

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

**THE HOPEFUL MINUTE  
PODCAST:**

For more information and access to current and previous podcasts visit page 6 of the newsletter and visit our website [HERE](#)

**VIRTUAL NARCAN  
TRAININGS**

CFLR is providing Narcan trainings for anyone interested! Narcan kits are provided with trainings.

For more information please contact Heather Youda with CFLR at 315.768.2663

**COMPEER EVENTS COMING  
SOON**

For more information, please visit our Compeer Facebook page [HERE](#)

# Prevention Awareness Newsletter

## June 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

#### **PSTD Awareness Month:**

June is Posttraumatic Stress Disorder (PTSD) Awareness Month. PTSD is an anxiety disorder that some people develop after seeing or living through an event that caused or threatened serious harm or death. PTSD may result in sleep problems, irritability, anger, recurrent dreams about the trauma, intense reactions to reminders of the trauma, disturbances in relationships, and isolation.



#### **June 14-20<sup>th</sup> - National Men's Health Week:**

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This week gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.



#### **June 6th- National Cancer Survivors Day:**

National Cancer Survivors Day 2021 is an international event to raise awareness of cancer, sufferers and survivors. The event is held on the first Sunday in June every year. Individuals gather with friends, families, and supporters to raise awareness, spread information, provide services, and honor other survivors, all to show that life after a cancer diagnosis can be full and fruitful. The first celebration of National Cancer Survivors Day was held on June 5, 1988.

#### **National Safety Month:**

National Safety Month (NSM) highlights four leading causes of preventable injury and death on a national scale, providing the latest information and resources in effort to help keep more people safe. Observed annually in June, NSM focuses on reducing leading causes of injury and death at work, on the road and in our homes and communities.

#### **LGBT Pride Month:**

Every year, during the month of June, the LGBT community celebrates in a number of different ways. Across the globe, various events are held during this special month as a way of recognizing the influence LGBT people have had around the world. As well as being a month long celebration, parades, street parties, community events, poetry readings, public speaking, street festivals and educational sessions are prominent aspects of Pride Month celebrations.



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

**The Light Carried....  
TLC Support Group**

**When:** Every other  
Tuesday

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

**[Link](#)**

**RECOVERY EVENTS**

**May 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!

**Monthly Recovery Quote:**

“Forgiveness means giving  
up all hope of a better  
past”

- Lily Tomlin

**Evaluating the Longitudinal Efficacy of SafeTALK Suicide Prevention Gatekeeper Training in a General Community Sample**

The majority of individuals experiencing depression or in crisis do not seek assistance through formal support pathways. The presence of informal "gatekeepers" in the community is crucial to identifying and supporting these individuals through crisis. This study was conducted to evaluate the longitudinal effectiveness of "SafeTALK" suicide prevention gatekeeper training in a general community sample. 262 community members participated gatekeeper training sessions. Surveys were taken pre- and post-training and at 6-month follow-up to evaluate participants' knowledge, preparedness, and efficacy, as well as reluctance to intervene as a suicide prevention gatekeeper. The results indicated that, scores not only improved from pre to post test but they were also sustained over a period of 6 months.

**FDA Commits to Evidence-Based Actions Aimed at Saving Lives and Preventing Future Generations of Smokers**

The U.S. Food and Drug Administration announced it is committing to advancing two tobacco product standards to significantly reduce disease and death from using combusted tobacco products, the leading cause of preventable death in the U.S. The FDA is working toward issuing proposed product standards within the next year to ban menthol as a characterizing flavor in cigarettes and ban all characterizing flavors (including menthol) in cigars; the authority to adopt product standards is one of the most powerful tobacco regulatory tools Congress gave the agency. If implemented, the FDA's enforcement of any ban on menthol cigarettes and all flavored cigars will only address manufacturers, distributors, wholesalers, importers and retailers.

**Time Spent in ICU Linked to Higher Odds for Suicide Later**

A study conducted in Canada indicated that survivors of the intensive care unit (ICU) have a higher risk of self-harm and suicide after discharge than other hospital patients. To reach this conclusion, researchers compared the health records of 423,000 ICU survivors in the province of Ontario with those of with 3 million patients who were hospitalized but not in intensive care between 2009 and 2017. The results showed that in comparison to others, ICU survivors had a 22% higher risk of suicide and a 15% higher risk of self-harm.

**Preventive interventions in Young People Can Prevent Certain Mental Health Disorders**

Offering interventions to young people in the general community can prevent the emergence of certain mental health disorders, according to a study published by *Harvard Review of Psychiatry*. Researchers systematically reviewed decades of medical literature and found 295 studies in which individuals under 35 years old were randomly assigned to a mental health preventive intervention or a control group. 37% of studies examined psychoeducation or psychotherapy, 18% explored both and 17% involved other types of interventions. 40% of the studies investigated universal interventions, other studies focused on selective interventions, which target symptom-free individuals who are considered at high risk of developing a mental disorder.

The researchers combined the results of all studies using a statistical process called meta-analysis. The results found that risk was reduced by both universal and selective prevention measures in regard to effective (mood) symptoms, alcohol use and it's consequences, anxiety features, conduct problems, interpersonal violence, general psychological distress, posttraumatic stress disorder, tobacco use, and other emotional and behavioral problems Risk was marginally reduced by both universal and selective prevention measures in regard to ADHD, cannabis use, and externalizing behaviors.

