

**MARCH 2018**

## WHAT'S HAPPENING IN PREVENTION THIS MONTH?

### Oneida County Prevention Council Bulletin

#### CONTACT US

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

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

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

#### SPOTLIGHT FOR THE MONTH

##### Vaping Marijuana Among Teens:

The use of Marijuana among teens remains high, and we can now start to blame vaporizers. Vaporizers including e-cigarettes (electronic cigarettes) are becoming the most popular device to get high or to obtain a nicotine fix. Vaporizers are used with a variety of different liquids of nicotine, and/or also oils that contain THC (ingredients of marijuana). According to surveys "1 in 10 high school seniors said they vaped marijuana at least once in the past year".

Link: [Vaping Among Teens](#)

- Jennifer True, CFLR, Inc. Prevention Specialist

#### SUBSTANCE USE: FACTS AND WARNINGS

##### Reducing Legal Blood Alcohol Levels Could Result in Fewer Drunk Driving Deaths:

The legal blood alcohol level is being considered to drop from 0.08 to 0.05, in hopes to decrease drunk driving deaths. The report will also raise taxes in order to reinforce the policies already in place to reduce illegal alcohol sales and to those that are already intoxicated. Raising taxes could lead to ignition interlock laws and offering treatment for offenders battling addiction.

Link: [Reducing Alcohol Issues](#)

##### America's Rural Areas Are Battling Addiction:

Poverty is increasing in rural counties due to a decrease in socioeconomic status of people, resulting in a risk of increased addiction. The most common positions available is manual labor and can be dangerous, resulting in injuries and chronic pain. Taking time off from work is too costly, so the injured rely on opioids to help deal with the pain. Poverty in childhood and throughout life increases chances of addiction and mental illnesses as well.

Link: [Poverty and Addiction Levels Rising](#)

##### Anti-Diarrhea Medication is Being Abused:

The Food and Drug Administration (FDA) is asking the company that makes the over-the-counter anti-diarrhea medication, loperamide, to change how the drug is packaged. This would be an attempt to reduce consumers from taking high doses of loperamide in hopes to decrease the symptoms of the opioid withdrawal. This drug has also been known to be consumed in order to get similar effects of using opioids. The FDA believes by controlling the number of pills allowed in the container, the over-consumption of the medicine will decrease. There is health risks associated with taking higher doses of loperamide.

Links: [Change Packaging to Reduce Abuse](#) | [FDA Restrictions](#)

RECOVERY IS...

2018 APRIL AWARENESS

BREAKFAST

**When:** Tuesday, April 3,  
2018

**Time:** 8:15 - 10 A.M.

**Where:** Daniele's  
Banquet Specialists

**Tickets:** \$25/person

[Purchase tickets [HERE!](#)]

This signature event recognizes the contributions of the community in helping support our agency's vision of creating a community mindset where individuals and families embrace sustained recovery from mental health, substance use, and behavioral issues.

Every year, one or more members of our community are recognized for having made significant contributions in the fields of mental health and chemical dependency, as well as their treatment and prevention with the receipt of the Amethyst Award.

Interested in becoming  
a sponsor of the event?

[CLICK HERE!](#)

## SUBSTANCE USE: FACTS AND WARNINGS CONTINUED

### Painkiller Abuse Just as Dangerous as Opioid:

Americans are often using over the counter (OTC) painkillers to manage their pain, in the absence of narcotics. Many users will often admit to taking more than the prescribed dose or exceeding the daily limit, or often using two different NSAIDs together. Consumers believe that due to the medication being OTC that it is a safer item, even the OTC medications can have side effects. Some of the side effects include gastrointestinal bleeding and increased risk of heart attack among these.

Link: [Painkiller Abuse](#)

### Smoking Less Can Still Lead to Heart Disease:

Experts are finding that even limiting the amount of cigarettes you smoke can still put you at a high risk for heart disease. Young adults often believe that smoking just one cigarette a day leaves them safer, and often don't even consider themselves smokers. But that one cigarette a day can still be just as deadly. Men who were in this group still had as much risk for heart disease as a heavy smoker, and 41% increased risk of stroke. Women in this cohort also had a higher risk for heart disease and 34% increased risk of stroke. Experts say it's better to quit than reduce the amount you smoke.

Link: [One Cigarette a Day](#)

## PREVENTION AWARENESS

### Concealing Secrets: An Interactive Mobile Bedroom Kit:

We are currently booking our Concealing Secrets Interactive Bedroom Kit! If your school or agency is interested in having the Concealing Secrets Bedroom Kit for parents, faculty and/or community please call CFLR. If you would still like to experience the bedroom kit but may not have enough participants, we are currently offering the presentation in our CFLR Utica office. If you are interested, please call us at 315.733.1709 to register!

