

# National Council on Alcoholism and Drug Dependence

— Rochester Area

Newsletter

## Changing the Conversation: Transform Stigmatizing Language to Reflect the Hope of Recovery!

by Jennifer Faringer, MS.Ed, CPP-G

**S**ubstance Use Disorder (SUD) is a chronic brain disease from which people can and do recover every day. Yet too often, the terminology used to describe SUDs further stigmatizes individuals with a substance use disorder, as well as their family members. Words such as addict, alcoholic, drug habit and clean/dirty, all tend to suggest that the problematic use of substances is essentially a moral failing.

These terms imply that choice, lack of willpower or character determine one's use of substances when the disease of

Association (AMA) and the American Society of Addiction Medicine (ASAM) have recommended adopting language that is less stigmatizing.

Person-first language is being adopted across multiple disciplines to better describe individuals with a range of disabilities or medical conditions, including substance use disorders. Some examples include...

- Using the term **"person with a substance use disorder"** or **"person with an alcohol use disorder"** rather than the terms abuser, addict or alcoholic.
- Using the term **"person in long-term or sustained recovery"** rather than referring to the person as "clean." The person in recovery (and there are multiple paths to recovery) exemplifies one who has engaged in a lifelong process of healthy growth and positive change.
- **Medication-Assisted Treatment (MAT) and Medication Supported Recovery (MSR)** refer to the therapeutic use of any medication that is approved to treat substance use disorders in combination with counseling or psychosocial support. Using terms such as "replacement" or "substitution" therapies imply that the person in recovery is simply substituting one drug for another.

Help transform the conversation from the use of stigmatizing language to one of health, hope and recovery!

For further information and resources, visit the NCADD-RA's website at [www.ncadd-ra.org](http://www.ncadd-ra.org) or Facebook page at [www.facebook.com/NCADDRA/](https://www.facebook.com/NCADDRA/).

addiction is far more complex than that. These terms do not take into consideration current research that shows that addictive substances and behaviors (alcohol, tobacco, other drugs, and problem gambling) and their repeated use alters an individual's brain chemistry and the functioning of their brain circuitry, often resulting in a diagnosable disorder.

The term abuse is more closely associated with a punitive response and with negative attitudes which may result in diminished quality of care and treatment outcomes. The American Medical



## Workplace Wellness Project Comes to the Finger Lakes

by Jennifer Faringer

**W**ith the support of the Office of Addiction Services and Supports (OASAS) through the State Opioid Response (SOR) grant funding, NCADD-RA now has the opportunity to utilize the OASAS approved Promising Prevention Program (PPP) Team Awareness for Workplace Wellness (TAWW) model. With the TAWW model, we will work to foster a prevention delivery infrastructure for workplace substance misuse prevention that is integrated within the context of overall health promotion, well-being and resilience.

This two-year project includes the development of a collaborative team necessary for the dissemination of evidence-based workplace prevention. The team within this specific project is comprised of three organizational groups: (1) NCADD-RA as the lead prevention provider; (2) a prevention provider team of trainers/facilitators responsible for disseminating prevention education across five counties (Chemung, Livingston, Monroe, Steuben, Tioga), and (3) the consulting team/developer of Organizational Wellness and Learning Systems (OWLS) who has authored and adapted its model for various workplaces over the past 20 years.

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## Workplace Wellness Project Comes to the Finger Lakes (continued)

This fall, we continue with the first phase of discovery and capacity building. The TAWW model will include our work with the consulting team/developer OWLS, under the guidance of Dr. Joel Bennett, in four distinct stages. Ultimately, we will be prepared to deliver a prototype for identified workplaces. Engagement with businesses may include public health, schools, small and large businesses, non-profit agencies and associations. Evaluation will be ongoing and a final report that synthesizes data, lessons learned, and trainer insights will be developed by the OWLS team in the last quarter of the project.

For more information, please contact TAWW Project Coordinator Valerie Way at [vway@depaul.org](mailto:vway@depaul.org) or NCADD-RA Director Jennifer Faringer at [jfaringer@depaul.org](mailto:jfaringer@depaul.org) or call (585) 719-3480. More information can also be found at [ncadd-ra.org/services/team-awareness-workplace-wellness](http://ncadd-ra.org/services/team-awareness-workplace-wellness).

## Spreading Community Awareness Campaigns

**N**CADD-RA continues to work with area print and radio media partners to broadly disseminate information and resources with a combination of ads, articles and interviews of varying lengths.

