



Ounce of Prevention Newsletter

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Message to Coalition Members:

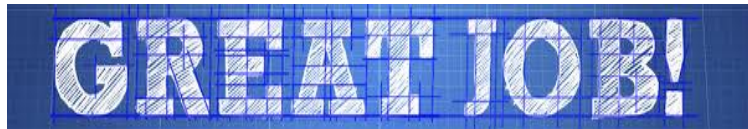
Dear Members:

Please remember that as part of our efforts we are reaching out to schools, law enforcement officials, parents and health and human service agencies to help us recognize individuals who have had a significant impact on the youth of Steuben County.

We are specifically looking for those special individuals who have provided assistance to our youth that has directly impacted their decisions regarding the use of alcohol and other drugs.

Please help us recognize these individuals and their efforts by nominating them for a special acknowledgment and appreciation of their efforts by the coalition.

Help us recognize those who have done a



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>

“Featured” Member Statement:

(Hank Chapman, Psy.D – Director of Steuben County Community Services)

“As a child psychologist I see the negative impact addiction has on families. The Coalition’s mission to work toward a drug free community is a powerful concept in that it gives families a sense of hope that addiction can be conquered through prevention and treatment”.

Article: Federal Government Will Provide \$485 Million for Opioid Prevention, Treatment

*Partnership for Drug Free Kids
April 20, 2017*

The Trump Administration will soon provide \$485 million in grant money to states for prevention and treatment programs aimed at addressing the nation's opioid crisis, the Associated Press reports.

The funding is the first of two rounds provided for in the 21st Century Cures Act, signed by President Obama in December. Health and Human Services (HHS) Secretary Tom Price said another half-billion dollars in state grants will follow in 2018.

According to a HHS news release, "Funding will support a comprehensive array of prevention, treatment, and recovery services depending on the needs of recipients. States and territories were awarded funds based on rates of overdose deaths and unmet need for opioid addiction treatment."



A new government study suggests some opioid-related deaths may not be counted when people die from pneumonia or other infectious diseases that are worsened by drug use.

In these cases, the death certificate may only list the infection as the cause of death, according to the researchers from the [Centers for Disease Control and Prevention](#). "Opioids at therapeutic or higher than therapeutic levels can impact our immune system, actually make your immune system less effective at fighting off illness," lead researcher Victoria Hall told [HealthDay](#). She added that the sedative effect of opioids also affects a person's respiratory system, causing breathing to become slow and shallow. This makes a person less prone to cough, which allows pneumonia to develop.

Prom and Alcohol: A Deadly Combination

Every year, high school students plan and prep for their upcoming prom. Finding the right dress, saying yes to the right date and attending the best after-party. It's supposed to be the perfect night – but that could all end in an instant.

There are a number of startling facts about prom night.

- More than 90% of teens believe their peers are more likely to drink and drive on prom night.
- Alcohol is involved in almost 1/3 of teenage car accident fatalities.
- Only 29% believe that driving on prom night comes with a high degree of danger.
- 36% of teens said their parents have allowed them to attend parties where alcohol was present and available.
- 54% of students drink more than 4 drinks on prom night.
- Approximately 5,000 people under 21 die each year from underage drinking.

Here are a few simple steps parents can take to keep their kids safe on prom night:

- Know where they'll be throughout the evening and find out their transportation plans.
- Don't give permission to attend parties that will be serving alcohol to minors.
- Get details about prom from your child's school.
- Discuss the dangers of drinking and driving with your teen.
- Encourage your teen to call you if they ever find themselves in a situation where they're with an intoxicated driver or are too drunk to drive. It's better for them to be safe than to remain in a dangerous situation.
- Create a prom night contract with your teen, stating that he or she won't drink and drive or ride with anyone who's been drinking.
- Encourage your teen to sign our [Safe and Sober Pledge](#).
- Never provide alcohol to teens at a party. You could face serious fines and even jail time under the Social Host Law of Steuben County.

www.edgarsnyder.com

**Statistics show
Prom and Graduation
season is the
most dangerous
time for teens.**



Article: Americans Use Far More Opioids Than Anyone Else in the World

*CADCA Prevention Weekly
March 24, 2017*

The number of opioid prescriptions has decreased in the past few years, after more than a decade of explosive growth. This reflects new practice guidelines underscoring opioids' generally poor effectiveness at reducing chronic pain, increased monitoring of prescribers by government and health-care organizations, and widespread awareness within and without the medical community over the epidemic of opioid-related deaths. Although reducing the number of prescriptions will decrease the number of people who become addicted to opioids, too many prescribing restrictions could deny opioids to patients who need and benefit from them. How can we know if and when prescribing controls have gone overboard and the population has insufficient access to prescription opioids? United Nations data provides one more important benchmark against which to judge how much more or less opioid consumption might be appropriate for a given country. The results about the United States is startling: Even when the list is restricted to the top 25 heaviest consuming countries, the United States outpaces them all in opioid use. For example: Americans are prescribed about six times as many opioids per capita as are citizens of Portugal and France, even though those countries offer far easier access to health care. The largest disparity noted in the U.N. report concerns hydrocodone – Americans consume more than 99 percent of the world's supply of this opioid. One might think that Americans consume more opioids because as an aging population, they have objectively more aches and pains. But the U.S. population ranks only 42nd in the world in its proportion of people aged 65 or older. Countries with a much higher proportion of senior citizens than the United States, such as Australia and Italy, consume only a fraction of the prescription opioids of Americans.

