

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

**Mental Health First Aid  
Trainings**

CFLR is now a Mental Health First Aid Implementation site! Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use issues. We will be offering Mental Health First Aid for youth and adult to any interested audiences in the community.

When:

Youth MHFA: 11/5

Adult MHFA: 11/12

Time: 8:30am—4:00pm

For more information visit [HERE](#).

**Compeer Events**

Event Listings and Dates

For further information on upcoming Compeer events, visit page 4!

**Narcan Trainings**

CFLR is providing Narcan trainings for anyone interested! Narcan kits are provided with trainings. Trainings are available in-person or virtually.

Upcoming Dates:

11/10

11/24

For more information please contact Heather Youda with CFLR at 315.768.2663.

# Prevention Awareness Newsletter

## November 2021

### *SUPPORTING FAMILIES, OFFERING HOPE.*

Oneida County Prevention Council

**Contact Us**

Phone: 315.733.1709

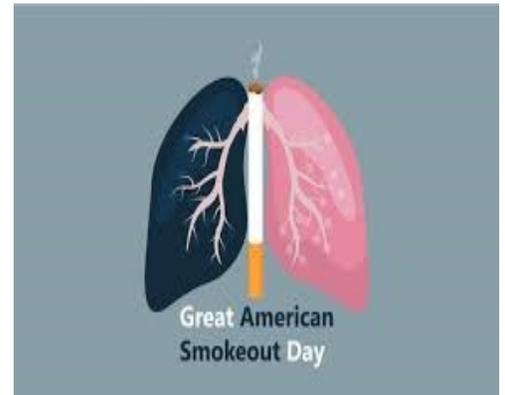
Fax: 315.733.1789

Address: 502 Court St, Suite 401  
Utica, NY 13502

Office Hours: Monday & Friday: 8:30-4:00  
Tuesday & Wednesday: 8:30-8:00

#### **The Great American Smokeout: November 18th**

The Great American Smokeout is recognized every year on the 3rd Thursday in November. In 1977, the American Cancer Society (ACS) held its first annual Great American Smokeout event in San Francisco. Quitting smoking is not easy, but is possible. The Great American Smokeout provides an opportunity for individuals, community groups, businesses, health care providers, and others to encourage people to use the date to make a plan to quit, or plan in advance and initiate a smoking cessation plan on the day of the event and challenges people to stop smoking and helps people learn about the many tools they can use to help them quit and stay quit.



#### **World Kindness Day: November 13th**

World Kindness Day is a global event that promotes the importance of being kind to each other, to yourself, and to the world. This holiday was formed in 1998 to promote kindness throughout the world and is observed annually on November 13 as part of the World Kindness Movement. It is observed in many countries. World Kindness Day presents us with the opportunity to reflect upon one of the most important and unifying human principles. Even the smallest act of kindness can have a profound impact.



#### **International Survivors of Suicide Day: November 20th**

International Survivors of Suicide Loss Day is an event in which survivors of suicide loss come together to find connection, understanding, and hope through their shared experience. This year, International Survivors of Suicide Loss Day is Saturday, November 20, 2021. It is commemorated by the sharing of stories of healing and hope in memory of loved ones. This observance began in 1999 when Senator Harry Reid, who lost his father to suicide, introduced Senate Resolution 99 to establish national Survivors of Suicide Day. Over the years communities around the world have joined in.



CFLR, INC. TRAININGS,  
 PRESENTATIONS AND  
 EVENTS

MH Town Hall  
 Coming Soon

**Healthy Babies Consortium**

When: November 19th

Time: 10:00am—11:30am

More information coming soon!

