
February 2018

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.whenthereshelpihereshope.com

Substance Use: Facts and Warnings

Medicaid is Contributing to the Opioid Crisis: Senate Report

“Medicaid is contributing to the nation’s opioid crisis by establishing incentives that make it profitable to abuse and sell opioids.” In 2010 there were 1,072 people convicted or charged for improper use of Medicaid to obtain a prescription. Learn more by clicking the link below.

[Medicaid Contributing to the Opioid Crisis](#)

Opioid Overdoses Cause Spike in Accidental Deaths

As the opioid epidemic rages the death toll continues to increase. Overdoses are being considered accidental deaths so this is causing a spike in the accidental death rates. Accidental deaths are now the **third leading cause of fatalities** for the first time in over a century. Learn more by clicking the link below.

[Accidental Death Rates](#)

Fake I.D.’s Still Pose a Problem in Upstate NY

Governor Andrew M. Cuomo announced the number of a new record of those arrested for attempting to use a fake ID. In 2017 there was 843 arrests for fake ID’s, compared to 2016 being 818. These stats show that underage drinking is still prevailing in our community. Learn more by clicking the link below.

[Preventing Underage Drinking](#)



Happy
Valentine's
Day

Have you heard of Krokodil?

Krokodil is originally from Russia, the medical name for it is desomorphine. Those who use this drug usually begin with heroin and move onto Krokodil. The name came from the skin of a user becoming scaly, green and bumpy. It is common for gangrene to persist, as well as the skin rotting off completely leaving bone exposed. The withdrawals are also more powerful than heroin withdrawals. The withdrawals with heroin usually last up to ten days, with Krokodil it can last up to a month of unbearable pain. This is the strongest level of addiction and the hardest to get through doctors are saying. If the addict does manage to make it to recovery they may be left with permanent damage. Some of the damage includes speech impediment, vacant gaze and erratic movement. Learn more by clicking the link below.

[Krokodil](#)

Prevention Awareness

Concealing Secrets: An Interactive Mobile Bedroom Kit

We are currently booking our Concealing Secrets Interactive Bedroom Kit! If your school or agency is interested in having the Concealing Secrets Bedroom Kit for parents, faculty and/or community please call CFLR. If you would still like to experience the bedroom kit but may not have enough participants, we are currently offering the presentation in our CFLR Utica office. Our next presentation is **February 20th** at 5:00 PM at the Center for Family Life and Recovery in the Large Conference Room at 502 Court Street, Utica NY 13502. There is a \$10 fee to keep the bedroom kit updated and for replacement items. If you are interested, please call us at 315.733.1709 to register!

CFLR, Inc.'s Prevention Department

At Center for Family Life and Recovery we are committed to working together with our community partners with the common goal of improving the individuals' quality of life. If you would like to know more about the Prevention Services, visit our website by clicking the link below.

[CFLR, Inc.'s Prevention Services](#)

What's Trending Locally and Nationally:

Rob Gronkowski Says "No" to Tide Pod Challenge!

A new internet challenge has surfaced and is putting our children in danger. The challenge includes eating a Tide Pod (laundry detergent) and posting the videos on social media. As much as we would like to think our children would not eat laundry detergent, there is always that chance that peer pressure or "thumbs up" on YouTube will push them to do this. Please have a talk with your children about the dangers of eating laundry detergent. This includes burns to the esophagus and stomach, as well as potential death. Follow the link below to see what Rob Gronkowski thinks about the "Tide Pod Challenge".

[Tide Pod Challenge](#)



CFLR, Inc. Volunteer Opportunities

Compeer Program

- 2/6- Utica Coffee Club 10:30-12PM
- 2/8-Denny's Restaurant 1-2:30PM at 200 S. James St, Rome
- 2/12- Valentine's Day Dinner 5:30-7:30 PM. at 502 Court St, Suite 401, Utica NY, 13502
- 2/13- Coffee and Crafts 11-12:30PM at 502 Court St, Suite 401, Utica NY, 13502
- 2/27- Yahtzee Tournament 6-7:30 PM at 502 Court St, Suite 401, Utica NY, 13502

Compeer for Kids

- 2/15/18- Valentine's Day Celebration 4-6PM
- 2/22/18- Animal Bingo 4-5:30PM

CFLR, Inc. Meetings

Heroin and Opiate Educational Workgroup

The next meeting is on February 8th from 10:00am to 11:00am. If you are interested in attending please call or email Jodi Warren, the Director of Prevention Services.

jwarren@cflrinc.org or 315.768.2643

CFLR, Inc. Activities

Give it A Whirl Wednesdays

6-7pm at CFLR

- 2/7- Jeopardy
 - 2/14- Aromatherapy
 - 2/21- Eat Smart
 - 2/28- Fleece Pillows
- Now being offered in Herkimer
5-6PM on 2/7, 2/14, 2/21, 2/28

Vaping: What You Should Know

Vaping has become very popular among teens, and it is growing rapidly. If you have ever heard of vaping you are most likely thinking about e-cigarettes used for tobacco (electronic cigarettes), but they can also be used for marijuana oil. Most think the marijuana oil is not as dangerous because it is not being smoked, but you should know that it is in fact more dangerous due to the high levels of THC consumed. Learn more by clicking the link below.

