



Ounce of Prevention Newsletter

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Steuben Prevention Coalition

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Message to Coalition Members:

Dear Members:

A huge thank you goes out to Coalition Member Pamela Aini and the Steuben County Sheriff Department's STOP DWI NY program for all of their coordination and efforts in the Prom & Graduation Safety Awareness Events held throughout our Steuben County school districts as well as the many sponsors of these events. You can view the press release and activity pictures on the coalition website.

Another thank you goes out to the Campbell-Savona students of Monique Curtis-Knapp's class who produced a very creative PSA on Social Host Law Awareness. This PSA is currently playing at the Corning Palace for the months of May and June. Please try to attend our July Coalition meeting where they have been invited to receive special recognition for their project. You can view this PSA on the coalition website.

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>



Article: Truth About Marijuana

Learn the truth about marijuana. Facts and figures debunk the notion that marijuana use is no big deal.

[Marijuana](#) is the most commonly used illicit drug in the United States. The National Institute on Drug Abuse notes the following recent statistics on marijuana use in the United States: [1]

- According to a 2009 national survey, more than 104 million Americans over the age of 12 had tried marijuana at least once, and almost 17 million had used the drug in the month before the survey.
- Marijuana use usually peaks in the late teens and early twenties, and then declines in later years. Use among young people remains a natural concern for parents and the focus of continuing research, particularly regarding its impact on brain development, which continues into a person's early twenties.
- The potency of marijuana has been increasing steadily. In 2009, THC concentrations in marijuana averaged close to 10 percent, compared to around 4 percent in the 1980s.
- In 2008, marijuana was reported in over 374,000 emergency department visits in the U.S., with about 13 percent involving people between the ages of 12 and 17.
- Long-term studies of high school students' patterns of drug use show that most young people who use other drugs have tried marijuana, alcohol, or tobacco first.
- The World Health Organization ranks the United States first among 17 European and North American countries for prevalence of marijuana use.

New people start using marijuana every day. In 2008, an estimated 2.2 million Americans used marijuana for the first time. More than half of first-time marijuana users were under age 18.

[1] <http://www.drugabuse.gov/MarijBroch/parents/003.php>

A Unified Message for Safe Graduation Parties

Parents play a major role in their children's choices about alcohol, tobacco or other drugs. In a recent national survey of parents and teens by the National Center on Addiction and Substance Abuse at Columbia University, one-third of teen partygoers have been to parties where teens were drinking alcohol, smoking marijuana, or using cocaine, ecstasy or prescription drugs while a parent was present. By age 17, nearly half (46 percent) of teens have been at such parties where parents were present.

Drug-Free Action Alliance and Steuben Council on Addictions are working together to bring the *Parents Who Host, Lose The Most: Don't be a party to teenage drinking* public awareness campaign to provide parents good information about the health risks and the legal consequences of providing alcohol to youth. The campaign encourages parents and the community to send a unified message at prom and graduation time that teen alcohol consumption is not acceptable.

Hosting a graduation party where alcohol is available to underage youth is illegal and can pose serious health risks and legal ramifications for everyone involved. Parents should understand that taking away the car keys does not solve all the problems related to underage drinking. Every day at least six youth under 21 die from non-driving alcohol-related causes, such as drowning and suicide; sexual activity and delinquent behaviors also increase with underage drinking. There are many health-related consequences of youth consuming alcohol including negative effects on brain development, deviant behavior including stealing and skipping school and a greater risk of becoming alcohol-dependent later in life.

Parents who knowingly allow a person under the age of 21 to remain on their property while consuming or possessing alcoholic beverages can be prosecuted under the Steuben County Social Law and face a jail sentence, fines and loss of property. Students report that 51% of 8th graders, 54% of 10th graders and 63% of 12th graders get alcohol at home or someone else's home without parent's permission. 2015 Prevention Needs Assessment Survey.

