

In The Know

A monthly newsletter to keep you current and In The Know on topics related to the Prevention of Substance Abuse

A look at Mental Health and Addiction

Heroin has been a growing problem over the past few years; more and more young people are using heroin and opioids. From 2011-2013 there were 94 deaths in seven counties. Heroin killed 65 people in the region in 2013, compared to 29 the previous year and 11 in all of 2011. Counties reporting heroin-related deaths include Monroe, Livingston, Chemung, Ontario, Orleans, Steuben and Wyoming (Democrat & Chronicle). Statewide we are seeing an increase of 136% for heroin treatment admissions. In Upstate and Long Island admissions for heroin treatment are well over 200%. This issue is growing at an alarming rate.

Abuse of prescription painkillers can lead to heroin use. Regular use of opioids leads to tolerance; one needs more to achieve the same high. Overdoses often occur when people begin to use again after a period of time without use such as coming out of treatment. Mixing drugs such as heroin and depressants (Xanax, Klonopin or alcohol) can lead to accidental overdose. The mixing of drugs intensifies the effects and causes more risk of death.

The cost of a bag of heroin costs as little as a six-pack of beer our area. Last year, Livingston County Sheriff Thomas Dougherty warned of a deadly batch of fentanyl-laced heroin

making its way through the region, citing 22 deaths in one week alone in western Pennsylvania attributed to it. At the crime lab, nearly two thirds of the heroin decks examined in 2013 were found to have been "cut" with other components, including caffeine and procaine, a local anesthetic often used in dentistry and commonly known by its trade name, Novocain. Heroin today is different than heroin four or five years ago. To prevent misuse of prescription medication:

Keep track of your medications and lock them up when necessary

Properly dispose of unused or expired medication through community take-back days coordinated through the Sheriff's office.

Educate yourself and your family about the most commonly abused substance in your area and communicate the dangers to your children and other community members.

Set clear rules and expectations when it comes to harmful behaviors and drug use.

Call 1-877-8-HOPENY to find help related to alcoholism, drug abuse and problem gambling. Visit www.combatheroin.ny.gov to learn more about Combat Heroin & Prescription Drug Abuse.

New York's HOPEline to begin support service via texting

Governor Andrew M. Cuomo today announced that New Yorkers can now contact the New York State HOPEline addiction referral and support service by texting 1-877-8-HOPENY. The HOPEline is a free and confidential 24-hour service that connects people who are struggling with substance abuse and problem gambling to specially-trained behavioral health professionals for assistance in times of need. "This new feature will make it even easier for those struggling with addiction to get the help and support they need," Governor Cuomo said. "I encourage anyone who may be dealing with substance or gambling addiction to reach out to us today and let us help them build a safer and healthier future."

By texting 1-877-8-HOPENY, individuals can get help connecting with a treatment provider in their community as well as across the state, and obtain resources and information about substance use disorders and problem gambling. The New York State Office of Alcoholism and Substance Abuse Services (OASAS) has contracted with the Mental Health Association of New York City (MHA-NYC) to expand existing HOPEline services to include this texting feature.

MHA-NYC President and Chief Executive Officer Giselle

Stolper said: "For many years, MHA-NYC has been utilizing ground-breaking technology to give people access to help wherever and whenever they need it. This enhancement to the HOPEline service gives young people and their families, and all New Yorkers, an important new communications tool which can directly link them to life-changing services and put them on their way to recovery."

In 2014, the HOPEline received nearly 30,000 calls and made nearly 9,000 outbound follow-up calls. The HOPEline currently handles nearly 2,700 calls monthly. The HOPENY texting service is expected to handle nearly 5,000 text messages per year.

Parents, caregivers, and others who are seeking help for a loved one or someone they know with an addiction problem can also text or call the HOPEline. The HOPENY text line service will provide confidential support via text message to New Yorkers who seek information on the risks associated with alcohol and opioid abuse, how to recognize signs of addiction, and how to connect to additional resources and information. HOPENY professionals offer supportive listening, risk assessment, motivational interviewing,

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Do you or someone you care about need help because of Drugs, Alcohol or Gambling call:

1-877-8HOPENY (1-877-846-7369)

24 hours a day, 7 days a week * Free & confidential information and referrals.

The Council Corner

Girls Groups in Avoca, Hammondsport and Haverling have been busy working on community projects. Throughout the year they have done many projects. Girls in all three programs have written Christmas Cards to local Veterans and Easter cards to the elderly. The Avoca Girls group held a food drive for the Bath Turning Point Program that was very successful.



Hammondsport and Haverling created Blessing Bags for the homeless that will be given out at the Bath Turning Point Program and the Domestic Abuse victims distributed through the NET.

The Hammondsport girls group wanted to give back

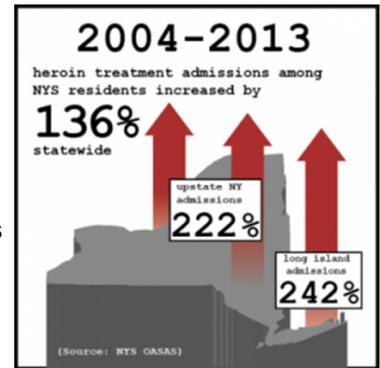
to school employees that they often forget to say thank you too. Hammondsport girls group decorated cookies and gave them to the cafeteria staff, maintenance, and the bus garage.

These activities allowed students to understand the poverty issues that are faced in Steuben County. These young girls worked hard and enjoyed giving something back to their school and community. We are very proud of the progress these girls made throughout the year. We look forward to doing more of these projects in the future.

By the Numbers...

