

**CFLR, INC. TRAININGS,  
 PRESENTATIONS AND  
 EVENTS**

**FUN FRIDAY COMPEER**

2/12: LOVE BUGS: VIRTUAL  
 YOUTH ACTIVITY

2/26: NATIONAL FAIRY TALE  
 DAY: VIRTUAL YOUTH  
 ACTIVITY

**FAMILY SUPPORT GROUP**

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

**TIME:** 6:15-7:30 PM

**Meeting ID:** 930 3319 4763

**Password:** 665098

**VIRTUAL NARCAN**

**TRAININGS**

**CFLR Narcan Trainings**

**When:** Every other  
 Wednesday

**Time:** 11 AM

For more information  
 please contact Heather

Youda with CFLR at  
 315.768.2663

**FLYER HERE!!!**

**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!

# February 2021

## WHAT'S HAPPENING IN PREVENTION THIS MONTH?

### 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  
 Thursday: 8:30-9:00

**International Boost Self-Esteem Month:**

February is International Boost Self-Esteem Month! By boosting your self-esteem, as well as your friends' and family's, you help to create a more confident and positive world. International Boost Self-Esteem Month is observed in February of each year.



**Teen Dating Violence Awareness Month**

February is National Teen Dating Violence Awareness and Prevention Month. This issue impacts everyone, not only teens themselves but their parents, teachers, friends and communities as well. Raise the nation's awareness about teen dating violence and promote safe, healthy relationships.

**National Cancer Prevention Month**

According to a study conducted by the American Cancer Society, at least 42% of newly diagnosed cancers in the US in 2020 were potentially avoidable. This percentage includes cancers caused by smoking (19%) and those caused by a combination of excess body weight, alcohol consumption, poor nutrition, and physical inactivity (18%). While there is no certain way to prevent cancer, there are certain risk factors which increase the likelihood.



**Random Acts of Kindness Day is February 17th**

Originating in New Zealand, National Random Acts of Kindness Day is celebrated each year on February 17th. This event is celebrated by individuals, groups and organizations nationwide to encourage acts of kindness!



**February 25th—March 3rd is National Eating Disorders Prevention Week**

Eating disorders affect 20 million women and 10 million men in the United States. Eating Disorders Awareness Week is a national campaign which takes place every year to raise awareness about eating disorders and provide resources for those who are curious about the disorders or who are interested in seeking treatment.

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

**HOPE EVENTS**

**WANT TO LEARN MORE  
ABOUT VAPING AND IT'S  
NEGATIVE EFFECTS?**

Join Senior Prevention  
Specialist, Cortney Kleek for  
a Vaping 101 Training  
CASAC CEU's available

**When:** 2/16

**Time:** 9-11 AM VIA ZOOM

**Cost:** \$20

**Register HERE**

**Peer Collaborative Skills  
and Practice Class**

**When:** Tuesday's

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

**RECOVERY EVENTS**

**February Wellness  
Wednesday Events**

For more information  
about Wellness Wednesday  
events please contact Erin  
Wiggins at 315.768.2657 or  
at [EWiggins@cflrinc.org](mailto:EWiggins@cflrinc.org)

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

**COMPEER EVENTS**

**February Compeer Events**

For more information  
about Compeer events  
please contact Brandi Lyons  
at 315.768.2661 or at  
[Blyons@cflrinc.org](mailto:Blyons@cflrinc.org)

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

**Drug Overdose Deaths Soar During Pandemic**

According to new data from the U.S. Centers for Disease Control and Prevention, more than 81,000 Americans died from a drug overdose during the 12 months ending in May. This has been the highest number ever recorded during a 12-month period. Fentanyl and other synthetic opioids appear to be the primary driver of the rise in overdose deaths, increasing by 38.4%. Overdose deaths involving cocaine also rose by 26.5%. The CDC has issued a health advisory in response to this increase in drug overdose deaths during the COVID-19 pandemic. The advisory, issued to medical and public health professionals, first responders and harm reduction organizations, recommended expanding distribution and use of naloxone and overdose prevention education.

**Link:** [Overdose Deaths During Pandemic](#)

**Changes in Buprenorphine Prescribing Rules Due to COVID Led to More Patients**

Changes in federal rules making it easier to prescribe the opioid addiction medicine buprenorphine during the early days of the pandemic have led to an increase in the number of patients receiving the medication in Texas. Restrictions on outpatient buprenorphine dispensing in March by the Drug Enforcement Administration (DEA) were relaxed in response to the pandemic. Clinicians were authorized to prescribe buprenorphine to new patients via telephone or telemedicine. They were also allowed to prescribe to existing patients by any method and were encouraged to use electronic prescriptions.

