

CFLR, INC. TRAININGS,
PRESENTATIONS AND
EVENTS

**The Hopeful Minute
Podcast**

For more information and access to current and previous podcasts visit page 2 of the newsletter and visit our website [HERE](#)

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 please contact Heather Youda with CFLR at 315.768.2663

**Tim Foley Recovery Classic
Golf Tournament**

Come join the fun at the 13th annual golf tournament!

When: Friday September 17th

Where: Woodgate Pines Golf Club Boonville, NY

To register, call 315.733.1709 or email Marie Kohl at makohl@cflrinc.org

Prevention Awareness Newsletter

July 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

Minority Mental Health Month

Minority Health Month was created to bring awareness to the struggles which oppressed and underrepresented groups face in regards to mental illness. Mental Health America (MHA) identifies minority groups as black, indigenous, and people of color (BIPOC), individuals whom identify as part of the LGBTQ+ community, and refugee and immigrant groups. According to the Substance Abuse and Mental Health Services Administration, racial and ethnic minority groups in the U.S. are less likely to have access to mental health services. Let's raise awareness of the oppression and underrepresentation minority groups face and encourage positive mental health to all.



International Self-Care Day: July 24th

July 24th marks international Self-Care Day. This day was established in 2011, with the focus of bringing attention to the importance of self-care and empowering people with the knowledge and ability on how to be active participants in their own wellness. There are many health-related issues that people can prevent, test for, as well as treat themselves, and the list of the conditions that self-care can care for continues to grow. International Self-Care Day helps enable and further health literacy and knowledge to help individuals be proactive with their own health and well-being with evidence-driven self-care steps.



World Day Against Trafficking in Persons: July 30th

Every year on July 30th, the World Day Against Trafficking in Persons spreads the alarm about human trafficking. The day also provides an opportunity for governments to reaffirm their commitment to stop criminals from exploiting people for profit. Trafficking victims usually experience physical and/or psychological abuse. According to the International Labor Organization, there are over 40 million victims of human trafficking around the world. Nearly every country in the world is affected by human trafficking. Each year a theme is different theme is chosen. 2021's theme is: Victims' Voices Lead the Way.



Community Events:

**Art's and Crafts on the
Porch
Rome, NY**

Time: July 5– August 15

For more information visit
[HERE](#)

**New York Mills and
Yorkville Kid's Summer
Park Program**

Time: July 7-August 20

For more information visit
[HERE](#)

**Chalk the Walk
Sylvan Beach**

Time: Saturday July 3rd
9:00am—1:00pm

For more information visit
[HERE](#)

**Talkers Outdoor Story
Time**

Time: Thursday July 29th
10:30am

For more information visit
[HERE](#)

Lego Club

Time: Tuesday's July 27th

For more information visit
[HERE](#)

Prevention Highlights

Supporting Families, Offering Hope

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!

#CFLRSupportingFamiliesOfferingHope

Compeer

Compeer has four exciting events planned for the month of July! Events are open to Compeer members and volunteers.

- **7/9:** Ice Cream Social and games located at 507 Erie Blvd West from 2:30pm-4:00pm.
- **7/14:** Hike in the Park located at New Hartford Town Park from 12:00pm-2:00pm
- **7/20:** Photo and Craft decorating for kids and families located at 507 Erie Blvd West in Rome from 2:00pm-4:00pm.
- **7/28:** Tie Dye Shirt making located at New Hartford Town Park from 2:00pm-4:00pm.

The July Compeer events are geared toward promoting and improving socialization and social skills.

Prevention Testimonies

A parent I am currently working with recently reported gaining joint custody of her children after overcoming significant adversity to do so. The parent is very grateful for the support and services provided to her that were instrumental in achieving this outcome.

- Sheila LaQuay, Family Peer Advocate

A student who previously waited long periods for counseling services was finally engaged in services due to connection with CFLR and FACT services. The family overcame personal and financial restraints and are very happy with the connection that was made for counseling and the outcomes they have already seen from it.

- Caryn Schweinsberg, Prevention Specialist

CFLR Employee Appreciation Picnic

On Friday June 18th, CFLR staff were treated to a wonderful and fun filled employee appreciation picnic! The day included a watermelon carving contest, yard games and raffles complimented by delicious food, great music and the company of many staff! Thank you to all who planned provided and participated!



**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 email fesposito@cflrinc.org.

Out of the Darkness Suicide Prevention Walk

Please join us on October 3rd, 2021 at the AFSP Out of the Darkness Mohawk Valley Walk at MVCC in Utica! Invite your family, friends and loved ones, this walk is a space that provides community, connection, healing and hope.

The Out of the Darkness Mohawk Valley Walk is a special event that provides community, connection, healing, and hope for survivors of suicide loss and those with lived experience. By registering, you are joining a strong community united in an effort to fight suicide while showing up for yourself, recognizing and honoring those you love, raising awareness, educating communities, supporting one another, and sharing hope. Every dollar you raise allows AFSP to invest in life-saving research, education, advocacy, and support for those impacted by suicide.

