



Ounce of Prevention Newsletter

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Message to Coalition Members:



We Continue Our Call to Action!

This is a reminder to all of our Volunteer/Members that we need to continue on with all of the wonderful and successful efforts that have been achieved to date despite losing our DFC Funding for years 6-10. We will make application again in 2019 and we **WILL** be successful. In the meantime, sustainability from now through 2019 is the new “normal” for all of us as a Coalition. Please reach out to your community organizations and business and enlist their help and support.

Remembering that our **MISSION** is to promote healthy and safe communities in Steuben County by reducing alcohol and drug use among youths, together as a Coalition we will continue to do whatever it takes to continue this mission.

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.

Ways Marijuana is Used: A Guide for Parents



Not only is marijuana more potent than it was when today's parents were growing up, it is also being used in new ways aimed at getting a stronger and longer-lasting high.

It's impossible to know every method that marijuana is being used in. However, you can start by educating yourself about what's out there.

LEARN MORE

https://drugfree.org/learn/drug-and-alcohol-news/more-than-one-in-five-ten-th-graders-have-consumed-edible-marijuana-study/?utm_source=pns&utm_medium=email&utm_campaign=more-than-one-in-five-ten-th-graders-have-consumed-edible-marijuana-study



The Young Brain Suffers



What Parents Should Know About Kids Using CBD

Partnership for Drug Free Kids

October 3, 2018

THC (Tetrahydrocannabinol) is the most well-known component of **marijuana**, and it is the one that “gets you high,” so to speak. But have you heard of **CBD**? Many parents haven't, or even if they have, they aren't sure what to make of it or even understand if their son or daughter is using CBD. What's certain is that it's becoming more and more widely available, and like **vaping**, is often marketed to young people. Below is an overview of CBD, the numerous forms it's sold in, its efficacy in treating various problems and current knowledge about its relative safety.



What is CBD?

CBD, short for **Cannabidiol**, is the largest non-psychoactive component of marijuana, and interest in its effects is growing. High levels of CBD and low levels of THC are found in most medical marijuana products, but the CBD industry has started to expand and market their products as “life promoting” to healthy individuals.

There are hundreds of online companies selling CBD, with the market estimated to grow to \$2.1 billion by 2020. CBD tinctures, edibles, sprays, vaping liquid, capsules and items such as gels, hand lotions and shampoos are widely available, varying in price and CBD content.

Some of these products are illegal, while others can be purchased in a supermarket by anyone. The legality of CBD comes down to whether it is hemp-derived or marijuana-derived. Hemp and marijuana both originate from the cannabis plant, but cannabis crops grown for their flowers have high THC levels, while when grown for their fibers and stalks are usually called hemp.

Plants with high levels of THC remain illegal at the federal level, although state laws vary. Hemp-derived CBD is legal in all 50 states and can easily be purchased by anyone in a health store, food market or online. On the other hand, CBD derived from cannabis is not legal in every state, so it's important to check individual state laws on marijuana usage.

LEARN MORE

https://drugfree.org/parent-blog/what-parents-should-know-about-kids-using-cbd/?utm_source=email&utm_medium=parent&utm_campaign=what-parents-should-know-cbd#more



Recognition Corner

The Steuben Prevention Coalition would be falling behind in sustainability if it were not for the actions of our outstanding volunteers, members and partners.

Thank you to this month's outstanding participants:

Hilda Lando
Steuben County Legislator
Jack Wheeler
Steuben County Manager
Joe Rumsey
Bath – Haverling Superintendent
Hank Chapman
Steuben County Community Services

During Red Ribbon Week, Lisa Oliver of Hornell Concern for Youth, Inc. organized a Candlelight Vigil bringing awareness to the impact of substance abuse on individuals, family members and communities which was held on October 29, 2018 in Hornell, NY

Lisa Oliver

Thank you for your dedication and organization of this very important event!