A look at facts and figures relating to heroin in NYS.

- 79.5% of first-time heroin users have a past history of mis-using prescription pain relievers.
- In 2011 more than 1/3 of all admissions into NY treatment facilities were for heroin addictions.
- Deaths from heroin overdoses has seen a 122% increase from 2008 to 2012.
- Heroin seizures by law enforcement are up 67% in New York State.
- In one year poison control calls jumped from 55 to 148, all relating to heroin.
- 25% of the heroin deaths seen by the Monroe County Medical Examiners Of-



ficier are victims 24 years old and younger.

- From 1996-2010 15 states and DC reported using Naloxone and reversing over 10,000 potentially fatal heroin overdoses.

NY Senate Heroin Epidemic Report, Senate Democratic Conference.



8 East Morris Street, Bath, NY 14810

Phone: (607) 776-6441 * Fax: (607) 776-6664

Prevention Director: Jim Bassage

Prevention Educators: Barb McCollumn, Stacey O'Dell, Erin Fleming, Michele Sexsmith

Administrative Assistant & DDP Coordinator: Diana McIntosh

Clerical Assistant: Peggy Wurzer

Drug Free Communities Coordinator: Norm McCumiskey

Drug Free Communities Program Assistant: Pam Aini

Bath Hope for Youth Counselors:

*Sherry Sutton—Campbell-Savona
Bridgette Lanphere—Hammondsport
Jennifer Beaty—Haverling*



Prohibiting the consumption of alcoholic beverages and/or illegal drugs by minors on private premises in Steuben County.

1st Offense a violation

\$250 fine & up to 15 days in jail

2nd Offense a misdemeanor

\$500 fine & up to 60 days in jail

3rd / subsequent offenses misdemeanor

\$1,000 fine & up to 1 year in jail

For every offense completion of a court-approved alcohol and drug awareness program is required.

It is NEVER legal for any adult to provide alcohol to someone else's child even with the permission of that child's parent.

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crisis de-escalation, safety planning, and connecting New Yorkers with Emergency Medical Services when an imminent health risk is identified, in addition to their primary function of providing referrals to services.

This expansion of the HOPEline will help address the rise in heroin and prescription opioid abuse, which continues to be a persistent national problem that is also reaching deep into communities across New York and is heavily affecting young adults. According to the Centers for Disease Control, nearly 25,000 people nationwide died in 2013 from overdoses involving prescription painkillers or heroin. In 2014, there were more than 118,000 admissions into New York State-certified treatment programs for heroin and prescription opioid abuse – a 17.8 percent increase over 2009. The largest increase in opioid admissions during that time was among 18- to 34-year-olds.

“By enhancing the HOPEline service with the capacity to provide text message support, the HOPEline will be able to reach even more New Yorkers, especially young people, who increasingly rely on text messaging as their primary means of communication,” said OASAS Commissioner Arlene González-Sánchez. “As we see the rise of prescription opioid abuse and heroin abuse continue to affect young people and adults across our state, it is vitally important that New Yorkers can easily text HOPENY or call the HOPEline to find addiction treatment services. With treatment, recovery from addiction is not only possible, it can be a reality.”

Governor Cuomo has made this issue a priority and implemented aggressive measures to help New Yorkers address heroin addiction and prescription opioid abuse. The Governor launched the #CombatHeroin campaign in September 2014 to inform and educate New Yorkers about the risks of heroin and prescription opioid use, the warning signs of addiction, and the resources available to help. Additionally, the Governor has expanded efforts to offer naloxone anti-opioid overdose medication training in areas all across the state. Approximately 55,000 New Yorkers are now trained to properly deliver naloxone in an emergency and more than 1,500 lives have been saved.

To reach the State’s HOPEline 24-hour, confidential help line text or call: 1-877-8-HOPENY. Your phone service plan’s standard texting rates will apply. Starting in July, New Yorkers can also reach the HOPEline by texting the short code HOPENY (467369).

For more information and resources to help people struggling with substance abuse, visit the NYS OASAS website www.oasas.ny.gov. A list of addiction treatment providers is available by calling the Council at (607) 776-6441 or visiting the OASAS website.

For information about combating heroin use and prescription opioid drug abuse, visit the #CombatHeroin website at <http://combatheroin.ny.gov>.



Graduation and Alcohol Don't Mix!

“You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own. And you know what you know. And YOU are the one who'll decide where to go...” ~Dr. Seuss, *Oh, The Places You'll Go!*

Create memories, not regrets this graduation season!



Steuben County Underage Party Tip Line

Anyone with information about anything related to underage drinking - such as parties or underage sales - in Steuben County are urged to call the toll-free line. The tip line will be monitored seven days a week, 24 hours a day. All calls are anonymous.

1-877-862-4847

Steuben Council
SCA
on Addictions

Steuben Council on Addictions is a division of Catholic Charities 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.



“Prescription Drug Take Back Event”

*The **Steuben County Sheriff's Office** in
conjunction with **Walgreens** will be hosting:*

National Prescription Drug Take Back Day

To be held on:

Saturday, June 20, 2015

10:00 AM to 2:00 PM

Event will take place at the **Walgreens** located at:

321 West Washington Street

Bath, New York 14810

***All citizens of our community are welcome to drop off any
unwanted and unnecessary prescription medication, to include:***

Pills, Liquids and Needles

***The Steuben County Sheriff's Office will also take any unwanted or
unnecessary prescriptions from the public Monday through Friday, 9:00 AM to
4:00 PM at the Steuben County Public Safety Building located at 7007 Rumsey
Street Extension in Bath, New York.***