

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

**NYS AHPERD Conference**

**When:** November 21st-23rd

**Where:** Turning Stone  
Convention Center

Center For Family Life and  
Recovery's Prevention  
Department will be  
presenting 11/21 on the  
Concealing Secrets: Bedroom  
Kit.

Register [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 Alisa Ferraro at  
315.768.2644

**#YouMatter**

## November 2019

### 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

**November is [National Runaway Prevention Month!](#)**

This public observance is designed to campaign and raise awareness on the experiences of runaway and homeless youth that remain invisible. **Wear green on November 12th** to raise awareness for National Runaway Prevention Month!

**November 12th**, Center For Family Life and Recovery's Prevention Department is attending an event presented by the Oneida, Herkimer, and Madison County Runaway & Homeless Committee called the Annual Invisible Youth Summit.

**November 13th** is [World Kindness Day](#). make someone smile by doing something nice. A random act of kindness is an intentional moment of kindness, laughter and delight; this can also mean taking a moment out of your day to recognize when a random act of kindness is happening. **#MakeKindnessTheNorm**

**November 21st** is the [Annual Great American Smokeout](#). The American Cancer Society began this event to focus on encouraging Americans to quit smoking tobacco. If you are smoking tobacco and want to quit it is important to know that it takes time and a plan. Let this day be the day to start your journey on being tobacco free. Quitting tobacco can result in many health benefits such as your heart rate and blood pressure go back to normal, the carbon monoxide in your blood drops to normal, lung function increases, coughing and shortness of breath decrease, and the risk of coronary heart disease cancers, and lung diseases lessen. **#OneDecision**

**November 23rd** is [International Survivors' of Suicide Day](#). This event is sponsored by the American Foundation of Suicide Prevention. This day was designated by the United States Congress as a day of support and healing to those affected by suicide.

On **Saturday, November 16th** there is an event hosted by **First Presbyterian Church in Rome, NY** at 10:30 AM. The event is focused around suicide prevention and will be offering an open, supportive community of individuals who are willing to support and aid in healing. **#YouMatter**

**Link:** [Unity Day](#)

#### Fentanyl Disguised As Marijuana

In recent news, law enforcement has been finding marijuana that is testing positive for fentanyl, heroin, tramadol and meth. Law enforcement wants to warn the younger generation on the dangerous effects of buying illegal products.

Link: [It looks like weed, but it's not: Law enforcement warns of fentanyl disguised as cannabis](#)

## Prevention Awareness

### Vaping Update

As of October 8th, 1,299 lung injury cases associated with the use of e-cigarettes have been reported to the CDC from 49 states, the District of Columbia and one US territory. There have also been 25 deaths confirmed with the cause being e-cigarettes, or vaping use associated lung injury (EVALI). All patients have reported a history of e-cigarette use. 1,573 patients reported information on products they were vaping, 76% reported using THC products, 58% reported using nicotine products, 32% reported using only THC products and 13% reported only using nicotine products. All data suggests that THC products play a huge role in this lung injury outbreak. Most patients with EVALI have experienced respiratory symptoms and 3/4 reported gastrointestinal symptoms. Respiratory and gastrointestinal symptoms were accompanied by constitutional symptoms such as, fever, chills and weight loss. Medical professionals treated EVALI patients with corticosteroids which helped ease the symptoms. The FDA and CDC haven't identified the cause of the lung injuries among EVALI cases. The CDC does not recommend using e-cigarette or vaping products whether they contain nicotine or THC.

**Link:** [E-Cigarette, or Vaping Product Use Associated Lung Injury](#)

### “Karli” Sesame Streets Newest Muppet

There is a new Muppet in town named Karli. She is used on the show to talk about addiction in a child’s perspective. Karli’s mother struggles with addiction and has gone to rehab to get better. In one scene, Karli talks to Elmo about her mother going to rehab, to talk to other people who are similar to her mother to help her get better. The producers of Sesame Street were very careful with the language they used in the filming of the program so young children can understand what Karli’s mother is going through. Kama Einhorn, a senior content manager with Sesame Workshop states, “Even a parent at their most vulnerable— at the worst of their struggle— can take one thing away when they watch it with their kids, then that serves the purpose.” You can view this program on “Sesame Street in Communities,” which can help many families who struggle.



**Link:** [Sesame Street In Communities](#)

**Link:** [Explaining Sesame Street’s Newest Muppet, ‘Karli’](#)

### Veterinarian’s Face A High Risk Of Death By Suicide

A study from the CDC found that veterinarians run a higher risk of dying by suicide than the general population; male veterinarians are 2.1 times more likely to die by suicide and female veterinarians are 3.5 times more likely to die by suicide. There are more than 73,000 veterinarians in private practice in the US and around 60% are women. Not One More Vet is a non-profit that provides a supportive space for veterinarians to privately discuss the challenges they face in their profession. Many veterinarians experience a whirlwind of emotions on a daily basis; going from an appointment where an animal they’re treating is sick, to another appointment when a family is welcoming a new puppy. It is important for veterinarians to take care of themselves or they will experience burn out.

**Link:** [Why Veterinarians Face A High Suicide Risk, And What’s Being Done About It](#)

### CFLR, Inc. Classes

#### Science Of Addiction

**When:** November 4th  
**Where:** Parkway Center  
220 Memorial Pkwy  
Utica, NY  
**Time:** 11AM–12PM

#### Grandparent’s Support Group

**When:** Monday’s and Thursday’s  
**Where:** Parkway Center  
220 Memorial Pkwy  
Utica, NY  
**Time:** 2PM-3PM

#### 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

#### 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](mailto:jpassalacqua@cflrinc.org) for further information.

**CFLR, INC. VOLUNTEER  
OPPORTUNITIES**

**Compeer Program**

**Compeer Newsletter**

**Adult Compeer**

**Coffee Club**

**When:** 11/5

**Where:** Utica, CFLR

**Time:** 1-3PM

**Wreath Making**

**When:** 11/26

**Where:** Utica, CFLR

**Time:** 5-6:30PM

**Family Compeer**

**Ice Cream Social**

**When:** 11/13

**Where:** Utica, CFLR

**Time:** 4:30-6:30PM

**Game Night**

**When:** 11/15

**Where:** Utica, CFLR

**Time:** 6-7:30PM

**Hiking**

**When:** 11/18

**Where:** Proctor Park

**Time:** 2-3:30PM

**Zumba with Friends**

**When:** November, 25th

**Where:** Utica, CFLR

**Time:** 5-6:30PM

**CFLR, INC. ACTIVITIES**

**Give It A Whirl**

**November 2019**

**Utica GIAW Schedule**

**HERE**

**Rome Neighborhood Center  
Schedule**

**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 Alisa Ferraro, Prevention/Advocate Coordinator at 315.768.2644 or [aferraro@cflrinc.org](mailto:aferraro@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 Erin Wiggins, Peer Advocate at 315.768.2657 or by email [ewiggins@cflrinc.org](mailto: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'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. 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](mailto: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.

