



# Ounce of Prevention Newsletter

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### Message to Coalition Members:

2021 Nominations		Nominees
➤ Coalition	Chair	Amanda Chafee
	Co-Chair	Hilda Lando
➤ Steering Committee	Chair	Joe Rumsey
	Co-Chair	Kory Bay
➤ UAD Task Force	Chair	Jim Bassage
	Co-Chair	Stacey O’Dell
➤ Marijuana Task Force	Chair	Nick Moffe
	Co-Chair	Stacey O’Dell
➤ Opioid Task Force	Chair	Brandon Beuter
	Co-Chair	Hilda Lando

**Congratulations & Thank You to our 2021 Approved Slate of Officers For 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.

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

**Steuben Prevention Coalition**  
 23 Liberty Street  
 Bath, NY 14810  
 (607) 776-8085  
 (Temporary)

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

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

**Staff:**  
 Colleen Banik  
 Program Coordinator  
[cbanik@dor.org](mailto:cbanik@dor.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.**

[cbanik@dor.org](mailto:cbanik@dor.org)

## Pizza Box Prevention Message Project

Over the last several months we have brought you updates on our Pizza Box Prevention Message Project in collaboration with the Steuben Council on Addictions where we coordinated the efforts of area youth, businesses, partners, volunteers and community members to get the message out that Social Hosting is illegal.

Our first round of messaging was very successful, and we wanted to take a moment to fully recognize all that were involved prior to starting of our next round.

### Participating area Pizzerias:

Aniello's of Corning  
 Angry Oven of Bath  
 Pizza King of Hornell  
 7-Eleven of Addison  
 7-Eleven of Painted Post  
 Little Italy Pizzeria of Hornell  
 Giovanni's Pizzeria of Hornell  
 Pizza Delight of Bath  
 Big D's of Bath  
 Gerow's Market of Coopers  
 Wise Guys of Hammondsport  
 Fox's Pizza Den of Campbell  
 Crosby's of Avoca

### Participating Volunteers:

Kim Jessup  
 Mike Gabrielli  
 Jaime Dyke  
 Stacey O'Dell  
 Dan Chapman  
 Jim Bassage  
 Heidi Burns  
 Avoca SADD Group



## Letter from the Marijuana Task Force "Kratom has effects similar to Opioids"

Nick Moffe, Chair  
 Marijuana Task Force  
 Steuben Prevention Coalition  
 January 2021



My name is Nick Moffe. I am the Chairperson for the Marijuana Task Force of The Steuben Prevention Coalition. I am writing to you regarding facts pertaining to Kratom usage and its risks towards youth.

Kratom is a tree grown in Southeast Asia. Its leaves contain compounds that can cause psychotropic effects in humans. It is currently a legal substance and is often purchased on the internet, in bodegas and truck stops across America. It is often sold as a powder in packets or in pill form. It can also be consumed as an extract or the leaves can be chewed or boiled in a tea, smoked, or eaten in food.

Kratom can cause effects that are like opioids by interacting with the opioid receptors in the brain. Two compounds in Kratom leaves produce a sedative effect, a feeling of pleasure and in large amounts decreased pain. Kratom can also act as a stimulant when used in small amounts. It can make the user feel energetic, sociable, and alert.

Health Effects of Kratom use can include nausea, itching, dry mouth, increased urination, sweating, constipation, seizures, hallucinations, loss of appetite, and in some cases, psychosis.

In 2017, the FDA identified 44 deaths associated with Kratom mixed with other substances, like illicit drugs, opioids, benzodiazepines, alcohol, gabapentin, and over the counter medications, such as cough syrup.

Kratom can cause symptoms of withdrawal that include muscle aches, irritability, aggression, runny nose, Insomnia, hostility, emotional changes, jerky movements.

I wanted to provide the above information to you in order that you may make the most informed decisions when discussing these substances.



For more information visit:

<https://www.drugabuse.gov/publications/drugfacts/kratom>

## Alcohol Use Rising Faster in People with Anxiety, Depression During COVID-19

*Partnership News Service*

Partnership to End Addiction

January 28, 2021

People with anxiety and depression are more likely than people without mental health issues to report increased alcohol use during the pandemic, according to a [new study](#).

Researchers at NYU found that while drinking increased the most among younger people, older adults with anxiety and depression had a greater increase in their risk for harmful alcohol use.

“We expected that younger people and those with mental health issues would report drinking as a coping mechanism, but this is the first time we’re learning that mental health is associated with differences in alcohol use by age,” study author Yesim Tozan said in a [university news release](#).

The online survey included more than 5,800 respondents who said they drink, [HealthDay](#) reports. Overall, 29% said they were drinking more during the pandemic, while almost 20% said they were drinking less and 51% said they were drinking the same amount as before. People with depression were 64% more likely to drink more, while those with anxiety were 41% more likely to do so.



For further information, please visit:

[https://drugfree.org/drug-and-alcohol-news/alcohol-use-rising-faster-in-people-with-anxiety-depression-during-covid-19/?utm\\_source=pns&utm\\_medium=email&utm\\_campaign=alcohol-use-rising-faster-in-people-with-anxiety-depression-during-covid-19](https://drugfree.org/drug-and-alcohol-news/alcohol-use-rising-faster-in-people-with-anxiety-depression-during-covid-19/?utm_source=pns&utm_medium=email&utm_campaign=alcohol-use-rising-faster-in-people-with-anxiety-depression-during-covid-19)

## Study: 34% of Young Adults Misuse Opioids or Other Prescribed Psychoactive Medications

*Partnership News Service*

Partnership to End Addiction

February 4, 2021

A new study finds 34% of young adults reporting misusing their prescriptions for psychoactive medications, including opioids, stimulants, tranquilizers and sedatives, [CNN](#) reports. More than 20% of teens who took these substances also said they misused them, the researchers report.

The researchers defined misuse as taking a prescription in larger amounts than prescribed, more often than prescribed, for longer than prescribed or in any way that was not specified by their health care provider.

Misusing psychoactive substances can lead to overdoses, chemical dependency and even death, said lead researcher Israel Agaku of the Harvard School of Dental Medicine.

[The study](#) found taking multiple psychoactive medications greatly increased the chance of misuse. More than 60% of young adults who took more than one psychoactive drug reported misusing at least one of their prescriptions. Among teens, more than 46% with multiple psychoactive prescriptions reported misusing at least one.



For further information, please visit:

[https://drugfree.org/drug-and-alcohol-news/study-34-of-young-adults-misuse-opioids-or-other-prescribed-psychoactive-drugs/?utm\\_source=pns&utm\\_medium=email&utm\\_campaign=study-34-of-young-adults-misuse-opioids-or-other-prescribed-psychoactive-drugs](https://drugfree.org/drug-and-alcohol-news/study-34-of-young-adults-misuse-opioids-or-other-prescribed-psychoactive-drugs/?utm_source=pns&utm_medium=email&utm_campaign=study-34-of-young-adults-misuse-opioids-or-other-prescribed-psychoactive-drugs)

**Upcoming Events:**

**Next Coalition Meeting**

March 10, 2021

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

**Hadley Slayton of Canisteo-Greenwood Central School – Named Coalition Youth Sector Representative**



Congratulations and thank you are also in order for our newest Sector Representative, Jeannie Wheeler who has accepted the role of School Sector Representative.

A huge thank you goes out to our outgoing School Sector Representative, Mark Recktenwald for many years of dedication and service to the Coalition. We welcome your continued commitment and contributions to the Coalition as well.



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 [cbanik@dor.org](mailto:cbanik@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**

**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!