

CFLR, INC.  
TRAININGS,  
PRESENTATIONS AND  
EVENTS

Prevention/Compeer  
Collab

Green Monster Sensory  
Bottles

When: 10/9/20

Time: 3PM

Meeting ID: 994 218 2675

Passcode: 1234

DIY Red Ribbon Week  
T-shirts

When: 10/23/20

Time: 3PM

Meeting ID: 994 218 2675

Passcode: 1234

FAMILY SUPPORT GROUP

**WHEN: OCTOBER 6TH  
(EVERY TUESDAY**

**AFTER): 6:15-7:30 PM**

Meeting ID: 930 3319 4763

Password: 665098

Virtual NARCAN  
Training

CFLR Narcan Trainings

For more information please  
contact Heather Youda with  
CFLR at 315.768.2663

[FLYER HERE!!](#)

Red Ribbon Week  
Presentation

October 26th, 10-11am

[https://zoom.us/  
j/8284153443?](https://zoom.us/j/8284153443?pwd=c1RqbWRXeEhmWSsrMXlqd0NSWjEzUT09)

[pwd=c1RqbWRXeEhmWSsr  
MXlqd0NSWjEzUT09](#)



## October 2020

### WHAT'S HAPPENING IN PREVENTION THIS MONTH?

#### Oneida County Prevention Council

##### Contact Us

Phone: 315.733.1709

Fax: 315.733.1709

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

#### Mental Illness Awareness Week– October 6th– October 12th

**What is Mental Illness Awareness Week?** Mental Illness Awareness Week is designed to raise awareness of mental illness, educate the public of what mental illness is and how it affects others as well as remove the stigma surrounded around mental illness and provide support to those that are fighting mental illness daily. Mental illnesses can be debilitating and delay functioning in some individuals, many people have different experiences and this can happen with the same diagnosis.

#### October is National Bullying Prevention Month

Every October, schools and organizations across the country join STOMP Out Bullying in observing National Bullying Prevention Month. The goal: encourage schools, communities and organizations to work together to stop bullying and cyberbullying and put an end to hatred and racism by increasing awareness of the prevalence and impact of all forms of bullying on all children of all ages.

Click Here for More: <https://www.stompoutbullying.org/national-bullying-prevention-awareness-month>

**Red Ribbon Week** is held each year from October 23rd through October 31st. This year's theme is, **"Send A Message, Stay Drug Free."** Many people wear red ribbons during this month to raise awareness of the destruction drugs have done to our country. Red Ribbon Week is an awareness campaign that helps prevent our youth from the harm caused by drugs. This is the perfect chance to have a conversation with your child(ren) about drugs and alcohol. Below is a link to provide guidance on how to have a discussion with your child about drugs and alcohol. **Please check our Center For Family Life and Recovery Facebook page during Red Ribbon Week for more information on drug trends.**

Link: [How To Talk With Your Child](#)

#### National Teen Driver Safety Week is October 18-24th, 2020

This week - and every week, parents should have conversations with their teens about the important rules they need to follow to stay safe behind the wheel of a motor vehicle. These rules address the greatest dangers for teen drivers: alcohol, inconsistent or no seat belt use, distracted and drowsy driving, speeding, and number of passengers.

Click here for more: <https://www.trafficsafetymarketing.gov/get-materials/teen-safety/national-teen-driver-safety-week>

#### **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.

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

**Peer Collaborative Skills and Practice Class**

**When:** Tuesday's

**Time:** 3:30-4:30 PM

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

[Zoom link](#)

**HOPE EVENTS**

Friday 10/2/20, 10/09/20,  
10/16/20, 10/23/20,  
10/30/20

**Noon**

Join Michelle as we discuss the sober activities that our area has to offer over the weekend; This is a great way to plan social gatherings, and find a safe way to spend your time staying busy while also having fun with your recovery community.

**Recovery Pillars:**

Community and Purpose

<https://zoom.us/j/97396721052?pwd=M0Zld09ZY3Y5d29Na2FSdklJOWptUT09>  
Meeting ID: 973 9672 1052  
Password: 092979

H.O.P.E. Events at Our Savior

With KATIE!!

Monday Evenings 7:30pm-9:00pm in the Augsburg Room

**For a complete list of events visit:**

[Whenthereshelpthereshope.com](http://Whenthereshelpthereshope.com)

**2020 RED RIBBON WEEK 10-23-20- 10-31-20**

**Theme:** Be Happy. Be Brave. Be Drug Free. As this week quickly approaches us, be sure to check your closets and wear RED to show your choice of being drug free.

**Sober October: Can you cut alcohol out of your diets for 31 days?**

**Liver Relief:** with the absence of alcohol your liver can return to its normal job functions such as: breaking down other toxins produced by the body, metabolizing fats and excess hormones that need to be broken down.

Protect your heart by cutting out alcohol and add in exercise. By doing so, did you know you could reduce the likelihood of cardiovascular disease?

**Reduce risk of cancer:** alcohol is a known human carcinogen.

Cancer associated with alcohol:

- ◇ Head and neck
- ◇ Esophageal
- ◇ Liver
- ◇ Breast
- ◇ Colorectal
- ◇ Weight Loss



Did you know that there is lots of sugar in alcohol? Cutting out alcohol may or may not help you lose weight.

