

# In The Know

A monthly newsletter keeping you current on topics related to the Prevention of Substance Abuse

## Steuben Council on Addictions

A program of Substance Free Living

Volume 11, Issue 6

September 2019

## Mental Health America releases back-to-school toolkit

**Alexandria, VA** - In recognition of the challenges a new school year presents for children and adolescents, Mental Health America (MHA) is providing new resources on student mental health (<http://www.mentalhealthamerica.net/back-school>), with an emphasis on web-based tools that can be easily shared across social media platforms.

This year, MHA has developed tools and resources to help increase understanding of how traumatic events can trigger mental health issues and is providing materials on the topic for parents, school personnel, and young people.

“Half of all mental health disorders begin by the age of 14. About 75 percent begin by the age of 24. Early identification and early intervention in children and young adults is essential to their current and future mental wellbeing,” said Paul Gionfriddo, president and CEO of MHA. “As students head back to school, they can be dealing with a host of emotions. MHA wants to remind them that mental health issues are common and treatable and should be addressed as soon as possible - before Stage 4.”

It’s important for parents, caregivers, and school personnel to know the signs that a young person is struggling with his or her mental health and be willing to help. While we can’t completely shield young people from all the traumatic situations they may face, we can help them learn to manage

their emotions and reactions in ways that cultivate resilience.

The toolkit is designed for MHA affiliates, advocates, and organizations of all types to use with parents, youth and school personnel to raise awareness of the importance of proactively addressing issues related traumatic events.

This year’s toolkit includes fact sheets pertaining to:

- Understanding trauma
- Recognizing Anxiety
- Recognizing Psychosis
- Recognizing Depression
- Preventing Suicide

Taking a mental health screening is one of the quickest and easiest ways to determine whether you or a loved one is experiencing symptoms of a mental health condition. Free, confidential, and anonymous screening tools are available at [MHAScreening.org](http://MHAScreening.org) for parents and youth to find out if a young person may have symptoms of a behavioral, emotional or cognitive disorder. MHA’s website also has additional material on children’s mental health available at [https://www.mentalhealthamerica.net/mental-health-information?body\\_value&field\\_audiences\\_nid=91](https://www.mentalhealthamerica.net/mental-health-information?body_value&field_audiences_nid=91).

September  
recognizes  
National  
Recovery  
Month.



JOIN THE VOICES FOR RECOVERY:  
**TOGETHER WE ARE STRONGER**

[recoverymonth.gov](http://recoverymonth.gov)



NATIONAL  
RECOVERY  
MONTH 2019  
30th Anniversary

## Knowledge is Power—Let us help you learn more

Steuben Council on Addictions is available to provide community presentations on a myriad of topics relating to substance abuse, prevention, parent information, information for schools and their employees, churches, youth groups and more within Steuben County. We are capable of customizing presentations to the area of interest, timeframe requested and makeup of the audience. For further information or to schedule a presentation, please contact Prevention Educator Stacey O’Dell at [Stacey.O’Dell@dor.org](mailto:Stacey.O'Dell@dor.org) or (607) 776-6441 x205.

**Topics include but are not limited to:** Current adolescent drug trends, Societal drug trends, Vaping and eCigs, The Opioid Epidemic, Underage Drinking; Gambling and its effect on families and society, Substance abuse and employment, Impact of substance use on children and education, etc.

# New York State Department of Health Issues Health Advisory on Vaping-Associated Pulmonary Illness

ALBANY, N.Y. (August 2019) - The New York State Department of Health today announced that it has issued a statewide health advisory to health care providers following recent reported cases of pulmonary disease in people using vaping products in New York State. The advisory alerts providers of this emerging health threat and lists symptoms they should look for in patients.

The Department recommends that anyone who uses vaping products and has concerning respiratory symptoms should stop using the product and consult their healthcare provider.

"While many people consider vaping to be a less dangerous alternative to smoking cigarettes, it is not risk free," said Health Commissioner Dr. Howard Zucker. "These latest reports of pulmonary disease in people using vaping products in New York and other states are proof that more study is needed on the long-term health effects of these products."

