

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

**THE HOPEFUL MINUTE
 PODCAST:**

For more information and access to podcasts, visit page 6 of the newsletter and visit our website [HERE](#)

PODCASTS

Thursdays at 4:00pm!

4/1: Alcohol Awareness Month

4/8: ICAN Street Outreach

4/13: National Counseling Month

4/22: National Day of Action

VIRTUAL NARCAN TRAININGS

CFLR Narcan Trainings

When: April 9th, 2021

Time: 9 AM

For more information please contact Heather Youda with CFLR at 315.768.2663

FLYER HERE

2021 CNY Prevention Conference

When: May 7th, 2021

Time: 9:00AM -2:00 PM

Register

Prevention Awareness Newsletter

May 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

National Prevention Week (SAMHSA) May 9- 15, 2021:

National Prevention Week (NPW) is a public education platform that promotes prevention year-round through providing ideas, capacity building, tools, and resources to help individuals and communities make substance use prevention happen every day. NPW culminates in May recognizing the important work that has been done in communities throughout the year to inspire action and prevent substance use and mental disorders. This is an opportunity for communities and organizations across the country to come together to raise awareness about the importance of substance use prevention and positive mental health. Stay tuned for CFLR's Hopeful Minute podcast during National Prevention Week to hear from our local prevention supports!



Mental Health Month:

Since 1949, Mental Health America and affiliates across the country have observed May as Mental Health Month. A theme is selected each year and 2021's theme is Tool's 2 Thrive which will provide practical tools that everyone can use to improve their mental health and increase their resiliency regardless of their personal situation.



SAMHSA National Children's Mental Health Awareness Day 5/7

National Children's Mental Health Awareness Day spotlights the importance of caring for every child's mental health and to reinforce the message that positive mental health is essential to a child's healthy development. The purpose of Awareness Day is to increase public awareness about the needs of children with serious mental illness (SMI) and severe emotional disturbance (SED) and their families, provide information on evidence-based practices, and encourage those who need help to seek treatment.

World No Tobacco Day: 5/31

The World Health Organization created World No Tobacco Day in 1987 to draw global attention to the tobacco epidemic and the preventable death and disease it causes. This yearly celebration informs the public on the dangers of using tobacco, the business practices of tobacco companies, what WHO is doing to fight the tobacco epidemic, and what people around the world can do to claim their right to health and healthy living and to protect future generations.



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

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

When: Every other
Tuesday

Time: 6:00 to 7:30 PM

Link

RECOVERY EVENTS

May Hope Events

For more information
about HOPE events please
contact Erin Wiggins at
315.768.2657 or at
Ewiggins@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:

“You may suffer many
defeats in this life, but you
will not be defeated, you
will rise after each trial
stronger & wiser.”

Could Opioid Crisis Mean More Strokes for Americans?

A medical center in Ohio has seen a sharp rise in heart infections and strokes related to IV drug abuse. Researchers found that between 2014 and 2018, their hospital saw a 630% increase in infectious endocarditis related to IV drug use. Infectious endocarditis occurs when bacteria settle into the heart's lining, often on the valves that keep blood moving through the heart. The infection can have various sources, but IV drug users are at increased risk because bacteria from contaminated injection equipment can get into the bloodstream. Infectious endocarditis is just one of the potential consequences. Every day, an average of 130 Americans die of an opioid overdose, according to the U.S. National Institute on Drug Abuse.

Parents With Kids in Virtual School are More Stressed, Some Use Drugs and Alcohol to Cope

The CDC has scientific evidence to show virtual schooling has taken a real physical and emotional toll on students. Increased rates of stress among parents of children attending school virtually due to the pandemic is driving some parents to drugs and alcohol to cope. CDC findings suggest that virtual learning “might present more risks than in-person instruction related to child and parental mental and emotional health and some health-supporting behaviors.” The CDC surveyed 1,290 parents or legal guardians of school-age children up to age 12 between October and November. 46.6% of all parents reported increased levels of stress, 16.5% said they were using more drugs or alcohol and 17.7% said they had trouble sleeping.

