

Access to Needed Services Increasing

By Jennifer Faringer, MS.Ed., CPPg, Director of DePaul's NCADD-RA

Fatal overdoses are creating tragic losses in our community, across the state and the nation, leaving families and others feeling hopeless and helpless. Media reports demonstrate both non-fatal and fatal overdoses continuing to rise despite many collective, creative and collaborative efforts being made toward closing gaps and increasing access to services. Approximately a year ago, fatal overdoses were decreasing until the deadly synthetic opioid fentanyl appeared in our community. Toxicology reports showed increased amounts of fentanyl added to heroin, cocaine, marijuana and look-alike pharmaceuticals that are actually fentanyl-laced medications.



In the last six months we've seen a dramatic increase in access that includes:

- **Expansion of Open Access**, staffed by Recovery Net treatment providers, who offer 24/7 walk-in services at 1350 University Avenue in Rochester. Open Access, including addiction counselors and peers, offers a clinical assessment to determine the most appropriate level of care, followed by identification and referral to the first available treatment spot and peer support. Assistance is offered with transportation and navigating possible insurance barriers. Open Access will soon expand their efforts with the addition of a mobile crisis unit that can be sent to identified areas of need.
- **Expansion of additional walk-in opportunities for assessment and placement** at a growing number of treatment providers including Action for a Better Community, Catholic Family Center, Helio Health, Huther Doyle, Rochester Regional Health and Villa of Hope. See NCADD-RA's biannually-updated Monroe County OASAS Certified Treatment Provider Directory at www.ncadd-ra.org under "Resources, Advocacy & Research" for more details.
- **Helio Health** at 1350 University Avenue in Rochester increasing new inpatient detox beds to a total of 40 beds.
- **New programs at the University of Rochester Medical Center and Rochester Regional Health locations** are intended to bridge the gap between patients who've come through the emergency department from an overdose and have been stabilized. Prior to release, patients may be offered medications to assist in their recovery and can be connected to an appointment for treatment within days.
- **Expansion of Huther Doyle's Medication Assisted Treatment (MAT) clinic.**
- **Expansion of the number of providers offering Opioid Overdose Training and Narcan kits** at their sites and in the community upon request. Details and contact information are included on the Opioid Task Force of Monroe County resource brochure which can be found at www.ncadd-ra.org under "Resources, Advocacy & Research."
- **Monroe County Opioid website** which includes resources and the data from the county's Heroin Task Force which can be found at www.monroecounty.gov/opioids.
- **Monroe County Opioid Incident Command Center (OICC)** tracks and maps overdoses and shares data with the community. The OICC will be partnering to provide after-incident outreach when community treatment and recovery resources are shared.
- **New pre-arraignment diversion model** to begin mid-October.
- **Community education and awareness presentations** by request through NCADD-RA and also through the Monroe County Department of Health.
- **Expansion of recovery- and peer-led services** provide needed encouragement for treatment and support ongoing recovery through the CORE Center, ROCovery Fitness, Recovery Now and more! For more details see NCADD-RA's Directory of Recovery services at www.ncadd-ra.org under "Resources, Advocacy & Research."

As we struggle with the loss of loved ones, friends and neighbors, our community continues to seek expanded access to care. The disease of addiction knows no demographic boundaries. It impacts all of us. The only way forward is through ongoing conversation, collaboration and a willingness to think creatively and collectively. Our work will not be complete until no more lives are so needlessly lost to addiction.



FACT or FICTION?

Gambling and Gaming are portrayed as glamorous, exciting and easy money, BUT often lead to serious financial problems, depression and substance abuse.



YOU(th) Decide!

Youth, parents, and community leaders consider developing school/event policies that reduce youth access to gambling!

