

CFLR, INC. TRAININGS,
PRESENTATIONS AND
EVENTS

SAVE THE DATE:

**2019 Tim Foley Recovery
Classic Golf Tournament**

Where: 2965 Hayes Rd.
West Boonville, NY

When: September 15,
2019

Call for more
information:
315-733-1709

NARCAN Training

These event are hosted by
ARC Health, and will take
place at CFLR, Utica.

When: May 9th

Time: 9-10 AM

When: May 17th

Time: 12-1 PM

AND

When: 3rd Wednesday of
each month

Where: ACR Health 287
Genesee St, Utica, NY

AND

When: Last Wednesday of
every month

Where: Insight House 500
Whitesboro St. Utica, NY

For more information on
Insight House Narcan
Trainings, please contact
Insight House at
315.724.5168

**Suicide Prevention
Coalition Meeting**

When: The first
Wednesday of each month

Where: CFLR, Utica

Time: 8:30 AM

For more information
contact Alisa Ferraro at
315.768.2644.

MAY 2019

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

FAX: (315) 733-1789

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

National Prevention Week is May 12th– 18th

National Prevention Week was created by the Substance Abuse and Mental Health Services Administration (SAMHSA) there are three primary goals of National Prevention Week which are, involving communities, partner engagement, and resource sharing. We urge the community to raise awareness about behavioral health issues, implement prevention strategies, and to show-case the effectiveness of evidence based programs.

National Prevention week is held during the third week of May every year. It is important for school, communities and prevention professionals to focus on prevention. Studies show that youth and college students most often use substances for the first time during June or July. National Prevention Week is to celebrate and promote a year's worth of prevention efforts, as well as get involved in prevention efforts in your own community.

Throughout a child's life, there are many different transitional periods. The social transitions are a risk factor for youth substance use, for example moving from middle school into high school. Youth might meet new students and/or change friend groups. This is where substance use can begin. National Prevention Week is an opportunity to get involved to strengthen the community, school and family bonds that protect young people from substance use.

This year's theme is "Action Today, Healthier Tomorrow."

Each Day has a unique theme.

May 13th: Preventing Prescription and Opioid Drug Misuse

May 14th: Preventing Underage Drinking and Alcohol Misuse

May 15th: Preventing Illicit Drug Use and Youth Marijuana Use

May 16th: Preventing Youth Tobacco Use

May 17th: Preventing Suicide

National Prevention Week "Challenge"

This years National Prevention Week is **May 12th-18th**. Every year SAMHSA provides a challenge to bring awareness to prevention. This years challenge is the post your **#PreventionChampion**. Your Prevention Champion is a person, activity, program, or organization that inspires others to take prevention actions every day that change lives and create healthier futures for ourselves and our communities. The challenge is to take a photo or video of your Prevention Champion, include one word that best describes them, how they inspire you to take action to live a healthier lifestyle. Finally, share your photo or video on social media using the hashtags **#PreventionChampion** and **#NWP2019** by the end of May 2019! Help bring awareness about prevention and shine a light on someone or something that has made a positive difference and impact.



CFLR, INC. TRAININGS, PRESENTATIONS AND EVENTS

CNY Prevention Conference

When: May 10th, 2019

Time: 8 A.M.-3:00 P.M.

Where: Double Tree
Hotel, 6301 NY- 298, East
Syracuse, NY 13507

Cost: \$100 per person

[Register [HERE!](#)]

**REGISTRATION CLOSES
MAY 2ND!**

Dr. Stephen Glatt is the keynote speaker. There will be a number of sessions offered throughout the day. For information, email:

Janna Keefe [HERE](#)

Monica Richardson [HERE](#)

CFLR's Director of Prevention Services, Jodi Warren will be collaborating with Oneida County Sheriff Robert Maciol on prevention efforts in Oneida County.

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 for further information.

Family Support Group

When: Thursday's

Where: CFLR, Utica

Time: 6-7PM

For more information contact Ambi Daniel at 315.768.2665

Prevention News

May is Mental Health Awareness Month

Mental Health Awareness Month

This month is to bring education and awareness to Mental Health and lessen the stigma. This year will be the 70th Mental Health Awareness month. Every year on the second Monday of May kicks off Mental Health Awareness week. This year's ***Mental Health Awareness Week is May 13th-19th***. It is important to discuss mental health, and why it's important to take care of your mental well being.

Link: [Mental Health Awareness Week 2019](#)

How to Deal with Stress and Anxiety

Stress and anxiety can greatly impact our daily functioning, and that is why it is important to know how to deal with and handle stress or anxiety. First focus on your mind, remind yourself and accept that you cannot control everything. Putting our stress in perspective will help us understand it may not be as bad as we think. It's also important to remind yourself that you are doing your best; it is unrealistic to aim for perfection, so instead focus on how far you have come. Maintain a positive attitude and learn to replace negative thoughts with positive ones. Finally, learn to understand what triggers your anxiety or stress. This can help lessen and prevent the onset of anxiety occurring.

Next, focus on your body. A healthy body is a happy body. Focusing on our bodies to limit stress or anxiety may include limiting the use of alcohol and caffeine, eating well-balanced meals, getting enough sleep, and exercising daily. All of these will help our bodies function properly and can even help reduce stress and anxiety.

