



Ounce of Prevention Newsletter

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Message to Coalition Members:

We are implementing a "Meet Our Members" project on our Facebook page starting this month. We would love to have as much participation as possible and this shouldn't take up more than just a few minutes of your time.

We would like a statement relative to your involvement with the Coalition and a quick selfie photo for publishing.

If you need samples of the statements already received, please visit our website at www.steubenpreventioncoalition.org under the home tab, drop down - Featured Member Statement, drop down - Member Endorsement Archive.

Our goal is to continue to create as much awareness of the Coalition and it's influential members as possible so we are looking for a couple minutes of your time to get this off the ground.



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>

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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.

cbanik@dor.org



Smart Approaches to Marijuana

House Democratic Leadership have once again introduced a COVID stimulus package that contains language granting the marijuana industry access to banks and billions of dollars in institutional investment.

The bill could come to the floor for a vote as soon as today.

The provision has routinely been a complete non-starter in the Senate, but we must continue to let those on Capitol Hill know that they cannot continue normalizing this addiction-for-profit scheme.

We must take action to encourage senators to reject any attempt to include marijuana banking or other Big Pot giveaways in this important bill.

[Click here to send your senators a clear message: NO GIVEAWAYS FOR BIG POT.](#)

Once you've sent your message, take it one step further and call the United States Capitol switchboard at (202) 224-3121. An operator there can connect you with your senators' offices.

Tell them we must focus our aid efforts on families and small businesses that are on the brink of collapse, not addiction-for-profit corporations bragging about being labeled "essential" and raking in record profits, and claiming their products can cure COVID-19.

To learn more about SAM, visit: www.learnaboutsam.org

Women Increased Heavy Drinking During Pandemic: Study

Partnership to End Addiction

October 2020

Women have increased their heavy drinking episodes during the COVID-19 pandemic, a new study suggests.

Between the spring of 2019 and the spring of 2020, women increased their heavy drinking episodes — defined as four or more drinks within several hours — by 41%, researchers report in [JAMA Network Open](#). The study found the overall frequency of alcohol consumption rose by 14% among adults over age 30, compared with the same time last year.

“We’ve had anecdotal information about people buying and consuming more alcohol, but this is some of the first survey-based information that shows how much alcohol consumption has increased during the pandemic,” lead author Michael Pollard of the nonprofit research organization RAND said in a [news release](#).

Natalie Crawford of Emory University told [NBC News](#) that women may be drinking more during the pandemic because they often “bear the brunt of parenting, caring for children and the family.” She added, “We really don’t have a good understanding of what happens when we are in social isolation for such an extensive period of time.”

For more information visit:

https://drugfree.org/drug-and-alcohol-news/women-increased-heavy-drinking-during-pandemic-study/?utm_source=pns&utm_medium=email&utm_campaign=women-increased-heavy-drinking-during-pandemic-study



Know To Beware of the Benadryl Challenge

Prevention Action Alliance

September 14, 2020

There's a dangerous new TikTok game that parents should know about—the **Benadryl Challenge**. The idea is to take as many Benadryl tablets as necessary to hallucinate or “trip out,” while of course capturing it all on one's cellphone to then share with others.

[**A 15-year-old Oklahoma girl died last month attempting this challenge, and three more Texas teens ended up in the hospital.**](#)

Benadryl is an over-the-counter medicine used to treat seasonal and other allergies and is a product many of us have on hand for the occasional bug bite or accidental contact with poison ivy. Because it is so commonly used and does not call for a prescription, young people may have a false sense of security when taking it.