The health and safety of our participants, staff, and volunteers will be our top priorities as we work with local authorities to make decisions about event details.

To register, please visit [HERE](#)

#OneDecision #YouMatter



CRISIS TEXT LINE |

Text HELLO to 741741
Free, 24/7, Confidential

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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. In order 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 wherethereshopethereshelp.com

Compeer promotes good mental health through the support of a matched mentorship.

Depression is a lonely disease. Be a lifeline for someone today.

COMPEER VOLUNTEERS

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

Volunteer requirements

- Must be 18 years or older
- Must be able to pass a background check
- Must have knowledge of mental illness
- 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

For more information on how you can help someone struggling with a mental health challenge, If you feel that you are the right person to provide hope to someone in need and would like to become a volunteer or if you would like to refer, please contact Jovonna Torres, Compeer Specialist at Jtorres@cflrinc.org or please call 315.768.2655.

The logo for Compeer features the word "Compeer" in a dark blue, sans-serif font. The letter "o" is replaced by a stylized heart shape composed of two overlapping semi-circles, one in a lighter blue and one in a greenish-blue. A registered trademark symbol (®) is located at the end of the word.

**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*

**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...
Support
Group**

When: Every other
Tuesday
Time: 6:00 to 7:30 PM
[Link](#)

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

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

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 accept sharps (syringes).
Please visit our website for sharp drop off locations.



Educational Links

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

My Mental Health Crisis Plan

Talk. They Hear You

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

Family Support Group

When: 10/6 (Every
Tuesday After)

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](#)

July 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!

*"Though nobody can go
back and make a new
beginning, anyone can start
over and make a new
ending." ~Chico Xavier*

**Younger Age of First Cannabis Use or Prescription Drug misuse is Associated with Faster
Development of Substance Use Disorders**

A new study conducted by NIDA shows that in the time after first trying cannabis or first misusing prescription drugs, the percentages of young people who develop the corresponding substance use disorder are higher among adolescents (ages 12-17) than young adults (ages 18-25). In addition, 30% of young adults develop a heroin use disorder and 25% develop a methamphetamine use disorder a year after first using heroin or methamphetamine. Data was analyzed from the National Surveys on Drug Use and Health conducted by the Substance Abuse and Mental Health Services Administration. Findings included a higher prevalence of past-year cannabis use disorder for adolescents than young adults, 10.7% of adolescents had cannabis use disorder versus 6.4% of young adults. Findings for non-medical use of prescription drugs (opioids, stimulants, and tranquilizers), demonstrated a higher prevalence of past-year substance use disorders among adolescents than young adults at all examined time frames since first use, 11.2% of adolescents had prescription opioid use disorder versus 6.9% of young adults, 13.9% of adolescents had prescription stimulant use disorder versus 3.9% of young adults, 11.2% of adolescents had prescription tranquilizer use disorder versus 4.7% of young adults.

Adaptive Screener May Help Identify Youth at Risk of Suicide

Researchers have developed a computerized adaptive screener to identify youth at risk for attempting suicide. The screener, called the computerized adaptive screen for suicidal youth (CASSY), consists of 11 questions on average and correctly identified 82.4% of youth who went on to attempt suicide in the three months following screening. The results suggest this screener could serve as an easy-to-use way for providers to detect youth suicide risk in emergency department settings. CASSY correctly identified 82.4% of youth who had attempted suicide in the three months after screening and 72.5% of people who did not attempt suicide in the three months after screening.

NIH-funded Study Tests "One-stop" Mobile Clinics to Deliver HIV, Substance Use Care

A clinical trial is underway in five U.S. cities to determine whether delivering integrated health services through mobile clinics can improve HIV and substance use outcomes among people with opioid use disorder who inject drugs. If effective, mobile clinics could serve as an innovative strategy for expanding access to care and providing uninterrupted treatment in this underserved population that addresses the linked public health crises of addiction and HIV. The study aims to address these challenges by providing holistic health services delivered in accessible mobile clinics. These integrated services include safe and effective medication for opioid use disorder (buprenorphine) and overdose reversal (naloxone, or Narcan), syringe services where available, HIV testing, ART for HIV treatment, PrEP for HIV prevention, testing for hepatitis and sexually transmitted infections (STIs) and primary care services. Mobile clinics will be placed in residential areas determined to be accessible for those affected by HIV and who inject opioids.

Teenagers at Greatest Risk of Self-Harming Could be Identified Almost a Decade Earlier

A team based at the MRC Cognition and Brain Sciences Unit, University of Cambridge, found that while sleep problems and low self-esteem were common risk factors, there were two distinct profiles of young people who self-harm. The first included young people who experience symptoms of depression and low self-esteem, face problems with their families and friends, and are bullied. The second group included those who had a greater willingness to take part in risk-taking behavior. Factors related to their relationships with their peers were also important for this group, including feeling less secure with friends and family at age 14 and a greater concern about the feelings of others as a risk factor at age 11. Findings suggest that it may be possible to predict which individuals are most at risk of self-harm up to a decade ahead of time, providing a window to intervene.