



Ounce of Prevention Newsletter

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**Steuben Prevention
Coalition**
8 East Morris Street
Bath, NY 14810
(607) 776-6441

Website:
SteubenPreventionCoalition.org

Email:
SteubenPreventionCoalition@gmail.com

Staff:

Norman McCumiskey
Program Coordinator

Colleen Banik
Assistant Program Coordinator

Message to Coalition Members

October 24th is Wear Red Day to celebrate Drug Free Living during National Red Ribbon Week which is October 23 – October 31, 2016

“Featured” Member Statement

(Douglas Wyant, Superintendent – Hornell City School District/Steering Committee Co-Chair)

“As an educator, more specifically Superintendent of Schools, I have committed my life to “doing what is best for children.” Every student has a story. Every student is influenced by the environment in which they live and learn. Through the work of the coalition, I have expanded my influence on “doing what is best for children.” Educating not only children, but adults in our county to make the best choices for their future or the future of their children satisfies my desire to “do what’s best.” To make a difference for the future of our region.”

October is National Medicine Abuse Awareness Month

The medicine abuse problem:

Each generation of kids looks for new ways to get high. Recent trends indicate they are increasingly turning to prescription (Rx) or over-the-counter (OTC) medicines. Teens report getting many of these medicines from home medicine cabinets and mistakenly believe that abusing them is “safer” than other drugs. According to surveys from the National Institute on Drug Abuse, 20 percent of teens say they have taken a prescription drug without having a prescription for it themselves, and 5 percent report abusing OTC cough medicine to get high.

Learn more at:
www.PreventRxAbuse.org
www.StopMedicineAbuse.org



Article:**Device Worn on Skin Can Measure Blood Alcohol Content from Sweat**

Partnership for Drug Free Kids
August 3, 2016

A newly developed device worn on the skin as a temporary tattoo can measure a person's blood alcohol level from sweat. The device can transmit the data wirelessly to a laptop or smartphone, according to engineers at the University of California San Diego.

The device could be used by doctors and police officers, [Science Daily](#) reports. A portable flexible electronic circuit board is connected to the tattoo by a magnet. The circuit board communicates the information to a mobile device via Bluetooth. The researchers describe the device in the journal [ACS Sensors](#).

"When you're out at a party or at a bar, this sensor could send alerts to your phone to let you know how much you've been drinking," study co-author Jayoung Kim said in a [news release](#).

Exploding E-Cigarettes Sending "Vapers" to Burn Centers

[The New England Journal of Medicine](#)
(Health Day)

WEDNESDAY, Oct. 5, 2016 (HealthDay News) -- E-cigarette devices are randomly and unexpectedly exploding, burning and maiming people unlucky enough to be near them when they detonate, researchers report. The University of Washington Regional Burn Center in Seattle has treated 22 people for burns and other injuries caused by exploding e-cigarettes since October 2015, said Dr. Elisha Brownson, a burn/critical care surgical fellow at the hospital. "Once we realized this was a trend at our center, we felt the need to get the word out," Brownson said. "We want consumers to know this is a risk." Brownson is lead author of a letter outlining the problem in the Oct. 6 issue of the *New England Journal of Medicine*. The explosions are caused by powerful lithium-ion batteries used in e-cigarettes, Brownson said. These rechargeable batteries charge a heating coil that brings liquid nicotine and flavorings to the boiling point inside the device, creating an inhalable vapor. Batteries in some of the devices are overheating, causing a fire or an explosion, she said.

Article:**Governor Cuomo Launches New Campaign to Stop Sales and use of Synthetic Marijuana**

[October 3, 2016](#)

Governor Andrew M. Cuomo today announced a new public awareness campaign encouraging New Yorkers to report the illegal sales of synthetic drugs, commonly referred to as synthetic marijuana. The campaign consists of ads that warn New Yorkers about the dangers associated with use of these man-made drugs and inform those who suffer from addiction that help is available.

"By any name, these synthetic drugs are a danger to public health and a threat to the safety of all New Yorkers," **Governor Cuomo said.** "This administration is fully committed to ending both the sale and use of this dangerous substance and this campaign will continue our efforts to educate the public and stop the sale of these harmful substances once in for all."

Each ad contains the phrase, "Synthetic Marijuana is dangerous and illegal!" and includes a phone number to call to report illegal sales, the State's HOPEline number, and the New York State Office of Alcoholism and Substance Abuse [website](#).

