

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

Save The Date!

**CFLR's Annual Awareness
Breakfast**

When: April 21st

Where: Hart's Hill Inn

Time: 8AM-10AM

[BUY TICKETS HERE!](#)

NARCAN Training

When: 3rd Wednesday of
each month

Where: ACR Health 287
Genesee St, Utica, NY

For more information, please
contact ACR Health at
315.793.0661

AND

When: Last Wednesday of
every month

Where: Insight House 500
Whitesboro St. Utica, NY For
more information on Insight
House Narcan Trainings,
please call 315.724.5168

**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 Cortney Kleek at
315.768.2670

#YouMatter

March 2020

WHAT'S HAPPENING IN PREVENTION THIS MONTH?

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

Thursday: 8:30-9:00

Monthly Observances:

March is Problem Gambling Awareness Month

The goal is to increase public awareness of problem gambling and the availability of prevention treatment and recovery services.

A gambling problem can strain relationships, interfere with work and lead to many financial problems. Gambling addiction or a gambling problem is often associated with other behavior or mood disorders. To overcome gambling addiction it is important to address these underlying issues.

Signs and symptoms of gambling addiction include:

- Feel the need to be secretive about your gambling
- Have trouble controlling your gambling
- Gamble even when you don't have the money
- Have family and friends worried about you

If you or someone you know has a gambling problem, it is important to address this issue.

Quitting gambling isn't the hardest challenge but it is staying in recovery which is a true task.

National Kick Butts Day– March 20th

There are plenty of ways that you can get involved in National Kick Butts Day. Talking to your child about the dangers and consequences of smoking is one of those ways and can be extremely important. Informing children about the dangers of smoking early on can be beneficial because once an individual starts to smoke it is often hard to stop. Another way you can get involved is to organize an event in your community. National Kick Butts Day offers a list of preset activities you can organize within your community or group of friends. Each activity on the list has estimates of both cost and prep time which makes it easier to decide which event you want to choose from.

The goal of National Kick Butts Day is that people will kick cigarette butts everyday, not just on March 20th. With that being said, you can organize anti-smoking events on any other day and continue to actively promote the dangers and risks of smoking to children within your community.



CFLR, Inc. Classes

**Peer – Professional
Support Group**

When: First Tuesday of
each month

Where: CFLR, Utica

Time: 5:30-6:30PM

[FLYER](#)

Peer Skills Training

When: Tuesday's

Where: CFLR, Large
Training Room

Time: 4:15-5:15 PM

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

Family Support

**Navigation: Education
and Skills**

When: Tuesday's

Where: CFLR, Large
Training Room

Time: 5:15PM-6:15PM

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

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

CFLR's, IDP offers classes
in Rome and Utica 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
for further information.

Prevention Awareness

The Truth About Medical Marijuana

Medical marijuana has become legal in over 30 states. The use of this substance as a medical treatment has imposed several questions. First off, many people question if marijuana can really be used as medicine and the answer to this question is yes. Doctors may prescribe it in order to treat nausea during chemotherapy, tight muscles as a result of multiple sclerosis, as well as rare seizure disorders. Many people also question if medical marijuana can make you feel high and the answer to this is that it depends on what the substance contains. Marijuana contains over one hundred active chemicals. Medical Marijuana is similar to street marijuana in the sense that its active ingredient is THC which can cause euphoria, dizziness, dry mouth, and confusion. Possible side effects of CBD include nausea, sleepiness, and irritability. It is important to talk to your doctor about any side effects. Most people wonder if smoking medical marijuana can damage your lungs. The answer to this question is yes. Overtime the use of medical marijuana can lead to a chronic cough or bronchitis. More research is needed to see if use of this substance leads to lung cancer.

Medical marijuana can come in several different forms such as food products, oils, pills, and nasal sprays. The type that the individual needs depends on the condition that it is being used to treat so it is important to consult your doctor. Youth should not be using this substance as it may affect their brain development, a human brain does not stop developing until around 25 years old so if youth begin using the marijuana product prior this can harm the receptors in the brain. In turn this can cause a youth to make poor decisions and have trouble with impulse control as well as a variety of other inhibitions.

Link: [The Truth About Medical Marijuana](#)

"Is Vaping a Scourge on Your Skin?"

Evidence has shown there are several ways vaping can cause serious damage to one's skin. Between 2015 and 2017, 2,035 individuals were treated for electronic cigarette burn in United States emergency rooms. E-cigarettes which malfunction can overheat and either explode, or cause burns if touched. According to Dr. Kurt Ashack, "It could cause a pretty significant burn, where you lose at least the top layer of skin, if not more". Skin problems have also been reported amongst users due to the chemicals these products contain. Some users might be allergic to propylene glycol, which is used for a base in E-cigarettes or nickel which is found in the heating device. Allergic reactions from these chemicals can lead to rashes or swelling. These products also contain nicotine which increases the risk of skin cancer, slows the skin's ability to heal, and causes premature wrinkles. Dr. Kurt Ashack also reports that using E-Cigarettes decreases the immune system which can cause an overgrowth of bacteria and yeast within the mouth. This can lead to oral thrush (overgrowth of yeast in the mouth) and can cause white patches on the gums, tongue, and cheeks. Overall, individuals should avoid vaping since little is known about the chemicals these products contain and there is a significantly high amount of risks that come with using these products. Individuals who are trying to quit smoking often turn to vaping devices but it has been reported that they should rely on other products that are safer.

Link: ["Is Vaping a Scourge on your Skin?"](#)



CFLR, INC. VOLUNTEER OPPORTUNITIES

Compeer Program

Compeer Newsletter

The link above includes the times of all Compeer events.

Adult Compeer

03/10 Coffee Club

Where: Denny's, Utica

03/13 Movie Night

Where: Marquee Cinemas, New Hartford

03/20 Coffee Club

Where: Denny's, Rome

Oneida County Youth Events

03/09 Movie Night

Where: Marquee Cinema, New Hartford

03/25 Craft Club

Where: CFLR, Utica

Herkimer County Youth Events

03/06 Movie Night

Where: Valley Cinema, Little Falls

03/25 Bowling Night

Where: State Bowling Center, Ilion

Family Compeer

03/17 St. Patrick's Day Potluck

Where: CFLR, Utica

03/25 Pinz Game Night

Where: Sangertown Mall, New Hartford

CFLR, INC. ACTIVITIES

HOPE Events

Monday events **Our Savior Lutheran Church** in Utica

Tuesday events **Utica CFLR**

Calendar HERE!!!

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 Brandi Lyons, Compeer Specialist at 315.768.2661.

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 Erin Wiggins, Peer Advocate at 315.768.2657 or by email ewiggins@cflrinc.org.

Oneida County Suicide Coalition Their mission is: Awareness, Educate, Prevent, Support. They come together once a month to get involved in the 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 the community about the prevalence of suicide. The Coalition meets on the first Wednesday of every month at 8:30 AM– 9:30AM 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 Prevention Lifeline at **1.800.273.TALK, (8255) #YouMatter**.

What Leads To 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. 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. These 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)**.

Link: [Signs and Symptoms](#)

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](#)

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 Unit 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.

