



# Ounce of Prevention Newsletter

## Inside this Issue:

- Message to Coalition – Prom/Graduation Season – Social Host Law
- What’s Happening in Your Community
- NYS Legalizes Recreational Marijuana
- Opioid Reversal with Naloxone
- Marijuana Mental Health Awareness – Johnny’s Story
- Opioid Committee Host Drug Take Back Event
- Statewide Marijuana Survey Opportunity
- Upcoming Events

## Message to Coalition Members:

We are coming up on the 2021 Prom and Graduation Season. Please remind your communities that hosting an underage drinking party is against the law.



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

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[steubenpreventioncoalition2017@gmail.com](mailto:steubenpreventioncoalition2017@gmail.com)

**Staff:**  
 Colleen Banik  
 Program Coordinator  
[colleen.banik@dor.org](mailto: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](mailto:colleen.banik@dor.org)

## NYS Legalizes Recreational Marijuana

On March 31, 2021, the New York State Legislature passed MRTA S854A legalizing recreational marijuana in NYS.

<https://www.nysenate.gov/legislation/bills/2021/S854A>

### Legal Does Not Mean Safe

Here are some things you need to know:

If you're under 21 its illegal to use or possess marijuana. Who is allowed to use marijuana? Anyone age 21 or older can legally possess or consume marijuana. It is illegal to give anyone under the age of 21 marijuana.

Potency levels are higher than you think, and it can sneak up on you. The potency level of marijuana has increased over the years and the concentration is often unknown.

Driving high is a DUI. Don't consume and drive. Driving while impaired is illegal. It doesn't matter what substance you are using. If you are not sure if you are impaired, don't drive.

Know your risks. Marijuana can affect people differently based on body type, health conditions, type of marijuana used and prior history of use.

Marijuana can be addictive. The younger you start, the more problems it can cause. People who begin using before the age of 18 are at greater odds for addiction to marijuana and other drugs, as well as mental health concerns.

For more information visit:

<https://ncadd-ra.org/>



## Opioid Reversal with Naloxone

Connie Terry  
Program Assistant  
Opioid Committee  
May 2021



Naloxone is a prescription medicine used to treat suspected opioid overdose. It is a critical tool for individuals, families, first responders and communities to help reduce opioid deaths. (1) There are three FDA-approved forms of naloxone - injectable, auto-injector and nasal spray (Narcan). It works within a few minutes to quickly restore breathing and is safe to use, even in cases when first responders are not sure which drug the victim has ingested. Naloxone is not effective against cocaine, benzodiazepines, Xanax, and alcohol, and will not create added risk to the recipient's health if used. People who administer Naloxone in an emergency situation are covered in NYS by the Good Samaritan Law.

Anyone of any age who uses opioid medications (oxycodone, hydrocodone, codeine, morphine, fentanyl, etc.) to manage pain should have naloxone available in the event of accidental overdose. In addition, anyone using heroin or other injectable pain medications is at high risk for overdose; they too, should carry naloxone with them. In Rochester NY, Maisie's Law <https://www.rochesterfirst.com/news/local-news/maisies-law-signed-by-bello-requires-narcan-with-opioid-prescriptions-to-prevent-overdoses/>

was signed in March 2021 requiring Narcan with all opioid prescriptions to prevent opioid overdose. It's worth noting that NYS has a statewide standing order allowing pharmacists to dispense Narcan to anyone without a prescription, although a doctor's prescription is preferred. Anyone in NYS who needs naloxone can get it at a participating pharmacy. Health insurance companies are not required to pay for naloxone, but many opt to. Without insurance the cost ranges from \$95-\$140.00 per dose. With insurance, the co-pay is generally \$20. Auto-injectors (Envivio) can cost as much as \$4000.00 for two injectors.

Signs of overdose include unusual sleepiness and inability to rouse with a loud voice or a sternum rub combined with slow, shallow or no breathing. A black circle in the center of the colored part of the eye, (pinpoint pupils), in someone who is difficult to awaken is another common sign. Be aware that some patients show aggressive behavior upon abrupt reversal of opioid overdose. Sudden opioid withdrawal symptoms may include body aches, nausea and diarrhea, fever, shivering or trembling, sweating, nervousness and anxiety, and increased blood pressure.