New York State Office of Alcoholism and Substance Abuse Commissioner Arlene González-Sánchez said, "In order to protect our communities and help save lives, it's vital to get the message out about the dangers of synthetics. I encourage New Yorkers to help us get these dangerous synthetics off our streets by reporting any illegal sales that you see in your community. I also encourage those who need help for addiction to contact the NYS HOPEline at 1-877-846-7369 or visit our NYS OASAS website at [oasas.ny.gov](#)."

As part of New York State's ongoing efforts to combat sale and use of synthetics, Governor Cuomo, directed the State Department of Health to issue regulations prohibiting the possession, manufacture, distribution and sale of synthetic drugs and chemicals in 2012. The regulations allowed for owner of an establishment and/or an employee selling synthetic marijuana to be criminally charged with possession of an illicit substance, which is punishable with a fine up to \$500, or 15 days in jail, or a civil penalty of up to \$2,000 per violation.

In October 2015, the Governor launched two public service announcements in an effort to warn New Yorkers about the dangers of synthetic drugs and prescription opioid abuse. [The PSAs](#) aired on television stations and music streaming services across the state.

In July 2016, after reports of increased emergency department visits due to these drugs, Governor Cuomo and the New York State Police took action to close establishments in Syracuse and Binghamton that were selling these illegal substances and also seized the substances from establishments in Rochester charging the store owners with unlawful possession of a synthetic drug and violating the Department of Health regulation banning the possession of these substances. The Governor also asked the Department of Health to add two additional classes of compounds to the banned substances list, in July 2015, which now covers hundreds of different hazardous chemicals.

New York State Department of Health Commissioner, Dr. Howard Zucker said, "Synthetic marijuana poses a grave threat to public health and safety and this new awareness campaign will help educate New Yorkers on the dangers of these drugs. Together with our new, tougher regulations and coordinated statewide enforcement actions, these educational materials are an important resource in Governor Cuomo's plan to fight the threat of synthetic marijuana."

New York State Police Superintendent George P. Beach II said, "While State Police have strengthened enforcement against the distribution of synthetic cannabinoids, public education is also critically important in helping communities understand the dangers these drugs pose. This campaign is part of a broader partnership involving a number of state agencies to crack down on the spread of synthetic drugs and keep New Yorkers safe."

Trending: E-Cigs – Vapers Continued

The first Seattle case Brownson treated was a man in his 20s using an e-cigarette while driving. The device exploded in his mouth, blowing out several front teeth. She said she has since treated a variety of burns and blast injuries caused by e-cigarettes, including patients with flame burns covering 10 percent to 15 percent of their total body surface. "We see a lot of patients who have burns on their thigh and their hands. That's when the device has exploded in their pocket, and they're using their hands to get the device out and away from them," Brownson said. "There also have been a lot of injuries to the hands and face when people have had explosions as they've been using them," Brownson continued. "Patients tell us they had no idea this could happen. They've had little to no warning that the device is going to explode." Vapers are not the only ones harmed. One case involved a 2-year-old boy whose arm was burned by bedsheets set on fire by his parent's exploding e-cigarette, Brownson said. The American Vaping Association responded that e-cigarettes pose no more fire risk than other devices that rely on lithium-ion batteries, such as cellphones or laptops, as long as users charge and store them properly. "Had the [report] authors wanted to give a complete picture rather than just stoke fears, they would have recapped other battery-related injuries to demonstrate that this isn't a problem that is unique to vapor products," said Gregory Conley, president of the American Vaping Association. The U.S. Food and Drug Administration earlier this year extended its authority over tobacco products to include e-cigarettes. Manufacturers have two years to submit nearly all products on the market for FDA review. For now, there are no set manufacturing standards for the devices, Brownson said. Some batteries may be substandard, or may come with faulty charging devices. In addition, some users tamper with the batteries to produce more voltage, which overheats the liquid in e-cigarettes and produces a stronger hit of nicotine, said Erika Sward, assistant vice president of national advocacy for the American Lung Association. "We're hopeful the FDA starting to regulate these devices will help," Brownson said. "Until the regulations can be enforced, we expect that we will continue to see these injuries." The U.S. government is aware of the potential for fire, and has banned e-cigarettes from checked airline luggage.

For more on e-cigarettes, visit the [U.S. Food and Drug Administration](http://www.fda.gov).

Article Continued: "Governor Cuomo"

These drugs consist of man-made, mind-altering chemicals that are either sprayed on dried, shredded plant material so they can be smoked (herbal incense) or sold as liquids to be vaporized and inhaled in e-cigarettes and other devices (liquid incense). They are marketed as "legal" substances in colorful packaging, often as potpourri. Brand names for substances include Spice, K2, Scooby Snax, Green Giant, Smacked, Wicked X, iBlow, Geeked Up, Ninja, Caution, Red Giant, and Keisha Kole.