Adults providing alcohol to underage youth send a mixed message and can only add to a teenager's confusion about the acceptability of drinking. They are also sending the message to teens that they do not have to obey the law. Research shows that most teenagers appreciate it when their parents set boundaries and establish expectations that are fairly enforced. Our youth deserve to live and grow to adulthood in an environment where alcohol is not misused. Let's be unified in our message, and host alcohol-free parties with plenty of fun activities to show our youth that we care about their future.

For more information please visit the Steuben Prevention Coalition website at www.steubenpreventioncoalition.org

Signed,

Richard McInroy

Co-chair Steuben Prevention Coalition Underage Drinking Task Force

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

Upcoming Events:

Bath VA Health Fair
July 6, 2017
3:00 – 4:30 p.m.
Bath VAMC

Next Coalition Meeting
July 12, 2017
11:00 am – Steuben County Sheriff's
Building

Underage Drinking Task Force
"A Community Conversation"
Town Hall Meeting
September 27, 2017
Haverling High School
6:00 – 7:30 p.m.

Community Drug Forum
Corning Event
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: Heroin – Know the Facts

What are some slang terms?

Big H, Black tar, Brown sugar, Dope, Horse, Junk, Skag, Smack, China white, H, White Horse

What is it?

Heroin is a highly addictive drug derived from morphine, which is obtained from opium poppy plants—otherwise known as an 'opioid.' It is a 'downer,' or depressant, that affects the brain's pleasure systems and interferes with the brain's ability to perceive pain.

What does it look like?

White to dark brown powder or tar-like substance.

How is it used?

Heroin can be used in a variety of ways. Heroin can be injected into a vein (also known as "mainlining"), injected into a muscle, placed on tinfoil and inhaled as smoke through a straw or snorted as powder.

What do young people hear about it?

Teens and young adults hear that an injection of heroin causes a surge of euphoria ("rush") accompanied by a warm flushing of the skin and heavy limbs. Following this initial euphoria, a person goes "on the nod," an alternately wakeful and drowsy state.

What are the risks?

Long-term effects of heroin appear after repeated use for some period of time. Chronic use may lead to collapsed veins, infection of the heart lining and valves, abscesses (swollen tissue with pus), constipation and gastrointestinal cramping, and liver or kidney disease. Pulmonary complications, including various types of pneumonia, may result from the poor health of the person using heroin as well as from the drug's effects on breathing. In addition to the effects of the drug itself, street heroin may have additives that do not really dissolve and clog the blood vessels that lead to the lungs, liver, kidneys, or brain. This can cause infection or even death of small patches of cells in vital organs. With regular heroin use, tolerance develops. This means a person must use more heroin to achieve the same intensity or effect. As higher doses are used over time, physical dependence and addiction develop. With physical dependence, the body has adapted to the presence of the drug and withdrawal symptoms may occur if use is reduced or stopped. Withdrawal, which in people who use heroin regularly may occur as early as a few hours after the last administration, produces drug craving, restlessness, muscle and bone pain, insomnia, diarrhea and vomiting, cold flashes with goose bumps ("cold turkey"), kicking movements ("kicking the habit") and other symptoms. Major withdrawal symptoms peak between 24 and 48 hours after the last dose and subside after about a week. Heroin use is associated with a number of serious health conditions, including fatal overdose, spontaneous abortion, and infectious diseases like hepatitis and HIV (because these diseases are transmitted through contact with blood or other bodily fluids, which can occur when sharing needles or other injection drug use equipment.)

What are signs of use?

- Fatigue
- Fading in and out of consciousness
- Slowed breathing
- Constricted pupils
- Flushed skin
- Dry mouth
- Itching
- Nausea
- Vomiting
- "Track marks" on arms from injection

Source: [National Institute on Drug Abuse \(NIDA\)](http://www.nida.nih.gov); [Drug Enforcement Agency \(DEA\)](http://www.dea.gov)