As of today, the Department is actively investigating 11 reported cases of pulmonary disease in people using vaping products – one from Long Island, one from Westchester, one from the Capital Region and eight from Western New York. Preliminarily, many cases have reported the use of products containing cannabis, as well as other nicotine products, in the weeks to months prior to presentation. The Department is investigating reported symptoms, health outcomes and possible causes of the symptoms, including the types of product being vaped and the method of delivery; obtaining and testing samples from vaping products at the New York State Department of Health Wadsworth Center Laboratory to help determine the potential cause; and working with the Centers for Disease Control and Prevention (CDC) and other states that are seeing similar cases.

For more information on the health concerns associated with e-cigarettes and similar vapor products, visit: <https://www.health.ny.gov/novape>.



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NEW YORK STATE | Office of Alcoholism and Substance Abuse Services



**Substance Free Living**  
A service priority for Catholic Charities of Steuben

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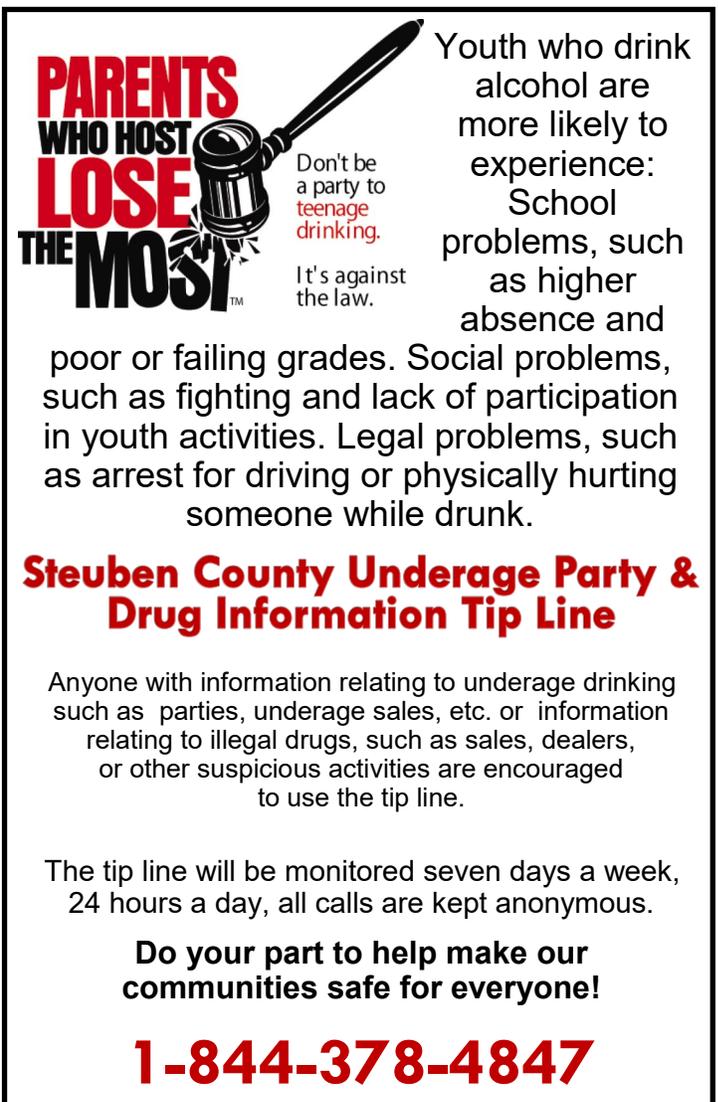
*Prevention Director:* Jim Bassage

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Tara Chapman—Hammondsport  
Jennifer Beaty—Haverling



**PARENTS WHO HOST LOSE THE MOST**

Don't be a party to teenage drinking.  
It's against the law.

Youth who drink alcohol are more likely to experience:  
School problems, such as higher absence and poor or failing grades. Social problems, such as fighting and lack of participation in youth activities. Legal problems, such as arrest for driving or physically hurting someone while drunk.

**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 calls are kept anonymous.

**Do your part to help make our communities safe for everyone!**

**1-844-378-4847**

# Surgeon General Releases Advisory on Marijuana's Damaging Effects on the Developing Brain

**August 29, 2019**, Surgeon General Vice Adm. Jerome M. Adams, issued an advisory emphasizing the importance of protecting youth and pregnant women from the health risks of marijuana use.

