



Ounce of Prevention Newsletter

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Message to Coalition Members:

Dear Members:

Our Tall Cop Event – High In Plain Sight in partnership with Alfred State College and the Steuben County District Attorney’s Office was a great success with approximately 300 people in attendance through-out the day.



COALITION WEBSITE & FACEBOOK PAGE

Don’t forget to visit our Website and our Facebook Page and invite your friends to view and like our page as well.

<http://www.steubenpreventioncoalition.org>

Steuben Prevention Coalition

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“Featured” Member Statement:

(Bill Caudill, Program Coordinator – Steuben County Youth Bureau)

Much of my career and personal interests have focused on strengthening communities, with many of these efforts focused on programs and services for children and youth. Having worked in children’s mental health, education, workforce employment, and now the Steuben County Youth Bureau, as well as through community volunteer opportunities, it is clear to me that no one sector of our communities can alone meet the ever-changing needs of our youth. Only through collaboration with other stakeholders can we comprehensively and responsively address the myriad of risks and dangers that face youth in today’s society.

The Coalition is a model of collaboration, where multiple stakeholders together address societal issues that face Steuben County youth. And by empowering youth, through initiatives such as the Coalition’s Youth Action Forum, the youth themselves become part of the solution to make lasting change possible. Coalition members have each demonstrated a commitment to the health and welfare of youth, and the Youth Bureau is proud to be a partner in this effort.

Article: Resetting Household Rules Important for Teens With Substance Use Disorders

Partnership for Drug-Free Kids
January 5, 2017

Setting new household rules for teens in treatment for a substance use disorder can be challenging for parents. But it is important because research shows that teens do take their parents' attitudes, opinions and beliefs into account when they make choices about substance use, says [Christopher Hammond, M.D.](#), Medical Director of the Johns Hopkins Co-Occurring Disorders in Adolescents (CODA) Clinic at Johns Hopkins Hospital in Baltimore, MD.

By the time families begin treatment for a teen's substance use disorder, parents are often emotionally drained and burnt out, says Dr. Hammond, who is also assistant professor of psychiatry at Johns Hopkins. "We tell parents that one of the major ways they can provide positive support for their teen's recovery is by taking a close look at how they set and enforce rules in their house and consider resetting their household rules to promote abstinence," he says. Not only will consistently setting and enforcing rules help their teen, but it can help the family as a whole and take some tension out of the household. Dr. Hammond spoke about working with parents and families to improve outcomes for teens with substance use disorder at the recent [American Association of Addiction Psychiatry](#) meeting.

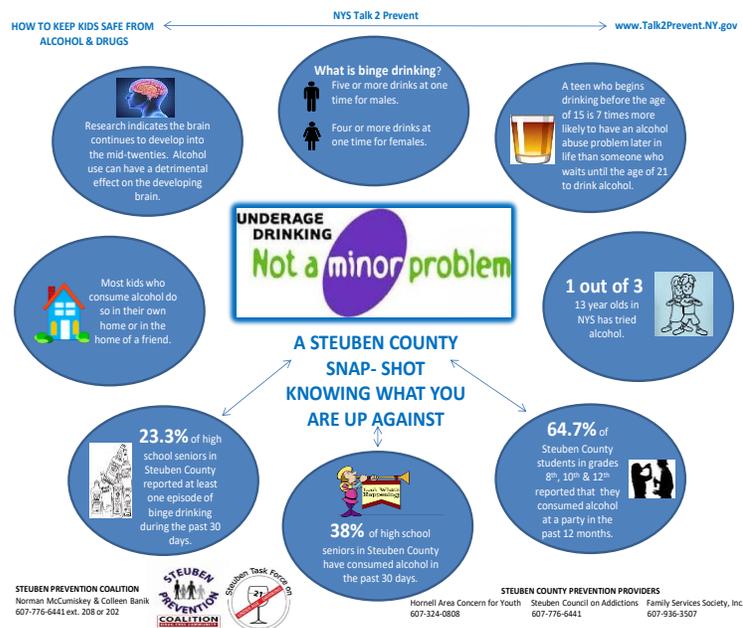
It is very important for parents to firmly establish a rule prohibiting drug or alcohol use, even if they previously allowed their teen to drink or use drugs in the house alone or with friends. Dr. Hammond notes, "Being the 'cool parent' who lets teens drink at their house is not only illegal but also associated with poorer outcomes for teens in treatment for substance use disorders." Allowing drug and alcohol use at home is associated with poorer outcome for teens who are in treatment. Along with explaining the rules, parents need to tell their teen the rules are meant to keep them safe and healthy. "We tell parents to explain the impact of drug and alcohol use on teen brain development—there is no good reason for teens to be using drugs or alcohol." He also urges parents to assign teens chores to give them a sense of responsibility.

