

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

**THE HOPEFUL MINUTE  
PODCAST:**

We are excited to launch our Hopeful Minute Series! Join the Center for Family Life & Recovery Team to talk about positive stories, health, & wellness, prevention, recovery and more!

#CFLRSupportingFamilies  
OfferingHope

For more information and access to podcasts, visit our website [HERE](#)

**PODCASTS**

2/23: Children's Mental Health Awareness Week

**VIRTUAL NARCAN  
TRAININGS**

**CFLR Narcan Trainings**

**When:** Every other  
Wednesday

**Time:** 11 AM

For more information please contact Heather

Youda with CFLR at  
315.768.2663

**FLYER HERE**

**National Drug and Alcohol  
Facts Week Jeopardy**

Test your knowledge on drugs and alcohol and join us for NDAFW Jeopardy!

**When:** March 22nd

**Time:** 4:00 PM-5:30 PM

**[FLYER HERE](#)**

# Prevention Awareness Newsletter

## March 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  
Thursday: 8:30-9:00

**Problem Gambling Awareness Month:**

Problem Gambling Awareness Month, a grassroots public awareness and outreach campaign's goal is to educate the general public and healthcare professionals about the warning signs of problem gambling and to raise awareness about the help that is available both locally and nationally.

\*For more information on Problem Gambling information, visit page 6.



**PROBLEM GAMBLING  
AWARENESS MONTH**  
→ AWARENESS • ACTION

**National Drug and Alcohol Facts Week (March 22-28):**

National Drug and Alcohol Facts Week, aimed at teenagers, starts March 22. The goal of the week is to dispel myths about drug and alcohol use. According to research from the Centers for Disease Control, two-thirds of U.S. students have tried alcohol by 12th grade. National Drug and Alcohol Facts Week attempts to inform teens about the impact and risk of substance abuse.



**National Developmental Disabilities Awareness Month:**

The month of March is recognized as National Developmental Disabilities Awareness Month, an opportunity to promote respect for people with intellectual and developmental disabilities (I/DD). The purpose of the national recognition is also to raise awareness and educate others about the challenges and triumphs facing individuals with I/DD and their families. In 1987, President Ronald Reagan proclaimed March Developmental Disabilities Awareness Month.

**Kick Butts Day (March 20th):**

National Kick Butts Day is a day of anti-smoking activism. Teachers, kids, youth leaders, and health advocates all participate! They come together and organize events that raise awareness of the problem of tobacco use in their communities, encourage kids to stay tobacco-free, and try to get anti-tobacco legislation passed. The day is organized by The Campaign for Tobacco-Free Kids, and it was first held in 1996.

**Brain Injury Awareness Month:**

Brain Injury Awareness Month, observed each March, was established 3 decades ago to educate the public about the incidence of brain injury and the needs of persons with brain injuries and their families. Brain Injury Awareness Month is an opportunity to encourage broader implementation of evidence-based practices to reduce pediatric TBIs and their sequelae.



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

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

**When:** Every other  
Tuesday starting December  
1st

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

[Zoom Link](#)

**RECOVERY EVENTS**

March Hope Events:

[Katie's In-person HOPE  
Events](#)

[Tim's HOPE Events](#)

For more information  
about HOPE events please  
contact Erin Wiggins at  
315.768.2657 or at [Erin.Wiggins@cflrinc.org](mailto:Erin.Wiggins@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:**

“Oftentimes, especially  
during my recovery, I didn't  
need to think about  
everything I was doing  
wrong; instead, I needed to  
focus more on what I was  
doing right—and then do  
more of the right stuff. I  
needed to live more in the  
solution.”

-Jenni Schaefer

**Study Find People With Schizophrenia Have Increased Risk of Dying from COVID-19**

A newly published study based on data from a 2020 peak period of the pandemic in New York City indicates that people previously diagnosed with schizophrenia or a schizophrenia spectrum disorder who contracted a COVID-19 infection had a significantly increased risk of mortality. Specifically, their risk of death from COVID within 45 days of infection was 2.7 times the risk in people without a psychiatric diagnosis who contracted COVID.

