



## 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

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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)

## Corning Community College Collegiate Recovery Center Offers Narcan Training

Article by *Genevieve Likoudis*  
March 28, 2022

On March 1, 2022, Corning Community College Collegiate Recovery Center in partnership with the Steuben County Department of Health and Steuben Prevention Coalition, hosted a Narcan training and information session. Opioid Committee member and peer recovery coach Genevieve Likoudis along with peer coach Carli Clark trained in total forty-three students, faculty, staff and members of the public on recognizing the signs of an overdose and how to safely administer Narcan, local overdose statistics, protections offered by the NYS Good Samaritan Law, and how to access local resources. Each participant was given a box of potentially lifesaving Narcan to use in the event of an emergency.

College students are among the most important segments of society on the frontlines of the overdose epidemic. It's imperative they are taught about the risk of overdose and how to handle emergencies. Narcan only works with opioids. Administering it to a person overdosing from taking a different drug will do no harm, however. In many cases, people overdose from poly-drug use. The good Samaritan may not know which drugs the user consumed. The prevalence of fake pills containing the synthetic drug fentanyl are on the rise in the area. Fentanyl can be anywhere from 50 to 100X more powerful than morphine, making it extremely dangerous. These counterfeit pills are often sold on the dark web and on social media sites.

Unless a drug is prescribed to the user by a medical professional and obtained from a recognized, licensed pharmacy, the user should assume it is not safe to take.

Free, virtual Narcan is available (to anyone) weekly at <http://oasas.ny.gov/keywords/naloxone>

## What is Synthetic Nicotine and What Does It Mean for the Youth Vaping Epidemic?

*Truth Initiative*  
March 24, 2022

Manufacturers of e-cigarettes and other nicotine products were using synthetic nicotine to exploit a regulatory loophole and keep selling the types of sweet and fruity flavored products that ignited the youth vaping epidemic that continues today. Fortunately, that loophole is closing.

Synthetic nicotine, which is created in a laboratory and not derived from tobacco, has become increasingly popular. A new paper from Stanford University identified six manufacturers of synthetic nicotine and 98 brands claiming to contain synthetic nicotine.

Many e-cigarette makers that used tobacco-derived nicotine have recently switched to synthetic nicotine to avoid regulation by the Food and Drug Administration (FDA). For example, Puff Bar, the top vape brand among youth, was told by the FDA in July 2020 to stop selling their flavored, tobacco-derived e-cigarette products. In March 2021, the company returned to the market with synthetic "tobacco-free nicotine."

As the FDA reviews thousands of applications from e-cigarette manufacturers to determine whether their products can stay on the market, brands that claim they use synthetic nicotine, including Puff Bar, have skirted this review process. According to the Stanford researchers, some brands even returned to the market with claims of synthetic formulations after the FDA denied their applications for tobacco-derived nicotine products and ordered them to stop selling those products.

As youth vaping continues at epidemic levels, synthetic nicotine threatens to worsen the youth nicotine use crisis. Here are important things to know about synthetic nicotine and how companies are using it to try to evade federal oversight aimed to protect youth.

For more information visit:

[https://truthinitiative.org/research-resources/emerging-tobacco-products/what-synthetic-nicotine-and-what-does-it-mean-youth?utm\\_source=Truth+Initiative+Mailing+List&utm\\_campaign=b8ce07b7f8-Newsletter+2022+03+24&utm\\_medium=email&utm\\_term=0\\_c91fd8a5c5-b8ce07b7f8-86534308](https://truthinitiative.org/research-resources/emerging-tobacco-products/what-synthetic-nicotine-and-what-does-it-mean-youth?utm_source=Truth+Initiative+Mailing+List&utm_campaign=b8ce07b7f8-Newsletter+2022+03+24&utm_medium=email&utm_term=0_c91fd8a5c5-b8ce07b7f8-86534308)



### U.S. Deaths Involving Alcohol Jumped 25% in the First Year of Pandemic

*Partnership to End Addiction*  
 March 2022

U.S. deaths involving alcohol rose 25.5% during the first year of the pandemic, a new study finds.

In contrast, the average annual increase in alcohol-related deaths between 1999 and 2017 was 2.2%, CNN reports.

In 2020, there were 99,107 alcohol-related deaths, including motor vehicle crashes that occurred as a result of driving under the influence of alcohol. In 2019, there were 78,927 alcohol-related deaths.

“We’re not surprised. It’s unfortunate, but we sort of expected to see something like this,” said lead study author Aaron White of the National Institute on Alcohol Abuse and Alcoholism. “It’s not uncommon for people to drink more when they’re under more duress, and obviously, the pandemic brought a lot of added stress to people’s lives. In addition to that, it reduced a lot of the normal outlets people have for coping with stress, [like] social support and access to gyms.”



