



Ounce of Prevention Newsletter

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

Website:

www.steubenpreventioncoalition.org

Email:

steubenpreventioncoalition2017@gmail.com

Staff:

Norman McCumiskey
 Program Coordinator

Colleen Banik
 Assistant Program Coordinator

Message to Coalition Members:



While last month the Steuben Prevention Coalition was celebrating the announcement of several specific project grant awards, this month is a different story. We have received notification that our Drug Free Communities Grant application submitted in March of this year was **NOT** approved for years 6-10. While this a blow to the Coalition it is now time to **ACT** to make sure that we continue on with all of the wonderful and successful efforts that have been achieved to date. 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.



We would like to take this opportunity to give a huge shout out and **THANK YOU** to Norman McCumiskey who has served The Steuben Prevention Coalition for over 7 years as the Program Coordinator.

Norm will be retiring on September 26, 2018, and we want to wish him a very happy retirement.

It is time to enjoy life with your family and do the things that will truly make you happy.

CONGRATULATIONS from the entire membership of The Steuben Prevention Coalition, Steuben Council on Addictions and Catholic Charities of Steuben.



Retirement

*When you stop
living at work
And start
working at living*

National Recovery Month

Prevention Works • Treatment is Effective • People Recover
september 2018

National Recovery Month (Recovery Month) is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

Recovery Month celebrates the gains made by those in recovery, just as we celebrate health improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. The observance reinforces the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

There are millions of Americans whose lives have been transformed through recovery. Since these successes often go unnoticed by the broader population, Recovery Month provides a vehicle for everyone to celebrate these accomplishments. Each September, tens of thousands of prevention, treatment, and recovery programs and facilities around the country celebrate Recovery Month. They speak about the gains made by those in recovery and share their success stories with their neighbors, friends, and colleagues. In doing so, everyone helps to increase awareness and furthers a greater understanding about the diseases of mental and substance use disorders.

Now in its 29th year, Recovery Month highlights the achievements of individuals who have reclaimed their lives in long-term recovery and honors the treatment and recovery service providers who make recovery possible. Recovery Month also promotes the message that recovery in all of its forms is possible and encourages citizens to take action to help expand and improve the availability of effective [prevention](#), [treatment](#), and [recovery](#) services for those in need.

Each year, Recovery Month selects a new focus and theme to spread the message and share the successes of treatment and recovery. The 2018 Recovery Month observance will focus on urban communities, health care providers, members of the media, and policymakers, highlighting the various entities that support recovery within our society. The 2018 Recovery Month theme, "*Join the Voices for Recovery: Invest in Health, Home, Purpose, and Community*," explores how integrated care, a strong community, sense of purpose, and leadership contributes to effective treatments that sustain the recovery of persons with mental and substance use disorders. The observance will work to highlight inspiring stories to help people from all walks of life find the path to hope, health, and wellness. [Learn more about this year's and past year themes.](#)

Each year, SAMHSA creates a Recovery Month toolkit to help individuals and organizations increase awareness of the power of recovery. The kit provides media outreach templates, tips for event planning and community outreach, audience-specific information and data on behavioral health conditions, and resources for prevention, treatment, and recovery support services. These resources help local communities reach out and encourage individuals in need of services, and their friends and families, to seek treatment and recovery services and information. Materials include SAMHSA's National Helpline 1-800-662-HELP (4357) for 24-hour, free and confidential information and treatment referral as well as other [SAMHSA resources for locating services.](#)



Public Policy in the News: Study Suggests That Opioid Prescriptions in U.S. Have Not Declined

By: Meghan Keller
The Hill
August 2, 2018

A new study reveals that the rate of opioid prescriptions in the country has not significantly declined for many patients over the past decade. The Mayo Clinic's study released Wednesday shows that the rate of opioid use has remained steady for most groups despite increased attention to opioid abuse. The study found that from 2007 to 2016, annual opioid usage among commercially insured patients was at 14 percent. The quarterly prescription rate also held relatively steady for aged Medicare beneficiaries, increasing from 11 percent to 14 percent over the decade. Read the full article from The Hill [here](http://thehill.com/policy/healthcare/400101-study-opioid-prescriptions-have-not-declined).

<http://thehill.com/policy/healthcare/400101-study-opioid-prescriptions-have-not-declined>



Vaping in 9th Grade Linked to Increased Marijuana Use Two Years Later

Partnership for Drug Free Kids
August 9, 2018

Ninth graders who use e-cigarettes and hookah are up to four times more likely to use marijuana in 11th grade, [CNN](#) reports. The findings come from a study of more than 2,500 teens from 10 public schools in Los Angeles. The study is published in [Pediatrics](#).

“Once you start vaping, I think you become known as the person who vapes, who’s cool,” said Richard Miech, a principal investigator of Monitoring the Future, an ongoing study of adolescent drug use, who was not involved in the new study. “You get invited to parties where people are going to smoke cigarettes and smoke marijuana because you vape already. So there’s that social component.”

He added, “And I think there are probably other social pathways as well, other than just friendship networks. It probably changes your attitude. You probably vaped for a while and say ‘I don’t see any problem. I’m not dropping dead. I guess it’s not as dangerous as they’re telling me it is.’”

How to Know if Your Kid is Vaping Marijuana — and What to Do About It

Hardly a week goes by without another news article about [vaping](#). In 2014, vaping was selected as Oxford Dictionary’s word of the year, beating out other candidates like “Bae” and “Budtender”. If they were picking a word today, it would more likely be JUUL or Juuling, the wildly popular “stealth vape” of adolescents.

[READ MORE](#)



Upcoming Events:

Next Coalition Meeting
September 12, 2018
11:00 am – Steuben County Sheriff's
Building – Bath, NY

Strong Kids – Safe Kids
 Countywide
 September 15, 2018
 1:00 – 4:00 p.m.
 Haverling High School

COALITION VOLUNTEERS NEEDED

www.steubenpreventioncoalition.org



Fentanyl Use Drove Drug Overdose Deaths to A Record High in 2017

By Christopher Ingraham
The Washington Post
 August 15, 2018

Drug overdose deaths surpassed 72,000 in 2017, according to provisional estimates recently released by the Centers for Disease Control and Prevention. That represents an increase of more than 6,000 deaths, or 9.5 percent, over the estimate for the previous 12-month period. That staggering sum works out to about 200 drug overdose deaths every single day, or one every eight minutes. The increase was driven primarily by a continued surge in deaths involving synthetic opioids, a category that includes fentanyl. There were nearly 30,000 deaths involving those drugs in 2017, according to the preliminary data, an increase of more than 9,000 over the prior year. Read the full Washington Post article [here](#).

https://www.washingtonpost.com/business/2018/08/15/fentanyl-use-drove-drug-overdose-deaths-record-high-cdc-estimates/?utm_term=.386b3b93973b



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!

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