**The Hopeful Minute Podcast**

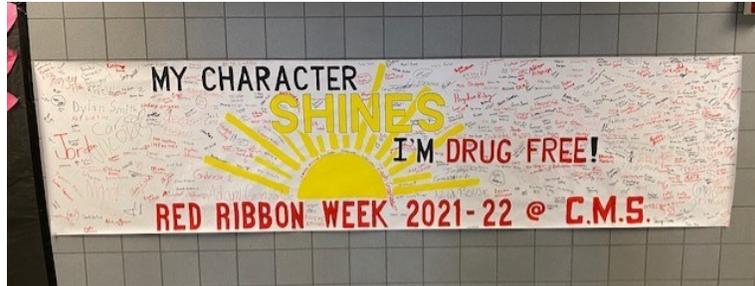
Join the Center for Family Life & Recovery Team to talk about positive stories, health & wellness, prevention, recovery and more! New Podcasts Thursdays at 4pm. Visit our website [HERE](#) to view the latest videos  
 #CFLRSupportingFamilies  
 OfferingHope

**Prevention Highlights**

**Supporting Families, Offering Hope**

**Red Ribbon Week: 10/23—10/31**

Red Ribbon Week is a national drug awareness campaign that takes place every year from October 23rd through the 31st, RRW started more than 30 years ago to raise awareness of the destruction caused by drugs in America. Each year, a different theme is chosen, 2021's theme is "Drug free looks like me." This theme is a reminder that everyday Americans across the country can make significant daily contributions to their community by being the best they can be and by being drug free.



**National Take Bake Days: October 23rd**

On October 23rd The Center for Family Life and Recovery in conjunction with the Oneida County Sheriff's Office and Local Police Departments hosted a Take Back Day event to "Take Back" unused/ or expired prescription and over-the-counter medications, including pet medications. The event was hosted in two locations, one in Utica at Union Station and one in Rome at Westgate Plaza.



**AFSP Suicide Prevention and Awareness Walk: October 3rd**

On October 23rd, CFLR and the American Foundation for suicide prevention hosted the Out of The Darkness Walk. We had a fantastic turnout through participants and neighboring local agencies. The Out of the Darkness Walk is a special event that provides community, connection, healing and hope for survivors of suicide loss and those with lived experience. Participants spent the day honoring and recognizing loved ones, raising awareness, supporting and sharing hope.



**SUICIDE PREVENTION &  
MENTAL HEALTH  
RESOURCES**

National Suicide Prevention  
Lifeline at 1.800.273.TALK,  
(8255) for veterans press 1

Crisis text line text HELLO to  
741741

The Trevor Project (LGBTQ  
Crisis Line)  
1.866.488.7386

**Useful Links:**

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

[SAMHSA: Coping with Stress](#)

[American Foundation for Sui-  
cide Prevention](#)

[Suicide in America: FAQ](#)

[National Suicide Prevention  
Lifeline](#)

[#BeThe1To](#)



**Suicide Prevention Program**  
Awareness Educate Prevent Support

**Prevention Awareness**

**Oneida County Suicide Prevention Program**

Center for Family Life and Recovery, Inc. is the lead agency for the Oneida County Suicide Prevention Program (OCSPP). Our mission is to prevent suicide in our community by strengthening the coordination and accessibility of services; providing awareness of suicide prevention, facilitating intervention and post-prevention services/programs, enhancing support to those affected by suicide, and providing awareness of Mental Health. We work to accomplish these goals in our schools, with our families, and in the community.

**For more information, please visit our website [Suicide Prevention - Center for Family Life and Recovery \(whenthereshelpthereshope.com\)](#) or contact Francesca Esposito at 315.768.2674 or email [fesposito@cflrinc.org](mailto:fesposito@cflrinc.org).**

**Youth and Adult Mental Health First Aid Training**

CFLR is a MHFA certified implementation site. Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder. Participants do not learn to diagnose, nor how to provide any therapy or counseling – rather, participants learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis by applying a core five-step action plan.

**To inquire about our MHFA training, please contact Francesca Esposito at 315.768.2674 or through email at [esposito@cflrinc.org](mailto:esposito@cflrinc.org).**

**Talk Saves Lives Training**

An Introduction to Suicide Prevention is a standardized, 45-60 minute presentation that provides participants with a clear understanding of this leading cause of death, including the most up-to-date research on suicide prevention, and what they can do in their communities to save lives.

In addition to the standard presentation, four specialized Talk Saves Lives modules are available that provide similar information, while focusing on specific at-risk communities:

- Firearms
- LGBT
- Seniors
- Spanish Seniors.