They also need to make clear consequences for breaking rules. Inconsistent limit setting teaches teens to not respect their parent's authority. It also teaches them not to trust that parents will follow through with consequences.

<http://drugfree.org/learn/drug-and-alcohol-news/resetting-household-rules-important-teens-substance-use-disorders/>



Alcohol Awareness Month is an opportunity to raise awareness of alcohol abuse and to encourage people to make healthy and safe choices.



Article: Stricter Drinking Laws Lead to Fewer Alcohol-Related Car Deaths Among Young People

Partnership for Drug-Free Kids
March 2, 2017

States with stricter laws designed to discourage drinking have fewer motor vehicle deaths among children and teens according to a new study.

States with the toughest drinking policies had a 9 percent decrease in child and teen crash deaths, HealthDay reports. Of the almost 85,000 children and teens killed in car crashes in the United States between 2000 and 2013, 28 percent involved drivers who were legally drunk, researchers report in Pediatrics.

"Most policies we included in our study were designed to reduce drinking, as opposed to reduce driving among those who were already impaired," said study lead author Dr. Tim Naimi of Boston University's School of Medicine. "And most of the policies were geared towards the general population, as opposed to being geared specifically towards youth." He said laws that increase the price of alcohol and limit sales are an important way to keep people from drinking too much.

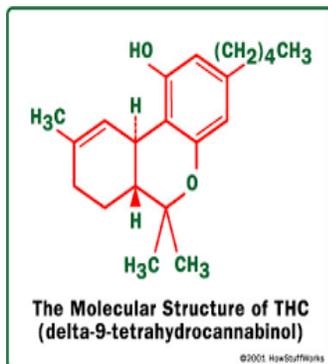
<https://drugfree.org/learn/drug-and-alcohol-news/stricter-drinking-laws-lead-fewer-alcohol-related-car-deaths-among-young-people/>

Article: Using Synthetic Marijuana Puts Teens at Risk of Injury or Violent Behavior

Partnership for Drug-Free Kids
March 16, 2017

Teens who use synthetic marijuana are more likely to be injured or engage in violent behaviors than their peers who only use marijuana, a new study concludes.

Using synthetic marijuana, also known as K2 or Spice, also increases teens' risk of being victims of sexual or physical dating violence, according to HealthDay. Teens who have tried synthetic marijuana are more likely to be threatened or injured with a weapon on school property, researchers from the Centers for Disease Control and Prevention report in Pediatrics. Synthetic marijuana is a mixture of herbs, spices or shredded plant material that is typically sprayed with synthetic compounds known as cannabinoids that are chemically similar to THC, the psychoactive ingredient in marijuana. Although these products are often marketed as "safe" alternatives to marijuana, they may affect the brain much more powerfully than marijuana. Their effects can be unpredictable and severe.



Article: New Method for E-Cigarette Use Called "Dripping" Becoming Popular Among Teens

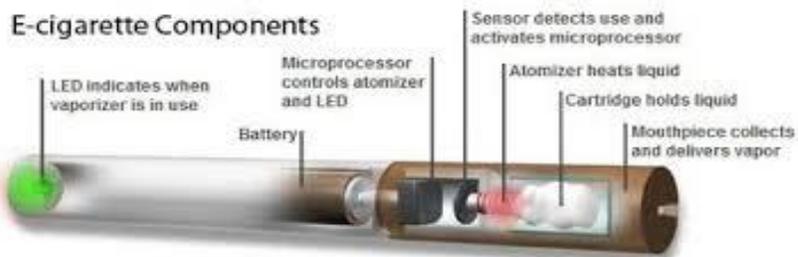
Partnership for Drug-Free Kids
February 9, 2017

A new method for using e-cigarettes called "dripping" is becoming popular among teens. A report published in Pediatrics finds one-quarter of U.S. teens who use e-cigarettes have experimented with dripping.

This method creates denser clouds of vapor, HealthDay reports. The health effects of dripping are unknown, according to the report's authors from Yale University School of Medicine.

Regular e-cigarettes produce inhalable vapor by slowly drawing liquid into a heating coil through an automatic wick. Dripping involves placing drops of e-liquid directly onto the heating coil, and inhaling the cloud of vapor that is produced.