For information call (585) 719-3480 or visit ncadd-ra.org/awareness-campaigns/underage-gambling



DePaul's National Council on Alcoholism and Drug Dependence
- Rochester Area (NCADD-RA)
1931 Buffalo Road | Rochester, NY | 14624

NCADD-RA has partnered again with the New York Council on Problem Gambling on the 2018 YOUth Decide Project. These efforts are aimed at increasing awareness among youth, families and community leaders of the risks of underage problem gambling. School and community groups are encouraged to develop and support policies that reduce youth access to gambling. For more information on how you may become involved visit <https://ncadd-ra.org/awareness-campaigns/underage-gambling>.

NCADD-RA's Finger Lakes Addiction Resource Center created the first regional directory for problem gambling services! The new directory, which will be updated biannually, may be downloaded at <https://ncadd-ra.org/programs-services/finger-lakes-addiction-resource-center>.

TREATMENT PROVIDERS	
MONROE COUNTY - OUTPATIENT Catholic Family Center-Rochester (CFC) 1000 E. Main St. Rochester, NY 14609 Tel: (585) 262-1234 Fax: (585) 262-1235 www.catholicfamilycenter.org	SENECA & ORLEANS COUNTIES - OUTPATIENT Seneca County Office on Alcoholism & Substance Abuse (SCASA) 1000 E. Main St. Rochester, NY 14609 Tel: (585) 262-1234 Fax: (585) 262-1235 www.scasa.org
MONROE COUNTY - INPATIENT J.L. Norris Addiction Treatment Center 1000 E. Main St. Rochester, NY 14609 Tel: (585) 262-1234 Fax: (585) 262-1235 www.jlnorris.org	SENECA COUNTY - OUTPATIENT Seneca County Community Counseling Services 1000 E. Main St. Rochester, NY 14609 Tel: (585) 262-1234 Fax: (585) 262-1235 www.scccs.org



Front row: Aracelis Ramos, Bridget DeRollo and Jerry Bennett.
Back row: Jennifer Faringer, Elaine Alvarado, Amy Johnson, Erin Egloff, Milagros Rodriguez-Vazquez, Barb Christensen, and Earl Greene.

NCADD-RA Services:

- Addictions Counselor Credential Training
- Community Education and Advocacy
- Finger Lakes Addiction Resource Center
- Finger Lakes Prevention Resource Center
- Hispanic Prevention/Education Program
- Individualized Alcohol/Other Drug Education
- Resources and Referrals
- Total Approach Family Program

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Major Study Indicates No Healthy Level of Alcohol Consumption

By Bridget DeRollo, B.S., CPPg

According to the largest and most detailed research on the effects of alcohol on the human body, even low amounts of alcohol or the occasional drink are harmful to one's health. This message comes from the authors of the Global Burden of Diseases study, a rolling project based at the University of Washington in Seattle which produces the most comprehensive data on the causes of illness and death in the world.

Their report, published in *The Lancet* medical journal, states that alcohol led to 2.8 million deaths in 2016. It was the leading risk factor for premature mortality and disability in the 15 to 49 age group, accounting for 20 percent of deaths. The document notes current alcohol drinking habits pose "dire ramifications for future population health in the absence of policy action today. Alcohol use contributes to health loss from many causes and exacts its toll across the lifespan, particularly among men."

The study was carried out by researchers at the Institute of Health Metrics and Evaluation who investigated levels of alcohol consumption and health effects in 195 countries between 1990 and 2016. They used data from 694 studies to determine how common drinking was, and calculated the health risks from 592 studies (including 28 million people worldwide).

The perception exists that a glass of red wine a day is good for the heart. Although the researchers did find low levels of drinking offered some protection from heart disease and possibly from diabetes and stroke, they noted that any benefits were far outweighed by alcohol's harmful effects. Drinking alcohol was a

significant cause of cancer in those over 50, particularly in women. Previous research has shown that one in 13 cases of breast cancers in the UK were alcohol-related. The study found that globally, 27.1 percent of cancer deaths in women and 18.9 percent in men over 50 were linked to their drinking habits. In younger people globally, the highest causes of death linked to alcohol were tuberculosis (1.4 percent), road injuries (1.2 percent) and self-harm (1.1 percent). While the study shows the increased risk of alcohol-related harm in younger people who have one drink a day is small (0.5 percent), it incrementally increases with heavier drinking to seven percent among those who have two drinks a day and 37 percent for those who have five.

