



Ounce of Prevention Newsletter

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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>



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.

Cognition Improves When Adolescents Stop Using Marijuana

A new study in the Journal of Clinical Psychiatry finds that verbal learning and memory improve when teenagers stop using marijuana.

<https://www.psychiatrist.com/JCP/article/Pages/2018/v79/17ml1977.aspx>

Marijuana Sales Up in Colorado

PUEBLO, Colo. - The amount of marijuana being consumed in Colorado continues to go up and provide a boon for the state's coffers, but the way people are consuming it is changing.

The Colorado Department of Revenue reported sales have exceeded \$1 billion this year, with tax revenue exceeding \$200 million.

The way people are ingesting marijuana is slowly changing. The report showed more people across Colorado are buying edibles and concentrate.

Daniel Martin, General Manager at Green Farms, a medicinal facility in Colorado Springs explains why someone might be leaning toward another option, "what you're getting out of edible is longer than what you'd get from smoking cannabis or doing a dab."

"Flower sales remain relatively consistent while edibles and concentrates continue to grow," the Department of Revenue report said. Edible sales increased by 13.8 percent and concentrate sales nearly doubled, increasing by 94.6 percent.

<https://www.krdo.com/news/marijuana-sales-up-in-colorado-concentrate-sales-nearly-double/809713722>

Governor Cuomo Announces More Than \$9M in Federal Funding Secured to Expand Opioid Addiction Treatment Services in NYS

December 4, 2018

Governor Andrew M. Cuomo announced more than \$9 million in federal funding has been secured to expand opioid addiction treatment services across the state. This funding includes \$5.7 million to expand access to medication assisted treatment, \$2.1 million to develop new recovery centers in areas of high need, and over \$1.3 million for specialized treatment and recovery programs. These initiatives are being funded through the State Opioid Response Grant, which is administered by the Substance Abuse and Mental Health Services Administration.

"As the opioid epidemic continues to impact communities across the state, we are as committed as ever to expanding and enhancing programs that provide critical options for treatment," Governor Cuomo said. "We will continue to take aggressive action to combat this crisis and work to ensure these lifesaving services are available to any New Yorker who needs them."

"I have heard firsthand from countless families across the state who have felt the impact of addiction," said Lieutenant Governor Kathy Hochul, Co-Chair of the Heroin and Opioid Task Force. "This epidemic is claiming too many lives prematurely, and we refuse to sit on the sidelines and watch it continue. With this investment, New York is reinforcing our steadfast commitment to combat this crisis and help individuals on the road to recovery."

"This funding is crucial to our efforts to address addiction in communities throughout the state," New York State Office of Alcoholism and Substance Abuse Services (OASAS) Commissioner Arlene González-Sánchez said. "These projects will build on the nation-leading work that we have already done here in New York, and result in more services, and more lives being saved."

To learn more about the initiative included in this funding:

<https://www.governor.ny.gov/news/governor-cuomo-announces-more-9-million-federal-funding-secured-expand-opioid-addiction>



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

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



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