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September 2017

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# What's Happening in Prevention This Month?

Oneida County Prevention Council Bulletin

## Contact Us

Phone: (315) 733-1709  
502 Court St, Suite 401  
Utica, NY 13502

Fax: (315) 733-1789  
Office Hours: Monday-Friday  
8:30 AM – 4:00 PM

Website: [www.whenthehelpthereshope.com](http://www.whenthehelpthereshope.com)

## Prevention Awareness

### Interactive Teen Mobile Bedroom Kit – For Adults Only

The Prevention Department is hard at work creating a new and innovative way to educate adults on the potential substance use and abuse problems teens may be facing. This is an adults only, Interactive Teen Mobile Bedroom Kit that shows what kids may be doing and how it is being concealed. Follow the link below to see our "Concealing Secrets" flyer and learn more about this new and innovative kit.

["Concealing Secrets" Mobile Interactive Teen Bedroom Kit](#)

## SEPTEMBER IS...

### National Suicide Prevention Day & Week:

September 10<sup>th</sup> is National Suicide Prevention Day and September 10<sup>th</sup>-16<sup>th</sup> is National Suicide Prevention Week. The Oneida County Suicide Prevention Coalition is looking for a few local residents who have lost loved ones to suicide who might be willing to share their stories with the community. If you're willing to share your story and a couple of photos of your loved one, please contact Kathy Peters, Advocacy Coordinator, at the Center for Family Life and Recovery, Inc. at 315.768.2650. Our goal is to have between 5 and 6 community members to create this mobile awareness exhibit. Below is a link to warning signs of suicide. Please take a moment to look at it, and watch for these signs. If you or someone you



## UPCOMING AGENCY EVENTS

### September 17

#### Tim Foley Classic Golf Tournament

Woodgate Pines Golf Club  
Boonville, NY  
8:30 AM- 4:00 PM  
Registration begins at 8:30 AM  
Shotgun start at 10:00 AM

[Registration Form](#)

To sponsor or donate please follow the link or email

[hperry@cflrinc.org](mailto:hperry@cflrinc.org)

[Sponsorship Form](#)

### September 28

#### Recovery with Daniel Baldwin

Munson Williams Proctor Arts  
Institute Auditorium  
310 Genesee St, Utica NY  
Begins at 7:00 PM  
Call 315.733.1709 to order your  
tickets, tickets are free but limited!

know is in need of help call the National Suicide Prevention Hotline at 1.800.273.8255.

[For more information click here!](#)

### **RAINN Day:**

Rape Abuse and Incest National Network day is on September 21<sup>st</sup>. RAINN Day is an annual day of action to raise awareness and educate about sexual violence! Please take a moment to learn about risk reduction and recovery resources today! Follow the link below to learn more.

[RAINN Information](#)

### **National Recovery Month:**

This month is for Recovery! CFLR, Inc. is teaming up with Friends of Recovery Mohawk Valley and Pratt MWP Institute to co-sponsor a presentation by Daniel Baldwin, of the stage and screen Baldwin Brothers! "Recovery" will feature Mr. Baldwin sharing his personal recovery experience in the Munson Williams Proctor auditorium at 7PM on Thursday, September 28. Meet and greet reception will follow. Tickets are free, but limited! Call CFLR, Inc.'s main office and reserve yours now! If you are currently looking for support throughout your recovery journey please contact us and we can help you find the support you need. If CFLR, Inc. has helped you throughout your recovery journey please send us your story and we will put it in our currently "under construction" website. You can email your story to Kathy Peters, Advocacy Coordinator at [kpeters@cflrinc.org](mailto:kpeters@cflrinc.org).

### **Self-Improvement Month:**

Throughout September focus on yourself! Take a moment to think about these questions this month. What goals do you have? What do you like best about yourself? What would you change? If you did change this would it be for the better? Create a list of how you could improve yourself and figure out how you can make that happen!