[Vaping](#)

Sleepy U.S. Teens Are Running on Empty

Are teens in the U.S. at risk for health problems due to lack of sleep? Children aged 6-12 should be getting 10 hours of sleep a night and teens 13-18 should be getting 8 hours. Teens are running on empty due to staying up later looking at their smartphones, computers, game systems, and/or television which negatively impacts all aspects of their life. For more information on sleepless teens click the article below.

[The Importance of Sleep](#)

Marijuana is Now Legalized in 30 States

There are more States that have jumped on the “Marijuana Band Wagon”. Some include just medical use and others both medical and recreational use. Colorado was the first state to legalize marijuana and from that we have learned various issues that these states need to consider; 12.5% of all traffic citations for driving under the influence were marijuana impaired drivers. The article below shows the states that have made marijuana legal and the other article goes into detail on the issues and benefits of making marijuana legal. Learn more by clicking the links below.

[Issues with Legalizing Marijuana](#) [States that Approved Marijuana](#)

Safer Consumptions Space’s- What Are They?

Have you heard of Safer Consumptions Space’s (SCS) also known as supervised injection facilities or drug consumption rooms? This is so that users can legally consume previously purchased illicit drugs in a safe environment. SCS’s also have health care professionals available to assist in safer practices. As with many items there are also pro’s and con’s, but if you would take a minute to learn more about Safer Consumption Space’s you will see how much safer our community could be if they were available in New York. Learn more by clicking the link below.

[SCS](#)



CFLR, INC. TRAININGS, PRESENTATIONS AND CLASSES

“Rational Emotive Behavioral Therapy”

Where: Center for Family Life and Recovery, Inc.
502 Court St, Suite 401
Utica NY, 13502

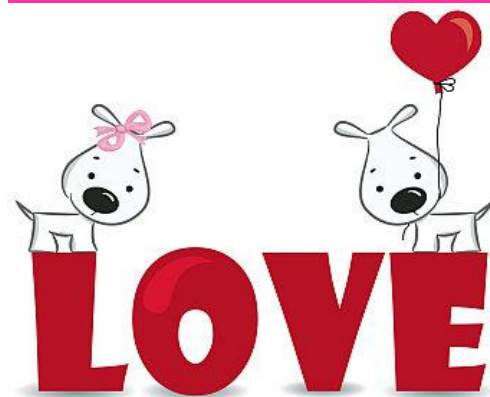
When: Tuesdays at 5:00pm
Be sure to call and reserve your seat now!

[For more information click here!](#)

“Concealing Secrets: An Interactive Mobile Bedroom Kit”

Where: Center for Family Life and Recovery, Inc.
502 Court St, Suite 401
Utica NY, 13502

When: February 20th at 4:00pm
Be sure to call and reserve your seats now!



Education Awareness: Student Scholarship Opportunities

Students: Enter to Win a \$10,000 Scholarship!

Operation Prevention is doing a video challenge! Students can grab a couple of their friends and record themselves sending a message about the dangers of prescription opioid misuse! Be creative and send a 30-60 second Public Service Announcement! Prizes include: 1st Place- \$10,000 scholarship, 2nd Place- \$5,000 scholarship, 3rd Place- 1,000 scholarship and a People's Choice Prize- A trip to Quantico, VA for an exclusive tour and DEA training. **Enter by March 20th, 2018** for your chance to win. To learn more about this opportunity, click the link below.

[Video Challenge](#)

Students: Live Ma's Scholarship

The Taco Bell Foundation has a Live Ma's Scholarship for the innovators, creators and dreamers! This scholarship is for those that do not fit into the "athletic" or "academic" category. For those that are 16-24 years old and think of themselves as an innovator, creator or dreamer enter for a chance to get \$5,000 up to \$25,000 scholarship. The application period began on January 15th and ends on March 18th. Learn more by clicking the link below.

[Live Ma's Scholarship](#)

Medical Awareness

How to Avoid Opioid Addiction after Surgery

One of the more common causes of opioid addiction begins with an injury or from a surgical procedure to help manage pain. Due to the injury or surgery procedure doctors may prescribe opioid medications to ease the pain. The patient may become reliant on the drug to deal with the pain even after the injury or surgery has healed as the brain is now craving the substance. This can all be avoided. When going to the doctor always ask if there are other holistic ways to deal with the pain. Exhaust all other options before using prescription pain killers, and if there is no other option only use them when absolutely needed. Learn more by clicking the link below.

[Opioid Addiction](#)

TURN IN YOUR UNUSED OR EXPIRED MEDICATION FOR SAFE DISPOSAL!!!

Check your home for expired and unused 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.**