Community awareness campaigns over the summer and fall focused on the risks of underage drinking and continued in September with a focus on Fetal Alcohol Spectrum Disorder featuring updated messaging to reach our richly diverse community. This fall, we are highlighting a new campaign addressing the stigma surrounding substance use disorders and the need to change the conversation and language. Ongoing messages throughout the year are aimed at raising awareness about the risks of prescription pain medications, highlighting safe disposal, and the many NCADD-RA community referral resources available.

### 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
- Team Awareness Workplace Wellness
- Total Approach Family Program

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# Hispanic Prevention Education Program (HPEP) Providing Support with *Girls Circle*

by Milagros Rodriguez, B.S.

**T**he Hispanic Prevention Education Program (HPEP) offers evidence-based programs to schools and the community to support children and families. The programs offer education to build self-confidence, promote positive and healthy behaviors to foster healthy relationships, and build skills necessary to resist peer pressure and substance abuse. Included on Substance Abuse and Mental Health Services' (SAMHSA) national registry of Evidence-Based Programs and the Office of Addiction Services and Supports (OASAS) list of Promising Prevention Practices (PPP), HPEP is excited to add *Girls Circle* to the services it provides to several schools within the Rochester City School District, and soon to the community!

*Girls Circle* has demonstrated effectiveness in reducing delinquency in girls and is the first gender-responsive program in the country. *Girls Circle* is structured to support youth who identify with female development ages 9 to 18 years old. The program encourages girls to share their experiences at their own pace and help support one another. *Girls Circle* is not intended to provide advice, instead, it aims to encourage girls to think critically, supporting each other in a respectful, nonjudgmental and confidential setting. Sharing in a safe environment strengthens the girls' confidence levels, increasing their ability to make choices that are in line with their talents, goals, interests and values. Building these skills will assist in developing healthy relationships and setting meaningful goals for their education and careers.

*Girls Circle* is held weekly for a duration of one to two hours and groups vary in content depending upon identified need. *Girls Circle* can be offered in-person or virtually. During the sessions, participants will have an opportunity to express themselves through activities such as role playing, journaling, poetry and drawing. Themes and topics covered include decision making, friendships, body image, goals, sexuality, social media and substance use, among others. *Girls Circle*

is a great addition to schools, faith-based youth groups, group homes, clinics, boys and girls clubs, gang prevention – in essence, any place girls come together.

*Girls Circle* is also an inclusive program. Anywhere from one to fifteen percent of youth identify as LGBTQIA+ at any given time. LGBTQIA+ youth are more vulnerable than heterosexual youth to experience mental health risks including depression, suicide, addictions and harassment. Adolescence is a time of self-exploration and identity development. By assuming the presence of LGBTQIA+ youth, the program offers a safe opportunity for group members to explore their standards and expectations within a supportive community while promoting all girls' mental health. The program utilizes the word "girl" in addition to the use of pronouns "she," "her," as well as "they" and "them." This varied and diverse language is in place to acknowledge a gender-transformative approach, the expansiveness of identities, and the developmental spectrum of "girls" at any given setting that serve youth.

What better time to introduce this program than as students are returning to classrooms with many feelings and emotions, regardless of grade level. Many are excited to return to school and regain some sense of normalcy. Others are anxious and concerned due to ongoing issues around COVID-19. Regardless of where students fall on this spectrum, safety and their physical, emotional and mental well-being is especially crucial.

As noted by [MentalHealth.gov](https://www.mentalhealth.gov), educators need to look out for the following in their student's behavior:

- Showing signs of being sad and withdrawn for more than two weeks
- Severe out of control behavior
- Extreme difficulty concentrating
- Involvement in fights or desire to hurt others
- Drastic change in behavior or personality
- Severe mood swings
- Repeated use of drugs and alcohol



There are students that will be returning to school feeling anxious, and perhaps dealing with the loss of a parent. According to a study referenced earlier, published by *The Lancet*, more than 1.5 million children lost a parent or custodial caretaker during the first 14 months of the pandemic.

"Studies like this play a crucial role in illuminating the COVID-19 pandemic's long-lasting consequences for families and the future mental health and well-being of children across the globe," said National Institute of Drug Abuse Director Nora D. Volkow, M.D. "Though the trauma a child experiences after the loss of a parent or caregiver can be devastating, there are evidence-based interventions that can prevent further adverse consequences, such as substance use, and we must ensure that children have access to these interventions."