**To inquire about our Talk Saves Lives, please contact Francesca Esposito at 315.768.2674 or through email at [esposito@cflrinc.org](mailto:esposito@cflrinc.org).**

**#OneDecision #YouMatter**

NATIONAL  
**SUICIDE PREVENTION  
LIFELINE**  
1-800-273-TALK (8255)  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

 **Veterans  
Crisis Line**  
1-800-273-8255 **PRESS 1**

**CRISIS TEXT LINE |**

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

*“Mental wellness starts with friendship.”*

## WEBINARS

### Alcohol is Still a Drug: an Exploratory Webinar Series

When: November 2nd, 2021  
Time: 11:00am—11:30am

[Register](#)

Community Engagement Through COVID-19: A Webinar for Substance Use Prevention Practitioners

When: November 4th, 2021  
Time: 11:00am - 12:30pm

[Register](#)

The Intersection of Harm Reduction, Prevention and Recovery—Part 1

When: November 9th, 2021  
Time: 1:00pm—2:00pm

[Register](#)

Trauma Strategies for Peer Support Using Self Care

When: November 22, 2021  
Time: 10:00am—11:00am

[Register](#)

## Upcoming Compeer Events:

### **Adult (+18) Coffee Club**

November 16th, 10-11am  
Utica Coffee Roasting Co.  
92 Genesee St. Utica, NY

### **Thanksgiving Craft Night**

November 18th, 4:30-6:30pm  
Center for Family Life & Recovery office  
502 Court St, 4th floor Utica, NY

(Please RSVP to Ashley Miller by **November 15th** if you plan on attending either event)

## What is Compeer?

The Compeer program meets the diverse needs of youth, adults, and families affected by mental illness, by positively impacting their lives through meaningful friendship and mentorship. Compeer combats many mental health barriers including loneliness, over-utilization of emergency services, lack of trust and more. To be eligible as a client in the Compeer program, an individual must have a mental health diagnosis or be deemed an at risk youth.

**To learn more about the referral process, please visit our website**

**[wheretheshopethereshelp.com](http://wheretheshopethereshelp.com).**

## How are these friendships made?

Community volunteers are matched with at risk youth, adults, seniors and/or veterans receiving mental health services in Oneida and Herkimer counties.

## What are the volunteer requirements?

- Must be 18 years or older
- Must be able to pass a background check and undergo fingerprinting
  - Must have knowledge of mental health & wellness
- Must be able to make a one year commitment in the program
- Must be able to commit to a minimum of four hours a month to connect with your match

**If you feel that you are the right person to provide hope to someone in need and would like to become a volunteer,**

please contact Ashley Miller at

[amiller@cflrinc.org](mailto:amiller@cflrinc.org) or please call (315) 768-2678.

**CFLR INC. PROGRAM AND  
CLASS UPDATES**

**CFLR's, Impaired Driver  
Program (IDP)**

*IDP classes have resumed,  
any questions and or to  
register, please contact Joe  
Passalacqua at 315.768.2660  
or [jpassalacqua@cflrinc.org](mailto:jpassalacqua@cflrinc.org)*

**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!

**The Light Carried...**

**When:** Every other Tuesday  
**Time:** 6:00 to 7:30 PM  
[Link](#)

**Educational Links**

**Educational Video for  
Students– Vaping: Do You  
Know What's Inside?**

**Educational Video for Par-  
ents– Vaping: Is It Worth It?**

**Upstate New York Poison  
Center– 1.800.222.1222**

**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**

**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 accept sharps (syringes). Please visit our website for sharp drop off locations.



**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](mailto:SHAag@cflrinc.org)

**Oneida County Spike Alert by Text Program**

Oneida County has launched a text message alert program with Partnership to End Addiction aimed at reducing the amount of substance use overdoses by notifying the community of real-time drug and overdose threats. All Oneida County residents, including parents, caregivers, medical professionals, first responders, community groups and those struggling with substance use, can sign up for the free "Spike Alert by Text" program right now by texting the word "SPIKE" to 1-855-963-5669.



\* For more information click [HERE](#)

**CFLR INC. PROGRAM AND  
CLASS UPDATES**

**Family Support Group**

**When:** 10/6

**Time:** 6:15-7:30pm

**Meeting ID:** 930 3319 4763

**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](#)

**HOPE Events**

For more information about  
HOPE events please contact  
Erin Wiggins at 315.768.2657  
or at [Ewiggins@cflrinc.org](mailto:Ewiggins@cflrinc.org)  
For a complete list of events,  
visit our [website](#) calendar  
[HERE](#).