The study shows one in three, or 2.4 billion people around the world, drink alcohol. A quarter of women and 39 percent of men drink. Denmark has the most drinkers (95.3 percent of women, and 97.1 percent of men). Pakistan has the fewest male drinkers (0.8 percent) and Bangladesh the fewest women (0.3 percent). Men in Romania and women

in Ukraine drink the most, 8.2 and 4.2 drinks a day respectively, while women in the UK take the eighth highest place in the female drinking league with an average of three drinks a day.

Senior report author, Professor Emmanuela Gakidou, notes that alcohol use and its harmful effects on health could become a growing challenge as countries become more developed. Enacting or maintaining strong alcohol control policies will be vital. "Policy actions would contribute to reductions in population-level consumption, a vital step toward decreasing the health loss associated with alcohol use." These include excise taxes, controlling the availability of alcohol, hours of sale, and advertising.

Dr. Robyn Burton of King's College London said in *The Lancet* that the conclusions of the study were clear and unambiguous.

"Alcohol is a colossal global health issue and small reductions in health-related harms at low-risk levels of alcohol intake are outweighed by the increased risk of other health-related harms, including cancer," she wrote.



SOURCE: The Guardian, Sarah Boseley, *Health* editor, "No Healthy Level of Alcohol Consumption"

FLARC Connects with the Finger Lakes Region

by Erin Egloff, B.A.

NCADD-RA's Finger Lakes Addiction Resource Center (FLARC) spent much of 2018 connecting with treatment providers, recovery services and community alliances across the nine counties in the Finger Lakes Economic Development Zone: Genesee, Livingston, Monroe, Ontario, Orleans, Seneca, Wayne, Wyoming and Yates.

FLARC connected with the established Opioid Task Force of *Monroe County*, sharing resources as they were developed and became available for circulation. More recently, the Genesee-Orleans-Wyoming (GOW) Opioid Task Force was developed. Sub-committees included providers, agencies, law

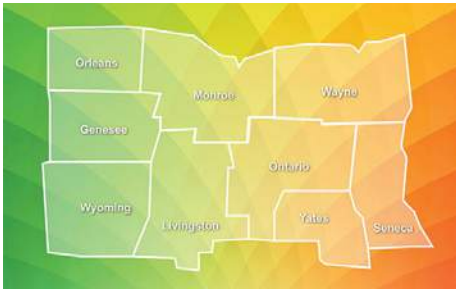
enforcement, government officials, individuals in recovery and others to tackle issues around access to care, data, community education and Narcan. FLARC Coordinator Erin Egloff attends both Task Force meetings and Access to Care sub-committee meetings to share FLARC resources and collaborate on efforts in those counties.

Common Ground Health (formerly the Finger Lakes Health Systems Agency) focuses their work in nine counties, including six of the counties that FLARC covers: Livingston, Monroe, Ontario, Seneca, Wayne and Yates. They host two groups that address racial and ethnic disparities in healthcare: the Latino Health Coalition and the African American Health Coalition. Those coalition members, including FLARC, provided input on Common Ground's Health Equity Survey and each organization represented in the coalition recruited residents to participate in the online survey. The data collected will help the coalitions better

understand the current state of regional healthcare and develop initiatives based on that information.

The Partners for Suicide Prevention Coalition of Monroe County accepted NCADD-RA as a voting organization member. The FLARC will collaborate with community partners bringing awareness to mental health care opportunities available to the public.

FLARC recently released a new Problem Gambling Resource Directory with waived inpatient and outpatient treatment programs, education and prevention resources, and counseling and 12-Step Program information. The Problem Gambling Resource Directory can be viewed and downloaded with all of the NCADD-RA Treatment and Recovery Directories at https://ncadd-ra.org/programs_services/finger-lakes-addiction-resource-center. All directories covering the nine counties were updated with current services information in August 2018.



