



Ounce of Prevention Newsletter

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Message to Coalition Members:

REMINDER 2021 Adult Perception Survey

Please use the SurveyMonkey link below for the 2021 Adult Perception Survey which has been extended through September 30, 2021. Please take a few minutes to complete this very valuable survey. We provide this survey in order to gain a better understanding of the picture adults see as issues and concerns in our communities. This is an anonymous survey, and we encourage you to share this link with any other contacts you may have in Steuben County.

<https://www.surveymonkey.com/r/8C57FSK>



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

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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

Kids Who Use E-Cigarettes More Likely to Use Tobacco Products in the Future

Partnership to End Addiction
August 2021

Children who use e-cigarettes are up to three times more likely to use tobacco products in the future, according to a [new report](#) by the World Health Organization (WHO).

“Nicotine is highly addictive. Electronic nicotine delivery systems are harmful, and must be better regulated,” Dr. Tedros Adhanom Ghebreyesus, WHO Director-General, said in a [statement](#).

“Where they are not banned, governments should adopt appropriate policies to protect their populations from the harms of electronic nicotine delivery systems, and to prevent their uptake by children, adolescents and other vulnerable groups.”

The report states that 84 countries lack safeguards to protect against unregulated proliferation of e-cigarettes. Thirty-two countries have completely banned the sale of e-cigarettes, and an additional 79 have implemented measures to limit their sale in public places, ban advertising or require that they display health warnings.

More than four times as many people are covered under WHO-recommended tobacco control measures today compared with 2007, according to [The Hill](#).

<https://drugfree.org/drug-and-alcohol-news/kids-who-use-e-cigarettes>



Opioid Committee Report

Connie Terry
Program Assistant
Opioid Committee
September 2021



National Recovery Month

Opioid addiction is a chronic disease that causes long-lasting changes in the brain. Opioids bind with pain receptors in the brain causing large amounts of dopamine to be released. This makes the user want to repeat the experience. (1) As complex as it is, opioid addiction can be treated and managed. Recovery is possible.

Recovery is a long-term process and it's important to be patient. It's also important to have support from family members, friends, and communities. Regaining one's health and living a productive life is the end goal of all treatment programs. September 2021 is National Recovery Month. It's a time to celebrate recovery. It recognizes the gains made by those in recovery and reinforces the lives transformed. Recovery Month celebrates accomplishments. No one is alone in the journey to wellness. Everyone's journey is different, but we are all in it together. (2)

This year's theme for National Recovery Month is “Recovery is for Everyone: Every Person, Every Family, Every Community Opens a New Window.” Show your support for members of your community in recovery by posting a purple ribbon in your window, webpage, on your desk or on your door.

- (1) <https://www.drugabuse.gov/publications/drugfacts/prescription-opioids>
(2) <https://www.naadac.org/national-recovery-month>



Schizophrenia Cases Linked to Cannabis Use Disorder Have Increased

Partnership to End Addiction
August 2021

A [new study](#) suggests the proportion of cases of schizophrenia associated with cannabis use disorder has increased three- to four-fold during the past two decades.

Researchers in Denmark found 2% of schizophrenia diagnoses in that country were linked with cannabis use disorder. By 2000, the rate had risen to 4%. Since 2010, the figure rose to 8%, [CNN](#) reports.

“I think it is highly important to use both our study and other studies to highlight and emphasize that cannabis use is not harmless,” said study co-author Carsten Hjorthøj. “There is, unfortunately, evidence to suggest that cannabis is increasingly seen as a somewhat harmless substance. This is unfortunate, since we see links with schizophrenia, poorer cognitive function, substance use disorders, etc.”

In an [editorial](#) accompanying the study, Tyler J. VanderWeele of the Harvard T. H. Chan School of Public Health, said that the study’s estimates could be low because cannabis use disorder is underdiagnosed.

“Cannabis use disorder is not responsible for most schizophrenia cases, but it is responsible for a non-negligible and increasing proportion. This should be considered in discussions regarding legalization and regulation of the use of cannabis,” VanderWeele wrote.

For further information, please follow the link below:

https://drugfree.org/drug-and-alcohol-news/schizophrenia-cases-linked-to-cannabis-use-disorder-have-increased/?utm_source=pns&utm_medium=email&utm_campaign=schizophrenia-cases-linked



2021 Steuben County Fair

The Steuben Prevention Coalition would like to give a HUGE THANK YOU to our members/volunteers for assisting the Coalition and the Opioid Committee with table displays this year during the Steuben County Fair.

Our tables were located under the Steuben County Sheriff’s pavilion behind the Fair Office at the Main Entrance. Thank you to Sheriff Allard and all of the Deputies who assisted with the unloading and re-loading of all of our equipment and give-aways – it was truly appreciated.

The Coalition reports that approximately 2,450 pieces of informational/awareness materials and giveaways were provided to fair goers and the Opioid Committee reports that 1,430 pieces of informational/awareness materials and giveaways were provided during the week of August 17th through August 22nd.

Despite the rain, our members/volunteers, remained diligent and manned the tables to the end.



Upcoming Events:**Next Coalition Meeting**

November 10, 2021
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!

August 31st - Overdose Awareness Day

Partnership to End Addiction

August 2021

Flags are flown at half-staff to mark a period of mourning and remembrance. It's a recognition of tragedy and brings comfort and honor to those experiencing grief. The federal government has yet to order flags to fly at half-staff to mark one of our nation's greatest tragedies: the ongoing drug overdose crisis, which claimed nearly 841,000 American lives between 1999 and 2019.^[1] This year, it is more important than ever to recognize the overdose crisis as a national tragedy and honor the lives of those lost. It is expected that we will have the highest number of overdose deaths ever recorded for a single year.^[2]

Overdose Awareness Day is observed on August 31 to remember these lives lost to overdoses. In light of the rising overdose deaths taking place across the country, several members of Congress introduced a resolution to encourage Federal buildings to lower their flags to half-staff in support of Overdose Awareness Day.

<https://drugfree.org/article/support-overdose-awareness-day>



**International Overdose
Awareness Day**
31 August

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