

Prevention Resource Information on Drug Education

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Mental Wellness Month

January is Mental Wellness Month! Mental health related issues are actually very common in the United States. Our mental wellness consists of our emotional, psychological, and social well-being. It affects how we think, feel, and act. We all go through phases in our life starting as a child all the way through our adult life such as, bouts of depression or anxiety or the feeling of being overwhelmed. There are warning signs and ways to try and maintain a healthy mind.



Early Warning Signs

- Eating or sleeping too much or too little
 - Pulling away from people
- Over use of tobacco, alcohol, or other drugs
 - Thinking of harming yourself
 - Inability to perform daily tasks
 - Unexplained aches or pains

Ways to Maintain a Positive Mental Health!

- Get professional help if necessary
- Connect with others
- Stay positive
- Be physically active
- Help Others
- Get Enough Sleep
- Develop coping skills



National Drug Facts Week

Monday, January 26th through Sunday, February 1st is National Drug Facts Week. National drug facts week was created by the National Institute on Drug Abuse. The purpose of this week is to counteract the common myths that are portrayed in TV, movies, music, and by other people.

Let's look at



MYTHS vs. FACTS

Drug addiction is a choice.

FACT: Drug use is a choice. Prolonged use changes your body and brain chemistry. When the user no longer appears to have a choice then it becomes an addiction.

"Natural" drugs are safer than synthetic ones.

FACT: Marijuana, mushrooms, and other "natural" highs still alter the brain chemistry and produce dangerous side effects. They are not harmless because they grow in the ground.

**If it's a prescription, it must be safe!
You can't get addicted to something your doctor prescribes.**

FACT: Although many medications are perfectly safe, if taken in the prescribed dosage for a short period of time, prolonged use can be dangerous, and addictive.

Test your knowledge at www.teens.drugabuse.gov and take the national IQ challenge!

Drug Free Community Coalition

Our First Coalition meeting of 2015 will be on Wednesday January 28th at 10am, in the Trinity Conference Room. This month, Kyle Saxton, Counselor from Trinity of Chemung County, will present a seminar on Heroin Use and Abuse. Kyle has a very informative and educational presentation planned. Remember, meetings are open to the community.

Everyone is welcome!



Upcoming Events:

1/26/15 Drug Facts Week

1/28/15 DFCC Meeting

Upcoming DDP

1/5/15 DDP Chemung

1/7/15 DDP Chemung

1/7/15 DDP Schuyler

2015 Resolutions!

With the New Year comes the resolutions! What will your New Years Resolutions be? Would you like to healthier, quit smoking, or make a change in your lifestyle? It's never to late to make a positive change in your life to stay healthy and live happy. Here are a few ideas!

Get involved!

Start a project at home or get involved with your community. Keeping your mind and body active will keep you from boredom and keep you healthy.

Eat Healthier!

Don't diet. Make a lifestyle change. Start eating more fruits, vegetables, and natural foods at every meal.

Go Outside!

People who stay inside all day tend to get sick more often. Breath that fresh air!

Family Dinners!

Studies have shown that eating at the table with family away from the TV, helps you prevent over-eating, and keeps you close with your family.

Marijuana and Teens

Marijuana is addictive and defined as a dependence that produces withdrawal and cravings. Studies have shown that while marijuana does not have the same addictive properties as alcohol or other drugs, it is still addictive.

One in six people who try marijuana as a teen become addicted to it.

Marijuana use is linked to heart and lung complications, car crashes, and mental illness including, schizophrenia.

High school students who believe that marijuana is easy to get are 7x's more likely to use marijuana.

Teen users are at risk for not reaching their full potential. The brain does not fully complete developing until the mid-twenties. Marijuana use directly affects the brain, specifically, memory, learning, attention, and reaction time.

High school students who don't believe their parents think it is wrong for them to use marijuana are 4x's as likely to use marijuana.



21reasons



In The News....

Opioid Epidemic

Members of congress introduced a bipartisan legislation to address the opioid abuse epidemic. The Comprehensive Addiction and Recovery Act (CARA) of 2014, would provide a series of incentives and resources to encourage states and local communities to continue in the fight against addiction. This bill would expand prevention and education efforts to prevent the abuse of opioids and heroin, using proven strategies, as well as promote treatment and recovery. "This legislation would look from all angles— from prevention efforts to overdose medication and recovery— in order to stem this epidemic which is taking the lives of 114 people per day," explains Congressman Bobby Scott. This bill also includes key prevention provisions that will help coalitions reduce the prescription drug abuse in their community. As of mid - December 2014 this legislation has 93 supporting organizations.



Prevention News

- ◇ *Chelsae Molter and Ashley Rouse will join SADD of Elmira High School in volunteering at the food bank this holiday season.*
- ◇ *The prevention department is welcoming two interns for the spring semester, we hope they gain the knowledge and experience that will help them grow as individuals and their education.*
- ◇ *Janet LaRue received her certification in Gambling Prevention, and will conduct gambling education to the community in the upcoming year.*
- ◇ *Chelsae Molter will be presenting an alcohol unit to students at Elmira High School.*
- ◇ *Educators are having their groups make homemade Christmas cards for Addie Fausett. Addie is a 6 year old with a deteriorating medical condition. Her favorite activity is receiving and reading homemade Christmas cards. Merry Christmas Addie!*