What Kids Need to Succeed

by Jerry Bennett, B.A., CPP

Remember the slogan of the 1950/60s, 'Wonder Bread helps build strong bodies 12 ways?'

More recently, the Search Institute has identified 40 building blocks of healthy teen development after surveying over 200,000 students in grades 6 through 12. They identified 40 developmental assets as powerful influencers on adolescent behavior that promote positive attitudes and protect youth from high-risk behaviors. Researchers considered why some teens 'make it' and why others don't.

These 40 developmental assets are broken down into four external and four internal categories:

- To grow the external asset of support, teens need to be surrounded by others who love and care.
- To grow empowerment, they need to feel valued and valuable.
- To grow boundaries and expectations, teens need clear rules and consistent consequences.
- To grow constructive use of time, they need opportunities for learning and developing new skills.

- To grow the internal asset of commitment to learning, teens need a sense of the lasting importance of learning and belief in their own abilities.
- To grow positive values, they need to develop strong guiding values or principles to make healthy life choices.
- To grow social competencies, teens will need the skills to effectively interact with others.
- To grow positive identity, they need to believe in their own self-worth.

Vaping Marijuana – Young People at Risk

By Amy Johnson, MS.Ed.

The use of electronic cigarettes, also known as vape pens or e-cigarettes, has become a hot topic in recent years. As these devices gain popularity, it is important to know that they are not being used to just smoke nicotine. A popular trend among young people and also adults is the use of these devices to smoke marijuana. According to the 2017 Monroe County Youth Risk Behavior Survey, approximately 21 percent of teens admitted using marijuana within the last month and 23 percent of those using marijuana reported vaporizing it.

E-cigarettes have been marketed as a safer alternative to smoking cigarettes thus increasing the number of young users. The legalization of marijuana in a number of states has made many young people believe there is no harm in smoking marijuana. The impact on the community is a formula in which there is a growing number of young people who use e-cigarettes to

smoke marijuana. As this demand for e-cigarettes increases, so does the amount of products available to the public. There are over 460 e-cigarette brands on the market. The devices may look like a ballpoint pen, a flash drive or a stylus. Despite the fact that it is illegal to sell e-cigarettes to someone under the age of 18, these regulations do not prevent teens from buying the devices on the internet.

E-cigarettes are powered by batteries that activate a heating element when someone inhales on the mouthpiece. The heating elements slowly heat the marijuana to the point of vaporization. A user can vape the ground marijuana plant itself, waxes (called dabs), or THC and CBD oils. This provides a similar experience to smoking marijuana but without the smoke.

Some teenagers are using e-cigarettes to smoke marijuana because they perceive it as a more discreet way to use the drug. Vaping



can be difficult to detect as there is no smoke, minimal odor, and the vapor produced dissipates rapidly. Parents need to be aware of the signs to watch out for and what e-cigarettes look like. Just like smoking, vaping marijuana can result in blood-shot eyes, dry mouth, thirst, increased appetite and shifts in mood.

Marijuana use is not a harmless habit. According to the Centers for Disease Control, marijuana use interferes with brain development. It can cause short-term memory loss, difficulty with critical thinking skills, slowed learning, and increased risk of mental health issues such as depression and anxiety. Marijuana is also addictive and research has shown that it is more addictive to teenagers than it is to adults. Vaping is believed to deliver a more potent form of whatever drug is used. Alarmingly, e-cigarettes are also being used to vaporize opiates, synthetic substances, and designer forms of synthetic weed such as K2 and Spice.

