

CFLR, INC. TRAININGS,
PRESENTATIONS AND
EVENTS

**2019 Tim Foley Recovery
Classic Golf Tournament**

Where: 2965 Hayes Rd.
West Boonville, NY

When: September 15,
2019

Time: 8AM– 4 PM

Sign Up [HERE](#)

NARCAN Training

These event are hosted by
ARC Health, and will take
place at CFLR, Utica.

Call CFLR at 315.733.1709
to reserve a spot.

Walk-Ins Welcome

Flyer: [HERE](#)

When: June 11

Time: 5:30-6:30PM

When: June 17

Time: 4:30-5:30PM

When: June 27

Time: 2-4PM

AND

When: June 20

Where: 2608 Genesee St.
Utica, NY

Time: 9-10AM

When: 3rd Wednesday of
each month

Where: ACR Health 287
Genesee St, Utica, NY

AND

When: Last Wednesday of
every month

Where: Insight House 500
Whitesboro St. Utica, NY

For more information on
Insight House Narcan
Trainings, please contact
Insight House at
315.724.5168

June 2019

WHAT'S HAPPENING IN PREVENTION THIS MONTH?

Oneida County Prevention Council Bulletin

CONTACT US

PHONE: (315) 733-1709

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

WEBSITE: www.WhenTheresHelpTheresHope.com

FAX: (315) 733-1789

OFFICE HOURS: Monday - Friday
8:30 A.M. - 4:00 P.M.

Is your child going to PROM?

Have you talked with them about the dangers of drugs and alcohol or a safe plan for them that night? Only 29% of parents' talk to their children about the risks of consuming alcohol. The group Mothers' Against Drunk Driving (MADD) has proven that it makes a difference when parents talk to their children. Parents who have strict rules and conversations with their children are 80% less likely to drink on the night of prom. It is crucial for students to know the dangers of drinking and driving and that **One Decision** can change your entire life; **One Decision** is all it takes.

This month is **Post-Traumatic Stress Disorder Awareness Month**, PTSD Awareness Day is June 27th. June is also a month focused on trauma. Everyone experiences trauma, and some people experience trauma daily. When children experience trauma, it is essential that there is an adult nearby to console them because children are underdeveloped, and they are not sure what is going on inside their bodies.

Post-Traumatic Stress Disorder (PTSD)

Post-Traumatic Stress Disorder is the result of a severely traumatic event in ones life that serious physical harm was threatened or occurred. PTSD causes intense fear, helplessness, or horror, as a result of sexual or physical assault, unexpected death of a loved one, an accident, war, or a natural disaster. Symptoms include flashbacks, hallucinations, nightmares, avoidance, isolation, outbursts, and more. Youth with PTSD can suffer from delayed development in areas, including toilet training, motor skills, and language.

Link: [Post-Traumatic Stress Disorder](#)

Children and Youth Fight, Flight, and Freeze Responses

When people go through traumatic experiences, typically their nervous system self-regulates. When young children experience trauma, they don't know how to react. Survival responses fight, flight, or freeze occur. Fight responses include crying, clenched fists, desire to kick with feet and legs, suicidal/homicidal feelings. Flight responses include restless legs, foot numbness, anxiety, restlessness or fidgety and feeling tired or anxious, and excessive exercise. Freeze responses include feeling stuck, feeling cold/ frozen, sense of stiffness, heaviness, holding breath, heart pounding and decreased heart rate. Types of trauma that could induce these responses can include bullying, community violence, complex trauma, disasters, early childhood trauma, intimate partner violence, medical trauma, physical abuse, refugee trauma, sexual abuse, terrorism, and violence.

Link: [Children and Youth](#)

Signs of Trauma in Children

When a child experiences trauma, parents and teachers do their best to help the child cope. Some children are at higher risk for suffering long-term effects more than others depending on how they cope with the situation. It is vital that adults also pay attention to how they react to trauma they experience around children. Children often model their parents, and can shape how their children respond to trauma as well. In more extreme cases of trauma, children can develop post-traumatic stress disorder (defined above).