High schoolers who misuse prescription opioids are at higher risk for suicidal behaviors

A study published in Pediatrics indicated that about one of every three high school students said they were misusing prescription opioids. Previously, researchers have reported that young people who had misused prescription opioids at any point were at higher risk for suicidality, which the American Psychological Association defines as the “risk of suicide, usually indicated by suicidal ideation or intent” and a detailed plan to carry it out. The study used data from more than 13,600 US high schoolers responses in the 2019 Youth Risk Behavior Survey from the CDC. About 7.4% of students reported they had misused prescription opioids at least once before, while 7.2% reported misuse once or more within the last month.

No Global Increase in Suicides During Early Months of COVID

Analysis of preliminary data has indicated deaths from suicide either remained the same or dropped in the first few months of the COVID-19 pandemic. 21 high and upper-middle income countries demonstrated this trend including a handful of American states. In 12 countries, there was statistical evidence of a decrease from what was expected based on pre-pandemic years including in California, Illinois, and Texas in the U.S., New South Wales, Australia, Alberta and British Columbia, Canada, Chile, Leipzig, Germany; Japan, New Zealand, South Korea and Ecuador.

Doctors Should Talk to Patients about Firearm Injury Prevention

A lack of education from health care workers to patients about firearm injury prevention has been a major issue. In many health care settings, questions and counseling about firearm safety continue to be taboo and fall well outside the umbrella of “routine care,” being reserved for high-risk patients such as those who are suicidal or with perceived risk. Targeted screening can introduce a significant amount of bias, judgment and stigmatization, which in itself hinders the ability to normalize conversations about firearm safety. Firearm injury remains one of our nation’s leading unsolved public health crises, resulting in nearly 40,000 deaths yearly and hundreds of nonfatal firearm injuries daily.

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

Link: CFLR, Inc.'s Prevention Services

EAP

Covid-19 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 at 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 at 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 at kherard@cflrinc.org

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

Mental Health During COVID-19

During this pandemic of COVID-19, many states are seeing an increase in suicide rates. It is important to know the signs and symptoms to be able to prevent 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.

National Suicide Prevention Lifeline at 1.800.273.TALK, (8255).

Useful Links:

[CDC COVID-19 Facts](#)

[NYS Office of Mental Health: Managing Anxiety](#)

[SAMHSA: Coping with Stress](#)

[Coronavirus WKTU](#)

[My Mental Health Crisis Plan](#)

[Talk. They Hear You](#)

Educational Links:

[PBS Kids](#)

[FunBrain](#)



Prevention Awareness

What Leads To Suicide?

There's 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. 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).**

To Learn More About Signs and Symptoms: [Click HERE!](#)

Self-Harm

Self-harm is said to be a non-suicidal self-injury, although it correlates to a higher risk for an individual to act upon suicidal ideation. Self-injurious behavior may provide a feeling of relief or mask the pain one is feeling due to extreme emotional distress. Self-harm may bring a person who is extreme emotional pain some feeling of relief. Risk factors for self-harm include, having friends who self-injure, life issues including neglect, abuse, and traumatic life events, mental health issues and alcohol or drug use. Symptoms of self-harm are scars, often in patterns, fresh cuts, scratches, bruises, bite marks, or other wounds including burns, wearing long shirts and pants even in hot weather, and keeping sharp objects on hand. It is important to effectively manage mental health conditions, if you are struggling, call the **National Suicide Prevention Lifeline at 1.800.273.TALK, (8255).**

Center for Family Life and Recovery's Prevention Department provides prevention programming and services for Oneida County school districts, agencies and organizations. For more information contact Jodi Warren at 315.768.2643 or by email at jwarren@cflrinc.org.

For More Information on Recognizing Self Harm [Click HERE!](#)

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.

#OneDecision #YouMatter



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

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, please contact Kerina Herard!

Prevention Webinars

The Color of Drinking: How Alcohol Culture Affects College Students of Color

May 6th, 2021 @ 1:00pm-2:00pm

Alcohol prevention efforts often focus on reducing high-risk drinking among high-risk drinking population. For years, this was true at the University of Wisconsin–Madison. After surveying students and finding that students of color are some of the lowest-risk drinkers, University staff wanted to investigate the impact alcohol culture has on students of color. To that end, they created the Color of Drinking survey, and used it along with an analysis of social media to gain better perspective on this question. This webinar will examine the intersection of alcohol prevention and social justice and strategies implemented with UW–Madison campus partners to create a more inclusive environment and present key findings from this exploratory study.