**Link:** [Buprenorphine Prescribing Rules & COVID-19](#)

**Justice Department Sues Walmart Over Role in Opioid Crisis**

The U.S. Justice Department is suing Walmart over its role in the opioid crisis. The company allegedly ignored warning signs from its pharmacists and filled thousands of invalid prescriptions. The lawsuit alleges that Walmart unlawfully dispensed controlled substances from its pharmacies and unlawfully distributed the drugs to those pharmacies throughout the height of the prescription opioid crisis. According to the lawsuit, this resulted in hundreds of thousands of violations of the Controlled Substances Act.

**Link:** [Justice Department Sues Walmart](#)

**One in Four People Who Binge Drink Report Other Substance Use:**

A new study conducted by the CDC shows binge drinking is strongly associated with use of other substances, as well as prescription drug misuse while drinking alcohol. The study analyzed the 2016-2018 National Survey on Drug Use and Health data on alcohol and other substance use among individuals aged 12 and older. Findings indicated, almost one in four people who binge drank also reported using other substances in the past month; including marijuana, heroin, stimulants, hallucinogens, or misuse of prescription drugs such as pain relievers (primarily opioids), tranquilizers, or sedatives. People who binge drank were twice as likely to use other substances as non-binge drinkers and four times as likely as non-drinkers and more.

**Link:** [Binge Drinking and Substance Abuse](#)

**A Community-level Intervention Reduces Alcohol-related Crashes:**

New research from the Prevention Research Center of the Pacific Institute for Research and Evaluation indicated a community-level alcohol intervention conducted in California, resulted in a 17% reduction in alcohol-involved crashes among drivers aged 15-30. The research study assessed an intervention aimed at reducing excessive drinking and harm among teens and young adults, including driving under the influence. 24 California cities were chosen at random for the study. Interventions included sobriety checkpoints, saturation patrols, and undercover operations to reduce service of alcohol to intoxicated bar patrons, with all interventions accompanied by high visibility to raise public awareness. The effect of these efforts translates into about 310 fewer crashes across the intervention cities.

**Link:** [Community-level Intervention and Alcohol-related Crashes](#)

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

**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)

**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.**

**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**

**Carfentanil Advisory**

The Overdose Response Team received a report of 3 confirmed reports of Carfentanil in local drug screenings. Carfentanil is a synthetic opioid; it is a white and powdery substance similar in appearance to cocaine or heroin and is 10,000 times more potent than morphine and 100 times more potent than fentanyl. It is a powerful drug that poses a threat to those who touch it even accidentally and can cause an individual to overdose quickly. Multiple doses of the anti-overdose drug Narcan, may not be effective. Individuals exposed to Carfentanil, can experience dizziness, clammy skin, shallow breathing, heart failure and more.

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

**\*\*\*\*If you would like to be Narcan trained please contact Heather Youda at 315-768-2663 or by email at [hyouda@cflrinc.org](mailto:hyouda@cflrinc.org) for more information on Narcan Trainings.**

**SAMHSA'S "Talk. They Hear You" App**

SAMHSA's "Talk. They Hear You." is an app which is helping parents start the important conversation about the dangers of alcohol. The app features an interactive simulation to help parents learn the do's and don'ts of talking to kids about underage drinking. Through the use of avatars, the app takes you through multiple scenarios including: the practice bringing up the topic of alcohol, learning the questions to ask and getting ideas to keep the conversation active. Learn more by using the link below.

**Link: [Talk. They Hear You](#)**

**NEW from SAMHSA An App Will Help People Who Have Serious Mental Illness To Develop A Crisis Plan**

SAMHSA released a mobile app, "My Mental Health Crisis Plan" this allows individuals with a serious mental illness to create a crisis plan. The app provides an easy, step-by-step process for individuals to create and share a psychiatric advance directive. It allows the individual to state their treatment preferences, hospital preferences, doctor and other mental health preferences. As well as, allows the individual to identify their healthcare proxy and/or power of attorney, emergency contacts and the ability to share the plan with others. For more information check out the link below.

**Link: [SAMHSA APP Press Announcement](#) [My Mental Health Crisis Plan](#)**

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

**The Light Carried....  
TLC Support Group**

**When:** Every other  
Tuesday starting December  
1st

**Time:** 6:00 to 7:30 PM

[Zoom Link](#)

**Family Support  
Group**

**When:** Tuesday's

**Time:** 6:15-  
7:30PM

[Zoom Link](#)

**Meeting ID:** 930 3319 4763

**Password:** 665098

**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!

## 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](mailto:jwarren@cflrinc.org)

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

### **EAP**

Covid19 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 @ [SHAag@cflrinc.org](mailto:SHAag@cflrinc.org)

### **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)

# #OneDecision #YouMatter



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

**CRISIS TEXT LINE |**

**Text HELLO to 741741**  
Free, 24/7, Confidential

### **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).**

#### **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**

### **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: [Click HERE!](#)**

### **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).**

*Center for Family Life and Recovery's Prevention Department provides prevention program to local schools, agencies and organizations. For more information contact Jodi Warren at 315.768.2643 or by email at [jwarren@cflrinc.org](mailto:jwarren@cflrinc.org).*

