

National Council on Alcoholism and Drug Dependence

— Rochester Area

Newsletter

Are We in the Midst of an Opioid Epidemic or Fentanyl Epidemic?

by Jennifer Faringer,
MS.Ed, CPP-G

As a result of collaborative and collective efforts to reduce harm across the continuum of care:

- Narcan was made more widely available to emergency responders and the general public.
- Prescription monitoring programs were implemented state-by-state (I-STOP in NYS).
- Availability of and access to Medication-Assisted Treatment was increased.
- Prevention providers and coalitions are distributing medication disposal pouches and lock boxes for securely storing medications.
- Through recent grants, the NCADD-RA has increased media and community awareness campaign efforts focusing on both the risks of opioids and a call to stop the stigma that surrounds both affected individuals and their families.
- Prevention providers and coalitions have joined efforts with the Drug Enforcement Agency's (DEA) Take Back efforts.



Along with our colleagues in prevention, treatment, recovery and harm reduction, the National Council on Alcoholism and Drug Dependence – Rochester Area (NCADD-RA) has worked to increase awareness of the opioid epidemic and its impact on our community and families. We continue to use a variety of evidence-based prevention and environmental strategies along with educational sessions for professional and community groups.

In 2016, we invited a group of stakeholders to join our collaborative efforts for what is now the Opioid and Other Drug Task Force in Monroe County. The robust membership has continued to grow and broaden, meeting bimonthly to identify service delivery gaps across the continuum, share resources, network, and to combine efforts, with membership remaining strong and engaged.

Since 2016, we've witnessed a shift in usage patterns that are driving ever-escalating overdose deaths. At its inception, earlier education efforts focused on raising awareness of the overprescription of opioid pain medications, which often led individuals to become addicted and then seek out heroin.

The results have yielded a drop in opioid medication availability and over-prescribing plummeting over 50 percent. Despite efforts and advances, opioid overdose deaths have continued to rise, more than tripling between 2010 and 2020.

According to the Centers for Disease Control (CDC), 107,622 Americans died of drug overdoses in 2021, with 66 percent of those deaths related to synthetic opioids like illegal Fentanyl. The most recent Monroe County Medical Examiner reports have mirrored this, showing Fentanyl at the top of their list, identifying substances as primary cause of death. In 2020, over 98.3 percent of overdose deaths were attributable to illicit Fentanyl, compared with 10.9 percent to prescription pain medication and 8.8 percent to heroin.

Street-level drugs are almost certain to contain very high percentages of Fentanyl or may even be 100 percent Fentanyl. The synthetic opioid Fentanyl is 50 times more potent than heroin and 100 times more potent than morphine. Only two milligrams of Fentanyl, equal to 10-15 grains of table salt, is considered a lethal dose. While there is no way to know how much Fentanyl is concentrated in a pill or powder, harm reduction programs are distributing Fentanyl test strips to detect the presence of the synthetic opioid.

In August of 2022, a DEA press release warned the public of an emerging trend of colorful Fentanyl available across the United States.

"Rainbow Fentanyl—Fentanyl pills and powder that come in a variety of bright colors, shapes and sizes—is a deliberate effort by drug traffickers to drive addiction amongst kids

and young adults," said DEA Administrator Anne Milgram. "The men and women of the DEA are relentlessly working to stop the trafficking of rainbow Fentanyl and defeat the Mexican drug cartels that are responsible for the vast majority of the Fentanyl that is being trafficked in the United States."

Illicit Fentanyl remains the deadliest drug threat facing this country. Drug overdoses or poisonings are the leading cause of death of Americans between ages 18 and 45. The DEA reports that the Fentanyl found in street drugs available in the United States is primarily supplied by two criminal drug networks, the Sinaloa Cartel and the Jalisco New Generation Cartel (JNGC).

If you encounter Fentanyl in any form, do not handle it and call 911 immediately. In Monroe County, we continue to receive reports of increasing overdoses which are due primarily to street drugs laced with illicit Fentanyl. The prevalence of Fentanyl in a range of street drugs that includes pills which may be of various colors, as well as the incidence of look-alike fake pills, remains high.

