin pump and senses when a person stops breathing and moving. The device then injects naloxone, that can restore respiration. In a multiyear study the investigators worked on the prototype with West Pharmaceutical Services of Exton, Penn, which developed a wearable subcutaneous injector that safely administers medications. The research team then combined this injector system with sensors and developed an algorithm to detect the life-threatening pattern of respirations that occur when people experience opioid toxicity. To test the device, a clinical study was conducted with volunteers in a supervised injection facility. A parallel clinical trial was conducted in a hospital environment among volunteers who manifested signs of apnea by holding their breath. Following device actuation, blood draws taken from study participants confirmed that the system could deliver the antidote into the circulatory system, showing its potential to reverse opioid overdoses.

Cannabis Use Disorder May be Linked to Grow Number of Heart Attacks in Younger Adults

A recent study is observing the connection between increasing cannabis usage and heart attacks in young adults. A growing number of people under 50 diagnosed with cannabis use disorder were later hospitalized for a heart attack according to recent research. According to findings being presented by the American Heart Association's virtual Scientific Sessions conference. Researchers analyzed people 18 to 49 who had been hospitalized for a heart attack and whose records showed a previous diagnosis of cannabis use disorder. That is defined as excessive, chronic use of marijuana with symptoms of dependence, inability to control use and impairment in social functioning. The analysis found that overall, 4.1% of patients hospitalized for heart attacks also had cannabis use disorder, and the proportion nearly tripled from 2.4% in 2007 to 6.7% in 2018.