WELCOME AMANDA AZAR

The Steuben Prevention Coalition would like to welcome Amanda Azar to the family. Amanda began with the Steuben Council on Addictions in late August of this year and has proven to be a very valuable addition to the team in a very short period of time.

Amanda brings a wealth of knowledge and a winning personality to the front office and her administrative assistant position.

Trending:

Meth is on the Rise Again: What Parents Should Know

Partnership for Drug Free Kids
 October 17, 2018



When I took those off-white crushed shards up that blue, cut plastic straw—well, my whole world pretty much changed after that. There was a feeling like — my God, this is what I've been missing my entire life. It completed me. I felt whole for the first time.” These are the words of Nic Sheff describing his experience with [methamphetamine](#) in his autobiography, Tweak.

Known by street names like speed, ice, biker's coffee, tweak or crystal, methamphetamine — or meth for short — is made in a home or lab. It comes in a white powder or pill form and is bitter-tasting. The form that Nic describes is crystal methamphetamine and looks like glass fragments or shiny, bluish-white rocks. It is a stimulant like caffeine and cocaine, although far more powerful.

Why is Meth is Experiencing a Resurgence?

In February 2018, The New York Times ran a story, “[Meth, the Forgotten Killer, Is Back. And It's Everywhere.](#)” And it seems that it is. Government actions in 2006 restricted access to pseudoephedrine, a key ingredient used in making meth, resulting in a temporary decline in use. However, meth is on the rise again, largely smuggled in from Mexico. According to the DEA's 2017 threat assessment, its purity has been steadily climbing and is now well above 90 percent. It's also cheap, at \$5 per hit.

https://drugfree.org/parent-blog/meth-is-on-the-rise-again-what-parents-should-know/?utm_source=email&utm_medium=parent&utm_campaign=meth-is-on-the-rise-again



Upcoming Events:

Next Coalition Meeting
November 14, 2018
 11:00 am – Steuben County
 Sheriff's Building – Bath, NY

COALITION VOLUNTEERS NEEDED

**COALITION VOLUNTEER
 PARTICIPATION 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!

Drunk Driving Fatalities Decreased in 2017

Responsibility.org Communications
Foundation for Advancing Alcohol Responsibility
 October 4, 2018

The National Highway Traffic Safety Administration (NHTSA) released the latest available [traffic fatality statistics](#) for 2017 which showed a decrease in the overall number of people killed on our nation's roadways. According to NHTSA, 37,133 people were killed in motor vehicle crashes in 2017, a decrease 1.8 percent from 37,806 in 2016.

In 2017, drunk driving fatalities decreased nationally and in 26 states; the noted decrease comes after two consecutive years of increases. The number of drunk driving fatalities decreased 1.1 percent from 10,996 in 2016 to 10,874 in 2017. Drunk driving fatalities accounting for 29 percent of all traffic fatalities, the lowest proportion of overall traffic fatalities since record keeping began in 1982. The long-term trend continues to trend downward, with drunk driving fatalities declining 7 percent over the past decade and 48 percent since record keeping began in 1982.

The number of vehicle miles traveled (VMT) increased 1.2 percent in 2017 and resulted in a 1.16 fatality rate per 100 million VMT (a 2.5 percent decrease from 2016). Additionally, there were other human choice factors impacting motor vehicle fatalities. In 2017, speeding accounting for 26 percent of total fatal crashes, distracted driving (nearly 9 percent), and drowsy driving (two percent). Though the 2017 numbers are not yet available, the 2016 data and NHTSA's latest most recent [National Roadside Survey](#) both showed a significant increase in drug-impaired driving.

Any life lost in a traffic fatality is one too many especially due to preventable human choices behind the wheel. These latest statistics remind us there is still more work to be done to keep our roads free from impaired drivers. [Responsibility.org](#) remains committed to leading efforts to eliminate drunk driving and working with others to address other forms of impaired driving, together we can [#EndImpairedDriving](#).

The Foundation for Advancing Alcohol Responsibility leads the fight to eliminate drunk driving and underage drinking and promotes responsible decision-making regarding beverage alcohol.

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