



Ounce of Prevention Newsletter

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Message to Coalition Members:

2020 Adult Perception Survey

The Steuben Prevention Coalition has launched the 2020 Adult Perception Survey as of today, August 6th and will run through August 30th.

Please take a few minutes (10-15) to complete the survey by following the Survey Monkey link provided below. We circulate this survey in order to gain a better understanding of the picture adults see as issues and concerns in our communities and help guide our efforts in prevention and potential funding sources.

This is an anonymous survey and we encourage you to share this link with any other contact you may have in Steuben County.

<https://www.surveymonkey.com/r/SPCAPS2020>



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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.

cbanik@dor.org

Vaping – Community in Crisis

E-cigarettes and other vaping devices are NOT risk-free. While they generally do not contain tobacco and are therefore, in some ways, considered less harmful than smoking cigarettes, a growing body of research indicates that they may lead to negative health consequences, especially among youth.

<https://communityincrisis.org/prevention/vaping/>



https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipSheet_508.pdf

U.S. House Passes Spending Bill Loaded with Big Pot Giveaways

Smart Approaches to Marijuana

July 31, 2020

(Alexandria, Va) - Today, the House of Representatives passed a package of appropriations bills containing several giveaways to Big Marijuana, including language extending the federally illegal industry access to the U.S. financial system and shielding marijuana businesses growing, manufacturing, and selling pot candies, concentrates, and vapes from federal law enforcement.

Dr. Kevin Sabet, president and co-founder of Smart Approaches to Marijuana (SAM) released the following statement in response:

“Today’s pot products can be 99% pure THC. Why would we protect its manufacturers? It is disheartening to see the House bend to the demands of the marijuana industry by supporting these provisions. Numerous recent, peer-reviewed studies have made the case we should be pumping the brakes on expanding this industry, an industry thriving off of predatory marketing tactics and increasing substance misuse in communities of color and low-income neighborhoods.

“Our federal lawmakers must focus on doing everything in their power to help the country mitigate the impact of the COVID-19 pandemic, not carry water for Big Pot.

“Thanks to continued action from SAM supporters nationwide and meetings with several key offices, we are confident that any language attempting to expand the normalization of this industry will not be made it through the Senate.”



<https://learnaboutsam.org/>

Pandemic drives alcohol sales — and raises concerns about substance abuse

USC News

Gary Polakovic

As people stay at home and alcohol sales skyrocket, USC experts examine the physical, emotional and mental risks of substance abuse amid the global outbreak.

Alcohol sales have surged since the COVID-19 pandemic began, raising concerns among USC experts and others that the bottoms-up binge could come with a social cost. Alcoholic beverage sales [rose by 55%](#) in late March, when many states and public health officials urged residents to stay at home, compared to sales in 2019. While the increase in sales could represent stockpiling for the sheltered weeks ahead, it also signals the potential for alcohol abuse.

“With the social distancing restrictions of COVID-19, we’re seeing online [alcohol] sales increasing, an increase in demand and restaurants looking for ways to capitalize on the demand. It’s a perfect storm,” said [Anthony Dukes](#), professor and chair of the marketing department at the USC Marshall School of Business.

To adapt to a marketplace transformed by pandemic, restaurants are offering alcohol as an option for takeout food orders — a first for California and some other states. It makes business sense because high-profit margins on wine and other alcoholic beverages are vital to restaurants and bars, Dukes said. Wine tasting rooms, restaurants and bars are closed across California, the country’s biggest wine-producing state. The impact on Napa Valley vineyards and craft beer enterprises in San Diego extends beyond their patrons to the people they employ, the taxes they generate and the local tourism they support.

To learn more visit:

<https://news.usc.edu/168549/covid-19-alcohol-sales-abuse-stress-relapse-usc-experts/>

Opioids and Teenagers

Connie Terry, Program Assistant

Opioid Committee

August 2020

Statistically, opioid misuse occurs later in the user’s life. However, as with other drugs, the younger one is at the time of their first exposure greatly increases the risk of misuse, abuse and addiction.

Opioids, whether they are from nature or a laboratory, act on the opioid receptors in the human brain to reduce the body’s perception of pain. They can also stimulate the brain’s reward center, creating a sense of euphoria which ultimately can contribute to misuse and addiction.

Taken in larger than prescribed quantities or in a way not prescribed, such as injecting or snorting, or taken without a doctor’s prescription is considered abuse and can cause an overdose. Combining opiates with other drugs or alcohol that depress breathing also increases the risk of overdose.

The leading risk factors associated with Teen Opioid Use Disorder include - a family history of substance use disorder; mental health problems, such as anxiety, depression or ADHD; experiencing trauma; impulse control difficulties.

Typical physical signs of opioid abuse in teenagers include - fatigue, drowsiness, changes in sleep patterns; pinpoint pupils and dark circles under the eyes; rapid weight loss; deterioration in hygiene or personal appearance; health complaints, such as, being constipated or experiencing nausea.

If you suspect your teenagers is misusing opioids, engage them in calm but frank conversation. Have them evaluated by a certified addiction professional. Your family healthcare provider can help, and Steuben County has resources that can help, too.

Steuben County Substance Abuse Services (SCASAS)

Bath: (607) 664-2156 (115 Liberty Street, Bath)

Corning: (607) 937-6201 (114 Chestnut Street, Corning)

Hornell: (607) 324-2483 (7454 Seneca Road, North Hornell)

CASA Trinity Hornell, NY 14843 (607) 282-5200 (Detox, In Patient & Outpatient Services)

You can always call the 211 Helpline at 1-800-346-2211 to find other of resources in your area!

Source: www.drugfree.org



Upcoming Events:

Next Coalition Meeting

September 9, 2020

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!

Coalition Updates

In the midst of COVID19 and NY on Pause, the Steuben Prevention Coalition is finding creative ways to interact with our communities and get our very important message out. Here are some recent highlights:

August 5th – Connie Terry of the Opioid Committee presented to the Steuben County Legislative Health, Education & Human Services Committee on the activities of the Opioid Committee to date.

August 27th – Colleen Banik will present in collaboration with other Coalitions and partners on 2019 Prevention Needs Assessment Data for Steuben County to the Southern Tier Tobacco Coalition.

August 30th – Connie Terry & the Opioid Committee will participate in the International Overdose Awareness Day.

September 17th – Colleen Banik and Steering Committee Chairman, Joe Rumsey will present to the Bath Rotary Club on the 2019 Prevention Needs Assessment Data for Steuben County.

September 18th – The Coalition will be participating in the collaboration with the Steuben Youth Bureau and The Food Bank on a COVID19-safe version of Strong Kids Safe Kids event in drive thru format.

September 19th – The Coalition and the Opioid Committee will participate in the Recovery Walk Vigil in partnership with SCASAS.

September 21st – Colleen Banik will present at the now virtual Epiphany Community Services Conference on “Surviving A Gap Year” without DFC funding.

TBD – The Opioid Committee will participate in an Opioid Forum with county partnerships to reduce stigma.

TBD – The Opioid Committee will pursue a Drug Take-Back Day late Fall 2020 in collaboration with Steuben County Sheriff's Department

TBD – The Opioid Committee will participate in Black Balloon Day March 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