For more information visit:

[https://drugfree.org/drug-and-alcohol-news/u-s-deaths-involving-alcohol-jumped-25-in-the-first-year-of-pandemic/?utm\\_source=pns&utm\\_medium=email&utm\\_campaign=u-s-deaths-involving-alcohol-jumped-25-in-the-first-year-of-pandemic%2F](https://drugfree.org/drug-and-alcohol-news/u-s-deaths-involving-alcohol-jumped-25-in-the-first-year-of-pandemic/?utm_source=pns&utm_medium=email&utm_campaign=u-s-deaths-involving-alcohol-jumped-25-in-the-first-year-of-pandemic%2F)

### National Clean Out Your Medicine Cabinet Day April 15, 2022

*Opioid Committee – Connie Terry, Program Assistant*

When spring cleaning this year, don’t just aim for those dusty corners in your house. Check your medicine cabinet. When was the last time you looked at the expiration dates on the medications? Do you have medications stored that you no longer plan to use? April 15<sup>th</sup> is National Clean Out Your Medicine Cabinet Day. It’s an ideal time to sort through and safely dispose of those unwanted medications.

Timely disposal of unwanted medications, especially prescription medications, can reduce the risk of others taking the medication accidentally or misusing the medication intentionally. 1.34 million calls are made to poison centers each year. 49% of those calls are for children. 2500 teens begin abusing prescription drugs each day. Medication mistakes are among the biggest causes of accidental injuries involving senior citizens. To avoid any of these incidents happening in your home, safely dispose of your unwanted and expired medications. Lock up the rest if possible, using a medication lockbox.

The best and most environmentally safe way to dispose of medications is by using a drug take-back program. The U.S. Drug Enforcement Agency (DEA) hosts take-back days in April and October each year. On April 30, 2022, the Steuben County Sheriff’s Department will be collecting unwanted medications at the Public Safety Building in Bath, NY from 10:00am to 2:00pm. Unfortunately, sharps cannot be collected due to NYS public health guidelines, however all other medications may be turned in for safe disposal. Once collected, the medications will be transported to the DEA office in Rochester, NY by Steuben County Sheriff’s Deputies and incinerated.

Another option includes taking your unwanted medications to a local medication drop box. Here is a complete list of drop boxes in Steuben County.

#### Medication Drop Box Locations in Steuben County, NY

- Hammondsport Village PD
- Park Pharmacy, Hammondsport
- Bath PD
- Steuben County Public Safety Building
- Walgreen’s, Bath
- TOPS, Bath
- IRA Emergency Dept.
- Canisteo Village Hall
- Hornell City PD
- Corning PD
- Corning Hospital
- Gerould’s Pharmacy, Corning
- Market St. Apothecary, Corning
- Addison Apothecary
- Quinlan’s, Wayland
- CVS, Wayland

You can also dispose of medications by using disposal packets (DisposeRx or Detera) available at your pharmacy. When water is added as directed, both of these products render medications unusable and safe to throw away in your trash. They will not harm the environment, unlike flushing meds down the toilet or pouring them down the sink. Next time you fill a prescription, request a disposal packet from your pharmacist.

The drug overdose epidemic in the United States is clearly a public health and public safety threat. By taking any of these steps, you can keep your home, your family and your community safer.

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

May 11, 2022

11:00 am – Currently Virtual

**UAD & Marijuana Prevention  
Task Force Meeting**

April 13, 2022

2:00 p.m. – Currently Virtual

**Opioid Committee Meeting**

April 6, 2022

2:00 p.m. – Currently Virtual

**UAD & MJ Town Hall Meetings**

Date – TBD

Time – TBD

Location - TBD


[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!

**National Institute on Drug Abuse  
Letter to Parents on Marijuana**

Although NIDA's annual Monitoring the Future survey shows that daily marijuana use in teens is mostly steady, the survey also shows that as cigarette smoking rates drop, daily marijuana smoking has become generally more common than daily cigarette smoking among teens. By the time they graduate high school, about 45 percent of teens have tried marijuana at least once in their lifetime, a rate that has remained relatively steady for the past two decades. The survey also reports that high school seniors in states with medical marijuana laws are more likely to have vaped marijuana and consumed marijuana edibles than their counterparts in states without such laws.

Additionally, the number of teens who think marijuana use is harmful is declining. This is concerning because there is growing scientific evidence that heavy, regular use of marijuana that begins during the teen years can interfere with aspects of functioning and well-being.

Survey results show that we still have a long way to go in our efforts to prevent teen marijuana use and avoid the toll it can take on a young person's life. NIDA recognizes that parents have an important role in this effort and can strongly influence their children's attitudes and behaviors. However, the subject of marijuana use has become increasingly difficult to discuss — in part because of the mixed messages being sent by the passage of medical marijuana laws and legalization of marijuana in some states. In addition, many parents may have used marijuana when they were younger, which could make it more challenging to discuss openly or set rules about its use.

Talking to our children about drug use isn't always easy, but it is crucial. We are pleased to offer this short guide to review with your children. We have a similar booklet, called Marijuana: Facts for Teens, that you can also share. Sometimes, just beginning the conversation is the hardest part. I hope these booklets can help.

Nora D. Volkow, M.D., Director  
National Institute on Drug Abuse

<https://nida.nih.gov/>

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**