Marijuana, or cannabis, is the most commonly used illicit drug in the United States. Delta-9-tetrahydrocannabinol (THC), a component of marijuana, binds to receptors in the brain, producing euphoria and a variety of potentially harmful effects, including intoxication and memory and motor impairments. Newer strains of marijuana have also shown to be increasingly more potent, leading to other risks like anxiety, agitation, paranoia and psychosis.

"Marijuana is a dangerous drug, especially for young people and pregnant women," said HHS Secretary Alex Azar. "This historic Surgeon General's advisory is focused on the risks marijuana poses for these populations, which have been well-established by scientific evidence. As indicated by President Trump's generous donation of his salary to support this advisory, the Trump Administration is committed to fighting substance abuse of all kinds, and that means continuing research, education, and prevention efforts around the risks of marijuana use."

Pregnant women use marijuana more than any other illicit drugs. It is also commonly used by adolescents. The Substance Abuse and Mental Health Services Administration's recently released 2018 National Survey on Drug Use and Health (NSDUH) data showed that marijuana continues to be the most widely used illicit drug and that further, fre-

quent marijuana use, in both youths (12-17 years old) and young adults, appears to be associated with risks for opioid use, heavy alcohol use and major depressive episodes. In 2017 alone, approximately 9.2 million youth aged 12 to 25 reported using marijuana in the past month and 29% more young adults aged 18 to 25 started using the substance.

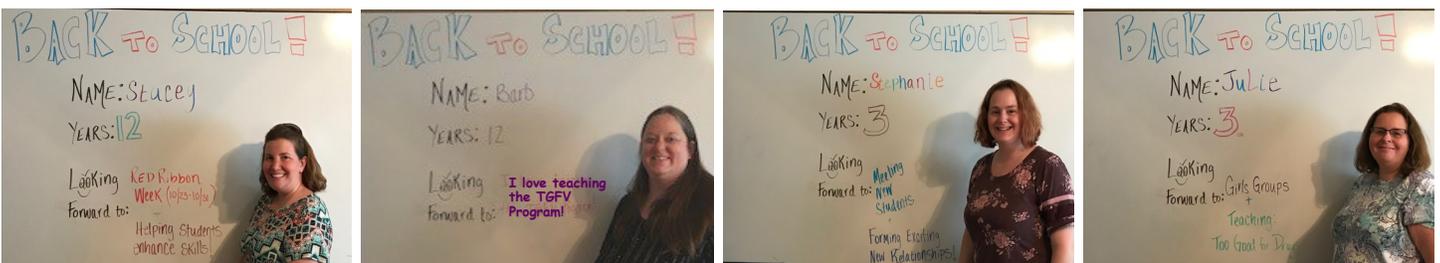
"There is a false perception that marijuana is not as harmful as other drugs. I want to be very clear – no amount of marijuana use during pregnancy or adolescence is known to be safe," said Surgeon General Adams.

Compounding concerns regarding marijuana use and the developing brain is the surge in products with a higher THC concentration, and their accessibility. The risks of physical dependence, addiction, and other negative consequences increase with exposure to high concentrations of THC, daily use, and the younger the age of initiation.

As the advisory notes, it is "... intended to raise awareness of the known and potential harms to developing brains, posed by the increasing availability of highly potent marijuana in multiple, concentrated forms. These harms are costly to individuals and to our society, impacting mental and physical health and educational achievement and raising the risks of addiction and misuse of other substances."

Read the [U.S. Surgeon General's Advisory: Marijuana Use and the Developing Brain](#).

## Prevention Educators ready to head back-to-school



As the school year gears up, our Prevention Educators have been working hard all summer long on special projects and getting ready to bring top quality prevention programming to schools, facilities and community venues across Steuben County. If you are interested in learning more, please use the information below to contact us. We also want to wish all school employees and students the best in the upcoming 2019-2020 school year!

*Steuben Council on Addictions (SCA) is a program of Substance Free Living, a service priority for Catholic Charities of Steuben. In The Know is a regular monthly update about alcohol, tobacco and other drugs to help in the prevention of substance use and abuse.*

*For more information please contact Stacey O'Dell, Prevention Educator at [sodell@dor.org](mailto:sodell@dor.org) or (607) 776-6441, ext. 205.*