During 2020, Steuben County nine people were lost to overdose death. So far in 2021, there have been 2 fatalities. Having Narcan available is an essential safety measure that community members can take to prevent overdose deaths.

- (1) **FDA: Norman E. Sharpless MD, Statement on continued efforts to increase availability of all forms of naloxone to help reduce opioid overdose deaths**



### May is Marijuana Mental Health Awareness Month

#### JOHNNY'S STORY

Johnny Stack was born on February 7, 2000 and died by suicide on November 20, 2019 at the age of 19. He was an incredibly intelligent, funny, charming, handsome young man, which you can see in his [tribute video](#).

We are a normal suburban family and did normal family things. He had a happy life, a 4.0 GPA with a scholarship to college, and a family who loved him very much.

Unfortunately, we live in Colorado, which was the first state to legalize marijuana in 2014, when Johnny was 14 years old.

Three days before he passed, he came over for dinner. He lived in our condo a couple miles down the street and would often pop in for a home-cooked meal. "I need to tell you that you were right," he said to me. "Right about what?" I ask. "Right about the marijuana. You told me weed would hurt my brain, and it's ruined my mind and my life. You were right all along. I'm sorry, and I love you." He died by suicide three days later.

For the full story on Johnny Stack visit: <https://johnnysambassadors.org/johnny/>

### May 10<sup>th</sup> – May 14<sup>th</sup> National Substance Abuse Prevention Week

**YOUTH MARIJUANA PREVENTION**  
**JOHNNY'S AMBASSADORS**

"TEENS THAT CHRONICALLY USE MARIJUANA HAVE REDUCED PROBLEM-SOLVING SKILLS AND EXHIBIT 'COGNITIVE INFLEXIBILITY.'"

*Synthetic Cannabinoids: Spice, K2 and similar marijuana-like substances  
actondrugs.org/synthetic-pot/*

### Steuben Prevention Coalition Opioid Committee Holds Successful Drug Take Back Day

The Steuben Prevention Coalition Opioid Committee held a Drug Take Back Day on April 24, 2021 collecting 50 pounds of medications for safe disposal.

A special thank you goes out to our staff and volunteers who assisted in this successful effort to keep our communities safe. Sheriff Jim Allard, Undersheriff John McNelis, Deputies Robert Shepherd and Ryan Andrews, Carla Chace, Brandon Beuter, Stacey O'Dell, Connie Terry and Mary Perham.



[https://www.deadiversion.usdoj.gov/drug\\_disposal/takeback/](https://www.deadiversion.usdoj.gov/drug_disposal/takeback/)

**Upcoming Events:**

**Next Coalition Meeting**

May 12, 2021  
11:00 am – Currently Virtual

**Narcas Training**

(2<sup>nd</sup> Opioid Forum)  
May 12, 2021  
7:00 p.m. – 8:00 p.m.

<https://www.eventbrite.com/e/erie-county-doh-opioid-overdose-recognition-naloxone-use-tickets-150194350345>

**Virtual UAD Speaker**

May 20, 2021  
Students will hear Kathi Sullivan speak to the loss of her daughter after homecoming as a result of binge drinking  
<https://www.letsengage.com/talent/kathi-sullivan>



**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!

**Statewide Marijuana Survey Opportunity**

Courtesy of  
*Steuben Council on Addictions*  
Stacey O'Dell  
Prevention Providers Network

A network of prevention providers across New York state has created a survey for community members on the topic of marijuana.

The purpose of this survey is to collect data from the community about attitudes towards marijuana and knowledge about the recent change to New York State laws. We encourage you to send this survey to any adults and adolescents you serve so we can have a full picture of the varying views pertaining to this topic across the state.

This survey is currently available in English only, but the Spanish version of the survey is forthcoming.

To gain access to the survey you can select the following link:

<https://www.surveymonkey.com/r/6KJD8JC>

which will take you to survey monkey or use the QR code below. It will take less than 15 minutes to complete.



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**