In NCADD-RA's Spring 2022 Newsletter, our cover story referenced the DEA's One Pill Can Kill Public Awareness Campaign (www.dea.gov/onepill) to increase awareness of the dangers around fake pills. Resources for parents and the community can also be found on the DEA's Fentanyl Awareness page (www.dea.gov/Fentanylawareness). Additional resources for parents and community members that include community referral directories, community awareness campaign materials and much more may be found on the NCADD-RA's website at www.ncadd-ra.org.



Is Fantasy Football an Addiction?

by Jennifer Faringer, MS.Ed, CPP-G

A staggering 114.5 million viewers tuned in to Super Bowl 56 in February 2022, breaking all records for the most viewed broadcast in American history. Super Bowl 57 in 2023 is expected to have an even larger viewing audience.

While many are watching the game for fun, illegal wagers in prior years were estimated at over \$3.8 billion, and that includes gambling on big games such as the Super Bowl. Rising numbers of individuals are betting on fantasy sports through online forums or office pools. Economist Rodney Paul, Ph.D., from Syracuse University's Falk College of Sport and Human Dynamics, estimated that over 2.5 million fantasy leagues exist in the United States. The Fantasy Sports Trade Association (FSTA) estimates 56.8 million people in the US and Canada participate. The average profile according to FSTA data is a 37-year-old male with a college degree who spends \$465 a year on fantasy sports, and it's no surprise that the favorite fantasy sport is football.

Fantasy sports giants including Draft Kings and FanDuel have attempted to rebrand daily fantasy sports gambling as games of skill. People enjoy playing fantasy sports without realizing the potential negative outcomes. When the gains continue to be negligible and the activity escalates to being compulsive, these may be signs of problem gambling.

Participating in fantasy sports may increase the enjoyment of the experience for some, especially as the level of risk increases. Research has found there is an association between participating in fantasy sports and gambling problems. Sports gamblers were found to spend significantly more than social gamblers per betting session.

The National Council on Problem Gambling (NCPG) estimated that two million adults in the United States meet the criteria for a gambling addiction, with between four and six million people being impacted by problem gambling. Criteria for a gambling disorder includes a need to gamble with increasing amounts of money, restlessness or irritability when attempting to stop, experiencing a loss of control, a preoccupation with gambling, jeopardizing family or work relationships, lying to conceal extent of gambling, and borrowing money to continue to chase one's losses.

If you are concerned about your gambling habits or those of a loved one, help is available. For more information on local resources and referrals to counseling or treatment, contact the National Council on Alcoholism and Drug Dependence – Rochester Area or the Finger Lakes Problem Gambling Resource Center. To learn more and/or request a presentation for your community group, contact NCADD-RA or visit our website at www.ncadd-ra.org. Coming soon to NCADD-RA's Education and Training calendar will be Gambling Brief Intervention to Treatment (GBIRT) workshops to provide a baseline of information and steps to engage, intervene and refer.

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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The Dark Side of Social Media: Its Impact on our Children

by *Juliana Denning, B.S.*

I have two tween children, and I am the first person to say that parenting in these difficult years of discovery is the hardest thing I have ever had to do. Societal expectations and barriers can often feel like swimming upstream: Keep them healthy but do not keep them in a bubble. Let them be kids but be terrified of influences. Let them make their own choices but don't let them make the wrong ones. Work to provide for them but be home to keep a close eye on them.

Mental health concerns are just the tip of the iceberg; nearly one in five adolescents are suffering from a diagnosable mental disorder such as anxiety, depression, low self-esteem, low self-worth, and overall increased stress. The pandemic has also affected our children's ability to self-regulate their emotions, navigate through social situations, and be able to quickly pick up on social cues due to lack of typical interactions. School violence, bullying, and racial tension may decrease a child's desire to attend school and can increase their anxiety.

