



## Ounce of Prevention Newsletter

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### Message to Coalition Members:

**April is  
Alcohol  
Awareness  
Month**

#### 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.

[www.steubenpreventioncoalition.org](http://www.steubenpreventioncoalition.org)

**Steuben Prevention  
Coalition**  
23 Liberty Street  
Bath, NY 14810  
(607) 776-8085  
(Temporary)

**Website:**  
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**What's  
Happening**  
Community Events

We are asking all Coalition Members and Community Partners to let us know of any upcoming events, activities, public meetings, etc. that are or will be happening in your communities. Please contact us at the information provided.

[colleen.banik@dor.org](mailto:colleen.banik@dor.org)

## U.S. Senate Drug Caucus Releases Cannabis Report

[CADCA Coalitions Online](#)  
March 2021

The U.S. Senate Drug Caucus, led by Senators Dianne Feinstein (D-CA) and John Cornyn (R-TX), has released a new report on cannabis, “Cannabis Policy: Public Health and Safety Issues and Recommendations.” The report makes five key recommendations:

1. Remove barriers to research
2. Study the impact of increasing THC levels
3. Study the impact of cannabis on the developing brain
4. The Food and Drug Administration (FDA) should continue exercising its enforcement authority regarding unregulated cannabis products
5. More effectively detect cannabis-impaired driving

This report is a comprehensive, fact-based resource that coalitions can use to advocate on issues surrounding marijuana. The full report can be accessed [here](#).

For the full report visit the link provided below:

<https://www.drugcaucus.senate.gov/sites/default/files/02%20March%202021%20-%20Cannabis%20Policy%20Report%20-%20Final.pdf>



## April is Alcohol Awareness Month

### What is Alcohol Awareness Month?

Alcohol Awareness Month is a national public health awareness campaign sponsored by the National Council for Alcoholism and Drug Dependence (NCADD). It takes place every April. Alcohol Awareness Month was developed in order to increase awareness and understanding of the causes and treatment of one of our nation's top public health problems: alcoholism. Established in 1987, alcohol awareness month allows communities to focus on spreading awareness and reducing the stigma associated with alcohol addiction. Observance of this awareness campaign also highlights the need for education on the dangers of unsafe alcohol consumptions.

### Why is Alcohol Awareness Month Important?

Alcohol is the most used substance by youth and adults in the United States. According to the National Institute of Health's 2020 Monitoring the Future Survey, 55.3% of high school seniors used alcohol in the past year. Results of the 2019 National Survey on Drug Use and Health (NSDUH), demonstrated that 85.6 percent of people ages 18 or older reported that they drank alcohol at some point in their lifetime; 69.5 percent reported that they drank in the past year; 54.9 percent reported that they drank in the past month. In 2019, 25.8 percent of people ages 18 or older reported that they engaged in binge drinking in the past month; 6.3 percent reported that they engaged in heavy alcohol use in the past month. Alcohol is the third leading cause of preventable death in the United States. About 95,000 Americans die from alcohol-related causes each year.



Partners in Prevention

<https://pipnj.org/aam2021/>

## Medication Safety

Connie Terry  
Program Assistant  
Opioid Committee  
April 2021

April marks two events intended to encourage people to dispose of unwanted medications safely.

### Friday, April 16<sup>th</sup> is National Clean Out Your Medicine Cabinet Day

### Saturday, April 24<sup>th</sup> is National Prescription Drug Take Back Day

The purpose of both days is to provide a safe, convenient, and responsible means to dispose of unwanted medications while educating the people about the potential for abuse.

82% of American adults take at least one prescription medication and 29% take 5 or more. 18 million people in the United States misuse prescription drugs. Half of those people get those drugs from home, relatives, or friends. Removing unwanted meds from the home prevents negative and toxic effects on our environment and it prevents those drugs from getting into the hands of people who shouldn't have them.

Medication disposal packets, like DisposeRx and Detera are available from local pharmacies and the Steuben Prevention Coalition Opioid Committee. There are many medication drop boxes in Steuben County, as well. You can take unwanted medications to Steuben County Sheriff's Office on April 24<sup>th</sup>, too. All medications collected that day will be taken to the Rochester DEA Office to be incinerated. Keep your family members and the environment safe by taking 15 minutes to clean out those medicine cabinets. Be sure to assist older family members in this task also!

**OPIOID  
COMMITTEE**   
**STEBEN PREVENTION COALITION**

## Steuben Prevention Coalition Opioid Committee Holds Successful Community Forum

BATH – Nine people died in Steuben County last year due to drug overdoses. Two more have died this year, with a third death likely to be drug related.

"I consider drug overdoses to be the No. 1 public safety issue," county Sheriff Jim Allard said during the 7-8 pm virtual community forum Thursday (March 18), sponsored by the Steuben Prevention Coalition Opioid Committee.