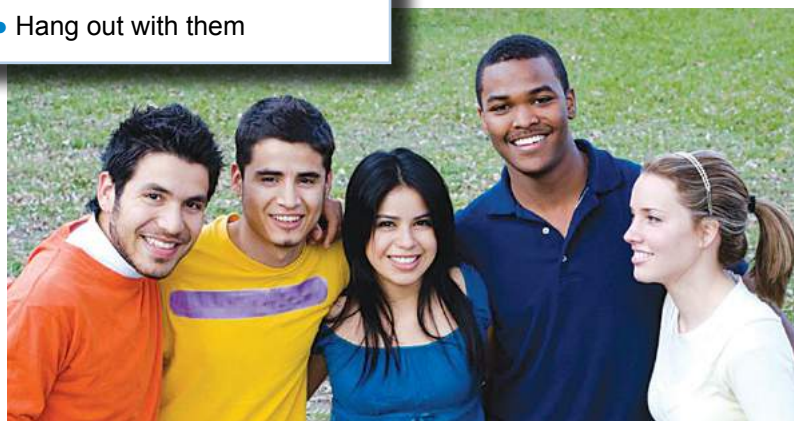
As this trend of using e-cigarettes continues to gain ground and more companies sell electronic nicotine devices, the public needs to recognize the dangers and be aware of how they are being used to lure new, younger users. Many teen users admit that they began using because it is perceived as “cool” and they enjoyed blowing the vapor out of their mouth and nose. This is drug marketing at its “best.” The hype and coolness of Joe Camel in the 1990s has turned into the e-cigarette craze of the 2010s.

What can you do?

- Notice them • Smile
- Seek them out • Listen
- Hug • Share their excitement
- Get down to their eye level
- Thank them • Be consistent
- Believe in them • Be flexible
- Hang out with them

Engaging with youth is easy to do and doesn't cost any money, so why not try it?

SOURCE: Search Institute, Community Asset Partner Network, Rochester/Monroe County



Skills Training and its Importance for Coalitions and Prevention Providers

By Barb Christensen, CPP

It is vital that prevention activities be based on science rather than what we think will work or what feels good. For some time now there has been definitive research showing what works and what doesn't work in the field of prevention. It's never been more crucial that providers and coalitions have the skills needed to successfully implement programs and practices that will tackle the increasing consequences of substance-related issues.

Training for coalitions and providers is truly important, so to help meet that need, the Finger Lakes Prevention Resource Center (FL PRC) provided a Substance Abuse Prevention Skills Training (SAPST) and an Ethics for Prevention Training earlier this summer. Both trainings were well attended, reaching their maximum capacity. These trainings were developed by the Substance Abuse and Mental Health Services Administration (SAMHSA) through the Northeast Center for Applied Prevention Technology (CAPT) and endorsed by the New York Office of Alcoholism and Substance Abuse Services (OASAS).

The four-day SAPST helps lay the foundation for prevention activities. Starting with an overview of the history of the field, including science and research findings, the training also helps participants identify key characteristics of the public health approach, describes how to use risk and protective factors in multiple contexts and based on developmental perspectives, and gives participants a better understanding of how to use the Strategic Prevention Framework (SPF) for selecting and planning prevention programs and activities.

The Ethics for Prevention Training covers six components of the Prevention Code of Ethics:

- Non-discrimination • Competence
- Integrity • Nature of services • Confidentiality
- Ethical obligations for community and society

A step-by-step ethical decision-making process is also included.

The evidence is overwhelming. Comprehensive prevention programs and practices that are grounded in science can have a dramatic impact on creating healthier communities. These trainings are important tools to assist in the development of effective prevention efforts and ones we offer annually through the FL PRC.

SAMHSA Opioid Overdose Prevention Toolkit *Now available in Spanish*

by Milagros Rodriguez-Vazquez, A.A.S.

Local, state and national news consistently remind us of the tragic consequences of the opioid epidemic that our community and nation are currently facing. It is often overwhelming and is touching more and more individuals and families in our community.

Have you wondered what you can do to help? Are you prepared and trained to help someone experiencing an overdose with potentially life-saving Narcan? Do you know what to ask your doctor the next time you are prescribed an opioid medication? As overwhelming as all this may be, there is information and resources available in our community to assist and inform you.