Some experts worry that teens are more anxious and have lower self-esteem because of social media and texting. There are key differences to socializing online. Body language and facial expressions are missing which can lead to misunderstandings and hurt feelings. It can also make in-person communication feel more intimidating.

Social media platforms are everywhere and only growing more prominent. Children are exposed to things that could hurt them and we as parents must be ready to have these crucial conversations. While most social media platforms do have parental controls, it is often not enough. You can put your child's social media accounts on restricted mode, link their accounts to yours, and yet, they are still often exposed to things many parents may not be ready to have conversations about. Children as young as five are being exposed to TikTok videos about vaping while in the school bathrooms or on the bus.

It is so important to be honest with our children. If we are not, then we run the risk of them being misinformed about the risks of social media. As parents, we all face walking that fine line between being overprotective and allowing kids to be kids. Social media plays a huge role in our children's lives whether we like it or not and parental controls barely scratch the surface on limiting what is seen on many of these social media platforms.

Snapchat has just released a new parental tool called the 'Family Center' that allows parents to see their children's friends, recent contacts and new friends but not the conversations they are having. Parents with concerns about specific accounts can report the account to Snapchat. Both the parent and the teen do need to opt-in to the 'Family Center' for it to be active on both accounts.

The Drug Enforcement Agency (DEA) has released information regarding drug trafficking of substances along with counterfeit pills via social media using emojis, which was the subject of the lead article in the NCADD-RA Spring 2022 newsletter. Increased instances of purchasing illegal substances locally on Snapchat and Yik Yak have become more prevalent and apps such as TikTok have made it possible to purchase illegal substances from across the world that often arrive in discreet packaging, making them more difficult for parents to detect and intercept.

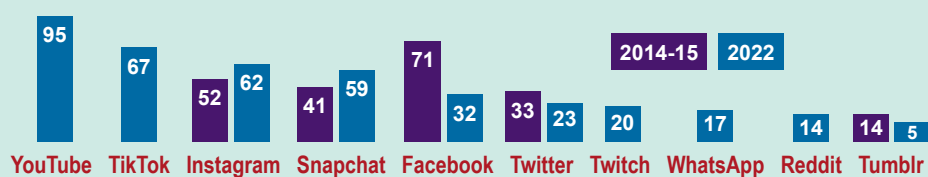
The Teens, Social Media and Technology 2022 Survey of American teenagers ages 13 to 17 finds TikTok is now a top social media platform. 67 percent teens have reported using TikTok, with 16 percent of all teens saying they

use it almost constantly. Meanwhile, the share of teens who say they use Facebook, which used to be a dominant social media platform for teens, has plummeted from 71 percent in 2014 to 32 percent today. Many will notice that other sites such as Pinterest, Facebook, Instagram and Snapchat are all being forced to show content videos much like TikTok, to keep up with the latest trends in order to avoid becoming obsolete. More than 50 percent of teens say it would be hard for them to give up social media. China, the country of origin of TikTok, recommended that parents limit the use of the app to 40 minutes a day. That's saying something.

We can minimize our children's anxiety by limiting the amount of unnecessary information they are exposed to and always being honest with them. Having a predictable schedule and routine is extremely helpful so that your child knows what to expect next. With kids being back at school and sports and extracurricular activities starting up again, it's essential to fall into a new normal, a new routine. Parents can help by setting a good example of how to use technology. Try to give kids your full attention when you are with them. If your head is often bent over a screen, you are sending the wrong message. Establish tech-free zones and/or tech-free hours in the household.

To help build self-esteem, get kids involved in something they're interested in. When kids learn to feel good about what they can do instead of how they look and what they own, they're happier. Communicate with their teachers, administrators, health office, and guidance office about anything you think could be affecting your child. Remember, it takes a village.