### NCADD Helping Individuals and Families on the Road to Recovery:

In 1944, the National Council on Alcoholism and Drug Dependence (NCADD) was founded by Marty Mann. Since then there hasn't been any other organization that has helped more people recover from addiction. Last year, there were over 730,900 calls to the NCADD, wanting help for a family member, a friend or themselves. It has provided national and community based programs, including prevention, education and training programs, community awareness, advocacy and intervention.

Link: [NCADD Saving Lives](#)

### TV Shows Integrating Addiction and Support:

Recently popular TV shows have been making efforts to address alcohol and drug related abuse. Some believe they are presented in a more dramatic than accurate way. To name a couple of these shows: This is Us and 13 Reasons Why. While they may be seen as dramatic, these shows give an opportunity to educate and start a conversation about topics that can be uncomfortable to discuss.

Link: [Addressing Abuse and Addiction](#)

### Heavy Drinking Could Cause Dementia:

A new study has linked heavy drinking to dementia. Research has found that there is a three times greater of a risk for all types of dementia when heavy drinking is involved. Alcohol factored into 57% of the 57,000 cases of early onset dementia in this case study. Researchers suggest alcohol abuse screening and treatment can reduce the risk of alcohol related dementia.

Link: [Heavy Drinking Linked to Dementia](#)

CFLR, INC. VOLUNTEER  
 OPPORTUNITIES

### Compeer Program

**3/6/18:** The Tram - 1105  
 Lincoln Ave, Utica, NY  
 10:30-12 P.M.

**3/8/18:** Denny's  
 Restaurant - 200 S. James  
 St, Rome, NY  
 1-2:30 P.M.

**3/13/18:** The Tram - 1105  
 Lincoln Ave, Utica, NY  
 6:30-8 P.M.

**3/20/18:** CFLR - 502 Court  
 St., Suite 401, Utica, NY  
 11-12:30 P.M.

**3/27/18:** Vista Lanes - 550  
 Oriskany Blvd, Yorkville,  
 NY 6:30-8PM

CFLR, INC. MEETINGS

### Heroin and Opiate

### Educational Workgroup

The next meeting is on  
 March 8<sup>th</sup> from 10 A.M. to  
 11 A.M. If you are  
 interested in attending  
 please call or email Jodi  
 Warren, the Director of  
 Prevention Services.  
[jwarren@cflrinc.org](mailto:jwarren@cflrinc.org)  
 or 315.768.2643

CFLR, INC. ACTIVITIES

### Give It A Whirl

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  
 2-3 P.M. and 6-7 P.M.

## PREVENTION AWARENESS CONTINUED

### Opioid Use Affecting Pregnant and Parenting Women:

In 2016, there was a report of over 20,000 pregnant women who were using heroin or abusing pain relievers. The babies who were exposed to opioids prenatal are at risk of neonatal abstinence syndrome which are physical and neurobehavioral withdrawal signs. The Substance Abuse and Mental Health Services Administration is working hard to gather information for healthcare professionals to help mothers and infants with treating opioid use disorders. SAMHSA is putting together scenarios, to assist the provider of opioid use and the clinical steps available for treatment.

Link: [Treatment for Opioid Dependent Mothers](#)

### 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 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.**



## EDUCATION AWARENESS: STUDENT SCHOLARSHIP OPPORTUNITIES

### Students: Enter to Win a \$10,000 Scholarship!

Operation Prevention is doing a video challenge! Students can grab a couple of their friends and record themselves sending a message about the dangers of prescription opioid misuse! Be creative and send a 30-60 second Public Service Announcement! Prizes include: 1<sup>st</sup> Place- \$10,000 scholarship, 2<sup>nd</sup> Place- \$5,000 scholarship, 3<sup>rd</sup> Place- 1,000 scholarship and a People's Choice Prize- A trip to Quantico, VA for an exclusive tour and DEA training. **Enter by March 20<sup>th</sup>, 2018** for your chance to win. To learn more about this opportunity, click the link below.

[Video Challenge](#)

### Students: Live Más Scholarship

The Taco Bell Foundation has a Live Más Scholarship for the innovators, creators and dreamers! This scholarship is for those that do not fit into the "athletic" or "academic" category. For those that are 16-24 years old and think of themselves as an innovator, creator or dreamer enter for a chance to get \$5,000 up to \$25,000 scholarship. The application period began on January 15<sup>th</sup> and ends on March 18<sup>th</sup>.

Link: [Live Más Scholarship](#)