Overdose symptoms in young people and adults include:

- Involuntary movements
- Blurred vision, dry eyes and dry mouth
- Inability to sweat and pass urine
- Restlessness and agitation
- Nervousness and anxiety
- Confusion
- Hallucinations
- Heart arrhythmia
- Trouble breathing
- Seizure
- Coma
- Death

For more information and parent tips visit:

<https://myemail.constantcontact.com/Know--To-Beware-of-the-Benadryl-Challenge.html?soid=1127550618624&aid=P9pWvTpuQ60>

Opioids and Teenagers

Report from the Opioid Committee

Connie Terry, Program Assistant

September 2020

Statistically, opioid misuse occurs later in the user's life. However, as with other drugs, the younger one is at the time of their first exposure greatly increases the risk of misuse, abuse and addiction.

Opioids, whether they are from nature or a laboratory, act on the opioid receptors in the human brain to reduce the body's perception of pain. They can also stimulate the brain's reward center, creating a sense of euphoria which ultimately can contribute to misuse and addiction.

Taken in larger than prescribed quantities or in a way not prescribed, such as injecting or snorting, or taken without a doctor's prescription is considered abuse and can cause an overdose. Combining opiates with other drugs or alcohol that depress breathing also increases the risk of overdose.

The leading risk factors associated with Teen Opioid Use Disorder include

- A family history of substance use disorder
- Mental health problems, such as anxiety, depression or ADHD
- Experiencing trauma
- Impulse control difficulties

Typical physical signs of opioid abuse in teenagers include

- Fatigue, drowsiness, changes in sleep patterns
- Pinpoint pupils and dark circles under the eyes
- Rapid weight loss
- Deterioration in hygiene or personal appearance
- Health complaints, such as, being constipated or experiencing nausea

If you suspect your teenagers is misusing opioids, engage them in calm but frank conversation. Have them evaluated by a certified addiction professional. Your family healthcare provider can help, and Steuben County has resources that can help, too.

Steuben County Substance Abuse Services (SCASAS)

Bath: (607) 664-2156 (115 Liberty Street, Bath)

Corning: (607) 937-6201 (114 Chestnut Street, Corning)

Hornell: (607) 324-2483 (7454 Seneca Road, North Hornell)

CASA Trinity

Hornell, NY 14843 (607) 282-5200 (Detox, In Patient & Outpatient Services)

You can always call the 211 Helpline at 1-800-346-2211 to find other of resources in your area!

Source: www.drugfree.org

Upcoming Events:**Next Coalition Meeting**

November 4, 2020

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

**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!

**THE LARGEST DRUG-ABUSE PREVENTION CAMPAIGN IN
THE NATION****Red Ribbon Week – October 23rd – 31st**

Red Ribbon Week is an alcohol, tobacco, and other drug and violence prevention awareness campaign observed annually in October in the United States.

Since its beginning in 1985, the Red Ribbon has touched the lives of millions of people around the world. In response to the murder of DEA Agent Enrique Camarena, angered parents and youth in communities across the country began wearing Red Ribbons as a symbol of their commitment to raise awareness of the killing and destruction cause by drugs in America.

Enrique (Kiki) Camarena was a Drug Enforcement Administration Agent who was tortured and killed in Mexico in 1985. When he decided to join the US Drug Enforcement Administration, his mother tried to talk him out of it. "I'm only one person", he told her, "but I want to make a difference."

On Feb. 7, 1985, the 37-year-old Camarena left his office to meet his wife for lunch. Five men appeared at the agent's side and shoved him in a car. One month later, Camarena's body was found. He had been tortured to death.

In honor of Camarena's memory and his battle against illegal drugs, friends and neighbors began to wear red badges of satin. Parents, sick of the destruction of alcohol and other drugs, had begun forming coalitions. Some of these new coalitions took Camarena as their model and embraced his belief that one person can make a difference. These coalitions also adopted the symbol of Camarena's memory, the red ribbon.

In 1988, NFP sponsored the first National Red Ribbon Celebration. Today, the Red Ribbon serves as a catalyst to mobilize communities to educate youth and encourage participation in drug prevention activities.

[Learn more about the Red Ribbon Campaign. Download the Fact Sheet.](#)

Steuben Prevention Coalitions (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 or at (607) 76-6441 ext. 202.

**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