Article: Steuben Prevention Coalition & STOP DWI NY host Prom & Graduation Safety Awareness Event at Prattsburgh Central School

A full day of activities was planned by a committee put together by Coalition Member, Pam Aini and the Sheriff's Office STOP DWI program. These activities included the "Battle of the Belts" seat belt challenge, an automated go cart challenge, simulated field sobriety testing as well as numerous coordination and focusing challenges using the Alcohol and Marijuana Goggles. Activities are also scheduled for Addison High School, Bath Haverling High School and Hornell High School.

This was a true community effort in prom and graduation safety awareness and many thanks go out to all of our partners who donated time and resources to make these events successful.



Article: Can Sobriety Tests Weed Out Drivers Who've Smoked Too Much Weed?



For decades the same test has been used to convict drunk drivers. Police ask a driver to stand on one leg, walk a straight line and recite the alphabet. If the driver fails, the officer will testify in court to help make a case for driving under the influence. But defense lawyers argue, science has yet to prove that flunking the standard field sobriety test actually means that a person is high, the way it's been proven to measure drunkenness. So, as attorney Rebecca Jacobstein argued to the Massachusetts high court, the tests shouldn't be allowed in evidence.

Upcoming Events:

Next Coalition Meeting
 May 10, 2017
 11:00 am – Steuben County Sheriff's
 Building

Healthy Kids Day
 Hornell High School
 May 20, 2017
 8:00 – 11:00

Community Drug Forum
 Hornell High School
 May 23, 2017
 5:30 – 6:30 p.m. - TBD

Community Health Expo
 Hornell YMCA
 June 15, 2017
 9:30 – 2:00

Underage Drinking Task Force
 "A Community Conversation"
 Town Hall Meeting
 September 27, 2017
 Haverling High School
 6:00 – 7:30 p.m.

VISIT OUR WEBSITE
www.steubenpreventioncoalition.org



MISSION:

To promote healthy
 and safe
 communities in
 Steuben County by
 reducing alcohol and
 drug use among
 youths!

Article: Can Sobriety Tests Weed Out Drivers Who've Smoked Too Much Weed? (Cont'd)

"If there's reliable science, reliable science gets to come in," Jacobstein argued. "It's just that unreliable science does not." Prosecutors like attorney Michelle King don't agree. They argue that rapidly advancing science does prove field tests' reliability. "Three investigations have come to light and those are the most important for your honors to look at at this point," King said in court. What makes the stakes so high here, is that police have few alternatives; they do not yet have reliable roadside toxicology tests that can say for sure if someone's too high to drive in the way a breathalyzer or blood test can show if someone's too drunk. Margaret Haney, a professor of neurobiology at the Columbia University Medical Center says testing a person for alcohol intoxication is a breeze in comparison to testing a person to determine if they are high. As she explains, marijuana is fat soluble, so traces of its main ingredient tetrahydrocannabinol, or THC, can show up in blood long after a person has sobered up.

"That just tells you somebody has smoked," Haney says. "But you don't know if they smoked an hour ago or if they smoked a week before or two weeks before." It used to be that police could always fall back on arresting a driver for possession, but now that marijuana is legal in many states, including Massachusetts, officers worry they'll be faced with more stoned drivers and fewer ways to stop them.

John Carmichael is the police chief in Walpole, Mass. and says the legalization of marijuana "couldn't be at a worse time." "It's really gonna cause a problem out on the street," Carmichael says. "I mean, police officers know when something is off. It's usually quite obvious. So if they take away the ability to do a field sobriety test, I don't know what the police officer on the street is supposed to do." As studies continue on standard field sobriety tests, efforts are also underway to design new ones to better weed out drivers who may be high on weed.

University of Massachusetts psychology professor Michael Milburn has invented an iPad app that he calls Druid, that specifically measures symptoms of marijuana intoxication — like slow reaction time, misperception of time passing and inability to handle divided attention tasks. For example, one test on his app asks the driver to keep track of different shapes. "When the circle flashes on the screen, you hit the screen where you saw the circle appear," he explains. "If a square appears, [you] hit the white oval on the top of the screen." The test is not meant to be easy. "I figure someone who's stoned is gonna go 'Alright, was it the circle or the square?'" Milburn says.

And it's definitely not your grandfather's old "count backwards from ten" test. But, Milburn says, appropriately so. "If you're going to be driving a car, you should be able to perform at a fairly high level," he says. The app includes 4 different tests, including one that asks drivers to balance on one foot, while holding the iPad that records every wobble.

In the end, instead of a police officer's subjective judgement of how a driver did, the iPad calculates a total impairment score, that Milburn says could be compared against a standard, just like the .08 blood alcohol limit for alcohol. While Milburn says research is just beginning on the reliability of his app, experts says it won't be long before science validates a whole new generation of impairment tests. But they say, they'll only stand up to court challenges when used in conjunction with new and better biological tests that can also prove that the person who was impaired, also recently used marijuana.

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

1-844-378-4847

Reaching communities through
 prevention,
 education
 and support