(Continued)



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

DRT Trainings

Peer Skills Training

When: June 4th, June 11th,
June 18th, and June 25th

Where: CFLR, Utica

Time: 415-515PM

**Recovery Day with Self
Care, Boundaries and
Wellness**

When: June 7th

Where: CFLR Utica Large
Training Room

Time: 830-4PM

For more information on
these events view our
calendar [HERE](#) call
Center For Family Life and
Recovery at
315.733.1709

Family Support Group

When: Thursday's

Where: CFLR, Utica

Time: 6-7PM

For more information
contact Ambi Daniel at
315.768.2665

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

CFLR's, IDP offers classes at
various locations and times
during the week and on
Saturday. To sign up for this
program and to receive a
conditional license, please
visit your local DMV or
contact CFLR at
315.768.2660 or
ipassalacqua@cflrinc.org
for further information.

An immediate reaction is not necessarily how a person will end up copes with trauma. If a person doesn't react immediately to the trauma, it doesn't mean they won't deal with their emotions differently at another time. Other symptoms of trauma include fascination about death or an obsession with the safety of themselves and others around them. Youth who experience trauma could also experience depression and difficulty with sleeping or eating. An anniversary of a traumatic event that took place can be difficult on a person, because it brings back the emotions they felt when the event happened.

Link: [Signs of Trauma in Children](#)

Fentanyl: A Deadly Accomplice

In recent studies, it shows an increase in positive drug tests. In these tests, medical providers have found traces of fentanyl in cocaine and methamphetamine users. This study may provide insight into the rise in cocaine and methamphetamine overdoses. In a study, researchers found that three-quarters of deaths involving cocaine users were also positive for opioids. Opioids have been found in about half of methamphetamine deaths. The opioid responsible for the majority of these deaths is a synthetic opioid called fentanyl. Fentanyl is 90 times stronger than morphine and is mainly in forms of patches but also comes in powder form. Drug dealers are cutting cocaine, meth, and heroin with fentanyl. Fentanyl has also been found in marijuana and other drugs, this can be extremely dangerous with individuals who use marijuana daily.

Link: [Fentanyl: Becoming a Deadly Accomplice in Cocaine, Meth Abuse](#)

Prescription Sleep Aids Becoming Deadly

Prescription sleep aids Ambien, Lunesta, and Sonata has the FDA putting an intense warning label on these drugs. This new warning label attached because numerous cases of extreme daytime drowsiness the day following use were reported. There were many reported cases of complex sleep behaviors, and severe and sometimes fatal injuries following the use of these sleep medications. Injuries include accidental overdoses, falls, burns, sleepwalking, near drowning, self-injuries, and apparent suicide attempts. Individuals taking these sleep medications should immediately contact their health care provider if they have engaged in any of these activities while under the influence of these medications. Check out the link below for more information about these medications.

Link: [FDA Requires Stronger Warnings About Rare but Serious Incidents Related to Certain Prescription Insomnia Medicines](#)

Athletes Struggling With Mental Illness Afraid To Ask For Help

In a recent news article, it shows that many elite athletes and even non-elite athletes are often afraid to address their mental illness. It's commonly misconstrued that athletes are supposed to be healthy and shouldn't show when they're upset. Researchers have found that the stigma associated with mental illness is what keeps these athletes from coming forward. It noted that one in three elite athletes have a mental illness; it is up to the coaches to make sure their athletes mental state is healthy along with their physical well-being. For these athletes to play their best, the athletes should be mentally stable. A researcher stated in a news release, "Athletes fear, possibly rightly so, that disclosing mental health symptoms or disorders would reduce their chances of maintaining or signing a professional team contract or an advertising campaign."