They can be life-threatening and can cause intense hallucinations and psychotic episodes. Individuals may have suicidal thoughts and can hurt, maim or even kill themselves or others while under the influence of these man-made substances. Effects of use can range from irregularities in blood pressure, agitation, irritability, nausea/vomiting, confusion, drowsiness, headache, electrolyte abnormalities, seizures, anxiety, paranoia, aggressive behavior, loss of consciousness, addiction, kidney failure, hypertension and even death.

Trending: Heroin – Opioids

Prescription Opioid Use Disorder & Heroin Use Impacts 18 to 34 Year Olds:

A newly released study from Columbia University's Mailman School of Public Health takes a look at the prevalence of prescription opioid disorders and heroin abuse among 18 to 34-year olds. The first-of-its-kind study shines the light on usage trends from 2002 to 2014, and examines its impact on this age cohort. The bottom line is the reality that so many coalitions know: we've got to remain vigilant about this issue. Here's a high-level overview of findings:

Study participants	Defined as those aged	The Prevalence of Prescription Opioid Disorders 2002-2014	The Prevalence of Heroin Abuse 2002-2014
Adolescents	12 to 17	The prevalence of prescription opioid disorders remained relatively stable during this time period.	"Nearly 80 percent of 12- to 21-year olds who reported initiation of heroin use had previously started using prescription opioids between the ages of 13 and 18," affirms the study.
Emerging adults	18 to 25	The odds of having a prescription opioid disorder rose 37 percent among those who were non-medical users during this time period.	There was a four-fold increase over time in the odds of heroin use during this time period.
Young adults	26 to 34	The odds of having a prescription opioid disorder doubled from 11 percent to 24 percent during this time period.	There was a nine-fold increase over time in the odds of heroin use during this time period.

While past-year nonmedical usage rates of prescription opioids is going in the right direction, notes the study (past-year prevalence significantly decreased from 2002 to 2014 among adolescents and emerging adults and remained unchanged for young adults), its authors also indicate that eventual outcomes may not be as positive. "The potential development of prescription opioid use disorder among youth and young adults represents an important and growing public health concern," affirms study author Silvia Martins, MD, PhD, Associate Professor of Epidemiology. Also recognized is the connection between prescription opioid abuse and heroin, a relationship that cannot be denied. Concludes Dr. Martin, "While increases in prescription opioid use disorder might be rooted in health policy, medical practice, pharmaceutical industry interests, and patient behavior, it is critical that the general public, particularly youth, are informed about the related harms and disorders that can occur when prescription opioids are used without regular medical supervision." Read the Study Shows Upswing in Prescription Opioid Use Disorder and Heroin Use Among Young Adults published last week.

Myth vs. Fact (Alcohol)

- Teens can't get addicted to alcohol.
- ✓ When a teen drinks too much, they risk becoming addicted to alcohol. This is called alcoholism or alcohol dependence. It is a disease that can happen at any age.

Myth vs. Fact: (Marijuana)

- Switch to marijuana – it's cancer free.
- ✓ One marijuana joint has the same impact on an individual's large lung airways as smoking 16 tobacco cigarettes. Additionally, marijuana smoke contains between 50-70% more cancer-causing chemicals than levels found in tobacco smoke.

**MISSION:**

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

Trending: Heroin - Opioids**Prescription Opioid Addiction Risk Among Young Adults Jumped 37 Percent**

Partnership for Drug Free Kids
October 6th, 2016

A new study finds the risk of prescription opioid addiction rose 37 percent among young adults between 2002 and 2014. Past-year heroin use also rose among 18 to 25 year-olds, from 2 percent to 7 percent. Among adults ages 26 to 34, risk of an opioid use disorder more than doubled, from 11 percent to 24 percent, [HealthDay](#) reports. Heroin use among this age group rose sixfold, to 12 percent. "The potential development of prescription opioid use disorder among youth and young adults represents an important and growing public health concern," first author Dr. Silvia Martins of the Columbia University Mailman School of Public Health said in a [news release](#).

The study appears in the journal [Addictive Behaviors](#).

Upcoming Events:

**Next Coalition Meeting
November 9, 2016**

11:00 a.m. – Steuben County Sheriff's Building

Youth Action Forum
October 25, 2016
Bath Haverling Auditorium

Wayland-Cohocton Health Fair
October 27, 2016

Underage Drinking Task Force Town Hall Meeting
November of 2016 - TBD

Tall Cop Program
March 29, 2017
Haverling Central School

Corning-Painted Post Health Fair
April of 2017 - TBD

Maple City Kids Health Fair
May of 2017 - TBD

Reaching communities through
**prevention,
education
and support**