



Ounce of Prevention Newsletter

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Message to Coalition Members:

2021 Adult Perception Survey

Please be on the look-out for the link to survey monkey for the 2021 Adult Perception Survey which will be released the last week of July. Please take a few minutes to complete the 2021 Adult Perception Survey. We provide this survey in order to gain a better understanding of the picture adults see as issues and concerns in our communities. This is an anonymous survey and we encourage you to share this link with any other contacts you may have in Steuben County.



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

Steuben Prevention Coalition

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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.

colleen.banik@dor.org

Fond Farwell to Our Fearless Leader



We reported in the June issue that our Prevention Director, Jim Bassage was retiring after 17 years of very significant and important service to the communities of Steuben County.

Well that time is now upon us. Jim officially retires as of July 2, 2021 and we are going to miss him greatly.

Congratulations to our New Leader



We at the Steuben Prevention Coalition would like to **CONGRATULATE** Stacey O'Dell as the new Prevention Supervisor for Catholic Charities Steuben/Livingston.

Stacey has been with Catholic Charities as a Prevention Educator under Jim Bassage and the Steuben Council on Addictions.

We welcome Stacey as the new Prevention Supervisor and look forward to helping her fill some very big shoes.



**Opioid Committee Report
The Gray Death Appears in Western NY**

Connie Terry
Program Assistant
Opioid Committee
July 2021



“According to the Centers for Disease Control and Prevention, on average, 130 Americans die each day from an opioid overdose which can include prescription oral pain killers, heroin, and fentanyl. Nearly half of all opioid overdose deaths involve a prescription opioid.” (1) Nationwide, there has been a 30% increase in opioid overdoses since the beginning of the COVID 19 pandemic. At the forefront of this crisis is the synthetic opioid, fentanyl.

Fentanyl is a synthetic opioid that is 50-100 times more potent than morphine. It is a prescription drug used to treat severe pain. However, it has made its way to the illegal market because it is cheap to make and the high is euphoric. Most of the illegal fentanyl comes from Mexico and China. It’s easy to smuggle and has become the most common drug involved in US overdose deaths. Three out of five overdose deaths involved fentanyl in 2020; that’s approximately 91,000 people. Illegal fentanyl is often mixed with other common street drugs to intensify the high, making it even more dangerous.

Fentanyl use has driven the opioid epidemic, however, there is an even more toxic and dangerous version of the drug pushing its way to the forefront. The Gray Death is a combination of several potent opioids including whatever else the drug dealer has on hand. It commonly contains heroin, fentanyl and U-47700 (pink heroin). It can even include carfentanil, one of the most dangerous opioids. Gray Death powder can be inhaled or absorbed through the skin. Even in the smallest amount, it can rapidly lead to fatal respiratory depression. As many as 5 to 10 doses of naloxone may be needed to reverse the effects of gray death.

The New York State Office of Addiction Services and Supports is warning Western New York residents of this deadly illicit drug combination that’s been reported in the area. (2)

(1) <http://drugs.com/illicit/graydeath.html>

(2) <https://www.wivb.com/news/local-news/buffalo/western-new-york/nys-warns-of-gray-death-deadly-opioid-drug-combination-making-rounds-in-wny/>



Coalition Activities



The Steuben Prevention Coalition will be hosting a **Community Youth Awareness & Family Movie Night** in early August this year. This event will be held at the Dormann Library as an outside activity. Dinner will be served during a Prevention Health Fair with the evening's movie to follow and popcorn. We will be collaborating on this project with the Dormann Library, the John Southard Youth Recreation Group and the Steuben Council on Addictions.



Drug Impairment Training for Education Professionals (DITEP) to be held in August.

DITEP is a training geared towards school-based personnel (e.g. principals, teachers, school nurses, school resource officers, counselors, etc.) and other community/parent organizations as a way to increase competence and confidence in evaluating and documenting impairment of students suspected of using, abusing, or being under the influence of drugs or alcohol. Such information can be considered by school/district leadership teams to develop or revise related policies and procedures.