Link: [Many Elite Athletes Ashamed to Seek Help for Mental Illness](#)

Suicide Rates Increasing

In a recent study, it found that the rates of suicide among females is significantly more prominent compared to male suicide rates. Rates among females completing suicide by hanging or suffocation are close to those of males. Females typically have higher rates of nonfatal suicidal behavior, including thinking about and attempting suicide but not completing. There is a gender paradox of suicidal behavior that discusses the stereotype of suicidal behavior of those who complete suicide. With this paradox, it explains that though more males have previously completed suicide, this rate is has now increased among females.

Link: [Suicides Increase Among U.S. Kids, But More in Girls Than Boys](#)

CFLR, INC. VOLUNTEER OPPORTUNITIES

Compeer Program

Coffee Club

When: June 4th

Where: CFLR, Utica

Time: 1-2:30 PM

Art on Lark

When: June 8th

Where: CFLR, Utica

Time: 2 PM

Messy Art Monday

When: June 10th

Where: CFLR, Utica

Time: 5-7PM

Pot Luck Picnic

When: June 18th

Where: Proctor Park
(Weather Pending)

Time: 5-7PM

For more information on events contact Alisa Ferraro 315.768.2644

Suicide Prevention

Coalition Meeting

When: The first Wednesday of each month

Where: CFLR, Utica

Time: 8:30 AM

For more information on the Suicide Prevention Coalition contact Alisa Ferraro at 315.768.2644.

Compeer Program at Center For Family Life and Recovery

Compeer At CFLR- Compeer has been providing mentorship for youth that has problems dealing with emotion and behavior issues. The Compeer program matches caring, and empathetic community volunteers that are screened and trained to mentor youth and adult volunteers provide one-to-one supportive friendships with at-risk youth, adults, and veterans receiving mental health treatment.

Private therapists can refer referral Process Youth (ages 5-17), state institutions, day treatment programs, inpatient programs, school counselors and social workers, care managers, doctors and nurses and various Mental Health Agencies. Mental Health professionals can determine if their youth clients could benefit from the Compeer program. The Mental Health professional requests a release form that needs to be signed by the parent or guardian of the youth. Based on the information provided in the documents, and direct contacts with the referring professional; the compeer staff determines whether the youth is appropriate for Compeer a CFLR.

Goals of the Compeer for Adults and Kids Program at CFLR

To provide screened, trained, and appropriately matched community-based volunteers who offer friendship support and a positive role model to adults and young recipients of mental health services. A goal of Compeer at CFLR is, to provide respite time and emotional support to families involved with high-risk youth and adults. One-to-one volunteer friendships will be established, not only for high-risk youth and adults but also for appropriate siblings and parents, as a preventative measure to continue community-based services. As well as provide social, recreational, and educational activities for caregivers, volunteers, and youth, including community outings, social events, and parenting workshops.

If you are interested in becoming a volunteer for The Compeer Program at CFLR, you can visit [our website](#) it is mandatory that all volunteers have a background check completed. Volunteers also have to attend a (one time) mentor training. In training, they will get to know the program as well as participate in a one on one interview with the Compeer Specialist, which will match them with an individual.

If you would like to get involved or have any questions about Compeer at CFLR, please contact Alisa Ferraro, Advocate Coordinator at 315.768.2644 or by email [HERE](#).

Links: [Compeer Child and Youth Referral Form](#)
[Compeer Adult Referral Form](#)
[Volunteer Application](#)

Suicide Prevention

What leads to suicide?

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. Mental Health conditions such as depression, anxiety, and substance problems increase the risk of suicide. It's important to note that most people who actively manage their mental health conditions go on to engage in life.

Suicide Warning Signs

Something to look out for if you are concerned that a person may be suicidal is a change in behavior or the presence of entirely new practices. The sharpest concern if the new or changed behavior is related to a painful event, loss, or change. Most people who take their lives exhibit one or more warning signs, either through what they say or what they do. If a person talks about: Killing themselves, feeling hopeless, having no reason to live, being a burden to others, and more. Behaviors that may signal risk, primarily if related to a painful event, loss or change include; increased use of alcohol or drugs, looking for a way to end their life, withdrawing from activities, isolating from family and friends, sleeping too much or too little, visiting or calling people to say goodbye, aggression and fatigue.

