



Ounce of Prevention Newsletter

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Message to Coalition Members:



If you or someone you know is struggling with gambling addiction, please contact Steuben Council on Addictions at (607) 776-8085 for more information, screening or for a referral.

You can also visit www.nyproblemgambling.org for more resources and information regarding gambling and gambling addictions.

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
(Temporary)

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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

New Jersey Becomes Latest State to Legalize Recreational Marijuana

Partnership to End Addiction
February 2021

This week New Jersey Governor Phil Murphy signed into law a measure legalizing and regulating marijuana use and possession for adults 21 years and older, [ABC News](#) reports. The governor also signed legislation reforming penalties for low-level marijuana offenses.

One of the new laws prevents low-level distribution and possession offenses from being used in pretrial release, probation and parole decisions, and provides certain protections against discrimination in employment, housing and places of public accommodation. “Our current marijuana prohibition laws have failed every test of social justice, which is why for years I’ve strongly supported the legalization of adult-use cannabis. Maintaining a status quo that allows tens of thousands, disproportionately people of color, to be arrested in New Jersey each year for low-level drug offenses is unjust and indefensible,” Governor Murphy said in a [statement](#).

ABC News reports that 14 states and the District of Columbia allow for the sale of recreational and medicinal marijuana. The Virginia state legislature is expected to vote on a marijuana legalization bill. Virginia Governor Ralph Northam has expressed support for the measure.

https://drugfree.org/drug-and-alcohol-news/new-jersey-becomes-latest-state-to-legalize-recreational-marijuana/?utm_source=pns&utm_medium=email&utm_campaign=new-jersey-becomes-latest-state-to-legalize-recreational-marijuana

Calling All Schools/Students Please consider participating! National Drug and Alcohol Facts Week®



Monday, March 22nd through Sunday, March 28, 2021

National Drug and Alcohol Facts Week® (NDAFW) is a health observance week for teens that aims to SHATTER THE MYTHS® about drug and alcohol use.

NDAFW brings teens and scientific experts together to discuss the scientific facts about drugs, as well as their potential health effects on teen bodies and brains.

2021 National Drugs and Alcohol Chat Day

As we continue to adapt our programming due to the pandemic, we have canceled National Drugs and Alcohol Chat Day this year and are instead focusing efforts on offering new virtual content for **National Drug and Alcohol Facts Week®** (NDAFW), which will be held Monday, March 22, through Sunday, March 28. You will be able to access these materials at your convenience, and we hope you will find ways to integrate them into your in-person or remote learning environment. After more than a decade of conducting Chat Day, we know there are some questions that are always on students' minds, and we will continue to connect teens with the latest science through this new virtual approach for 2021.

[See the 2019 Chat Day Transcript.](#)



For more information visit:

<https://teens.drugabuse.gov/national-drug-alcohol-facts-week>

REMINDER: If you decide to participate in the National Drug and Alcohol Facts Week– **PLEASE LET US KNOW.**

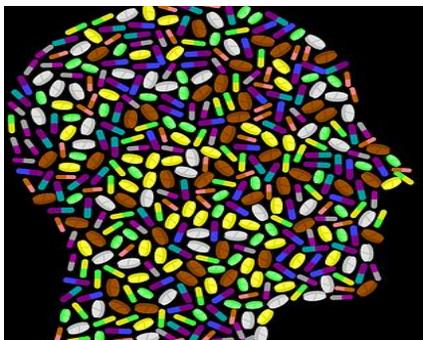
Community Support for Recovery

Connie Terry
Program Assistant
Opioid Committee
March 2021

COVID 19 has disrupted our daily lives and changed our routines. Most of us have nothing to compare it to. Human resiliency has allowed many us to adjust and cope with this new normal, while others are struggling with feelings of isolation, increased stress and worsening mental health conditions. Concurrently, drug use and abuse has escalated during the pandemic.

Local data from the 2020 HIDTA (High Intensity Drug Trafficking Areas) program identified 141 suspected overdoses and 9 fatalities directly related to overdose in Steuben County. There have been 20,474 statewide with 2,770 fatalities in 2020. (Not all counties in NYS participate in HIDTA OD Mapping.) Nationwide, the Center for Disease Control reports an acceleration of overdose deaths in 2020 (81,000 overdose deaths as of May in 2020). In a rural area like Steuben County, it can be challenging to determine where someone can go for the services they need, especially during a pandemic.

To engage residents in frank conversation and to provide information about mental health and recovery services, the Steuben Prevention Coalition Opioid Committee has put together a Virtual Community Forum. If you, a friend, or a family member are struggling to receive mental health services or if you have questions about where to start on your journey to recovery, please join us on March 18, 2021.



Upcoming Community Events



Black Balloon Day

March 6, 2021
Remembering those we have lost to overdose.



The Steuben Prevention Coalition Opioid Committee will be participating in Black Balloon Day on March 6, 2021 remembering those who have lost to overdose.

Community Forum

Community Support for Recovery During the Pandemic:

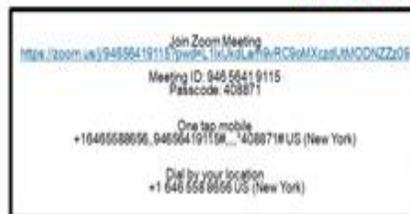
A closer look at Steuben County

focusing on the opioid epidemic, treatment, mental health and more.

Part 1 in a series

Please Join Us March 18, 2021

7:00-8:00PM



Join Zoom Meeting

<https://zoom.us/j/94656419115...>

Meeting ID: 946 5641 9115

Passcode: 408871

One tap mobile

+16465588656,,94656419115#,,,,*408871# US (New York)

Dial by your location

+1 646 558 8656 US (New York)

Upcoming Events:

Next Coalition Meeting

March 10, 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 September and a re-evaluation of NY on PAUSE. Thank you all for your patience as we navigate through COVID19



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!

Alcohol Use Rising Faster in People With Anxiety, Depression During COVID-19

Partnership to End Addiction

January 2021

People with anxiety and depression are more likely than people without mental health issues to report increased alcohol use during the pandemic, according to a [new study](#).

Researchers at NYU found that while drinking increased the most among younger people, older adults with anxiety and depression had a greater increase in their risk for harmful alcohol use.

“We expected that younger people and those with mental health issues would report drinking as a coping mechanism, but this is the first time we’re learning that mental health is associated with differences in alcohol use by age,” study author Yesim Tozan said in a [university news release](#). The online survey included more than 5,800 respondents who said they drink, [HealthDay](#) reports. Overall, 29% said they were drinking more during the pandemic, while almost 20% said they were drinking less and 51% said they were drinking the same amount as before. People with depression were 64% more likely to drink more, while those with anxiety were 41% more likely to do so.

https://drugfree.org/drug-and-alcohol-news/alcohol-use-rising-faster-in-people-with-anxiety-depression-during-covid-19/?utm_source=pns&utm_medium=email&utm_campaign=alcohol-use-rising-faster-in-people-with-anxiety-depression-during-covid-19

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