Nationally, the Substance Abuse and Mental Health Services Administration (SAMHSA) has updated their Opioid Overdose Prevention Toolkit and has made it available in Spanish! Toolkit information includes:

- Facts on opioid use disorder
- Steps for first responders
- Information for prescribers
- Safety advice for patients as well as family members
- Resources on how to recover from opioid overdose

On a local level, there are also numerous additional resources that can be found at the National Council of Alcoholism and Drug Dependence – Rochester Area's website, www.ncadd-ra.org. Also available from NCADD-RA are presentations on opioids for both the community and schools. Local community resources, services and links to information on family support are available at <https://ncadd-ra.org/news-resources/resources-advocacy-research> and www.monroecounty.gov/opioids.

SAMHSA's Opioid Overdose Prevention Tool Kit (English and Spanish) can be found at <https://store.samhsa.gov/shin/content/SMA18-4742/SMA18-4742.pdf>.



NCADD-RA's Annual Luncheon

May 25, 2018

DePaul's National Council on Alcoholism and Drug Dependence—Rochester Area held its Annual Luncheon on May 25 in Rochester, New York, celebrating its 72nd year.

NCADD-RA Director Jennifer Faringer is pictured with keynote speaker Carlton Hall, MHS, President/CEO of Carlton Hall Consulting, LLC (bottom row, second from the left). Family Program Coordinator Bridget DeRollo is pictured with the Helen Guthrie Memorial Youth Advocate of the Year recipient Ann Kane, Prevention Coordinator at the Pittsford Central School District (bottom row, second from the right). Faringer is pictured with the Charlotte C. Hegedus Community Excellence Award recipient Dr. Michael Mendoza, Commissioner of Public Health for Monroe County (bottom row, right).

There are many ways you can make a difference in the lives of those served by the NCADD-RA. Your generous support will help NCADD-RA continue to provide quality education, support, resources, advocacy and referral. To donate, please visit <https://www.depaul.org/donate/donation-form/> and select "NCADD-RA" from the "Please use my donation for" dropdown menu at the top of the page.



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SAM **Smart Approaches to Marijuana**

preventing another big tobacco

NEW NCADD-RA website awareness page on marijuana:

- Marijuana Separating Fact from Fiction in NYS (SAM NY)
- Marijuana and Opioids: A Link We Can't Ignore
- American Society of Addiction Medicine – Marijuana Policy
- Impact of Marijuana Legalization in Colorado: HIDTA Report August 2018

<https://ncadd-ra.org/awareness-campaigns/marijuana>

People who
are addicted to...



ALCOHOL

are **2x**



MARIJUANA

are **3x**



COCAINE

are **15x**



Rx OPIOID PAINKILLERS

are **40x** ...more likely to be
addicted to **heroin**.

SOURCE: National Survey on Drug Use and Health (NSDUH), 2011-2013.

Community Presentations Available Upon Request...

NCADD-RA provides community presentations on a wide variety of substance use disorder topics upon request. We customize presentations to fit the need, interest and available timeframe of your school/university faculty, PTA/PTSA or other school groups including classroom presentations, outreach and clinical staff, youth and adult faith groups, or workplace organizations.

For further information or to schedule a presentation with one of our staff, please contact Amy Johnson at ajohnson@depaul.org or (585) 719-3489, or Jennifer Faringer at jfaringer@depaul.org or (585) 719-3480.

Topics include, but are not limited to:

- Signs, Symptoms and Current Trends of Substance Abuse
- Opioid Epidemic and Community Response/Resources
- Marijuana and Synthetic Drugs of Abuse
- Electronic Cigarettes and Vaping: Impact on Youth
- Underage and Binge Drinking
- Fetal Alcohol Spectrum Disorders
- Impact of Addiction on the Family
- Problem Gambling: Impact on Families and Communities
- Paraphernalia: Parents What to Look For