**Link:** [Schizophrenia & COVID-19](#)

**How Alcohol Can Affect Your Body**

Alcohol can have many adverse affects on the body. Alcohol starts to alter your brain about 30 seconds after you drink it. the following affects are a few of many adverse impacts associated with drinking alcohol and the body:

- Slower reflexes
- Changes in mood and balance
- Damage to long term memory
- Damage to your liver
- Damaged quality of sleep
- Increased risk of alcohol induced Pancreatitis and Diabetes
- Hearing loss
- Inhibited immune system
- And many more

**Link:** [Alcohol's Affect](#)

**Methamphetamine Overdoses Rise Sharply Nationwide**

Methamphetamine overdose deaths surged in an eight-year period in the United States, according to a study published in *JAMA Psychiatry*. The analysis revealed rapid rises across all racial and ethnic groups, but American Indians and Alaska Natives had the highest death rates overall. The research was conducted at the National Institute on Drug Abuse (NIDA), part of the National Institutes of Health. The findings highlight the urgent need to develop culturally tailored, gender-specific prevention and treatment strategies for methamphetamine use disorder to meet the unique needs of those who are most vulnerable to the growing overdose crisis. Long-term decreased access to education, high rates of poverty and discrimination in the delivery of health services are among factors thought to contribute to health disparities for American Indians and Alaska Natives.

**Link:** [Methamphetamine Overdoses](#)

**Buying Drugs Online– What You Should Know & How to Protect Your Kids**

Drugs have become more accessible than ever to youth online. Today, it is not difficult for teens to buy drugs online without the knowledge of their parents. Many do so through utilization of social media, the “dark web” where they can use virtual currency anonymously and more. As a parent or caregiver, there are several ways you can protect your children and prevent them from purchasing drugs online.

- Keep the communication lines open
- Make sure they know the consequences
- Check out their “searches” (if you suspect drug use)
- Monitor their delivered packages (if you suspect drug use)

**Link:** [How to Protect Your Children From Buying Drugs Online](#)

**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. In person activities are limited to 10 people so be sure to RSVP with Kerina Herard at 315.768.2655*

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

**For more information on Compeer contact Kerina Herard!**

**Prevention Awareness**

**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**

**Carfentanil Advisory**

The Overdose Response Team received a report of 3 confirmed reports of Carfentanil in local drug screenings. Carfentanil is a synthetic opioid; it is a white and powdery substance similar in appearance to cocaine or heroin and is 10,000 times more potent than morphine and 100 times more potent than fentanyl. It is a powerful drug that poses a threat to those who touch it even accidentally and can cause an individual to overdose quickly. Multiple doses of the anti-overdose drug Narcan, may not be effective. Individuals exposed to Carfentanil, can experience dizziness, clammy skin, shallow breathing, heart failure and more.

**Link: [Teens Are Getting Hooked on Leftover Prescription Meds](#)**

**\*\*\*\*If you would like to be Narcan trained please contact Heather Youda at 315-768-2663 or by email at [hyouda@cflrinc.org](mailto:hyouda@cflrinc.org) for more information on Narcan Trainings.**

**SAMHSA'S "Talk. They Hear You" App**

SAMHSA's "Talk. They Hear You." is an app which is helping parents start the important conversation about the dangers of alcohol. The app features an interactive simulation to help parents learn the do's and don'ts of talking to kids about underage drinking. Through the use of avatars, the app takes you through multiple scenarios including: the practice bringing up the topic of alcohol, learning the questions to ask and getting ideas to keep the conversation active. Learn more by using the link below.

**Link: [Talk. They Hear You](#)**

**NEW from SAMHSA An App Will Help People Who Have Serious Mental Illness To Develop A Crisis Plan**

SAMHSA released a mobile app, "My Mental Health Crisis Plan" this allows individuals with a serious mental illness to create a crisis plan. The app provides an easy, step-by-step process for individuals to create and share a psychiatric advance directive. It allows the individual to state their treatment preferences, hospital preferences, doctor and other mental health preferences. As well as, allows the individual to identify their healthcare proxy and/or power of attorney, emergency contacts and the ability to share the plan with others. For more information check out the link below.

