



# Ounce of Prevention Newsletter

## Inside this Issue:

- Message to Coalition Members
- Help us with Community Events in Your Area
- Marijuana Trending Articles (2)
- Governor Cuomo Announces Opioid Addiction Treatment Funding
- Recognition and Thank You Corner
- Opioid Trending Articles (2)
- National Drunk and Drugged Driving Prevention Month
- Upcoming Events

## Message to Coalition Members:



*From the Steuben Prevention Coalition*

### 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

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(607) 776-6441

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

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

### Staff:

Colleen Banik  
Program Coordinator



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.



### Recognition Corner

The Steuben Prevention Coalition would like to thank the **Catholic Charities of Steuben's Wellness Committee** for the wonderful and fun Holiday Party held on December 4, 2018. What a great job organizing the food and activities.



We would also like to continue to recognize and thank the **Steuben County Legislature** and **Catholic Charities of Steuben** for assisting us in the months of non-funding through the Drug Free Communities Federal Grant Program. We still have a ways to go, but without the assistance of these two organizations we would not be able to continue the good work that has been accomplished through this "Community" Coalition.



A reminder during this holiday season to stay safe and be responsible.

### More School Districts Provide Counseling for Students Affected by Family Opioid Use

*Partnership for Drug Free Kids*  
December 6, 2018

A growing number of school districts nationwide are providing mental health counseling for students whose families are affected by opioid use, NPR reports.

In October, Congress authorized \$50 million annually for the next five years to fund mental health services to help school districts treat students who have experienced trauma because of the opioid crisis.

"Schools have more kids who cannot access the learning environment," said Sharon Hoover, Co-Director of The National Center for School Mental Health at the University of Maryland School of Medicine. Children are "suffering from family substance abuse and schools are feeling the burden."

[https://drugfree.org/learn/drug-and-alcohol-news/more-school-districts-provide-counseling-for-students-affected-by-family-opioid-use/?utm\\_source=pns&utm\\_medium=email&utm\\_campaign=more-school-districts-provide-counseling-for-students-affected-by-family-opioid-use](https://drugfree.org/learn/drug-and-alcohol-news/more-school-districts-provide-counseling-for-students-affected-by-family-opioid-use/?utm_source=pns&utm_medium=email&utm_campaign=more-school-districts-provide-counseling-for-students-affected-by-family-opioid-use)

### Study Highlights Risk of Combining Opioid Painkillers with Other Medications

*Partnership for Drug Free Kids*  
December 13, 2018

A new study finds one-fourth of people who take prescription opioid painkillers for long periods are at risk of an overdose from unsafe combinations of prescription medication.

Researchers analyzed all prescriptions of controlled substances for almost 302,000 patients in Idaho in 2017. One-third of patients prescribed an opioid had taken the drug for more than 90 days without a break of at least a week. Almost one-fourth of people using prescription opioids for long periods were also prescribed a benzodiazepine or other central nervous system depressant, HealthDay reports. This combination puts patients at risk of an overdose.

The study found 44 percent of these overlapping prescriptions were written by more than one prescriber. The findings were presented at a meeting of the American Society for Health-System Pharmacists.

"Patients with chronic pain are often under the care of several different physicians to manage their different disease states," researcher Catherine Oliphant, a professor of pharmacy practice at Idaho State, said in a news release. "This co-management can lead to patients receiving unintentional prescription combinations that put them at higher risk for an opioid overdose."

<https://drugfree.org/learn/drug-and-alcohol-news/study-highlights-risk-of-combining-opioid-painkillers-with-other-medications/>

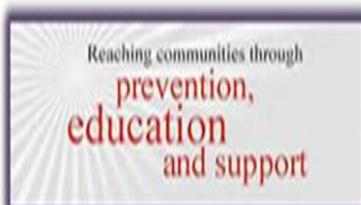
### Upcoming Events:

**Next Coalition Meeting**  
**January 9, 2019**  
**11:00 am – Steuben County**  
**Sheriff's Building – Bath, NY**

**Daniel Barkley Showcase**  
**Basketball Tournament**  
**Allegany vs. Steuben**  
**January 11 & 12**  
**Alfred State College**  
**Orvis Center**

#### COALITION VOLUNTEERS NEEDED

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

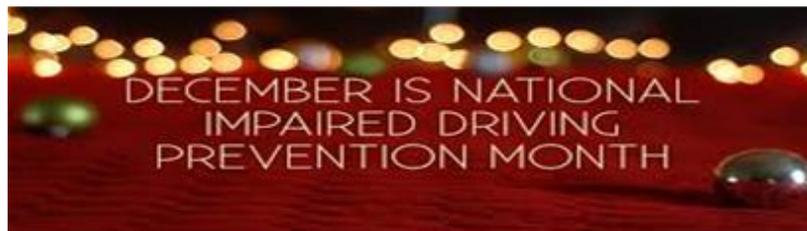


### MISSION:

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!



### What Can You Do to Support National Drunk and Drugged Driving Prevention Month?

Beyond the obvious admonition, "Don't drink and drive," here are five suggestions for doing your part to raise awareness and support National Drunk and Drugged Driving Prevention Month:

1. Familiarize yourself with the definition of a standard drink of each of the various alcoholic beverages, as well as the numbers of standard drinks/cocktail or drink container. This can help you decide when to intervene on a friend's behalf, for example. It can also be a point of conversation leading up to a celebratory night on the town.
2. Understand how alcohol changes the brain and why staying within low-risk drinking limits is so important. These limits, for example, help a person's liver keep up with metabolizing the quantity of alcohol consumed and thereby allowing the person to stay in control of his/her brain and therefore his/her thoughts and actions.
3. Understand how brain changes are caused by binge drinking or heavy social drinking, in addition to alcoholism (addiction). In fact, most people who drive while impaired are NOT alcoholics. Rather, they are alcohol abusers. "How Much is Too Much? At-Risk Drinking Patterns Explained."
4. Learn how it's possible for a person to drink and "choose" to drive. "DUI – Is It a Choice or an Accident?" This can help you protect yourself from the drinking behaviors that occur when a person who drinks too much.
5. Advocate for standard drink labels on alcoholic beverage containers and on restaurant and bar menus.

*Lisa Frederiksen - Breaking The Cycles*

## 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**