



# Ounce of Prevention Newsletter

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## Message to Coalition Members:



### Save The Date “A Community Conversation” Town Hall Meeting

Wednesday, September 27th  
Bath-Haverling Central School  
25 Ellas Avenue, Bath, NY 14810  
6:00PM — 7:30PM

You will hear from Kami Wakim, RA - University of Rochester Neuroscience Program, relative to the effects of alcohol on the young developing brain.

#### **This is EVERYONE’S Community**

Please join community leaders, community members, educators, service providers and law enforcement – ready to discuss the issue in our community and the resources available to combat underage drinking.

#### **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>

**Steuben Prevention Coalition**  
8 East Morris Street  
Bath, NY 14810  
(607) 776-6441

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

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

**Staff:**  
**Norman McCumiskey**  
Program Coordinator

**Colleen Banik**  
Assistant Program Coordinator

## Award Announcement:



The Steuben Prevention Coalition has received their 5th year Drug Free Communities Grant through the Department of Health and Human Services Substance and Abuse and Mental Health Services Administration, Center for Substance and Abuse Prevention on July 17, 2017 for the grant year 9/30/17 – 9/29/18.

**Article: Snapchat Video Shows Young Women Drinking Before Fatal Crash**

Associated Press  
July 26, 2017

BETHEL PARK, Pa. — A series of Snapchat videos posted by one of three young people killed in an SUV crash shows them drinking in the vehicle beforehand and passing around a vodka bottle, police said. A fourth person in the vehicle was critically injured.

Police in Bethel Park, in suburban Pittsburgh, have been examining an 8-minute compilation of the videos that an unnamed friend of one victim, posted on YouTube. These videos were on Snapchat in the hours and minutes leading up to the crash. Investigators are hoping the video will help them determine who was drinking and how much before the crash.

"I would speak to our teens and young adults out there: You're not invincible," Police Chief Tim O'Conner said late Tuesday. "You may set out to have a good time, and that's your intention, but when you mix alcohol and driving, you could wind up dead."

Police found an empty vodka bottle, which can be seen being passed around in the vehicle in the video. The vodka bottle, with liquid in it, can be seen between a passenger's legs while she's in the driver's seat, and later she can be seen drinking from it. The driver can also be seen holding a can of Pabst Blue Ribbon beer while driving.



**Talk to your kids**



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

**Study Finds Link Between Depression and Cannabis Use Among Youth**

A study looking at the cumulative effects of depression in youth, found that young people with chronic or severe forms of depression were at elevated risk for developing a problem with cannabis in later adolescence.

The study led by UW Medicine researchers interviewed 521 students recruited from four Seattle public middle schools. Researchers used data from annual assessments when students were ages 12-15 and then again when they were 18. The results were published in the journal *Addiction*.

"The findings suggest that if we can prevent or reduce chronic depression during early adolescence, we may reduce the prevalence of cannabis use disorder," said lead author Isaac Rhew, research assistant professor of psychiatry and behavioral sciences at the University of Washington School of Medicine. What researchers called "a 1 standard deviation increase" in cumulative depression during early adolescence was associated with a 50 percent higher likelihood of cannabis-use disorder.

According to researchers, during the past decade cannabis has surpassed tobacco with respect to prevalence of use among adolescents. Cannabis and alcohol are the two most commonly used substances among youth in the United States. They pointed to one national study showing increases in prevalence of cannabis use disorder and alcohol use disorder in the United States, especially among young adults.

Longitudinal studies looking at the link between depression and later use of alcohol and cannabis, however, have been mixed. Some show a link. Others don't. But most studies have assessed adolescent depression at a single point in time -- not cumulatively, said the researchers. Further, there have been differences in how substance use has been measured ranging from the initiation of any use to heavier problematic forms of use.

The study oversampled for students with depressive and/or conduct problems. The researchers were surprised to see that the prevalence of cannabis and alcohol use disorder in this study was notably higher than national estimates with 21 percent meeting criteria for cannabis use disorder and 20 percent meeting criteria for alcohol use disorder at age 18.

What effect the easing of marijuana laws in Washington state had on the youth is unclear. Researchers said it would be informative to conduct a similar study in a state with more strict marijuana laws to understand whether the relationship between depression and cannabis misuse would still hold in areas where marijuana may be less accessible.

The age 18 substance abuse assessments occurred between 2007-2010. Washington state legalized medical cannabis in 1998 and its medical cannabis market expanded greatly after 2009 when the federal justice department issued a ruling known as the Ogden Memo. And in 2003, the city of Seattle made cannabis offenses the lowest enforcement priority for police and the city attorney.