Among teens who tried dripping, 64 percent said they liked the thicker clouds of vapor it produced. Almost 40 percent said they thought it produced a better flavor, while 22 percent were simply curious to try it.



Article: Marijuana DOES Cause Schizophrenia and Triggers Heart Attacks, Experts Say in Landmark Study

Marijuana does raise the risk of getting schizophrenia and triggers heart attacks, according to the most significant study on the drug's effects to date.

A federal advisory panel admitted cannabis can almost certainly ease chronic pain, and might help some people sleep.

But it dismisses most of the drug's other supposedly 'medical benefits' as unproven. Crucially, the researchers concluded there is not enough research to say whether marijuana effectively treats epilepsy - one of the most widely-recognized reasons for cannabis prescriptions.

<http://www.dailymail.co.uk/health/article-4114634/Marijuana-DOES-cause-schizophrenia-triggers-heart-attacks-experts-say-landmark-study-slams-drug-s-medical-benefits-unproven.html>

Upcoming Events:

Next Coalition Meeting
 May 10, 2017
 11:00 am – Steuben County Sheriff's
 Building

Healthy Kids Day
 Hornell High School
 May 20, 2017
 8:00 – 11:00

Community Drug Forum
 Hornell Area
 May - TBD

Community Health Expo
 Hornell YMCA
 June 15, 2017
 9:30 – 2:00

Underage Drinking Task Force
 Town Hall Meeting
 September - TBD

VISIT OUR WEBSITE
www.steubenpreventioncoalition.org



MISSION:

To promote
 healthy and safe
 communities in
 Steuben County
 by reducing
 alcohol and drug
 use among
 youths!

Article: 70 Percent of U.S. Workplaces are Affected by Opioid Painkiller Abuse

Prevention Weekly
 March 30, 2017



70 Percent of U.S. Workplaces are Affected by Opioid Painkiller Abuse

A [survey](#) recently released by the National Safety Council reveals more than 70 percent of workplaces are feeling the negative effects of opioid abuse. Nearly 40 percent of employers said employees are missing work due to painkiller abuse, with roughly the same percent reporting employees abusing the drugs on the job. Record pill abuse in the workplace is coming at a time when Americans are taking more opioids than ever before, reports the [Washington Post](#).

A recent survey from Truven Health Analytics and NPR reveals more than half of the U.S. populations reports receiving a prescription for opioids at least once from their doctor, a seven percent increase since 2011. Data released by the Centers for Disease Control and Prevention ([CDC](#)) reveals that almost half of non-cancer patients prescribed opioids for a month or more are still dependent on the pills a year later.

Despite the problems opioid abuse is causing in the workplace, many employee drug tests do not look for the substance. Fifty-seven percent of businesses test for drugs, but 41 percent of those businesses do not test for opioids.

"Employers must understand that the most dangerously misused drug today may be sitting in employees' medicine cabinets," said Deborah Hersman, president and CEO of the National Safety Council. "Even when they are taken as prescribed, prescription drugs and opioids can impair workers and create hazards on the job."

Among people not currently taking opioids, nearly half view addiction as the biggest threat from using painkillers. Among current patients on opioids, fears over unwanted side effects still dwarf fears about long-term dependence and addiction. Medical professionals say doctors need to start at least addictive pain treatment option, and then cautiously go from there.

A record 33,000 Americans died from opioid related overdoses in 2015, according to the [CDC](#). Opioid deaths contributed to the first drop in U.S. life expectancy since 1993 and eclipsed deaths from motor vehicle accidents in 2015. Combined, heroin, fentanyl and other opiate-based painkillers account for roughly 63 percent of drug fatalities, which claimed 52,404 lives in the U.S. in 2015.

<https://smallbiztrends.com/2017/03/opioid-addiction-statistics.html>

https://www.washingtonpost.com/news/wonk/wp/2017/03/15/americans-use-far-more-opioids-than-anyone-else-in-the-world/?utm_term=.16e978aaad1d

<https://www.cdc.gov/>

Steuben County Underage Party & Drug Information Tip Line

Anyone with information relating to underage drinking such as parties, underage sales, etc. or information relating to illegal drugs, such as sales, dealers, or other suspicious activities are encouraged to use the tip line.

The tip line will be monitored seven days a week, 24 hours a day. All calls are anonymous.
 Do your part to help make our communities safe for everyone!

1-844-378-4847

Reaching communities through
 prevention,
 education
 and support