

[CFLR, INC. TRAININGS,
 PRESENTATIONS AND
 EVENTS](#)

**The Hopeful Minute
 Podcast**

For more information and access to current and previous podcasts visit page 2 of the newsletter and visit our website [HERE](#)

**Tim Foley Recovery Classic
 Golf Tournament**

When: Friday September 17th

Where: Woodgate Pines Golf Club Boonville, NY

*To register, call 315.733.1709 or email Marie Kohl at ma-kohl@cflrinc.org

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

Prevention Awareness Newsletter

September 2021

SUPPORTING FAMILIES, OFFERING HOPE.

Oneida County Prevention Council

Contact Us

Phone: 315.733.1709

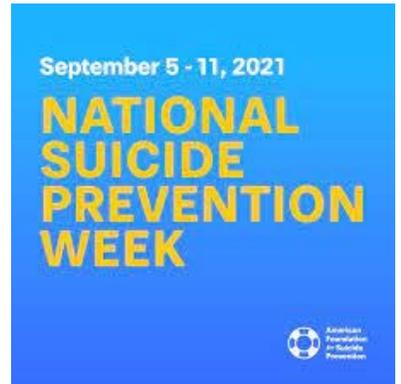
Fax: 315.733.1789

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

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

Suicide Prevention and Awareness Month

September is Suicide Prevention Awareness Month a time to raise awareness on this often stigmatized or taboo topic. It's the tenth leading cause of death in America, the second leading for ages 25-34, and third leading for ages 15-24. Suicide Prevention and Awareness month spreads hope and vital information to people affected by suicide, with the goal of ensuring that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help. Throughout the month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.



September 9-15th - National Suicide Prevention Week

National Suicide Prevention Week, which begins on September 5 and ends on September 11 this year, is an annual campaign observed in the United States to educate and inform the general public about suicide prevention and the warning signs of suicide. Similar to Suicide Prevention Awareness month, this week seeks to address stigma surrounding suicide and encourage the pursuit of mental health assistance. Originating in 1975, NSPW awareness events have been held throughout the week corresponding to World Suicide Prevention Day, which is recognized annually on September 10.



National Recovery Month

National Recovery Month is a national observance held every September to educate Americans that substance use treatment and mental health services that can enable those with mental and substance use disorders to live healthy and rewarding lives. Recovery Month also celebrates the gains made by those living in recovery. This observance reinforces the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover. The 2021 National Recovery Month theme, "Recovery is For Everyone: Every Person, Every Family, Every Community," and reminds people in recovery and those who support them that no one is alone in the journey through recovery.



**PREVENTION COMMUNITY
EVENTS**

**AFSP Out of the Darkness
Walk**

When: October 3rd, 2021

Where: MVCC campus
Utica, NY

For more information visit
Page 3

**Virtual Mental Health
Town Hall Event**

When: September 28th,
2021

6:00pm - 8:00pm

Where: Zoom

**AFSP: Talk Saves Lives with
Karen Heisig**

When: September 27th,
2021

Times: The first session will
take place at 12:00pm

The second session will
take place at 7:00pm

For more information email
Fesposito@cflrinc.org

Prevention Highlights

Supporting Families, Offering Hope

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

MVCAA Youth Bash at Quinn Park

On August 13th, the prevention team joined MVCAA for a Youth Bash at Quinn Park in Utica where they provided resources and sensory bottles to youth and community attendees who participated in the event.



National Recovery Month: Our Stories Have Power

Highlighting the stories of individuals who have overcome active substance use disorder brings awareness and education to other community members and even those who may still be struggling. Showcasing our accomplishments and even our struggles can build a community to advocate for real change. Below are a few peers words...

"I started drinking at 14 years old. When I decided to get help it has already been 20 years later!! I can't turn back the hands of time, but I'm here now! I'm not scared anymore! You shouldn't be either!! I'm here to help" -RG

"It's never too late or, in my case, too early to be whoever you want to be. There's no time limit, stop whenever you want. You can change or stay the same, there are no rules to this thing. We can make the best or the worst of it. I hope you make the best of it. And I hope you see things that startle you. I hope you feel things you never felt before. I hope you meet people with a different point of view. I hope you live a life you're proud of. If you find that you're not, I hope you have the strength to start all over again." -KB

"Recovery to me means being able to still feel blessed and to still be grateful in times of destitution and hopelessness. More than often, life is going to be hard and you're going to feel like nothing is worth it but the way you persevere and your determination is what will be the deciding factor. if you stick with it no matter what, you will get what you want out of life." -SJ

- Katie Burns, Recovery Peer Professional

Tim Foley Recovery Classic Golf Tournament

Come join the fun at the 13th annual golf tournament!