The HPEP program currently offers two programs, *Too Good for Drugs* and *Girls Circle*, which support students in their social emotional well-being. Programs can be offered to children in grades K-12 in both English and Spanish. Later this fall, *Triple P*, another evidence-based program for parents, will soon be offered to community groups.

**References:** NIDA. 2021, July 20. More than 1.5 million children lost a primary or secondary caregiver due to the COVID-19 pandemic. Retrieved from [www.drugabuse.gov/news-events/news-releases/2021/07/more-than-15-million-children-lost-a-primary-or-secondary-caregiver-due-to-the-covid-19-pandemic](https://www.drugabuse.gov/news-events/news-releases/2021/07/more-than-15-million-children-lost-a-primary-or-secondary-caregiver-due-to-the-covid-19-pandemic) on 2021, August 18. [MentalHealth.gov](https://www.mentalhealth.gov) 2019, March 22. For Educators. Retrieved from [www.mentalhealth.gov/talk/educators](https://www.mentalhealth.gov/talk/educators) *Girls Circle Model* ([onecirclefoundation.org](https://onecirclefoundation.org))

# The Transition Back: “Is it Business as Usual?”

by Bridget DeRollo, B.S., CPP-G

**W**hile participating in a recent webinar facilitated by the National Federation of Families, sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), the following comment resonated with me and is something that will be important to understand and address moving forward: “It is not business as usual as we transition back to in-person classrooms.”

The pandemic has impacted us all in our own personal way, with unique and complex effects. One thing we have all experienced is change and the interruptions that come along with it. Interruptions can tip the balance for some, which may result in a response to find comfort and stability. It takes time and energy, and it can evoke fear (as a response to threat), worry and bring survival instincts into play. Change and uncertainty causes stress, and over time, cumulative stress becomes trauma.

For those who were already facing stress, strain and instability prior to the pandemic, those feelings may have escalated. Those include children in foster care, children needing higher levels of academic assistance and special services, those facing mental health issues, families impacted by substance use disorder, and other health issues and families living in poverty. Some, operating from a thinking pattern referred to as ‘trauma thinking’ believe ‘danger is lurking,’ which can set the brain into hyper-alert status.

The National Institutes of Health (NIH) estimate that more than 1.5 million children around the world lost at least one parent, custodial grandparent, or grandparent who lived with them due to COVID-19 related death during the first 14 months of the pandemic (NIH News Release, July 20, 2021). The study highlights orphanhood as an urgent and overlooked consequence of the pandemic and emphasizes that providing evidence-based psychosocial and economic support to children who have lost a caregiver

must be a key part of responding to the pandemic. Traumatic experiences, such as the loss of a parent or caregiver, are associated with increases in substance use, mental health conditions, and other behavioral and chronic health issues.

“We know from our research that loss of a parent or caregiver can upend children’s lives and potentially affect their development if they are not in a stable home setting. If we take into consideration variants of concern or possible severity of illness among youth, we must not forget that the pandemic continues to pose a threat to parents and caregivers – and their children,” said Chuck A. Nelson, III, Ph.D., study author, Boston Children’s Hospital.

“Studies like this play a crucial role in illuminating the COVID-19 pandemic’s long-lasting consequences for families and the future mental health and well-being of children across the globe,” said National Institute on Drug Abuse Director Nora D. Volkow, M.D. “Though the trauma a child experiences after the loss of a parent or caregiver can be devastating, there are evidence-based interventions that can prevent further adverse consequences, such as substance use, and we must ensure that children have access to these interventions.”

The NIH’s COVID-19 Research article, “Seeing the Pandemic Through Adolescent Eyes (and Brains),” references the Adolescent Brain Cognitive Development (ABCD), the largest long-term study of brain development and child health in the United States. Scientists are working to measure both typical brain development and what happens in the brain when problems develop, and as children transition into adulthood. Researchers are exploring how the pandemic has affected different groups in both the short- and long-term and what factors may have mitigated these impacts.

“The pandemic has potential academic and social ramifications that I think we’ll be looking at for years,” stated Dr. Tapert,

Ph.D., professor of psychiatry at the University of California San Diego, associate director of the ABCD Coordinating Center.

Preliminary results show that families who were economically affected by the pandemic had higher levels of conflict. In families where a parent coped by drinking more, things could get particularly tense. “It looks like the parent’s response and coping can have an effect on family functioning and the well-being of the child,” Dr. Tapert said.