Majority of teens use YouTube, TikTok, Instagram, Snapchat; share of teens who use Facebook dropped sharply from 2014-15 to now. % of U.S. teens who say they ever use each of the following apps or sites



Note: Teens refer to those ages 13 to 17. Those who did not give an answer or gave other responses are not shown. The 2014-15 survey did not ask about YouTube, WhatsApp, Twitch and Reddit. Tiktok debuted globally in 2018. "Teens, Social Media and Technology 2022" PEW RESEARCH CENTER



Attention, All Business Leaders!

by Valerie Way, LCSW-R

How is the health and well-being of your employees? What is your employee's perspective regarding workplace stress and mental health? How does stress impact productivity at work? How much do employees use healthy versus unhealthy coping strategies to deal with stress? What responsibility does a workplace have for addressing employee health and wellness? What goes into a health-promoting work environment?

As many business leaders ask themselves these questions and many others, they are finding themselves faced with many challenges and few solutions. With support of the Office of Addiction Services and Supports (OASAS) through the State Opioid Response (SOR) grant funding, in collaboration with prevention providers across a five-county region (Monroe, Livingston, Steuben, Chemung and Tioga) and Organizational Wellness and Learning Systems (OWLS), the NCADD-RA has begun delivering a series of Workplace Wellness workshops that were adapted locally for the Finger Lakes and Central New York regions. We offer individual consultations at no cost for business owners/leaders and offer several workshops that focus on improving employee health, well-being and resilience.

What is the definition of health and a healthy workplace?

According to the World Health Organization, health is defined as "a state of complete physical, mental and social well-being and not merely the absence of disease." In addition, "a healthy workplace is one in which workers and managers collaborate to use a continual improvement process to protect and promote the health,

safety and well-being of all workers, and the sustainability of the workplace by considering the following, based on identified needs:

- (1) Health and safety concerns in the physical work environment
- (2) Health, safety and well-being concerns in the psychosocial work environment, including organization of work and workplace culture
- (3) Personal health resources in the workplace
- (4) Ways of participating in the community to improve the health of workers, their families, and other members of the community"

What percentage of employees report anxiety, stress, burnout and depression? What are employee perspectives regarding workplace stress and mental health? What is important to them in terms of support and benefits? Are these perspectives different from leaders of the organization?

There are many reports available which illustrate an increase in employee anxiety, stress, burnout and depression. For years, the workplace environment has been a top source of stress. This is especially true since the onset of COVID-19 with employee experiences of elevated and prolonged levels of stress. Employers have seen high rates of resignations/turnover, accompanying staff shortages, and in some workplaces, an inflexible work culture. Chronic stress, over time, can lead to unhealthy behaviors (increased rates of smoking, drinking, use of drugs, overeating, etc.), poorer mental health (decreased concentration, increased conflict with others, depression, PTSD, anxiety, etc.), and increased rates of preventative and chronic health conditions (heart disease, diabetes, respiratory illness, diseases impacting muscles, bones and joints, etc.).

So, what is important to employees and how do their views align with leaders

of the organization when it comes to health and wellness activities, supports and benefits? Often, perspectives between employees and leaders are misaligned. Does your organization survey employees and compare results between employees/supervisors/upper management? Some important survey questions might include:

- How does stress impact productivity at work?
- How does workplace stress impact relationships with family, friends, and co-workers?
- How often are healthy vs. unhealthy coping strategies used to deal with stress?
- What is the satisfaction with health and wellness activities/supports/benefits at the workplace? (Do results differ based on age, gender, race/ethnicity, job titles, caregiver status, etc.?)
- Is there openness about mental health and substance use/wellness in the workplace?
- Is training available regarding mental health and substance use/wellness?
- Do employees believe the company/supervisor cares about their personal well-being?
- Do employees believe the company/supervisor supports them taking paid time off?
- Do employees feel comfortable with their workload and do they believe they can discuss discrepancies openly with their supervisor?

