



**BOARD OF DIRECTORS:**

- Christopher Rider
- Marcia Miller
- Jim Rose
- Tim Sullivan
- Charles Tyo
- Bonnie Tyo
- Debra Fitch
- Keely Rosica
- Christopher Taylor,  
*Executive Director*
- Julie Charlanow,  
*Director*
- Jolene McCormick  
*Clinical Supervisor*
- Prevention staff:**
- Christine Nightingale,  
*Supervisor*
- Ashley Rouse  
*Education Specialist*
- Erin Doyle,  
*Education Specialist*
- Chelsae Molter,  
*Education Specialist*
- Janet LaRue,  
*Community Specialist*
- Hillary Hendrickson,  
*Assistant*

# Trinity PRIDE

Prevention Resource Information on Drug Education

150 Lake Street, 2nd Floor Elmira, NY 14901

T: (607) 737-5218 F: (607) 846-3239

VOLUME 5, ISSUE 8

AUGUST 2014

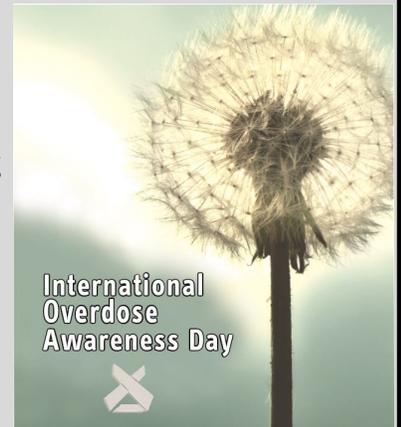
## International Overdose Awareness Day August 31st, 2014

International Overdose Awareness Day is celebrated every year on August 31st. It is part of a growing global program to help individuals, families, health professionals, and communities to recognize the signs and symptoms of overdose and know how to respond so lives can be saved.

Fatal drug overdose now ranks as the leading cause of accidental death in the U.S., surpassing motor-vehicle accidents. Fortunately, Narcan (naloxone), an opiate reversal drug that can be administered to revive a person experiencing an overdose, is being more widely used. Narcan and Suboxone, a prescription drug that helps wean people off heroine and other opiates, while they remain functional and live their lives, are 2 highly effective drugs that save lives and free people from the bondage of addiction.

International Overdose Awareness Day aims to raise awareness of overdose and reduce the stigma of drug related death, especially for those mourning the loss of family and friends. It also spreads the message that the tragedy of overdose death is preventable.

Trinity would like to give you the opportunity to write a tribute for someone you have lost or who is struggling with addiction. You may even want to write something about your own struggles. We will have a memory box in our waiting room where your personal tribute can be placed. In addition, we will have buttons available and information, to help raise awareness and to reduce the stigma related to substance use.



**Upcoming Events:**

- 8/15- Early Registration for Recovery Walk Ends
- 8/16- Strong Kids Safe Kids
- 9/9- FASD Day
- 9/13- Walk for Recovery
- Every Thursday- Winner Market



### ONLY 1 MONTH AWAY!!!

*Walk for Recovery  
September 13, 2014  
10am at Eldridge Park, Elmira*



Registration forms can be found on our Facebook page, our website, and at our office location.

Registering by August 15th guarantees the participant a backpack, water bottle, and several other great giveaways. Everyone is welcome to attend the event with or without registering.

**1K Walk or 5K Run**

**Raffles, Prizes, Games, Entertainment, and Fun!!**



## P.R.O.U.D. Coalition

*Our next meeting will be held on Sept. 24, 2014 @10am. All community members are welcome!*

[www.ProudCoalition.wydasire.com](http://www.ProudCoalition.wydasire.com)

### **Strong Kids Safe Kids**

30th Annual Strong Kids Safe Kids Event!  
A not-for-profit program that engages children in fun and educational activities with their families.

**August 16, 2014**

**11am - 3pm**

**Chemung County Fairgrounds**

**See You There!**



### **Trinity of Chemung County would like to Welcome**

Ashley Rouse

Lisa Searfoss

Leah Walushka



### **Narcan Training**

Katie Serio, Director at CASA of Livingston County, and Dr. Walters are now certified by the Department of Health, to train others in the proper use of the Narcan Nasal Spray. They are beginning to train staff within our two agencies in Livingston County and the Sheriff's Department. They will also be coming to train our staff here at Trinity. It is our goal to have a certified trainer here, so that we can then offer this training to community members. Once individuals go through the training they will leave with a free Narcan Kit, which includes the medicine.

### **Prevention**

- Alexis Thorne has left the Elmira Office to join our Geneseo Office as an Education/Community Specialist in their Prevention Department. Alexis has been an excellent educator with us and in our schools and will be greatly missed, but we are excited that she will be staying within our agency. With Alexis leaving we would like to welcome Ashley Rouse to our prevention team! Ashley has some great experience working with kids and we know she will be a great addition as our new Education Specialist.
- Alexis Thorne and Chelsae Molter recently presented their training, "Responding Effectively to Substance Abuse in the Families" to 53 people from CPS, DSS, CIS, CFS, and Probation.

## In The News....



The 2013 Drug-Free Kid survey, found that American teens are experimenting with human growth hormones more now than ever. 3,705 New York high school students were surveyed and 11% reported using synthetic HGH at least once. That is 5% higher than the last 4 consecutive years. The survey also found that there was an increase from 5% to 7% in steroid use.

This was not surprising to the CEO of the U.S. Anti Doping Agency, Travis Tygart. "It's what you get when you combine aggressive promotion from for-profit companies with a vulnerable target— kids who want a quick fix and don't care about the health risks. It's very easy to sell, unfortunately." The president of Drug-Free Kid stated that " this is about how you feel, how you look. They're doing this thing to get ahead. Girls want to be thin and toned. For a lot of boys, it's about their six-pack."

Synthetic HGH is suppose to be available only by prescription, yet there are products that contain HGH and are highly promoted. The Mayo Clinic is encouraging parents to check the ingredients of the over-the-counter products used to by their teens, and to lookout for the warning signs including increasing aggressiveness, rapid weight gain, and needle marks in the buttocks and thighs.