## **Education Awareness**

### **School Is Starting!**

CFLR, Inc. is taking a multifaceted approach to address the ever-changing needs of our children, their families, the schools, and the communities in which they live, by promoting positive educational, social, emotional, and mental & physical health outcomes. Prevention services include evidenced-based programming, positive alternatives, non-evidenced based education, information awareness, environmental strategies, trainings/presentations, "Concealing Secrets" Mobile Teen Bedroom Kit, community capacity building and much more! For more information, contact Jodi Warren, Director of Prevention Services. By phone at 315.768.2643 or email at [jwarren@cflrinc.org](mailto:jwarren@cflrinc.org)

### **CFLR, Inc. Activities**

**Give It a Whirl Wednesdays**

Every Wednesday our Advocacy Coordinator comes up with new and exciting activities to try! Every Wednesday at Center For Family Life and Recovery, Inc. at 6:00-7:30, come in and "give it a whirl"!

### **CFLR, Inc. Meetings**

**Heroin and Opiate Educational Workgroup**

The next meeting is on September 14<sup>th</sup> from 10:00 to 11:00. If you are interested in attending please call or email Jodi Warren, the Director of Prevention Services. [jwarren@cflrinc.org](mailto:jwarren@cflrinc.org) or 315.768.2643

### **CFLR, Inc. Volunteer**

**Compeer Program**

Compeer meets every third Tuesday each month! If you are interested in the compeer program or want to learn more about it click the links below!

[Volunteer Application](#)

[Compeer Information](#)



## Are You Ready For School?

Are you dreading getting your child ready for school? The hassles of long lines at the store for school supplies, getting your child to try on just one more pair of pants to make sure they fit and adjusting them back on a sleep schedule? Here is a list of 101 tips for getting you and your child back in the groove for school. [101 Tips for Back to School!](#)

## SEPTEMBER IS....

### International Literacy Day:

September 8<sup>th</sup> is International Literacy Day! Remember to incorporate this into the school day. Teach students why reading is important and why it's so great. Send them to the library today and have them start reading.

### Children's Good Manners Month:

Talk to your children about good manners this month. The links below will help you talk to your children about manners. The second link is activities that can be done at home that teach manners.

[Tips for Teaching Manners!](#)      [Manner Activities!](#)

### National Childhood Obesity Month:

This month talk to students about healthy lifestyles! Some lesson ideas to kick off National Childhood Obesity Month includes learning healthy and realistic food options, why it's important to exercise regularly, fun ways to exercise and moderation control.

## Medical Awareness

## SEPTEMBER IS...

### World Heart Day:

September 29 is World Heart Day! At <https://www.worldheartday.org/> there are free printable posters you can hang around the hospital. This day is a good day to talk about the heart, how to keep it healthy and what to avoid to keep a healthy heart!

### National Health Week:

September 19<sup>th</sup>-25<sup>th</sup> is National Health Week! Make this week an opportunity to talk about how to stay healthy with your clients!

**National Childhood Cancer Month:** This month bring awareness to childhood cancer! Think about having an event to raise awareness. Some events to consider are benefits or fundraisers, bake sales or something as simple as having a booth at the entrance informing those coming in about childhood cancer. For more awareness information click the link below that will take you to the CFLR, Inc.'s Medical Awareness Calendar that is printable!

[For more information click here!](#)

## CFLR, INC. TRAININGS AND CLASSES

### Recovery Basics for Families Class

**Where:** Center For Family Life and Recovery, Inc.

502 Court St, Suite 401  
Utica NY, 13502

**When:** Thursdays in September  
4PM

**What:** Learn all about recovery. Be sure to call and reserve your seat now!

[For more information click here!](#)

### Active Parenting Class

**Where:** Center For Family Life and Recovery, Inc.

502 Court St, Suite 401  
Utica NY, 13502

**When:** Tuesdays/Thursdays in  
September 10-12 PM

**What:** Learn new parenting skills! Be sure to call and reserve your seat now!

[Active Parenting Class Information](#)

### Post-Partum Depression Training

**Where:** Harts Hill Inn,  
135 Clinton St,  
Whitesboro NY, 13492

**When:** September 14, 2017  
9:00-4:00

**Cost:** \$55

[For more information click here!](#)