

CFLR, INC. TRAININGS,  
PRESENTATIONS AND  
EVENTS

**"Concealing Secrets: An  
Interactive Teen Mobile  
Bedroom Kit"**

**Where:** Center for  
Family Life and  
Recovery, Inc.  
502 Court St, Suite 401  
Utica, NY 13502  
**When:** Tuesday, August  
28th  
&  
Tuesday, October 30th  
**Time:** 5 P.M.– 6 P.M.  
**Cost:** \$10 Can pay at the  
door or online [\[HERE\]](#)

**You must register  
please call  
315-733-1709**

**Ben Cort: Weed, Inc.**

**Where:** Harts Hill Inn  
135 Clinton St,  
Whitesboro, NY 13492  
**When:** Friday, June 1  
**Time:** 9 A.M.-4 P.M.

**Cost:** \$75

OASAS: 6 hours, CASAC,  
renewal only, CPP/CPS  
section 1

For future trainings  
check our calendar  
[\[HERE\]](#)

Call for more  
information:  
315-733-1709

**SAVE THE DATE:**

**2018 Tim Foley  
Recovery Classic Golf  
Tournament**

**Where:** Woodgate Pines  
Golf Club– Boonville, NY

**When:** September 16,  
2018

**June 2018**

**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](http://www.WhenTheresHelpTheresHope.com)

**FAX:** (315) 733-1789  
**OFFICE HOURS:** Monday - Friday  
8:30 A.M. - 4:00 P.M.

**FDA is Fighting Back With the Newest Trend: Youth and JUULing**

The Food and Drug Administration (FDA) is trying to prevent the sale of JUULs and other e-cigarette brands to our youth. In April 2018 there were 40 warning letters sent to different retailers about this issue. Teens are getting these fairly easy through online stores that only ask "are you 18 or over", making it easy for teens to reach products like the JUUL by the click of a button.

**Link:** [FDA Cites 40 Retailers for Violations Related to Youth Sales of JUUL E-Cigarettes](#)

**Prevention Awareness**

**\*\*Visit our Facebook or website to view our NEW Prevention Commercial!**

**"One Decision Is All It Takes"**

**#OneDecision**

CFLR's Prevention Commercial, produced by C & D Advertising, was nominated and has won the Telly Award. This honors excellence in videos and television. Receiving over 12,000 entries from all 50 states and 5 continents. If you have not seen CFLR's Prevention Commercial visit our Facebook page, or click below **Link:** [Prevention Commercial](#)

**Doctors Need To Keep an Eye on Medical Marijuana Users**

A new study from the Journal of Addiction Medicine found that medical marijuana users are actually more likely to be using prescription drugs medically or non medically. The study encourages doctors to use caution when prescribing medicine to the patients that use medical marijuana in hopes to combat this problem.

**Link:** [Medical Marijuana Users are More Likely to Use Prescription Drugs Medically and Nonmedically](#)

**Making a Discharge Plan After Teens Leave Substance Use Treatment**

A discharge plan is to help the families and patient manage a sober lifestyle. Some key points that should be included in the discharge plan include counseling, medication (if there is a co-occurring mental illness or medication therapy), family support, structure and stability, a plan for relapse, and safe living accommodations. All of these factors can help set the family and patient up for a successful recovery. CFLR Inc., has a Family Support Navigator to help families through these times. For more information on this call Ambi Daniels at 315-768-2665

**Link:** [How to Make a Discharge Plan When Your Child Leaves Addiction Treatment](#)

### **CFLR, INC. CLASSES**

#### **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 [jpassalacqua@cflrinc.org](mailto:jpassalacqua@cflrinc.org) for further information.

#### **Family Support Navigation Classes**

**Where:** Center for Family Life and Recovery, Inc.

502 Court St. Suite 401 Utica, NY 13502

**When:** Tuesday's

**Time:** 5 P.M.

CFLR, Inc. also provides classes on the Science of Addiction. If you would like to attend either classes call Ambi Daniel: 315-768-2665

#### **Active Parenting of Teens**

**Where:** Center for Family Life and Recovery, Inc.  
502 Court St. Suite 401 Utica, NY 13502

**When:** Every Wednesday  
June 6-July 18

**Time:** 11 A.M.-1 P.M.

Call Susan Koslosky at 315-768-2677 to register.

## **Prevention Awareness**

### **Heavy Alcohol Has Been Connected to Increased Cancer Risk**

According to the American Cancer Society it was found that heavy alcohol use raises the risk of cancer. This includes cancers of the throat, mouth, esophagus, voice box, breast, liver, and colon. The American Cancer Society also found other increased health risks with heavy alcohol consumption which include damage of body tissue, limiting the absorption of nutrients, higher levels of estrogen which increases the risk of breast cancer, and weight gain.

*Link:* [Heavy Alcohol Use Increases Cancer Risk](#)

### **The Fight Against Tobacco: Courts are Forcing Tobacco Companies to Create New Packaging**

Tobacco companies have **until June 18** to update their websites about the health risks of smoking and, update cigarette packaging **by November 21**. Tobacco companies have deceived the public for years on the health risks of using tobacco products. Tobacco companies have been delaying this as long as they can. They are now being forced to make these statements for purposely misleading the public on the health risks of tobacco use. The five subjects will include health risks, addictiveness of smoking and nicotine products, that there is no health benefit to products labeled with light, mild, natural, low-tar, and ultra light even though they were marketed as safer, risks of second hand smoke, and creating cigarettes for maximum nicotine intake.