As a business leader, what is my responsibility for fostering a health-promoting work environment? What benefits are gained from designing an effective workplace wellness program? There are several cases one can make for fostering a health-promoting work environment:

- (1) "It's the right thing to do" as employees become more engaged and committed when they believe their workplace/supervisor cares about their well-being.
- (2) "It's the smart thing to do" as prevention of illness saves costs associated with employee accidents, worker compensation claims, health care costs, leaves of absence, disability, and resignation/turnover. It is also associated with improving physical capacity, daily functioning, productivity and co-worker relationships.
- (3) "It's the legal thing to do" as there can be hefty consequences for legal violations and defying occupational rules, laws, etc.

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“The wealth of business depends on the health of workers.”

-Dr. Maria Neira, Director, Department of Public Health and Environment, World Health Organization

Attention, All Business Leaders! (continued)

**What goes into a healthy workplace environment?
What resources can I use for learning more?**

Just as there are no two workplace settings exactly alike, there is no “one size fits all” workplace wellness program. Rather, many resources are available to guide employers in developing a strategy and plan tailored to meet their specific needs.

Developing a comprehensive healthy workplace culture generally includes focus on four primary areas as mentioned earlier. In addition, the Centers for Disease Control (CDC) Workplace Health Promotion Model describes developing a strategy that includes:

- Assessment at the individual, organizational and community level
- Planning the development of a coordinated workplace health improvement plan
- Implementation of programs, policies, benefits and environmental enhancements
- Evaluation of change

The following resources are recommended pertaining to healthy workplace environments:

- World Health Organization www.who.int/publications/i/item/healthy-workplaces-a-model-for-action
- CDC www.cdc.gov/workplacehealthpromotion/model/index.html
- Mind the Workplace: mhanational.org/mind-workplace
- Corporate Wellness Magazine www.corporatewellnessmagazine.com/article/the-2022-state-of-workforce-mental-health
- NCADD-RA www.ncadd-ra.org/services/team-awareness-workplace-wellness/

Pieces of Hope by Erin Egloff, B.A.

Support and encouragement during treatment and recovery can have a significant impact on an individual's experience. Programs have embraced the successful peer model in recent years, with Certified Recovery Peer Advocate (CRPA) work now approved as “Medicaid reimbursable” in settings approved by New York State Office of Addiction Services and Supports (OASAS). Anti-stigma community awareness campaigns offered by NCADD-RA, harm reduction efforts, and an acknowledgement of Substance Use Disorder as a treatable medical condition are moving us away from misinformation and into a culture of parity and compassion.

Still, individuals in recovery continue to face feelings of shame in the public sphere, and it can be difficult to see tangible evidence of community support when public funding is insufficient, healthcare employees have massive workloads, and culturally responsive programs are underfunded. To stimulate conversations with community members and demonstrate cohesive support for those in treatment and recovery, the Finger Lakes Addiction Resource Center (FLARC) at NCADD-RA has engaged people across the region through our participation in a wide variety of health/resource fairs to actively participate in a small, colorful effort.

Each of the FLARC Hope Puzzles contain messages from 96 people demonstrating their encouragement of loved ones and neighbors in recovery. The first puzzle was completed during Rochester's Jordan Health Front Porch Festival in July and the Genesee-Orleans-Wyoming Opioid Task Force's Overdose Awareness Day Event in August, held in Batavia. The second puzzle began on the first day of September at the 7th Annual Scotty B. Overdose Awareness Day in Rochester and will continue to travel throughout the Finger Lakes collecting messages of support from community members. Folks who identified themselves as in sustained recovery have shared that “if I can do it, you can too!” Children eagerly drew pictures and wrote their names to show that they wanted their neighbors to feel better and added some welcome humor with practical advice such as “don't do drugs, find some food.” A little boy made his mother beam with pride when he wrote a special message just for her: “Mom, it's ok every day.”

The first puzzle has been proudly displayed in the NCADD-RA lobby, and subsequent puzzles will be gifted to regional programs for patients and clients to enjoy.



The Human Element of Connection

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

“CONNECTION - The energy that is created between people when they feel seen, heard and valued. When they can give and receive without judgement.” – Brené Brown

The human need to connect is an integral part of our existence. This form of connection is supportive, validating and empowering to the human spirit. It is part of the bedrock that influences our interactions, our values, our choices, and our physical and mental health. Recent events, including COVID-19, disrupted our way of living including our connectedness. Though we are evolving, its importance couldn't be more clear.

