

CFLR, INC. TRAININGS,
PRESENTATIONS AND
EVENTS

**The Hopeful Minute
Podcast**

For more information and access to current and previous podcasts visit our website [HERE](#)

Narcan Trainings

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

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

AFSP Out of the Darkness Walk

When: October 3rd, 2021

Where: MVCC campus
Utica, NY

Mental Health First Aid Trainings

Center for Family Life and Recovery is now offering Mental Health First Aid Trainings! MHFA, is a skills-based training course that teaches participants about mental health and substance-use issues. For more information, visit our website [HERE](#)

Prevention Awareness Newsletter

October 2021

SUPPORTING FAMILIES, OFFERING HOPE.

Oneida County Prevention Council

Contact Us

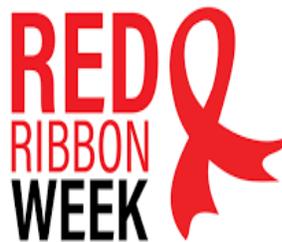
Phone: 315.733.1709

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

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.

Domestic Violence Awareness Month

October is Domestic Violence Awareness Month. This event was first observed in October 1981 as a national Day of Unity started by the National Coalition Against Domestic Violence. Domestic violence can happen to anyone and it is present in every community, regardless of age, gender, sexual orientation, race, socioeconomic status, religion, or nationality. Communities and advocacy organizations across the country connect with the public and one another throughout the month to raise awareness about the signs of abuse and ways to stop it, and to uplift survivor stories and provide additional resources to leaders and policymakers.

World Mental Health Day: 10/10

World Mental Health Day was established in 1992. It was created by the deputy secretary-general of the World Federation of Mental Health, Richard Hunter. World Mental Health Day is held annually on October 10th with the goal of helping to raise mental health awareness. Each of us can make a contribution to ensure that those living with mental illness have access to resources, help and hope. Thousands of individuals and groups gather annually to celebrate and promote mental health awareness. This program was created as a way to bring more attention to mental illness and its effects on individual life, work, family and overall stability of communities and countries.

Bullying Prevention Month

October is National Bullying Prevention Month, a time to focus and raise awareness on bullying. During this month, many groups across the country will release new resources, campaigns, and efforts aimed at bringing awareness to the issue of bullying. What began as an awareness week initiated by PACER's National Bullying Prevention Center in October 2006, has evolved into a month's worth of events and activities to raise awareness and provide the latest resources to those who need it.



PREVENTION

COMMUNITY EVENTS

**AFSP Out of the Darkness
Walk**

When: October 3rd, 2021

Where: MVCC campus
Utica, NY

For more information, visit
Page 3.

National Take Back Days

**Bring your unused or
expired medication!**

When: October 23rd
10AM– 2PM

Where: Utica, Rome,
Camden & Boonville

Take Back at Sylvan Beach
Parkway

**Bring your unused or
expired medication!**

When: October 27
10 AM– 2PM

Where: Sylvan Beach
Parkway

MH Town Hall

Coming Soon

Prevention Highlights

Supporting Families, Offering Hope

Light Of Hope

On August 31st, CFLR hosted the annual Light of Hope Event at Bellamy Harbor Park in Rome. It was a beautiful and emotional evening as we shed light on the subject of overdose and suicide awareness while honoring those who we've lost.



Your Life Matters Campaign

In honor of Suicide Prevention and Awareness Month, prevention specialists in Holland Patent and Camden school districts organized Your Life Matters Campaigns. Students created and received Your Life Matters cards, participated in creating a Your Life Matters poster with positive affirmations and participated in a Chalk the Walk event!

Tim Foley Golf Tournament

CFLR hosted the Tim Foley Recovery Golf Tournament on September 17th. The weather held out nicely as 22 teams took to the course for a great cause. We would like to extend a huge thank you again to all the golfers and volunteers that made this event a success. We couldn't have done it without them!



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 #CFLRSupportingFamiliesOfferingHope

Chalk the Walk

Our teams took to the streets of Utica on September 15th to #chalkthewalk as part of Suicide Prevention Week. Many moving messages of hope were left along the sidewalks of Oneida Square as well as the CFLR Utica office!



**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
Suicide Prevention](#)

[Suicide in America: FAQ](#)

[National Suicide Prevention
Lifeline](#)

[#BeThe1To](#)



Suicide Prevention Program
Awareness Educate Prevent Support

Prevention Awareness

Out of the Darkness Suicide Prevention Walk

Please join us on October 3rd, 2021 at the AFSP Out of the Darkness Mohawk Valley Walk at MVCC in Utica! Invite your family, friends and loved ones, this walk is a space that provides community, connection, healing and hope.

The Out of the Darkness Mohawk Valley Walk is a special event that provides community, connection, healing, and hope for survivors of suicide loss and those with lived experience. By registering, you are joining a strong community united in an effort to fight suicide while showing up for yourself, recognizing and honoring those you love, raising awareness, educating communities, supporting one another, and sharing hope. Every dollar you raise allows AFSP to invest in life-saving research, education, advocacy, and support for those impacted by suicide.

The health and safety of our participants, staff, and volunteers will be our top priorities as we work with local authorities to make decisions about event details.