Families who were able to maintain a routine — and the minority of kids who got more physical activity at home than before — seemed to be doing quite well. Consistent sleep times seemed to be helping with mental health. Children of parents who were not able to monitor them as much as usual, perhaps due to working more hours outside the home, were more likely to increase the use of substances such as tobacco and alcohol. For some parents, during COVID-19, it was just about surviving.

The National Federation of Families notes that what we know about the pandemic’s consequences for education so far helps us plan the next steps:

- One-third of US teachers are at highest risk of severe illness and death from COVID-19.

- Educators concerned about meeting all the needs of their students while maintaining their own health and well-being and that of their own families are at increased risk of significant impacts from Secondary Traumatic Stress (STS).

- One-third of K-12 teachers say that the pandemic experience is causing them to seriously consider changing their profession.

- Teachers are working harder and longer hours, enjoying their work less, feeling less supported, and two-thirds have serious health and safety concerns about being in the classroom.





## **The Transition Back: “Is it Business as Usual?” (continued)**

Protective factors of a resilient family, school and community during times of crisis or prolonged stress include maintaining membership, nurturing young, caring for the vulnerable, maintaining economic support, hope, optimism, shared beliefs, connection, safety, values, communication, consistency, flexibility, and capacity for problem solving.

As our society begins the process of returning to the systems and routines we were used to, we are not at that pre-pandemic place. Time and research continue to reveal valuable insight and possible strategies. The Risk and Protection Model of Prevention and evidence-based programs are valuable sources of interventions. These strategies develop skills and provide support and direction.

The NCADD-RA offers a variety of evidence-based programs to strengthen life skills for children, improve parenting skills for caregivers, and support groups that provide safe, peer connection for our youth. For more information, contact Bridget DeRollo at [bderollo@depaul.org](mailto:bderollo@depaul.org) or (585) 719-3483.

# **Monitor, Secure, Dispose**

*by Jerry Bennett, B.A., CPP*

**D**id you lock your car? Store your valuables? Secure your legally registered firearm? Pick up any poisons that your kids may find? What about those prescription and over-the-counter medications in your home?

Candy and medications look alike and may taste alike. Medications have expiration dates, yet we keep them around the house. Your aches and pains subside, yet we still tend to keep those medicines on hand in an unlocked medicine cabinet, which can be a recipe for disaster!

Several community substance-free coalitions in the Finger Lakes Region have launched successful 'Monitor, Secure, Dispose' campaigns. Monitor and secure are only two elements of the campaign. Parents are encouraged to store the medications securely out of reach of little ones. Medication lock boxes are available through and often provided to coalitions by the Finger Lakes Prevention Resource Center (FL PRC). Partnering realtors may encourage the seller to clean out the medicine cabinet during open houses, as some prospective buyers may really be 'medicine cabinet shopping.'

When it comes to disposal, parents' (and other adults) options include drug deactivation bags (i.e., Detera) that are available through many coalitions including the FL PRC. When mixed with pills and water, the deactivated charcoal-like granules in the bag render the pills unusable allowing for the medications to be disposed of in a trash can. In addition, drug drop boxes are strategically located at police stations and some town/village halls. Check your local police department for site locations and hours of access. [Note - to dispose of sharps and liquids, one should check with local authorities.]

This year on April 24, 2021 and October 23, 2021, the United States Drug Enforcement Agency (DEA) and local law enforcement agencies sponsored a biannual National Drug Take Back event. At the April event, over 4,000 pounds were collected through supportive efforts by coalitions in Chemung, Livingston, Monroe, Ontario, Seneca, Steuben, Tioga, Yates and Wayne counties. These unused, unwanted, expired medications were then transported by police to a regional incinerator for destruction. Watch for details on the DEA's October 23 National Drug Take Back event.

Let's keep our kids and all family members safe – this includes cautions around alcohol, tobacco/nicotine products and vapes, marijuana, prescriptions and over-the-counter medications.



# The Importance of Community Resources

*by Irene Lawrence, B.S.W., CPP*

**A**s someone who has worked with youth and the community for the last six years, I have come to understand the importance of “resources.”

Resources can be the difference between surviving and thriving. They can be the hope that someone needs to get through the day. They can help someone understand the importance of community and teamwork. Resources can make the difference between life or death.

The Finger Lakes is well known as a service-forward region. We love our services and our people, and it shows in the resources we offer, in the way we show up for our community and in the way we support each other. The Finger Lakes Prevention Resource Center (FL PRC) is honored to be a part of that.