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

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

### **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.

# **#OneDecision #YouMatter**

NATIONAL  
**SUICIDE PREVENTION LIFELINE**  
1-800-273-TALK (8255)  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

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

**CRISIS TEXT LINE |**

**Text HELLO to 741741**  
Free, 24/7, Confidential

## **Free and Informative Webinars**

### **Pandemic Pivots: Lessons Learned**

February 3, 2021 @ 1:00pm

The COVID-19 global pandemic has impacted all of us. Join us to learn how community-based, peer-run organization Mental Health & Addiction Association of Oregon successfully modified our services to continue to serve our communities during this critical time. We'll discuss changes made to our peer certification training in addition to program pivots within our diverse peer support offerings, including at hospitals, shelters, jails, and more. Finally, we will consider ways in which MHAEO created new supports for our staff members and peer workforce at large.

Link: [Register](#)

### **Addressing Systemic Racism: Creating Safe and Equitable Schools**

February 3, 2021 @ 3:00pm EST

The Central East MHTTC in collaboration with the National Center for School Mental Health is pleased to offer a school mental health webinar series with a focus on advancing high quality, sustainable school mental health from a multi-tiered system of support, trauma sensitive, and culturally responsive and equitable lens.

Link: [Register](#)

### **The Impact of Mental Health on Students & Youth Part 2: Virtual Signs of Serious Mental Health Problems**

February 8th @ 12:30 - 2:00pm EST

Today's youth are facing new and ongoing trauma-producing challenges, including the disruption of normal school life caused by COVID-19, financial and social emotional problems at home, and the stressful, systemic realities of racial injustice. The result: students are experiencing more depression and anxiety than ever before. This webinar series will provide learners with tools to assess mental health in young people, recognize common mental health disorders, and identify differences between typical adolescent behavior and the onset of mental illness. We will focus on identifying how students express common mental health challenges through remote learning. In addition, we will discuss the opportunities remote learning provides for identifying students' mental health and responding with effective coping strategies.

Link: [Register](#)

### **Introduction to Environmental Strategies: Part 1 and 2**

February 10th, 2021 @ 2:00 - 3:30 EST

February 17th 2021 @ 2:00 - 3:30 EST

This two-part webinar will provide substance misuse prevention practitioners with an overview of environmental strategies. The series will focus on the importance of environmental strategies and how they differ from individual-focused prevention programs. It will also highlight three categories of environmental strategies: communications, policies, and enforcement.

Link: [Register](#)

## **Free and Informative Webinars**

### **Alcohol Amphetamine and Cocaine Use Disorders: Update in African Americans during COVID-19**

February 11th, 2021, @ 2:00pm

This webinar will discuss the impact of alcohol, cocaine, and amphetamine use during the COVID-19 pandemic. It will review the physiological effects of substance use disorders (SUD) and heightened susceptibility to COVID-19, and discuss the impact on the African American population. This session will also cover recent increases in alcohol sales and consumption, discuss available treatment options for SUD, and review myths about alcohol during the current pandemic.

Link: [Register](#)

### **Part 2: Evaluation for Substance Use Prevention Professionals**

February 24, 2021 @ 1:00pm

Prevention funding often requires program evaluation to demonstrate impacts, successes, challenges, opportunities, and efficiencies. However, conducting an evaluation is a science with many steps along the way. Join Public Consulting Group (PCG) on February 24 at 1:00 pm for Part 2 of a four-part webinar series on evaluation for substance use prevention professionals.

Link: [Register](#)

### **Impact of Mental Health on Students & Youth Part 3: Youth, Social Distancing and Anxiety in the time of COVID-19**

February 22, 2021 @ 12:30 - 2:00pm

Youth are increasingly battling COVID-19 while experiencing social isolation, loss of connections, loneliness and mental illness in record numbers. In a recent nationwide survey half of all college and high school-age students report being worried about their own mental health due to the pandemic. This webinar series will provide learners with tools to assess mental health in young people, recognize common mental health disorders, and identify differences between typical adolescent behavior and the onset of mental illness. We will focus on identifying how students express common mental health challenges through remote learning. In addition, we will discuss the opportunities remote learning provides for identifying students' mental health and responding with effective coping strategies.

Link: [Register](#)

### **Recovery-Oriented Mental Health Services for Latinx/Hispanics**

February 17, 2021 @ 3:00pm

This webinar will address recovery-oriented and culturally-sensitive services in mental illness and overcoming stigma and other challenges faced by Latinx/Hispanics. We will share the story of an immigrant receiving services at the Hispanic Clinic, New Haven, CT.

Link: [Register](#)

### **DBT Emotion Regulation Skills**

February 25, 2021 @ 9:30am - 1:30pm

Emotion Regulation Skills is the third in a series of seven DBT modules that will be presented every three weeks. This module will include understanding and naming emotions, changing emotions you want to change, reducing vulnerability to emotion mind, and managing really difficult emotions.

Link: [Register](#)