Suicide Coalition is a group of people that come together once a month to get involved in our community (Oneida County). This coalition is designed to be able to inform others about the warning signs of suicide and what to look for, as well as, educate our community about the prevalence of suicide. We meet on the first Wednesday of every month at 8:30 am at 502 Court Street Suite 401.

If you or anyone you know are struggling, it is vital to get help immediately. Call the **National Suicide Hotline** at **1.800.273.TALK, (8255)**.

If you would like to get involved with the Oneida County Suicide Coalition please contact Alisa Ferraro at 315.768.2644 or by email [HERE](#).

CFLR, INC. VOLUNTEER OPPORTUNITIES

Give It A Whirl

Book Club

When: Monday's

Where: Chestnut Commons, Rome, NY

Time: 1PM

Geocaching

When: June 4th

Where: Utica, NY

Time: 6PM

Utica Children's Museum

When: June 11th

Where: Utica Children's Museum

Time: 6PM

Utica Community Gardening

When: June 18th and June 25th

Where: 1113 Linwood Place, Utica, NY 13501

Time: 6PM

Origami For Beginners

When: June 6th

Where: Neighborhood Center, Rome, NY

Time: 1:30PM

Personality Tests/Guided Meditation

When: June 13th

Where: Neighborhood Center, Rome, NY

Time: 1:30PM

Expressive Painting

When: June 20th

Where: Neighborhood Center, Rome, NY

Time: 1:30PM

Stenciling

When: June 27th

Where: Neighborhood Center, Rome, NY

Time: 1:30PM

For more information on **Give It A Whirl** events please contact, Paul Meredith at 315.768.2656 OR Alisa Ferraro at 315.768.2644

Give It A Whirl With CFLR

Give It A Whirl With CFLR is a free program for people in recovery to try their hand at a variety of hobbies and activities while learning sober life skills. This process is conducted through exercises that strengthen the four pillars of recovery; home, health, community, and purpose. These events include book clubs, cooking classes, painting, and more. The Give It A Whirl events for June are listed in the sidebar.

Youth Summer Activities: Keeping Youth Safe and Involved

Please click the links below to see more details about summer activities near you. The following links include free and paid events, find the events suitable for you and your family below.

Adirondack [Boonville Library](#) [Pixley Falls](#) [Adirondack Museum](#) [Kids Camp Signups](#)

Camden [Camden Library Summer Program Sign-ups](#)

Clinton [Clinton Cider Mill](#) [Root Glen Hiking](#) [School Aged Summer Camp](#)

Holland Patent [Kids Camp Signups](#)

New Hartford [Parks and Recreation](#) [Barnes & Noble Summer Reading](#)
[Barnes & Noble Summer Reading Journal](#)

[Marquee Cinema Free Movie showings](#) [Billy Beez](#)

New York Mills [Summer Rec Program](#) [Kids Camp Signups](#)

Oneida [Kids Camp Signups](#)

Oriskany [Summer Rec Programs](#) [Kids Camp Signups](#)

Remsen [Summer Rec Programs](#) [Kids Camp Signups](#)

Rome [Summer Fun Guide 1](#) [Summer Fun Guide 2](#) [Special Events Guide](#)

Utica [Munson Williams](#) [Utica Zoo free admission Nights](#) [Utica Public Library Calendar of Free Events](#) [Mohawk Valley Mega Sports Camp](#)

Vernon-Verona Sherrill [Summer LEAP Program](#)

Waterville [Waterville Library](#)

Whitesboro [Whitesboro Library](#)

CFLR, Inc.'s Prevention Department

At Center for Family Life and Recovery we are committed to working together with our 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.