Please stay tuned for further details on both upcoming events as they come in.

Drinking Dangers During the Summer

Summer is a time when many of us want to celebrate. Winter is over with. With more daylight hours of bright sun, the beach beckons. There are graduation parties, Fourth of July barbecues, and any-reason-at-all parties to attend. It's a great time to get together with friends, enjoy the long days and have a good time. Unfortunately, a lot of these celebrations involve alcohol and all the dangers associated with it. Stay safe this summer and consider partying alcohol-free. If you are going to indulge, do so responsibly and safely.

Alcohol and The Heat

Many of the best summer parties are outdoor barbecues and picnics. Being outside while temperatures are high and the sun is shining can be a health hazard even without alcohol. Without proper precautions you may suffer from heat stroke, sunburn or dehydration. Alcohol can worsen these conditions and speed their onset.

Alcohol and The Water

What would a summer party be without a pool, lake or ocean-side beach? If you're drinking near or on the water, the risk of harm is great. In fact, [one out of every two deaths](#) that occurs during water recreation is related to alcohol. While many people take drinking and driving very seriously, not everyone considers drinking and boating to be an issue. An intoxicated boat operator can cause terrible damage from accidents. Passengers drinking on boats may lose balance and fall overboard. There are also the same hazards that involve drinking and being exposed to heat and the sun. On a boat it may not be possible to get drinkable water to stay hydrated, or to find relief from heat and sun. If you'll be out on a boat, it's best to refrain from drinking at all. If there will be drinking, bring along plenty of water, sunscreen and light clothing. Never let the operator of a boat drink.

Parties and Binge Drinking

Most people have lots of parties to attend over the summer, which gives ample opportunities to drink too much. When you're having fun at a party it can be easy to forget how much you have had. Women should not have more than four drinks at once, or men more than five. Drinking more is considered [binge drinking](#) and is particularly dangerous. Binging can lead to car accidents, assaults and fights, unplanned pregnancies, increased blood pressure, heart disease and other serious problems. Binge drinking can turn a fun party into a nightmare. Always keep track of what you are drinking at parties and set a limit. Drink one non-alcoholic beverage in between every alcoholic drink to keep yourself from getting out of control. It also helps to have a friend or partner monitor your intake and warn you if you are close to drinking too much.

An Elements Behavioral Health Guide to Drug Rehab
www.drugrehab.us

Upcoming Events:

Next Coalition Meeting
 July 14, 2021
 11:00 am – Currently Virtual

**UAD Town Hall Meeting
 Presentation
 August 25, 2021
 Time – TBD
 Location - TBD**

Kathi & Chris Sullivan will be returning to our community for an additional presentation to our parents and athletes on the dangers of underage drinking.

<https://www.letsengage.com/talent/kathi-sullivan>



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!



LEGAL does NOT equal SAFE!

Now that recreational marijuana is legal in New York, here are some things you need to know!



IF YOU'RE UNDER 21, IT IS ILLEGAL TO USE OR POSSESS MARIJUANA

Who is allowed to use marijuana?

Anyone age 21 and older can legally possess or consume marijuana. It is illegal to give anyone under the age of 21 marijuana.



HIGHER THAN YOU MIGHT THINK

Careful, it can sneak up on you!

The potency level of marijuana has increased over the years and the concentration is often unknown.



YOU CAN'T DRIVE IMPAIRED. DRIVING HIGH IS A DUI

Don't consume and drive!

Driving while impaired is illegal. It doesn't matter what substance you are using. If you are not sure if you are impaired, don't drive.



MARIJUANA CAN AFFECT PEOPLE DIFFERENTLY

Know your risks!

Marijuana affects people differently based on body type, health conditions, type of marijuana used and prior history of use.



THE YOUNGER YOU START, THE MORE PROBLEMS IT CAN CAUSE

Marijuana can be addictive!

People who begin using before the age of 18 are at greater odds for addiction to marijuana and other drugs, as well as mental health concerns.

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 colleen.banik@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