Finally, here is how to take action when you start to feel stressed or anxious. First, take a deep breaths and slowly count to 10. This will give you time to calm down and think about why you are feeling stressed or anxious. Take a time out, meaning give time to yourself, do what you enjoy. This may include meditating, listening to music, exercising, whatever it is that helps you clear your mind. Finally, talk to someone. It is okay to talk to someone about how you are feeling, it is important to reach out for help when feeling overwhelmed.

Link: [How To Deal With Stress and Anxiety](#)

FDA Reports of Seizures After Using E-Cigarettes

The FDA has become aware of youth experiencing seizures after using a e-cigarettes. Seizures or convulsions may occur as a side effect of nicotine toxicity. These seizures are caused by intentional or accidental swallowing of e-liquid. This has become a safety issue and the FDA is continuing to monitor the seriousness. Seizures are a result of abnormal electrical activity in the brain and are associated with convulsions in which a person's body shakes uncontrollably. If you think a person is having a seizure, seek immediate medical help by calling 911.

Link: [Vaping Causing Seizures](#)

FDA Moves to Restrict Flavored E-Cigarette Sales to Teenagers

The FDA is cracking down on e-cigarettes, banning the sale of flavored e-cigarette fluid. Evidence shows that the enticing flavors are attracting under age youth to purchase e-cigarettes. Vaping by teens has increased dramatically in the last few years. A study by the CDC suggests, 3.6 million middle and high school students admitted to vaping in the past year. The FDA proposal calls for retailers to wall off areas where the products can be sold, this pertains to stores that allow under age customers. These flavor restrictions only apply to flavored e-cigarette fluid, which doesn't include menthol, mint or tobacco flavors, which the FDA wants to keep available for adults as a smoking cessation. The FDA says this is not a voluntary guideline, if the products are sold in violation of their request, they can be taken off the market.

Link: [FDA Moves to Restrict Flavored E-Cigarette Sales to Teenagers](#)

CFLR, INC. VOLUNTEER OPPORTUNITIES

Compeer Program

Coffee Club

When: May 7th

Where: CFLR, Utica

Time: 1-2:30 PM

Give It A Whirl

Art Effects

When: May 2nd

Where: Neighborhood Center 199 W. Dominick St #2 Rome, NY

Time: 1:30-2:30 PM

Clothespin Frames

When: May 6th

Where: 107 E. Chestnut St. #104 Rome, NY

Time: 1-2 PM

When: May 9th

Where: Neighborhood Center 199 W. Dominick St #2 Rome, NY

Time: 1-2PM

CrockPot Cooking

When: May 13th

Where: Neighborhood Center 199 W. Dominick St #2 Rome, NY

Time: 1:30-2:30 PM

When: May 16th

Where: 107 E. Chestnut St. #104 Rome, NY

Time: 1-2 PM

Honor A Soldier

When: May 20th

Where: Neighborhood Center 199 W. Dominick St #2 Rome, NY

Time: 1:30-2:30 PM

When: May 23rd

Where: 107 E. Chestnut St. #104 Rome, NY

Time: 1-2 PM

For more information on events contact Susan Koslosky at 315.768.2677

Xanax Bars and Teen Drug Abuse

Xanax is an anti-anxiety drug that has evolved into a dangerous party drug for some high school and college aged young adults. This powerful, fast acting and addictive benzodiazepine has a calming affect on the central nervous system. Misusing benzodiazepines including Xanax, Valium, Klonopin, and Ativan, can lead to memory loss and blackouts. This class of prescription drugs mixed with alcohol and other drugs can result in a fatal overdose. Side effects include depression, confusion, drowsiness, impaired coordination and more. Addiction is treatable; if you or someone you know is suffering from addiction, there is help available.

Link: [Xanax Bars and Teen Drug Abuse](#)

Hooked on Hookah

There has been a growth in the popularity of hookahs and hookah bars over the past few years. The increased popularity has been among high school and college aged students. In the past decade, 2,000 to 3,000 new hookah cafés opened in the United States, the Centers for Disease Control and Prevention estimated. A hookah is a water pipe with a single or multi-stem system used for smoking and vaporizing flavored tobacco, called shisha. Smoking hookah is a social activity among young adults. It is commonly misconceived that a hookah's water pipe filters out harmful chemicals and carcinogens, the harmful chemical's in tobacco do not get filtered out in hookah.

Link: [Hooked on Hookah](#)

One Alcoholic Drink a Day Can Raise Risk of Stroke

A new study claims that drinking one or two glasses of alcohol per day can increase your chances of having a stroke. This contradicts previous claims that moderate drinking could prevent strokes and other diseases and conditions. One to two drinks per day increased stroke risk by 10 percent to 15 percent and that 4 drinks per day increased a persons risk of stroke by 35 percent, researchers found. Tim Chico, professor of cardiovascular medicine at the University of Sheffield stated, "Although it has previously been suggested moderate alcohol intake may reduce risk of stroke or heart disease, this new study adds to recent evidence that finds no protective effect at even low levels of intake"

Link: [Even One Alcoholic Drink a Day Can Raise Risk of Stroke](#)

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.

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 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.