Since the pandemic, substance use rates, drug overdoses and mental health issues have all increased. The U.S. had one death by suicide every eleven minutes in 2020 according to the Centers for Disease Control (CDC). Suicide was the second leading cause of death for young people aged 10 to 14 and 25 to 34. From April 2020-2021, more than 100,000 people died from drug overdoses according to the CDC. Substance Use Disorder is a recognized medical condition that was identified by the American Medical Association in the 1950s. It is a brain disease that is chronic, progressive and potentially fatal if left untreated. It affects seven to ten percent of our population and an additional five to six percent of others who are loved ones.

Substance Use Disorder changes the connection within relationships and has a spiral effect if left untreated. Shown above are some helpful things to consider for starting the conversation with a loved one.

SUPPORTING A LOVED ONE DEALING WITH MENTAL AND/OR SUBSTANCE USE DISORDERS

STARTING THE CONVERSATION

When a family member is drinking too much, using drugs, or struggling with a mental disorder, your support can be key to getting them the treatment they need. Starting the conversation is the first step to getting help.

How You Can Help

- 1 IDENTIFY AN APPROPRIATE TIME AND PLACE.** Consider a private setting with limited distractions, such as at home or on a walk.
- 2 EXPRESS CONCERNS AND BE DIRECT.** Ask how they are feeling and describe the reasons for your concern.
- 3 ACKNOWLEDGE THEIR FEELINGS AND LISTEN.** Listen openly, actively, and without judgement.
- 4 OFFER TO HELP.** Provide reassurance that mental and/or substance use disorders are treatable. Help them locate and connect to treatment services.
- 5 BE PATIENT.** Recognize that helping your loved one doesn't happen overnight. Continue reaching out with offers to listen and help.

What to Say

"I've been worried about you. Can we talk? If not, who are you comfortable talking to?"

"I see you're going through something. How can I best support you?"

"I care about you and am here to listen. Do you want to talk about what's been going on?"

"I've noticed you haven't seemed like yourself lately. How can I help?"

For more resources, visit www.SAMHSA.gov/families.

If you or someone you know needs help, call 1-800-662-HELP (4357) for free and confidential information and treatment referral.

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. 1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD) • www.samhsa.gov

SAMHSA
Substance Abuse and Mental Health
Services Administration

The Total Approach Family Program (TAFP) offers educational groups for loved ones to increase their knowledge of Substance Use Disorder and to gain insight on its impact on their own life. These groups are run separately for children, teens and adults. TAFP also offers evidence-based programs to develop life skills and awareness through the Girls Circle program, Too Good For Drugs, and Triple P Parenting. For more information contact Bridget DeRollo at (585) 719-3483 or bderollo@depaul.org.

Safety Tips: Monitor–Secure–Dispose by Jerry Bennett, B.A., CPP

Fall is here. Time to rake leaves, mow the lawn one last time, store that summer furniture, and dig out those winter clothes from storage. But wait...what about prescription and over-the-counter medications and other drugs in your home? Monitor, secure, dispose never takes a vacation.

Let's review... if you took an inventory of your home, you'll likely find items in the bedroom, bathroom, kitchen, fridge, car, jacket pocket, purse and possibly even on the floor (prime spot identified as especially risky for babies and pets).

MONITOR Who uses these medications? How often are they being used? In what quantities and frequencies are they prescribed?

This is information only you and your doctor know. Got kids? You become Dr. Mom/Dad! Beware of the chance of an overdose. Don't leave medications laying around.

SECURE Most bottles have child-proof lids – give them a twist! Got any 'up-high' shelves and cupboards? Use them to keep medications and prescriptions out of reach. Perhaps utilize a secure lock box or locked cabinet in your home.