The FL PRC offers connections, trainings, education, resources and support to communities at large. One of the best aspects of resources is the support they provide a community or organization. COVID-19 has had a huge impact on our nation, yet despite this pandemic we have still been able to survive, and some

have even been able to thrive because of the services and resources they have available to them during this time.

The resources offered by the FL PRC helped regional coalitions and prevention providers sustain their growth, movement, and even increase their capacity during the first wave of COVID-19 offering the same level of support. Over the last year, the FL PRC has been able to transfer our work from in-person to virtual, hosting meetings for coalitions, facilitating networking events, as well as providing materials and needed items from a distance, and offering valuable trainings.

I was told once that education can be the most valuable resource a person has because it can make a poor person rich and a scared person strong. I love this and believe that, too often, people underestimate the importance and the power of education as a resource. That’s why the team here at NCADD-RA and the FL PRC work hard to ensure that our region has every opportunity to use education as their primary resource. We

do this by offering educational documents, connections and trainings.

At the height of COVID-19, we offered five essential trainings to coalitions and providers on a range of topics from Teen Intervene and Coalition Sustainability to Substance Abuse Prevention Skills Training, many of which were required for new coalition members or new provider staff before the end of summer. Many trainings were focused on increasing knowledge for new members who are working to improve their communities. Regardless of the reason, trainings were clearly needed, and people showed up and loved the additional resources!

That’s the beauty of resources. Everyone gets something from them, even if it is not the same for all. Some may gather strength, some receive guidance, some seek growth, some are simply looking for possibilities and, for some, it’s for rejuvenation, but everyone gains something. For the staff who provide resources at the FL PRC, they get a sense of purpose and fulfillment.



## Congratulations to the Addictions Counselor Credential Training (ACCT) Class of 2020-2021

**T**he NCADD-RA’s Addictions Counselor Credential Training program, now in its 28th year, recently celebrated the graduating class of 2020-2021. We will never forget this class which convened January 2020 and then paused abruptly in March 2020 due to COVID-19.

After having an early but brief opportunity to connect with each other in-person, this class showed amazing resilience and flexibility as we shifted the entire program to virtual delivery. Classes remained “live” and interactive (rather than pre-recorded), and were successful in staying connected and engaged, contributing questions and sharing

experiences among participants.

Thanks to Jonathan Westfall, Executive Director of ROcovery Fitness, who offered their beautiful space, we were able to hold an in-person class graduation which was so well received by all who were able to attend.

Graduates include Nicole Anderson, Freddie Blair, Melonie Briggs, Chris Clase, Vivian Cowen, Suzanne Dianetti, Edmond Dibble, Kenney Hopkins, JeRonda James, Darren Johnson, Regina Margiotta, Vanessa Ortiz, Leon Patton, Caurie Putnam-Ferguson, Michael Thomas, Jonathan Westfall and Anthony Zeno.

NCADD-RA extends its congratulations to our graduates! We wish you great success in the field and have no doubt we will soon be seeing many of our recent graduates in one of the many regional OASAS Certified Treatment Provider settings and beyond!

Our thanks as always to our extraordinary group of faculty who devote time, talent and passion to students in our program!



## Rise of Internet Gaming Among Adolescents during COVID-19

by Amy Johnson, MS.Ed.

**C**COVID-19 has impacted youth in numerous ways, from schooling, relationships and mental health to many more areas of their lives. It has increased boredom, depression, anxiety, isolation and suicidal ideation. One impact that is not as frequently discussed is the increased use of internet gaming among youth, which in turn has the potential to increase the rate of young people with an Internet Gaming Disorder (IGD).

The Diagnostical and Statistical Manual of Mental Disorders (DSM-5) recognizes IGD as a condition for further research. It identifies criteria including preoccupation with gaming, inability to reduce playing, and withdrawal symptoms when gaming is taken away.

National shutdowns and decreased opportunities for social interaction increased the number of youths who use internet gaming as their outlet for interaction. Sleep schedules have been disrupted as school has been virtual, resulting in young people staying up later to play online games. Many parents have noted young people playing online all hours of the night and becoming angry and obstinate when gaming is taken away or threatened. This preoccupation with gaming combined with isolation and lack of sleep can potentially have very dangerous repercussions on the mental health of young people.