**Link: [SAMHSA APP Press Announcement](#) [My Mental Health Crisis Plan](#)**

**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**

Covid19 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 @ [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 Kerina Herard @ [kherard@cflrinc.org](mailto:kherard@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 Kerina Herard @ [kherard@cflrinc.org](mailto:kherard@cflrinc.org)

**#OneDecision #YouMatter**



**CRISIS TEXT LINE |**

**Text HELLO to 741741**  
Free, 24/7, Confidential



## Prevention Highlights

### *Problem Gambling Awareness*

#### **GAMBLING IS FUN.... WHAT'S ALL THE WORRY ABOUT?**

*Gambling means to risk something of value on a chance, in the hopes of receiving something of greater value in return. For many, gambling is not a problem. However, it can lead to problems, for some. Simply said, problem gambling is anytime gambling causes a problem in your life. Problem gambling can potentially damage relationships with your family, friends, school, or work and can also, mimic other addictions. We often refer to problem gambling as the "hidden addiction" because there aren't any outward signs to "test for," so it can be easily covered up. Problem gambling can affect anyone at any time in their life including youth, college students, adults, and seniors. It can also deeply affect the family, friends and loved ones of those struggling with gambling.*

*March is Problem Gambling Awareness Month (PGAM). Prevention is an integral piece in helping to keep our communities safe from problem gambling. It is important to prevent gambling from becoming problem gambling, to prevent problems from getting worse during treatment and to prevent relapse while in recovery from gambling addiction. Prevention is the component that connects all steps along the way to keep our communities safe from problem gambling.*

*The Central Problem Gambling Resource Center (CPGRC) is a program of the New York Council on Problem Gambling and has been working to increase the awareness of problem gambling. We connect those negatively affected by their gambling to the care and services they need. The CPGRC provides referral and treatment options to individuals and their families. We also, provide groups, families and organizations who want to learn more about this with education and resources. The CPGRC works with a network of qualified clinicians, trained in problem gambling to provide treatment to anyone seeking help. The best part about our network is we believe that there is NO BARRIES to getting help. The big deal with gambling is that it can turn into a problem.*

*- Elizabeth Toomey*

*Team Leader, Central Problem Gambling Resource Center*

#### **Problem Gambling Facts :**

- Nearly 668,000 adults in NYS are struggling with a gambling problem.
- Almost 75% of people diagnosed with a gambling disorder also had an alcohol use disorder
- Close to 40% of people diagnosed with a gambling disorder also had a drug use disorder.
- About 50 percent of those struggling with a gambling problem have either thought about or attempted suicide.
- 1 in 5 has problem gamblers have attempted and/or died by suicide

#### **The Central Problem Gambling Resource Center:**

The Central Problem Gambling Resource Center (CPGRC) is a program of the New York Council on Problem Gambling and has been working to increase the awareness of problem gambling. We connect those negatively affected by their gambling to the care and services they need. The CPGRC provides referral and treatment options to individuals and their families. We also, provide groups, families and organizations who want to learn more about this with education and resources. The CPGRC works with a network of qualified clinicians, trained in problem gambling to provide treatment to anyone seeking help. The best part about our network is we believe that there is NO BARRIES to getting help.

**\*If you or someone you care about is experiencing problems due to gambling, call the Central PGRC (Problem Gambling Resource Centers) at (315) 413-4676 or or email us at [CentralPGRC@NYProblemGambling.org](mailto:CentralPGRC@NYProblemGambling.org). You can also visit the website at [www.NYProblemGamblingHELP.org](http://www.NYProblemGamblingHELP.org)**

**\*\*Should you be interested in resources or educational information sessions or training email: [etoomey@NYProblemGambling.org](mailto:etoomey@NYProblemGambling.org)**

## **Free and Informative Webinars**

### **Strategies for Prevention Sustainability Series Session 1: Sustaining Your Successes**

March 4th, 2021 @2:30pm

Determining how to maintain your effective prevention efforts and positive outcomes are critical activities for substance misuse prevention professionals. But, it is not always clear what should be sustained and it can be even more challenging to figure out how to go about doing it. Research on sustainability has identified securing resources, implementing effective processes, and building organizational and community capacity as necessary conditions for affecting positive and lasting community change. And, meaningful engagement of a variety of partners, through strategic relationship building that includes efforts beyond the 'usual suspects', is the connective tissue enabling us to carry out our work in increasingly equitable and sustainable ways.

