



Ounce of Prevention Newsletter

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Message to Coalition Members:



Wishing everyone a very Merry Christmas and a Happy New Year from the Steuben Prevention Coalition!

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

Steuben Prevention Coalition

**23 Liberty Street
Bath, NY 14810
(607) 776-8085**

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www.steubenpreventioncoalition.org

Email:

steubenpreventioncoalition2017@gmail.com

Staff:

**Colleen Banik
Program Coordinator
colleen.banik@dor.org**



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

Recognition to Business Partners – Local Pizzerias

The Steuben Prevention Coalition would like to, once again, take a moment to thank our local pizzerias for their cooperation and participation in our Pizza Box Prevention Messaging Project.



Our 4th round is taking place right now during the holiday season and the 5th round will take place during the super bowl season in the following pizzerias around Steuben County:

- Crosby's in Avoca
- Wise Guys in Hammondspport
- Big D's in Bath
- Pizza D in Bath
- Angry Oven in Bath
- Rico's of NY in Bath
- Fox's Pizza Den in Campbell
- Aniello's in Corning
- 7-Eleven in Addison
- 7-Eleven in Painted Post
- Gerow's Market in Beaver Dams
- Pizza King in Hornell
- Little Italy in Hornell
- Giovanni's in Hornell
- Cy's Sure Fine in Canisteo



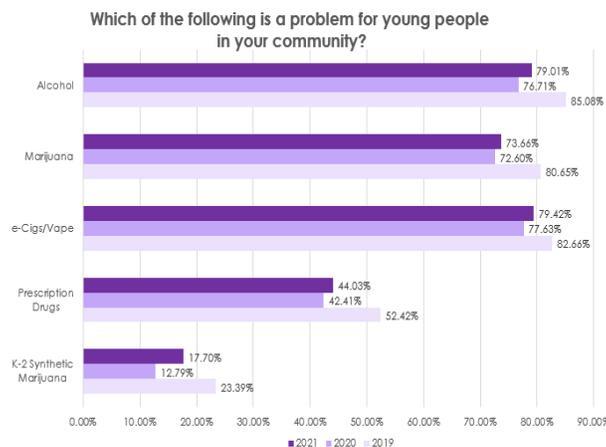
2021 Adult Perception Survey Data Results

The Steuben Prevention Coalition administered the 2021 Adult Perception Survey throughout Steuben County. When survey participants were asked “Which of the following is a problem for young people in your communities?” with the answer choices being – alcohol, marijuana, tobacco, chewing/smokeless tobacco, e-cigarettes/vape pens, narcotics (heroin), cocaine, hallucinogens (LSD, PCP), inhalants (glue, paint thinner), prescription drugs (opioids), K-2 synthetic marijuana, bath salts, methamphetamines, energy drinks – the results indicated that the top 5 perception choices from our communities were as follows:

Top 5 Substances of Concern Remains in same order

- ▶ **One** - E-Cigarettes/Vaping - **79.42%** up from 77.68% ↑
- ▶ **Two** – Alcohol – **79.01%** up from 76.71% ↑
- ▶ **Three** – Marijuana – **72.66%** up from 72.60% ↑
- ▶ **Four** – Opioids – **44.03%** up from 42.41% ↑
- ▶ **Five** - Synthetic Marijuana **17.70%** up from 12.79% ↑

The top five substances remain in the same order as resulted in the 2020 Adult Perception Survey with increases in each category.



Opioid Committee Delivers Sharps Containers to Steuben County Law Enforcement Agencies

As part of the effort to educate people about how to safely store and dispose of prescription medications, the Steuben Prevention Coalition Opioid Committee delivered sharps containers to each law enforcement agency in Steuben County. Each patrol vehicle will have an FDA approved, puncture proof, sharps container that will help limit the potential exposure to bloodborne pathogens, like hepatitis and HIV, among others that may spread as a result of improper contact with contaminated syringes.

On the occasion where an officer comes in to contact with a syringe, it's important that it will be safely secured in the vehicle until it can be properly disposed of to avoid accidental injury. The Opioid Committee values our partnership with local law enforcement, and we appreciate everything they do to keep Steuben County residents safe. We want to do our part to help keep officers safe while on the job.

The Opioid Committee encourages all residents to safely dispose of sharps. Do not put sharps in the trash or try to flush them down the toilet. Also, please do not put sharps in the recyclables or use soda cans, milk cartons or glass bottles that can be broken or punctured. Do not clip, bend, or put the cap back on used sharps.

Residents can obtain sharps containers at their local pharmacy and there are syringe exchange programs available in NYS and nationwide. Visit New York State Safe Sharps Collection Program (ny.gov) for more information. All hospitals and nursing homes in NYS are required by law to accept household generated sharps. Call first to find out the hours, days and location to bring them.