When: Friday September 17th

Where: Woodgate Pines Golf Club Boonville, NY

*To register, call 315.733.1709 or email Marie Kohl at makohl@cflrinc.org

**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

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 \(whenthereshelpthereshope.com\)](http://SuicidePrevention-CenterforFamilyLifeandRecovery.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 or email fesposito@cflrinc.org.

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](#)

#OneDecision #YouMatter



CRISIS TEXT LINE |

Text HELLO to 741741
Free, 24/7, Confidential

WEBINARS

Promoting Engagement and
Motivation in The Middle
School Classroom Series

When: September 1st,
2021
Time: 3:00pm

[Register](#)

Enhanced Prevention
Learning Series: The Ripple
Effects

When: September 7th,
2021
Time: 1:30pm to 3:00pm

[Register](#)

Understanding and
Integrating Knowledge
Translation in the
Prevention Field

When: September 8th,
2021
Time: 1:00pm to 2:30

[Register](#)

Untapped Potential:
Addressing Polysubstance
Use in Our Communities

When: September 13th,
2021
Time: 1:00pm

[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
- Must have knowledge of mental illness
- 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

For more information on how you can help someone struggling with a mental health challenge, if you feel that you are the right person to provide hope to someone in need and would like to become a volunteer or if you would like to refer, please contact Jovonna Torres, Compeer Specialist at Jtorres@cflrinc.org or please call 315.768.2655.

The logo for Compeer features the word "Compeer" in a sans-serif font. The letter "C" is large and blue. The letter "o" is replaced by a heart shape formed by two overlapping curved lines, one blue and one green. The remaining letters "mpeer" are in a dark purple color. A registered trademark symbol (®) is located at the end of the word.

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 except 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](#).

CFLR Recovery Advocates Peer Collaborative

*For persons wanting to
become Peer Recovery
Advocates.*

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

As Overdose Rates Climb, Community Groups Face Naloxone Shortage

As overdoses continue to increase across the United States, some that distribute the opioid overdose-reversal medication naloxone have reported difficulty maintaining a steady supply of it. Additionally Pfizer, which offers the medication at a discount to a national buyers club of harm reduction programs, reported that it could take several months for it to catch up to demand. While shortage impacts only injectable naloxone, and not Narcan nasal spray, many people prefer the injectable formulation because the dose can be titrated, which helps individuals avoid going into more severe withdrawal. The nasal spray formulation is also significantly more costly than generic injectables. Naloxone or Narcan, is a medication to counter the effects of opioid overdose.

Teens Hospitalized With Eating Disorders Rose During Pandemic

A new study suggests more than twice as many young people were hospitalized with eating disorders in the first 12 months of the COVID-19 surge in the United States. There were 125 eating disorder-related hospitalizations of patients ages 10 to 23 at the University of Michigan's health system in the first 12 months of the pandemic, compared with an average of 56 during the same time period in 2017 and 2019. The highest rates of admissions per month occurred between months 9-12 after the onset of the pandemic. Rates were still climbing when the study period ended in March 2021. The numbers in the study may represent only a fraction of people with eating disorders who were affected by the pandemic, because only young people with severe illness from eating disorders were included.

Cigarette Use Linked to Onset of, Relapse to Cannabis Use Disorder Among Adults

A recent study published in *Journal of Clinical Psychiatry*, analyzed the link between cigarette use and increased onset and persistence of and relapse to cannabis use disorder in adults. The study analyzed data of 34,653 participants from the National Epidemiologic Survey on Alcohol and Related Conditions Participants' responded to questions regarding cigarette use, cannabis use and cannabis use disorder. Participants' cannabis use disorders were defined according to DSM-IV criteria via the Alcohol Use Disorder and Associated Disabilities Interview Schedule-Diagnostic Version IV. The study calculated the risk for cannabis use disorder onset, persistence and relapse at wave two by wave one cigarette use status using multivariable logistic regression models. Researchers also adjusted analyses for sociodemographic data, psychiatric disorders, nicotine dependence and alcohol and other substance use disorders.

Half of Opioid Prescriptions for Young People Determined High Risk

Nearly half of opioids prescribed to children and young adults after surgery, dental care or for other conditions have been deemed high risk in a study conducted by researchers from Michigan Medicine at the University of Michigan. More than 4 million opioid prescriptions dispensed to those under the age of 21 were analyzed in 2019. The designation of high risk, was applied to prescriptions that exceeded recommended supplies/doses or included a drug or combination of drugs not recommended for children. The top 5% of prescribers accounted for 53% of opioid prescriptions for children and young adults overall and 53% of high-risk prescriptions. Among prescriptions for young children ages 11 and under, 8.4% were for codeine and 7.7% were for tramadol. FDA explicitly warns against the use of these medications in young children because of reports of fatal overdose. Almost 5% of prescriptions overlapped with benzodiazepines, a combination previous UM research has shown increased overdose risks in young people. Dentists and surgeons wrote 61.4% of opioid prescriptions for young people, and a disproportionate number were based in the South.