Link: [Register](#)

### **Southeast PTTC Prevention & Equity Summit 2021**

March 5th, 2021 @8:45am-1:20pm

Join us for the FREE virtual Southeast Regional Summit on Prevention and Equity. Folks interested in prevention will come together to learn from peers, prevention & public health professionals, researchers, and government officials. This summit was developed in response to a need identified in Region 4 to provide professionals in Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina and Tennessee the opportunity to examine the Implications and challenges of advancing both equity and substance misuse prevention and share best practices and lessons learned. The summit will feature panelists and presenters with expertise in Appalachian and rural communities, Native American, LGBTQ and African American communities. Don't miss this exciting learning opportunity.

Link: [Register](#)

### **CBD 101 for Prevention Professionals HHS Region 1**

March 9th, 2021 @ 1:00– 2:00pm

Unsure of what CBD is and how it is related to cannabis and THC? In this webinar, Dr. Karen Simone will review the differences between CBD, THC and cannabis, what is the evidence for clinical use of CBD and how prescription CBD differs from commercially available CBD products. As state policies on cannabis and related products continue to evolve, it is important for prevention professionals to stay aware of what products exist and how they are used.

Link: [Register](#)

### **Supporting Teachers in Nature-Based Programs**

March 10, 2021 @2:00– 3:30pm

Supporting teachers, children, and families in nature-based requires offering a depth of pedagogical and administrative leadership as well as frequent and clear communication and opportunities for dialogue. Join Sheila Williams Ridge, Author of "Nature-Based Learning for Young Children", and Sarah Sivright, to discuss how to balance the needs of children, families, and staff in creating policies and procedures to lead during a time of crisis and beyond. Whether you are considering increasing your outdoor learning as an option to keep children safe and healthy during the COVID-19 pandemic or to meet the developmental needs of the children, this webinar will parse the role of administrators in nature-based learning environments.

Link: [Register](#)

## **Free and Informative Webinars**

### **Understanding and Addressing the Social Determinants of Health in Prevention**

March 10th, 2021 @ 1:00-2:30pm

The aspects of life that influence a person's health, including their likelihood of engaging in risky behavior such as substance use, are numerous and varied. They range from very immediate, personal characteristics all the way up to overarching societal trends and conditions. The Social Determinants of Health are these larger social or environmental aspects that influence us, such as the economic status of the neighborhoods in which we live, our access to quality health care services, and the amount of discrimination we face. This webinar will introduce and discuss the social determinants of health in greater detail and explain which aspects have been found to be significantly linked to substance use. It will also discuss how we can follow a public health approach to prevention and how we can use environmental strategies to address them.

Link: [Register](#)

### **Strategies for Prevention Sustainability Series Session 2: Leveraging Partnerships for Sustainability**

March 11, 2021 @2:30pm

Determining how to maintain your effective prevention efforts and positive outcomes are critical activities for substance misuse prevention professionals. But, it is not always clear what should be sustained and it can be even more challenging to figure out how to go about doing it. Research on sustainability has identified securing resources, implementing effective processes, and building organizational and community capacity as necessary conditions for affecting positive and lasting community change. And, meaningful engagement of a variety of partners, through strategic relationship building that includes efforts beyond the usual suspects', is the connective tissue enabling us to carry out our work in increasingly equitable and sustainable ways.

Link: [Register](#)

### **Getting to Know the Problem Gambling Councils in New England HHS Region 1**

March 17th, 2021 @ 1:00pm

In recognition of Problem Gambling Awareness Month, the New England PTTC is hosting a panel of representatives from problem gambling councils in New England. These councils provide a variety of problem gambling services in their states, including programs and services aimed at preventing problem gambling. Join us for this engaging panel, to learn about the councils' programs and services and the opportunities for professionals in the substance use prevention field to collaborate with the problem gambling field.

Link: [Register](#)

### **Problem Gambling Prevention: The Facts, Using Public Health Models, and Integrating Programming with Substance Misuse Prevention**

March 24, 2021 @1:00-2:00pm

March is Problem Gambling Awareness Month. With the legalization of sports betting in mid-Atlantic states as well as increased internet gambling due to COVID-19 restrictions, gambling has never been more accessible to youth and adults. Basic facts on youth and adult gambling will be discussed with emphasis on data from MD, DC, WV, DE, PA, and VA. Public health models will be used to show how problem gambling can be prevented and integrated with alcohol and substance misuse prevention programming.

Link: [Register](#)