To register, please visit [HERE](#)

Oneida County Suicide Prevention Program

Center for Family Life and Recovery, Inc. is the lead agency for the Oneida County Suicide Prevention Program (OCSP). 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 \(whenthereshelphthereshope.com\)](#) or contact Francesca Esposito at 315.768.2674 or email 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, email fesposito@cflrinc.org or Ashley Miller at 315.768.2678, email amiller@cflrinc.org.

#OneDecision #YouMatter

NATIONAL
SUICIDE PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

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

CRISIS TEXT LINE |

Text HELLO to 741741
Free, 24/7, Confidential



WEBINARS

Alcohol is Still a Drug: an Exploratory Webinar Series

When: October 5th
Time: 10:00am—10:30am

[Register](#)

Promoting Engagement and Motivation in The Middle School Classroom

When: October 6th
Time: 6:00pm—7:30pm

[Register](#)

Prevention in Action: Cultivating Youth Mattering

When: October 7th
Time: 12:00pm—1:30pm

[Register](#)

Using Data to Tell Your Story: Advancing Prevention Efforts into The Future

When: October 20th
Time: 1:00pm —2:30pm

[Register](#)

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. In order 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
wherethereshopethereshelp.com.

Compeer promotes good mental health through the support of a matched mentorship.

Depression is a lonely disease. Be a lifeline for someone today.

Compeer Volunteers

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

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 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

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... Support Group

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 Parents– 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

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

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](#)

SPIKE ALERT BY TEXT
 FREE / REAL-TIME / LOCAL
 OVERDOSE SPIKE & DRUG THREAT ALERTS

STAY INFORMED
 Text "SPIKE" to 1-855-963-5669

A collaboration of the Oneida County Opioid Task Force Overdose Response Team and the Partnership to End Addiction

**CFLR INC. PROGRAM AND
CLASS UPDATES**

Family Support Group

When: 10/6 (Every
Tuesday After)

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
For a complete list of
events, visit our website
calendar [HERE](#).

Monthly Recovery Quote:

"Life is very interesting.....In
the end, some of your
greatest pains become your
greatest strengths"
-Drew Barrymore.

CFLR Recovery Advocates

Peer Collaborative

Click [HERE](#) to join the
Facebook group for those
interested in becoming
Recovery Peer Advocates!

FDA Postpones Decision on Juul's Vaping Products

The Food and Drug Administration has ruled on whether some electronic cigarette products will be permitted to stay on the market and is also delaying action on products made by Juul, which accounts for 40% of the e-cigarette market. The FDA has issued marketing denial orders for more than 946,000 flavored vaping products due to lack of sufficient evidence that they have a benefit to adult smokers sufficient to overcome the public health threat posed by the well-documented, alarming levels of youth use of such products. E-cigarette companies, including Juul, have argued that their products are safer than traditional tobacco products such as cigarettes. The FDA has been evaluating about 6.5 million products made by more than 500 companies to determine whether they are appropriate for the protection of public health. Studies have found that e-cigarettes are extremely harmful. Inhaling vapors from the products can introduce harmful chemicals into the lungs, including, in some cases, vitamin E acetate. Many deaths in recent years have resulted from vaping complications in the U.S., and thousands have been hospitalized from similar complications.

Americans Are Using Alcohol to Cope With Pandemic Stress

A recently conducted survey suggested that in the 18 months since the beginning of the pandemic, nearly 1 in 5 Americans are consuming an unhealthy amount of alcohol. According to the survey, 17% of respondents reported heavy drinking in the past 30 days. The survey was conducted online from March 30 to April 7 among 6,006 adults ages 21 and older. Heavy drinking was defined as having had two heavy drinking days in a single week at least twice in the previous 30 days. A heavy drinking day was defined as four or more drinks containing alcohol for women and five or more drinks containing alcohol for men. Several studies have suggested Americans are buying more alcohol and drinking more frequently during the coronavirus pandemic. A recent study conducted by the Rand Corp. indicated that the frequency of alcohol consumption in the U.S. has risen 14% overall.

Marijuana Use at Historic High Among College Aged Adults

According to a survey conducted in 2020, marijuana use has continued to rise among college students over the past five years and remained at historically high levels among same-aged peers who are not in college in 2020. This represents the highest levels of marijuana use recorded since the 1980s. This survey also concluded that marijuana vaping and nicotine vaping leveled off in 2020 after sharp increases reported every year since 2017 for both college students and same-aged respondents who are not in college.

Gene Readouts Contribute to Distinctness of Mental Disorders

A new study conducted by researchers at the National Institute of Mental Health, suggests that differences in the expression of gene transcripts -readouts copied from DNA that help maintain and build our cells, may lead to further understanding of how mental disorders with shared genetic risk factors result in different patterns of onset, symptoms, course of illness, and treatment responses. The human genome is made up of DNA that contains instructions for helping maintain and build our cells. These instructions must be read and then copied into "transcripts" for them to be carried out. Many different transcripts can be copied from a single gene, which can result in a variety of proteins and other outputs. The transcriptome is the full set of transcripts found within the body. Researchers found only modest differences in gene expression between individuals with a mental disorder and individuals without a mental disorder. However, when they focused on the transcripts, they found two to three times as many differences between individuals in the two studied groups. The most noticeable differences emerged when researchers compared transcripts between two groups of individuals with a mental disorder such as; bipolar disorder versus schizophrenia, depression versus schizophrenia, or depression versus bipolar disorder.