Allard said he is deeply concerned drug addictions are likely to gain a stronger foothold in the county, with COVID-19's enforced isolation compounding the problem with children living with addicted parents, the potential for legalizing marijuana and the state's 'bail reform' forcing courts to release those arrested on drug charges.

"We arrested the same person three times in one day on the same (drug) charges," Allard told forum attendees. "But we have a weapon which is this: People will continue to try to beat their addictions if they have hope."

The forum, the first in a series sponsored by the coalition, was designed to spread the word about the services now available for alcoholics and drug users.

Locally, most traditional support group meetings have been dramatically affected by the COVID-19, due to social distancing, and the invaluable tool of face to face gatherings are on hold.

While Zoom and phone conversations may help those looking for support, they lack the personal touch so essential to recovery, said Julie Haar, Steuben County Alcohol and Substance Abuse Services counselor. A veteran, Haar has worked closely with inmates at the county jail in recent years.

Community attitudes may be the most important element in recovery for people who struggle with alcohol and substance abuse, the panel said.

The afflictions are typically viewed by the public as shameful and degrading, and met with fear and contempt, according to coalition Chairman Brandon Beuter, a certified peer advocate for AIM Independent Living Center.

"People think homeless, when they think of addiction," he said. "It's not. It's your doctor, it's the police officer, it's a teacher. And the stigma, the image of what an addict is stops them from admitting they have a problem."

Haar said alcoholism has been documented to be a disease as real as other diseases.

"The only difference is the symptoms are behavioral and not physical," she said.

For substance abusers, avoiding the overwhelming physical agony of withdrawal becomes central to their lives, she said.

"The problem is people believing they were never valuable or that their value has been destroyed by addiction. The people I see say 'I'm scared, I'm tired,'" she said.

"They will find themselves doing things they never thought they would do." she said.

Press Release courtesy of Mary Perham – March 22, 2021

**Upcoming Events:****Next Coalition Meeting**

May 12, 2021

11:00 am – Steuben County Sheriff's  
Bldg., Bath, NY**Currently will be held via Video  
Conference****Conference link information  
will be distributed prior to the  
meeting****Upcoming Coalition  
Meeting Presentations:**Current scheduled presentations will be  
postponed until there is a re-evaluation  
of NY on PAUSE. Thank you all for  
your patience as we navigate through  
COVID19[www.steubenpreventioncoalition.org](http://www.steubenpreventioncoalition.org)**MISSION:**To promote healthy and safe  
communities in Steuben County by  
reducing alcohol and drug use  
among our youth!**VISION:**To have a county where our youth  
are healthy and drug free!**Parents of Students in Hybrid Learning More Likely to  
Report Increased Substance Use***Partnership to End Addiction*

March 2021

A [survey of parents](#) finds those with children in hybrid learning programs that combine in-person and virtual school are more likely to say they started or increased using substances to help cope with stress or emotions during the COVID-19 pandemic, [CNBC](#) reports.

The Centers for Disease Control and Prevention surveyed parents or guardians of school-age children up to age 12 between October and November. Almost half of parents reported increased levels of stress. The survey found 16.5% of parents said they had started or increased their use of substances, including alcohol, legal or illegal drugs, or prescription drugs that are taken in a way not recommended by the doctor.

Among parents whose children went to school only in person, 13.7% reported new or increased substance use, compared with 16.4% virtual only, and 20.5% combined in-person and virtual schooling.

“The pandemic is disrupting many school-based services, increasing parental responsibilities and stress, and potentially affecting long-term health outcomes for parents and children alike,” lead author Jorge Verlenden said.

[https://drugfree.org/drug-and-alcohol-news/parents-of-students-in-hybrid-learning-more-likely-to-report-increased-substance-use/?utm\\_source=pns&utm\\_medium=email&utm\\_campaign=parents-of-students-in-hybrid-learning-more-likely-to-report-increased-substance-use](https://drugfree.org/drug-and-alcohol-news/parents-of-students-in-hybrid-learning-more-likely-to-report-increased-substance-use/?utm_source=pns&utm_medium=email&utm_campaign=parents-of-students-in-hybrid-learning-more-likely-to-report-increased-substance-use)

Steuben Prevention Coalition (SPC) is a federal Drug Free Communities (DFC) grant funded program in Steuben County. The “Ounce of Prevention” Newsletter is a regular monthly update of activities of the Coalition relative to alcohol, marijuana and other drug use and abuse prevention.

For more information or to be removed from the newsletter mailing list, please contact Colleen Banik, Program Coordinator at [colleen.banik@dor.org](mailto:colleen.banik@dor.org) or at (607) 776-8085 (temporary number as of 1/2021).**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 call are anonymous.****Do your part to help make our communities safe for everyone.****1-844-378-4847**