Link: [Register](#)

Prevention in Action Panel: Prevention in the Era of Commercial Cannabis

May 12th, 2021 @ 1:00pm-2:00pm

Three of the six New England states have legalized adult-use cannabis which has paved the way for commercial cannabis industries in these states. Meanwhile, other New England states are contemplating joining the ranks. How do we need to shift cannabis prevention strategies in an era of commercial cannabis? Join us for a panel of prevention professionals from legalized New England states to learn how they have approached cannabis prevention in this new environment.

Link: [Register](#)

Vaping Graphic Medicine Panel

May 13th, 2021 @ 1:00pm-2:00pm

In recognition of National Prevention Week, the New England PTTC is hosting a panel of speakers to foster conversations about vaping prevention. The webinar will center around our newest resource, In the Air, a novel in the style of graphic medicine to foster conversations with young people around vaping, choices around substance misuse, and risk and protective factors. Learn how you can use it in your work and learn how to get your copy.

Link: [Register](#)

Suicide Prevention Panel with the New England Mental Health Technology Transfer Center

May 14th, 2021 @ 1:00pm-2:00pm

The New England PTTC and New England Mental Health Technology Transfer Center (MHTTC) partners to bring you this webinar on suicide prevention. Learn from experts about the latest research and evidence-based approaches for suicide prevention.

Link: [Register](#)

Research in Action: Changes in Alcohol Consumption & Policy Amidst the Pandemic

May 11th, 2021 @ 1:00pm-2:00pm

What are the implications of shifting alcohol consumption patterns and loosened alcohol laws on public health and how should the prevention field respond? Join us for a panel featuring researchers and policy experts as we discuss the changing alcohol landscape amidst the pandemic.

Link: [Register](#)

The Hopeful Minute Podcast

Join the Center for Family Life & Recovery Team to talk about positive stories, health & wellness, prevention, recovery and more!
New Podcasts Thursdays at 4pm!

Visit our website [HERE](#) to view the latest videos!

#CFLRSupportingFamilies OfferingHope

National Prevention Week



National Prevention Week (NPW) is a public education platform that promotes prevention year-round through providing ideas, capacity building, tools, and resources to help individuals and communities make substance use prevention happen every day. SAMHSA's NPW is May 9 through 15, 2021. Each year around this observance, communities and organizations across the country come together to raise awareness about the importance of substance use prevention and positive mental health.

The Prevention Team will be celebrating NPW both in schools and the community. In schools, the prevention specialists will be highlighting a different prevention topic daily, providing awareness, resources and information to the students, staff and families of the districts we serve. In the community, the Prevention Team will be outreaching, supporting and promoting the importance of prevention in our community.

Monthly Prevention Impacts

MVCAA Cares Drive-Through

MVCAA is hosting a Drive-Thru event for our MVCAA families and income eligible families that will include some food items, PPE supplies, first aid kit, small gift items and informational packets from our partnering agencies. This event is free to eligible individuals & families and to remind you that MVCAA Cares about you and your family! For more information click [HERE!](#)

The CFLR participated in the 4/23 Drive-through in Rome by providing Narcan trainings and by distributing HOPE bags and resources to participants!

Event Dates:

ROME—FRI. APR. 23 11a - 2p (Corner of N. Washington & Gigliotti Ave)

ILION—FRI. APR. 30 11a - 2p (Russell Park, Ilion)

UTICA—FRI. MAY 7 11a - 2p (1100 Miller St.)



National Take Back Day

The Oneida County Prevention Team, which is a sub-group of the Oneida County Sherriff's Office, Utica Police Department and Center for Family Life and Recovery worked together to offer a drive-through "Take Back Event" on Saturday, April 24th. The event was held at Union Station and member of the community brought back their unused/ or expired prescription, over the counter and pet medications. CFLR also handed out HOPE Bags, full of resources and giveaways.

Prevention Testimonies

"I have been working with a single father who was incarcerated for several years and lost custody of his child. In just a few short months of prevention team intervention including providing support, information, resources and referrals, the father has built a relationship with his child, has overnight visitation and is currently regaining custody of his child."

- Sheila LaQuay