*Link:* [Tobacco Companies Must Put New Warnings on Packaging, Court Says](#)

## **Substance Use: Facts and Warnings**

### **Liquid Nicotine Packets Could be Mistaken for Juice Boxes**

The nicotine packets used for vaporizers resemble juice boxes, candy and other food items. This could cause some deadly accidents for children that believe it's food or juice. Children who mistakenly drink the nicotine packets could be at risk for seizures, coma or heart failure. Watch what children are eating or drinking to ensure their safety and avoid accidents like this. If these are purchased, keep them out of reach to children.

*Link:* [U.S. Warns Liquid Nicotine Packets Resemble Juice Boxes, Candy](#)

### **What You Need to Know Before Considering Use of CBD Oil**

Cannabidoil (CBD oil) is a non-intoxicating marijuana extract that is being used for health benefits. Experts warn users that the evidence is scant for most of these benefits. CBD oil is also not being regulated yet. This means there isn't a guarantee on quality, cleanliness, or regulation on chemicals/products being used. Due to this there is no certainty on health benefits.

*Link:* [CND Oil: All the Rage, But Is It Really Safe and Effective?](#)

### **Multiple Drug Use is the Cause of Many Traffic Deaths in Washington**

Washington reported that **one in four traffic deaths was associated with multiple drug use**. This was more than half of all their traffic deaths. One of the main combinations found was marijuana and alcohol. Many marijuana smokers believed that after smoking their driving skills were improved, science shows that marijuana does in fact impair driving skills. Critical functions that are impaired include memory, reaction time, vision and attention of task. All of these are critical to driving safely.

*Link:* [New Report Shows Multiple Drug Use Responsible for One in Four Washington Traffic Deaths in 2016](#)

**CFLR, INC.  
VOLUNTEER  
OPPORTUNITIES**

**Compeer Program**

**6/5/18:** Utica Coffee Club: Dunkin Donuts  
1300 Genesee St,  
Utica 10:30-12 P.M.

**6/7/18:** Rome  
Compeer Gathering:  
Denny's Restaurant  
200 James St, Rome  
1:00-2:30 P.M.

**6/12/18:** Coffee and Crafts: CFLR: 502 Court St., Suite 401, Utica, NY 11-12:30 P.M.

**6/22/18:** Summer Luncheon Picnic: Proctor Park, Utica

**CFLR, INC. ACTIVITIES**

**Give It A Whirl**

Monday's at Chestnut Commons: Chestnut St, Rome NY  
6-7 P.M. and 2-3 P.M.

Wednesday's at CFLR 205 N. Washington St, Herkimer, NY  
5-6 P.M.

Wednesday's at CFLR 502 Court St, Utica, NY  
6-7 P.M.

Friday's  
Chestnut Commons  
Chestnut St, Rome, NY  
1:30-2:30 P.M.

Please call Mark at 315-768-2656 to reserve a seat.

**Substance Use: Facts and Warnings Continued**

**Colorado is Looking at an Almost 19% Increase in Marijuana Suspensions**

Schools in the State of Colorado are reporting an increase of marijuana suspensions statewide. School administrators believe one of the causes could be the larger accessibility of marijuana in the state from legalization. Even though the sudden increase from the past 2 years can not be determined a trend yet, it is still a cause for concern.

Link: [Colorado Schools Report Nearly 19 Percent Increase in Marijuana Suspensions](#)

**There is an Increase in Parents Smoking Marijuana Around Their Children**

Society has finally started to cut down on cigarette smoking and smoking in front of children, but smoking marijuana has taken it's place. The percent of smoking cigarettes in front of children went down to 20% in 2015 compared to 27% in 2002. Within the same time period marijuana smoking was 11% in 2002 and jumped to 17% in 2015. This means that children are exposed to more marijuana second hand smoke, which hasn't yet been studied in great detail. This has prompted more studies, but the hypothesis is that marijuana second hand smoke will cause negative health effects.

Link: [More U.S. Parents Smoking Pot Around Kids](#)

**There is a Rise in Methamphetamine Substance Use Disorder in Inmates**

In rural North Carolina it was found that over seven times more inmates had a substance use disorder for stimulants such as methamphetamine. This increase could be associated by two explanations, either the police are cracking down on meth labs and meth related incidents or there is a surge of meth production due to a sudden demand. More studies will be done to find out the cause of this sudden increase.

Link: [Number of Inmates With Meth Addiction Jumps in Rural Jails](#)

**Fentanyl Continues to Take Lives**

Fentanyl is the reason for more than 30% of overdose deaths in the U.S. compared to 8% in 2010. According to a study done in 2016, the second leading drug for overdoses was prescription pain killers at about 17,000 deaths and, heroin had about 15,000 deaths in 2016. Fentanyl now being the lead, previously had 3,000 deaths in 2010, but now has taken over 19,4000 lives.

Link: [Fentanyl Now Drives Drug Overdose Deaths in the U.S.](#)

**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](mailto:jwarren@cflrinc.org).

**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.