University of Washington Health Sciences/UW Medicine. "Depression among young teens linked to cannabis use at 18: Seattle-focused study suggests earlier intervention with depressed youths could reduce rate of cannabis-use disorder." *ScienceDaily*. *ScienceDaily*, 17 July 2017. [www.sciencedaily.com/releases/2017/07/170717151031.htm](http://www.sciencedaily.com/releases/2017/07/170717151031.htm)



## Article: Opioid/Heroin Use in Steuben County

By: Norman McCumiskey  
Program Coordinator  
Steuben Prevention Coalition

The opioid/heroin use nationally is in epidemic proportions. There are approximately 91 deaths every day in the United States due to opioid use and misuse. In Steuben County, the NYS data for 2015 involving opioids (including opioid pain relievers) and heroin is as follows: deaths = 5, outpatient emergency department visits = 14, and hospitalizations = 17. Also of importance, the number of clients admitted to an OASAS certified chemical dependency treatment facility for 2015 was 347. This data, although unbelievable, is underreported. For example, in 2015 in one of Steuben counties cities there was 5 heroin deaths alone in 2015. It is believed that there is often a delay in deaths being reported due to toxicology reports often taking six months to get the results.

The Steuben Prevention coalition every two years performs a Prevention Needs Assessment with our 13 county school districts. For our latest 2015 survey, opioid/heroin use reported by grades shows the following: grade 8 = .7%, grade 10 = .7% and grade 12 = 3.2%. With the opioid/heroin numbers so low, our coalition is now attempting to discover what age groups individuals are most likely to begin using opioid/heroin. We are currently gathering data with different age groups among the young adult and adult populations in Steuben County. We are using a survey developed by the NYS Office of Alcohol and Substance Abuse Services (OASAS). With this data, we will be better able to determine when would be the most effective age to start prevention efforts and thus reduce the opioid/heroin problem in our county.



## Article: Medical Marijuana Programs

### New York State Department of Health Announces New Regulations to Improve State's Medical Marijuana Program for Patients, Practitioners, and Registered Organizations

ALBANY, NY (August 10, 2017) - The New York State Department of Health today announced a new set of regulations that will continue the expansion of the state's Medical Marijuana Program, while improving its experience for patients, practitioners and registered organizations alike. Once adopted, the new regulations will allow for the sale of additional medical marijuana products, and improved experience for patients and visitors at dispensing facilities and the addition of new courses that will allow prospective practitioners to complete their training in a shorter amount of time.

"This is yet another positive step forward for New York State's Medical Marijuana Program," said New York State Department of Health Commissioner Dr. Howard Zucker. "These regulations will continue to improve the program in several ways, including making new forms of medical marijuana available and improving the dispensing facility experience."

### New Regulations to Improve Program Experience for Patients, Practitioners and Registered Organizations

#### *Expanding the Variety of Medical Marijuana Products*

Under the new regulations, registered organizations will be allowed to manufacture and distribute additional products including topicals such as lotions, ointments and patches, as well as solid and semi-solid products including chewable and effervescent tablets and lozenges. Certain non-smokable forms of ground plant material will also be permissible for manufacture and distribution. All products will be subject to rigorous testing and the Department will reserve the right to exclude inappropriate products or those which pose a threat to the public.

#### *Improving the Dispensing Facility Experience*

The new regulations will also allow prospective patients and practitioners to enter a dispensing facility to speak directly with an RO representative, learn about products, and get information about the medical marijuana program. In addition, these measures will allow people other than designated caregivers to accompany certified patients to the dispensing facility.

#### *Refining the Training Program for Practitioners*

Based on feedback from practitioners, the Department's proposed regulations will allow for shortened versions of the practitioner's course required to certify patients for medical marijuana, in addition to the currently available four-hour courses. The Department will work with course providers to offer a two-hour course, which is similar to other medical education courses.

#### *Other Regulatory Actions*

In addition, the proposed regulations also make a number of changes to help enhance the medical marijuana program. These changes include broadening the capability of registered organizations to advertise, streamlining the manufacturing requirements for medical marijuana products, amending security requirements, and clarifying laboratory testing methods, among other actions.

The proposed regulations will be published in the New York State Register on August 23, 2017. They will then be subject to a 30-day public comment period before they can be adopted.

**Upcoming Events:**

Next Coalition Meeting  
 September 13, 2017  
 11:00 am – Steuben County Sheriff's  
 Building

Strong Kids/Safe Kids Event  
 Haverling High School Gym  
 September 16, 2017  
 1:00 – 4:00 p.m.

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](http://www.steubenpreventioncoalition.org)



**MISSION:**

**To promote healthy and safe communities in Steuben County by reducing alcohol and drug use among youths!**

**Article: Medical Marijuana Programs - Continued**

**Recent Enhancements to New York's Medical Marijuana Program**

The Department continues to make improvements to the New York State's Medical Marijuana Program in order to better serve patients. Last week, the Department authorized five registered organizations to manufacture and dispense medical marijuana in New York State, which will improve patient access, product pricing and availability and the geographic distribution of dispensing facilities across the state.

Other recent enhancements to the state's Medical Marijuana Program include adding chronic pain as a qualifying condition, empowering nurse practitioners and physician assistants to certify patients, permitting home delivery and publishing a [list of registered practitioners who have consented to be listed publicly](#).

As of August 8, 2017, there were 26,561 certified patients and 1,155 registered practitioners participating in the program. The number of certified patients has increased by 11,569 (77 percent) since the addition of chronic pain in late March.

For more information on New York's Medical Marijuana Program, visit: [https://www.health.ny.gov/regulations/medical\\_marijuana/](https://www.health.ny.gov/regulations/medical_marijuana/).



**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**