DISPOSE Many local police departments serve as Drug Take Back Sites offering drug drop-boxes in the lobby during business hours. Check with town halls, libraries and pharmacies. Do you have a larger quantity to dispose of? Contact Monroe County's EcoPark to schedule an

appointment for safe and secure disposal of medications.

The Drug Enforcement Agency (DEA) sponsors a National Drug Take Back Day twice a year in April and October. For more information visit www.dea.gov/takebackday. Other options include drug destruction bags, such as those produced by Deterra. Simply add pills and liquids, fill with water, shake and dispose in trash. Each bag contains activated charcoal that neutralizes the medications. Deterra bags are shared widely with community coalitions at health fairs and presentations through NCADD-RA, and by the Finger Lakes Prevention Resource Center and Finger Lakes Addiction Resource Center.

For disposal of sharps *Continued on Page 7*

Comprehensive Growth Through Strategic Action

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

The seven things that influence use; the seven strategies for wealth and happiness; the seven strategies of assessment for learning; the seven strategies to success. Seven seems to be the magical number when it comes to comprehensive growth. So, it seems only natural that there would be seven strategies (or steps) for comprehensive community change.

Community Anti-Drug Coalitions of America's (CADCA) seven strategies for community change are grounded in the field of public health and incorporate prevention efforts that are aimed at changing behaviors, improving systems, and addressing community norms by targeting issues on the individual, family, community and societal levels.

According to CADCA, "identifying a comprehensive selection of evidence-based substance misuse prevention strategies/ interventions is vital to implementing effective substance misuse prevention efforts in your community leading to positive change."

The strategies can be broken down into two different types of strategies:

Individual Strategies which focus on behavior change, substance use and short-term program development.

Environmental Strategies that population level policy change and substance use, and long-term policy development.

Step One: "Providing information such as educational presentations, workshops or seminars, or other presentations of data

(e.g., public announcements, brochures, dissemination, billboards, community meetings, forums and/or web-based communication)."

Step Two: "Enhancing skills through workshops, seminars or other activities designed to increase the skills of participants, members and staff needed to achieve population level outcomes (e.g., training, technical assistance, distance learning, strategic planning retreats and/or curriculum development)."

Step Three: "Providing support by creating opportunities to encourage people to participate in activities that reduce risk or enhance protection (e.g., providing alternative activities, mentoring, referrals, support groups and/or clubs)."

Step Four: "Enhancing access and reducing barriers by improving systems and processes to increase the ease, ability and opportunity to utilize those systems and services (e.g., assuring healthcare, childcare, transportation, housing, justice, education, safety, special needs, cultural and/or language sensitivity)."

Step Five: "Changing consequences (incentives/disincentives) by increasing or decreasing the probability of a specific behavior that reduces risk or enhances protection by altering the consequences for performing that behavior (e.g., increasing public recognition for deserved behavior, individual and business rewards, taxes, citation, fines and/or revocations/ loss of privileges)."

Step Six: "Changing the physical design or structure of the environment to reduce risk or enhance protection (e.g., parks, landscapes, signage, lighting and/or outlet density)."

Step Seven: "Modifying/changing policies. This step looks at formal change in written procedures, by-laws, proclamations, rules, or laws with written documentation and/or voting procedures (e.g., workplace initiative, law enforcement procedures and practices, public policy actions, systems change within government, communities and/or organization)."

Prevention is an ever-changing field in which we are looking to our environment more and more to help improve our overall well-being. When used together, the seven strategies work to reduce risk factors and increase protective factors for the purpose of reducing substance use on a macro-level while also increasing the level of partnership within the community. The seven steps increase community support and buy-in, maximize resources, increase communication and collaboration, and create sustainability through diverse partnerships.

The seven steps are a comprehensive road map to population level change through diverse partnership and collaboration that reduce risk factors, increase protective factors, and encourage overall well-being of a community.

Information referenced in this document can be found in the CADCA Primer which can be located at CADCA.org.

Safety Tips: Monitor-Secure-Dispose (continued)

and needles, check with local pharmacies, hospitals, doctor offices and nursing homes for designated drop-off spots.