**Monthly Recovery Quote:**

"Fairy tales are more than  
true: not because they tell us  
that dragons exist, but be-  
cause they tell us that dragons  
can be beaten."  
— Neil Gaiman

**CFLR Recovery Advocates  
Peer Collaborative**

*For persons wanting to  
become Peer Recovery  
Advocates. Click [HERE](#) to join  
the Facebook group!*

**New Survey Reveals Americans Misconceptions About Suicide Prevention**

In September 2021, the Cohen Veterans Network revealed findings of its America's Mental Health Suicide Prevention Pulse Survey. The survey, which looked at Americans' general knowledge of suicide prevention coincides with the #AskTheQuestion public awareness campaign, which encourages people to take action if they're concerned that someone they know may be having thoughts of suicide. More than 2,000 U.S. adults participated in the study. Key findings included, nearly half of the participants or 44% said that if they had reason to believe that someone they know might be having thoughts of suicide they would NOT be comfortable asking them "Have you thought about killing yourself?" 36% of participants believe it is best not to ask someone who might be having suicidal thoughts, "Are you thinking about taking your own life?" 29% of participants believe asking someone if they are thinking about taking their own life may make them more likely to kill themselves. Finally, 45% of participants believe that most suicides happen suddenly, without warning or "on a whim."

**Five States Have Launched Firearm Storage Maps**

Researchers at the New Jersey Gun Violence Research Center, with support from the New Jersey Department of Human Services Division of Mental Health and Addiction Services, have created the New Jersey Firearm Storage Map. The New Jersey Firearm Storage Map is a free resource to help residents find legal, temporary storage for their firearms outside their homes. Research has indicated that the risk of suicide is reduced when people have the option to store firearms outside their homes. However, out of home firearm storage is not used very often because firearm owners have not had a clear, legal path for storage. Firearm owners can find registered retailers that offer safe storage near their home by looking at listings and clicking on the icon for the contact information. The owners of the sites listed have agreed to consider storing firearms on a case-by-case basis, which provides a path for firearm owners to find legal options in a moment of need. Firearm owners should ask the location where and how the firearm will be stored, the cost of storage and what process is in place for them to retrieve their firearms when they are ready.

**E-Cigarettes Do Not Help Smokers Stay Off Cigarettes**

The United States Centers for Disease Control and Prevention have suggested that smokers who are unable to quit smoking may benefit by switching from smoking cigarettes to vaping e-cigarettes if they switch completely and are able to avoid relapsing to cigarette smoking. An analysis published by the Herbert Wertheim School of Public Health and Human Longevity Science at University of California San Diego and UC San Diego Moores Cancer Center reports that e-cigarette use even on a daily basis did not help smokers successfully stay off cigarettes. In fact, findings suggest that individuals who quit smoking and switched to e-cigarettes or other tobacco products actually increased their risk of a relapse back to smoking over the next year by 8.5% compared to those who quit using all tobacco products. At the first annual follow up, 9.4% of these established smokers had quit. 62.9% now nonsmokers, of these individuals remained tobacco free, while 37.1% had switched to another form of tobacco use. Of these recent smokers who switched to another product, 22.8% used e-cigarettes, with 17.6% of switchers using e-cigarettes daily.

**Rise in Cardiac Arrests Associated with Opioid Use**

A nationwide US study has shown that the rate of opioid-related cardiac arrests has steeply risen and is now aligned with the rate of cardiac arrest from other causes. Opioid use disorder, which includes dependence and addiction, affects more than two million people in the United States. Opioid overdose is the leading cause of death for those aged 25 to 64 years. This study examined the trends and outcomes of opioid-related cardiac arrest in 2012 to 2018. The US Nationwide Readmissions Database (NRD) was used to study all hospitalizations for cardiac arrest in active or chronic opioid users compared to cardiac arrests in patients not using opioids. The study found a significant increasing trend in opioid-associated cardiac arrest over the seven-year period. The rise in opioid-related cardiac arrests during the study period was significant. By 2018, opioids were related to a similar number of cardiac arrests as all other reasons put together.