

# Prevention Awareness

## Oneida County Prevention Council Bulletin

### Contact Us

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Utica, New York, 13502

### Office Hours

Monday – Friday, 8:30AM to 4:00PM

### Website

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



With the fresh airs of spring just around the corner let's take a minute to recognize a few of March's days of awareness.

Starting off the month is ***Self-injury Awareness Day on March 1<sup>st</sup>, 2017.***

**What it is:** A day to bring to light the number of individuals who engage in self-injurious behaviors or the act of inflicting pain or non-suicidal injury upon oneself to deal with emotional pain, intense anger or frustration. Although this behavior often begins during adolescent years it can be carried into adulthood if left unaddressed.

**What can you do:** The best way to address this is to be an active listener, respond in a non-reactive way and encourage the individual to seek the appropriate professional help.

Next is ***Kick Butts Day on March 15<sup>th</sup>, 2017.***

**What it is:** A day to recognize a youth driven campaign encouraging communities to fight back against Big Tobacco companies targeting youth and to ultimately decrease the prevalence of tobacco use.

**What can you do:** Any individual can start a campaign in their community to combat deceptive marketing, increase awareness of the problems caused by tobacco use, and to encourage officials in the area to support the protection of youth from Big Tobacco. More information can be found at <http://www.kickbuttsday.org/>

Wrapping up the month is ***Bipolar Day on March 30<sup>th</sup>, 2017.***

**What it is:** A day to raise awareness of Bipolar disorder, a diagnosed mental health disorder characterized by episodes of depression and/or mania.

**What can you do:** The best way to assist an individual dealing with the symptoms of bipolar is to show them support, work towards alleviating some stress from their lives, and encourage them to seek the appropriate professional help.

### *Did you know?*

- 90% of individuals that engage in self-injurious behaviors begin during teen/preadolescent years.
- Females account for 60% of the individuals that engage in self-injurious behaviors.
- 9 out of 10 cigarette smokers first tried smoking by the age of 18.
- An equal number of men and women suffer from bipolar, it's found in all races, ages, ethnic groups and social classes.

If you are interested in learning more about how you can get involved with Oneida County Communities that Care Coalition, have any questions, or are interested in prevention services please contact Jodi Warren, Prevention Coordinator, at [jwarren@cflrinc.org](mailto:jwarren@cflrinc.org) or by calling 315-768-2643.