There are debates about whether it could be a precursor to gambling addiction or be an addiction in and of itself. As our world evolves, so do the habits and addictions we are facing. The addictions field is constantly evolving to help combat these transformations. It is important for people to recognize the signs and symptoms and to reach out if they believe they or a loved one are in need of assistance.

## Enthusiasm Continues to Spread for Making Fitness a Part of Recovery

by Erin Egloff, B.A.

**I**n May 2021, Sean Smith, cofounder of ROCovery Fitness in Rochester, launched a new recovery program with CASA-Trinity called AIR Southern Tier Adventures in Recovery. The group's Facebook page ([www.facebook.com/AIRsoutherntier](https://www.facebook.com/AIRsoutherntier)) already has nearly 1,000 followers and is full of updates, photos and upcoming events. Their mission includes "seek[ing] to empower those in recovery to build their community, discover their inner strength, and find their recovery path."

During his time at ROCovery Fitness, Sean imagined recovery community organizations in small towns across the state using the same models that ROCovery and The Phoenix: National Sober Active Community had implemented. Sean, along with CASA-Trinity, have made that happen in the Southern Tier, and he is working hard to make sure the program fulfills the needs of the local recovery community.

The only requirement to participate in AIR is a minimum of 48 hours of sobriety. Friends and family members whose loved ones have or had substance use issues, as well as people within the larger community, are welcome to attend events to show their support and work on their own fitness goals. All fitness levels are welcome, and there is no cost to participate in the fun and sober events such as hikes, beginner bootcamps, body bootcamps; yoga, power yoga, and mindful yoga; kayaking, biking, swimming, family fitness classes, mountain climbing, and even potluck-style barbecues. In August 2021, participants enjoyed trips to some of New York's most beautiful areas including Loon Lake, Champlin Beach at Keuka Lake, Shawmut Park, Bald Mountain, Fillmore Glen State Park, Conesus Lake, the Warsaw Waterfall Path and the Great Gully Falls Trail.

In the fall, AIR will be opening a sober clubhouse and community center in Dansville where people in recovery and their loved ones can gather to participate in events, learn more about recovery and community resources, engage with peers, and have a safe, sober space to socialize. Sean sees a future where this program model spreads into rural communities throughout the region, helping individuals through their recovery journey and helping families heal and grow stronger. Contact Sean Smith about AIR at [ssmith@casa-trinity.org](mailto:ssmith@casa-trinity.org) or (585) 447-2282.

The Finger Lakes Addiction Resource Center (FLARC) continues to provide valuable support and linkages for community members and professionals as well. NCADD-RA's FLARC was honored to both staff a table of resources and provide co-sponsorship support for several recent events including Irondequoit's First Night Out, Scotty B. Overdose Awareness Event, ROCovery Fitness Annual 5K, and more. For more information on NCADD-RA's FLARC, contact Erin Egloff at (585) 719-3485 or [eeegloff@depaul.org](mailto:eeegloff@depaul.org) or go to [www.ncadd-ra.org/services/finger-lakes-addiction-resource-center/](https://www.ncadd-ra.org/services/finger-lakes-addiction-resource-center/).





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## NCADD-RA Now on Facebook!

During this challenging time of social isolation as we collectively work toward keeping our families, friends and the greater community safe and well, the staff at NCADD-RA created a Facebook page. While we cannot physically be with you, we sincerely hope that the NCADD-RA Facebook page will offer families, youth and the community tools and tips that not only are specific to alcohol, tobacco, other drugs and problem gambling but also to the mental health challenges that have arisen as a result of our current environment. Please like us and share with your friend network on Facebook. Our message to you: ***There is hope and we will collectively get to the other side of this!*** ***Wishing you and your families good health and please stay safe!***



## Community Presentations Available Upon Request...

NCADD-RA provides community presentations on a wide variety of substance use disorder related 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, faith groups, or workplace organizations.

**For further information or to schedule a presentation with one of our staff, please contact Jennifer Faringer at [jfaringer@depaul.org](mailto:jfaringer@depaul.org) or (585) 719-3480.**

### Topics include, but are not limited to:

- Impact of Addiction on the Family
- Impact of Legalization of Marijuana on Youth and Communities
- Marijuana, Concentrates, Vaping: What is the Connection?
- Opioid Epidemic and Community Response/Resources
- Overview of Fetal Alcohol Spectrum Disorders
- Problem Gambling: Impact on Families and Communities
- Risks of Vaping
- Signs, Symptoms and Current Trends
- Underage and Binge Drinking