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

**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**

**Peer Collaborative Skills and Practice Class**

**When:** Tuesday's

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

**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!

**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](mailto: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](mailto:SHAag@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 Jovonna Torres at [Jtorres@cflrinc.org](mailto:Jtorres@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 Jovonna Torres at [Jtorres@cflrinc.org](mailto:Jtorres@cflrinc.org)

**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**

**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](#)

[My Mental Health Crisis Plan](#)

[Talk. They Hear You](#)

**Educational Links:**

[PBS Kids](#)

[FunBrain](#)



**Prevention Awareness**

**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. 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 programming and services for Oneida County school districts, 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 [Click HERE!](#)**

**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.

**#OneDecision #YouMatter**



**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)*

**FAMILY SUPPORT GROUP**

**WHEN:** OCTOBER 6TH  
(EVERY TUESDAY AFTER):

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

**Meeting ID:** 930 3319 4763

**Password:** 665098

**CFLR, INC. VOLUNTEER OPPORTUNITIES**

*Compeer is now using a hybrid approach for events and activities! We will now be offering in person activities along with virtual activities.*

*For more information, contact Jovonna Torres, Compeer Specialist at [jtorres@cflrinc.org](mailto:jtorres@cflrinc.org)*

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

**Prevention Webinars**

**Motivation Interviewing Foundation Intensive: Relational and Technical Skills**

June 9th, 2021– 9:30am to 12:30pm EST

Motivational Interviewing is an evidence-based practice used to help people overcome their ambivalence about change. In this six-part intensive training series, participants will learn the fundamental skills for practicing Motivational Interviewing. We'll include examples of how to use MI in prevention settings such as engaging coalitions, addressing alcohol misuse in teens, and harm reduction.

**Link:** [Register](#)

**How to Cultivate the Skill of Well Being**

June 16th, 2021—9:00am to 1:00pm

We all aspire to high levels of happiness, yet this is a goal that evades many of us. What should we know if we too aim to become a happy—or a happier—person? In this workshop, Dr. Pelin Kesebir will answer this question, relying on the latest findings from well-being research. At the conclusion of the workshop, participants will have a better sense of where well-being lies and how it can be cultivated through small, daily activities.

**Link:** [Register](#)

**Preventing Underage Alcohol Use Part 3: Addressing Use Among College-Aged Youth**

June 16th, 2021—1:00pm to 2:30pm

This webinar will support alcohol prevention efforts for youth ages 18 to 20. It will include a review of the data on college-aged youth alcohol use prevalence and patterns, and research on its risk and protective factors. The webinar will discuss how to improve needs assessment efforts focusing on this population, including strategies to improve primary data collection. It will also identify and highlight evidence-based prevention programs intended to serve this population.

**Link:** [Register](#)

**Using Social Media to Detect Substance Use Trends During the COVID-19 Pandemic**

June 17th, 2021—12:00pm to 1:00pm

While substance use trends shifted during the pandemic, some substance use data collection methods were also temporarily suspended. At the same time, social media was one way for people to stay connected to one another. In this presentation, Dr. Jessica Cance of RTI will describe her work examining the use of social media to detect substance use trends during the COVID-19 pandemic. This project used social media listening techniques to determine shifts in mention of the use of alcohol and cannabis before, during, and after the national emergency declaration. This presentation will provide insight into the ways substance use trends shifted during the pandemic and how the discussion of substance use on social media may reflect broader social norms.

### 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



### Monthly Prevention Impacts

#### **Prevention Week Impact**

To commemorate Nation Prevention week this year, the Prevention department made an impact by spreading the importance of prevention both in schools and in the community.

In schools, the prevention specialists provided students, families and staff with daily access to resources and information relating to daily prevention topics. The prevention team visited Camden CSD where they provided a Concealing Secrets presentation, Narcan trainings and resources.

In the community, the Prevention department donated 100 HOPE bags to the Utica Rescue mission, 50 HOPE bags to Rome Rescue Mission, 10 HOPE bags to Emmaus House and 10 to participating parents in CFLR's parenting classes. They also provided prevention awareness through social media by sharing information and prevention success stories.

### Prevention Testimonies

"I have been working with a couple on parenting programs for about a year, they have completed multiple parenting programs with me. The couple is engaged, they are a blended family, and they have 2 separate households. They recently shared with me that their younger children have been listening better, cooperating more, and getting into less trouble. Their teenager (who had substance use issues) had been getting along with the whole family much better, had not been using anymore, and was cooperating and following their rules much more often. They've had much more consistency both as individual parents as well as between households. They thanked me and said they really enjoyed the programs."

- Lauren Platt, Family Prevention Specialist

### **Mental Health Month**

May is Mental Health Month! Mental Health Month was established in 1949 to increase awareness of the importance of mental health and wellness. A theme is selected each year and 2021's theme is "Tool's 2 Thrive" emphasizes the importance of providing practical tools that everyone can use to improve their mental health and increase their resiliency.

In schools, Prevention Specialists provided mental health awareness and information through the creation of mental health boards and the sharing of resources. Positive mental health notecards were also distributed to students and staff across Holland Patent, Adirondack and Camden schools.