**Boost Brain Power:** Take Control Today!

Teen and college drinking is a huge problem. It can cause memory loss and interfere with brain development.

\*3.5% of cancer deaths in the US were alcohol related

Visit: [CDC.GOV](http://CDC.GOV)

Alcohol is the most commonly used substance of abuse among young people in America, and drinking when you're underage puts your health and safety at risk.

**You may have an alcohol use disorder if you:**

Drink more, or longer, than you plan to

Have tried to cut back or stop more than once and couldn't

Spend a lot of time drinking, being sick, or hungover

Want alcohol so badly you can't think of anything else

Have problems with work, school, or family because of your habit (or because you're sick after having alcohol)

Keep drinking even though it has caused problems for you or your relationships

Click Here for More Information:

<https://www.webmd.com/mental-health/addiction/understanding-alcohol-abuse-symptoms>

**If you or a family member carry any of the warning signs, make the #onedecision to seek help. #YOUMATTER**

**Alcohol and Drug Abuse: 800-729-6686**

**#OneDecision #YouMatter**

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

**October H.O.P.E. Events**

**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](#)

**CFLR Recovery  
Advocates Peer  
Collaborative**

*For persons wanting to  
become Peer Recovery  
Advocates.*

Click [HERE](#) to join the  
Facebook group!

*Many of our programs  
have turned to virtual  
platforms to serve our  
community. Stay tuned  
to our [CFLR Website  
Calendar](#) and [CFLR  
Facebook page](#) for  
updated  
information and a  
complete list of events.*

**Useful Links:**

[CDC COVID-19 Facts](#)

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

[SAMHSA: Coping with Stress](#)

[Coronavirus WKTV](#)

**Educational Links:**

[PBS Kids](#)

[FunBrain](#)

## **Prevention Awareness**

### **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**

**Link: [Upstate New York Vaping Crisis](#)**

**For a FREE Online Self Taught Training Click Below!**

<https://med.stanford.edu/tobaccopreventiontoolkit/curriculums/Remote-LearningCurriculum.html>

### **Teens Have Access to Prescription Medications**

A study was conducted involving 104,000 teens ages 12-17 to determine where teens are getting their prescription medications. Researcher's find that teens are getting their prescription medications free from friends or relatives, physician prescriptions, and buying them illegally on the black market. Teen substance abuse is a major public health problem, and there is substantial need for prevention and early intervention services in local communities and within school districts.

**Link: [Teens Are Getting Hooked on Leftover Prescription Meds](#)**

### **Substance Use Disorders In The Justice System**

Nationwide, in prisons, over half the inmate population battles with a substance use disorder. Without treatment in prison the substance user will likely struggle mentally, emotionally and physically. When the individual is released from jail, they do not have healthy coping mechanisms and often relapse because they're going back to their old routines. Whenever a person stops using a substance for a period of time their tolerance for that substance diminishes. Many times opioid users return to use after they're released by using the same amount of the substance before they served their time in jail, this is extremely dangerous because this often causes overdose. Treatment in the justice system will be beneficial and will provide individuals a chance at recovery.

**Link: [The Importance of Treating Opioid Use Disorder in the Justice System](#)**

### **Marijuana Breathalyzer**

Driving while high on marijuana has become increasingly popular since Washington and Colorado first legalized recreational marijuana. The number of drivers involved in car accidents from 2012 to 2013 that test positive for marijuana have doubled in one year. Police are looking for a way to test for marijuana in the field without a blood test, they have brainstormed a breathalyzer test similar to an alcohol breathalyzer. There are currently no standards for THC intoxication nor is it written in any state driving laws although professionals are looking into creating a marijuana breathalyzer.

**Link: [Coming Soon: A 'Pot Breathalyzer'?](#)**

# #OneDecision#YouMatter



**CFLR, INC. VOLUNTEER  
OPPORTUNITIES**

**Compeer Program**

**A message from Brandi  
Lyons, Compeer  
Specialist:**

*“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 Brandi Lyons Compeer Specialist at 315.768.2661”*

*please visit our CFLR website and Facebook page for upcoming virtual activities, posts, and Compeer updates.”*

**For more information on  
Compeer contact Brandi  
Lyons at 315-768-2661**

**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).**

**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 Brandi Lyons @ [blyons@cflrinc.org](mailto:blyons@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 Brandi Lyons @ [blyons@cflrinc.org](mailto:blyons@cflrinc.org)

**Oneida County Suicide Coalition** is a coalition, our mission is: Awareness, Educate, Prevent, Support we come together once a month to get involved in our 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 our community about the prevalence of suicide. The Oneida County Suicide Coalition is currently undergoing construction with a planned kickoff set for January of 2021. **Stay Tuned!**

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. 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: <https://crisiscentre.bc.ca/understanding-and-recognizing-suicide/>

**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).**

**For More Information on Recognizing Self Harm Please Visit:**

<https://www.amenclinics.com/blog/how-to-spot-the-warning-signs-of-self-harm/>

**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](#)