Managing Chronic Pain: Find a Treatment Plan That Works For You Opioid Committee – Connie Terry, Program Assistant

According to the CDC (Center for Disease Control), 4% of the adult population in the US has been prescribed long-term opioid therapy. That percentage increases with age. Opioids like, Percocet, Tramadol, Vicodin and Oxycontin are powerful pain medications that can be risky. When taking opioids for long-term pain management there is always a danger of addiction. Be aware, addiction to opioids can occur in as little as five days. For some people with chronic pain, the use of opioid therapy can be very helpful. For others, the risks outweigh the benefits.

Chronic pain is common, especially as we age. It can make you uncomfortable and interfere with daily activities. It can affect your mood and your quality of life. The key is to learn ways to manage your chronic pain. Discuss ways to manage your pain with your physician. Over-the-counter oral pain relievers, like ibuprofen, naproxen and acetaminophen can be helpful in controlling pain when taken as directed. Topical pain relievers applied to the joints or strained muscles are also effective. Ice packs, heating pads, physical therapy, massage, and yoga work for many. Others find success in alleviating pain with acupuncture.

If you are prescribed an opioid pain reliever, be sure to check in with your doctor often to see how effective it is in controlling your pain and always take it as prescribed. You can easily develop a tolerance for an opioid making it tempting to increase your dosage. Do not. With an increased dosage comes the risk of dependency and even death. Never mix opioids with other drugs (depressants) like alcohol, benzodiazepines (tranquilizers) or sleep medications. Never keep your prescriptions where other family members or people visiting your home can find them. A medication lockbox should be utilized. If you are prescribed a high dose opioid for severe pain, ask your doctor to prescribe naloxone (Narcan) so it is on hand in the event of an accidental overdose. Caregivers should learn how to administer it.

It's common for people using opioids for long-term pain management to feel depressed or anxious. Talk to your doctor about how pain affects your life. Consider counseling or joining a support group. You are not alone, so connect with others for support. In the meantime, get enough sleep, learn meditation / relaxation techniques, pay attention to the way you eat, and try to reduce the stressors in your life. Engage in hobbies you enjoy. Get moving. Start slowly with stretching and make exercise a daily habit.

Chronic pain is challenging to live with and difficult to manage. Communicate with your doctor and weigh your options carefully.

Resources:

[8 tips for managing chronic pain - Mayo Clinic Health System](#)

[Managing Chronic Pain: 11 Coping Tips for Living With Chronic Back Pain \(webmd.com\)](#)

[Non-opioid options for managing chronic pain - Harvard Health](#)

[Managing Chronic Pain | Self-Management Education Programs | Learn More. Feel Better. | CDC](#)

Upcoming Events:

Next Coalition Meeting
 January 12, 2022
 11:00 am – Currently Virtual

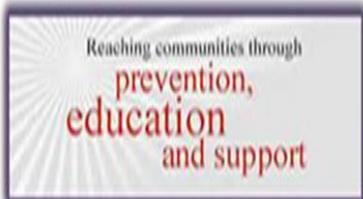
UAD Town Hall Meeting Presentation
 Date - TBD
 Time - TBD
 Location - TBD

Kathi & Chris Sullivan will be returning to our community for an additional presentation to our parents and athletes on the dangers of underage drinking.

<https://www.letsengage.com/talent/kathi-sullivan>



www.steubenpreventioncoalition.org

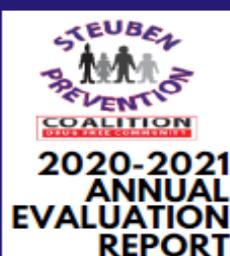


MISSION:

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!



SUCCESSES

- Hosted a webinar and multiple presentations on the new changes to marijuana legalization in the state and provided information on how municipalities can opt. out
- Held NARCAN training for the first time
- Held Community Forum for the first time with the focus on Opioids
- Distributed medication lock boxes/disposal informational packets to local businesses
- Community Movie Night and Prevention Fair held in the village and Town of Bath

ENGAGEMENT



3,471
 People Served
 •
 1,516
 Total Hours of Service Provided

DONATIONS



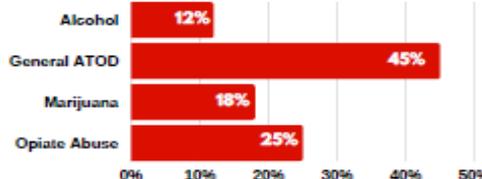
\$163,024
 Cash Donated
 •
 1,933 Total
 Volunteer Hours
 •
 \$34,189
 In-Kind Donated

MEDIA REACH



761 Media
 Posts/Articles
 •
 368,226
 Media Impressions

ACTIVITIES ALIGNED TO GOALS



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 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