Monroe County's EcoPark will accept vape pens during their bi-weekly business hours. Items should be placed in leak-proof bags. With marijuana and cannabis now legal in New York State for those over 21 years old, adults need to be responsible with where these items are stored as these products can pose the risk of accidental poisoning, choking, secondhand smoke and look-alike challenges.

The NCADD-RA's Prevention Resource Center works with and supports community coalitions throughout the Finger Lakes region. Many of them are actively engaged in 'Monitor-Secure-Dispose.' campaigns.

Remember to 'Monitor-Secure-Dispose.' For more information contact Jerry Bennett at the Finger Lakes Prevention Resource Center jbennett@depaul.org.

If NCADD-RA has touched your life and has made an impact on you, your family and your community, please consider making a donation. Your generous support will help NCADD-RA continue to provide quality education, support, resources, and referral and advocacy through our many programs and services! There are many ways you can make a difference in the lives of those served by the NCADD-RA.

**To donate, please visit
ncadd-ra.org/donate.**





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<p>National Council on Alcoholism and Drug Dependence – Rochester Area</p> <p>Just the facts, know the risks...</p> <p>Using marijuana while driving is illegal in NYS for the driver and passenger(s). Impaired or drugged driving jeopardizes the safety of all who travel on NYS roads and highways! After alcohol, marijuana is the most commonly identified drugs in deadly crashes.</p> <p>Legal does not equal safe. Marijuana is an addictive drug.</p> <ul style="list-style-type: none">• Marijuana is only legal in NYS for those 21 and older.• Did you know marijuana is often first drug teens try, but not the last!?• Did you know marijuana is often the #1 reason teens seek treatment? <p>The potency of marijuana has increased dramatically in the last several decades. THC, the cannabinoid producing the high, is at 20 percent or more in many states where it has been legalized. With concentrates, THC potency often exceeds 75-85 percent or more! As the potency of marijuana increases, the potential for addiction also increases.</p> <p>ncadd-ra.org www.facebook.com/NCADDRA/</p> <p></p>	<p>National Council on Alcoholism and Drug Dependence – Rochester Area</p> <p>Just the facts, know the risks...</p> <p>Legal does not equal safe. Marijuana is an addictive drug.</p> <ul style="list-style-type: none">• Marijuana during pregnancy has been linked to lower birth weights.• There are increasing studies that show long-lasting effects to the cognitive development of the child including effects on memory, learning and behavior.• Exposure to marijuana sets the stage for increased future vulnerability to addiction during the child's life, not only to marijuana but to heroin and other drugs.• Exposure increases the anxiety level in childhood, increasing rates of depression. <p>ncadd-ra.org www.facebook.com/NCADDRA/</p> <p>  </p>	<p>National Council on Alcoholism and Drug Dependence – Rochester Area</p> <p>Just the facts, know the risks...</p> <p>Legal does not equal safe. Marijuana is an addictive drug.</p> <p>Marijuana is only legal in NYS for those 21 and older.</p> <ul style="list-style-type: none">• Did you know that THC (a psychoactive ingredient in marijuana) is infused in a wide variety of enticing edible treats?• Edibles infused with THC are not only tempting to children but are often indistinguishable from actual food products!• With increased access to a wide variety of edibles, there has been a corresponding rise in pediatric poisonings. Effects may include drowsiness/lethargy, loss of muscle coordination, agitation/irritability and confusion. More critical effects (especially for children under 3) may include coma, respiratory depression, single/multiple seizures.• The effects of edibles take much longer to be felt, often 30-60 minutes. This delayed response may often lead to ingesting more in order to feel the expected effect.• Parents, look for items that mimic actual food products, check labeling for the presence of THC. In case of accidental ingestion of THC edibles, call the NYS Poison Control Hotline at 1-800-222-1222. <p>ncadd-ra.org www.facebook.com/NCADDRA/</p> <p> </p>
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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 or (585) 719-3480.

Topics include the following sampling (as well as others):

- 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