

Research Briefs: Highlighting National Trends *by Jennifer Faringer, M.S.Ed., CPP-G*

Fentanyl-Laced Stimulants – a Fourth Wave of Overdoses?

Fatal overdoses that include both fentanyl and stimulants have risen at an alarming rate of 50 percent since 2010. In 2021, this combination accounted for 32 percent of the fatal overdoses in the United States, representing a fourth wave of the opioid epidemic. Researchers dubbed the third wave in 2013 as fentanyl began appearing and increasing in the heroin supply.

Describing the use of fentanyl combined with stimulants as “a dominant force in the US overdose crisis,” Joseph Friedman, PhD, MPH from the University of California Los Angeles Center for Social Medicine and Humanities, said “fentanyl has ushered in a polysubstance overdose crisis, meaning that people are mixing fentanyl with other drugs like stimulants, but also countless other synthetic substances.”

A study published in the journal *Addiction* in September 2023 analyzed national death certificate data from all who died from a drug overdose in the United States between 2010 and 2021. During this period, fatal overdoses attributable to fentanyl and stimulants increased from 0.6 percent to 32.3 percent. These statistics represent both the intentional combination of fentanyl with methamphetamine as well as the unintentional use of fentanyl and various stimulants. There are regional variations with the northeast reporting fentanyl with cocaine combinations, while in the southern and western regions, fentanyl is more often combined with methamphetamine.

The Drug Enforcement Administration (DEA) hosts a website with information, resources and current seizure data on “One Pill Can Kill” at www.dea.gov/onepill. In late September, over 55 million fentanyl pills and more than 9,100 pounds of fentanyl powder were seized. Illicit fentanyl continues to enter the United States from the Mexican cartels and the Asian rouge labs.

Monitoring the Future Survey of Adults Highlights Significant Increases

The 2023 Monitoring the Future (MTF) Survey, funded by National Institute on Drug Abuse (NIDA), released their annual survey of adults aged 19 to 60 years. Reviewing data collected through 2022, the recent survey found an all-time high in the number of adults aged 35 to 50 who reported using both marijuana and hallucinogens in the past year. Among a younger adult population aged 19 to 30, the rates of vaping both marijuana and nicotine reached historic levels over the last five years. Substance use and misuse is not limited to teens but impacts all ages. Increases in binge drinking were also noted among 35- to 50-year-olds.

Director of NIDA Dr. Nora Volkow shared that “understanding these trends is a first step, and it is crucial that research continues to illuminate how substance use and related health impacts may change over time. We want to ensure that people from the earliest to the latest stages in adulthood are equipped with up-to-date knowledge to help inform decisions related to substance use.”

Additionally, the MTF Survey highlighted a few of the following more specific trends:

- Marijuana use among adults aged 19 to 30 years found past year use and daily use reached the highest levels ever. Past year use increased from 35 percent in 2017 to 44 percent in 2022. Daily use increased from eight percent in 2017 to 11 percent in 2022.
- Past year marijuana use among adults aged 35 to 50 years increased from 17 percent in 2017 to 28 percent in 2022.
- Vaping marijuana among adults aged 19 to 30 years increased from 12 percent in 2017 to 21 percent in 2022.
- Hallucinogen use among adults aged 19 to 30 years increased from five percent in 2017 to eight percent in 2022 with most hallucinogens being something other than LSD (MDMA, PCP, mescaline, peyote, shrooms and psilocybin).
- Past-year use of hallucinogens among adults aged 35 to 50 increased from one percent in 2017 to four percent in 2022.
- Binge drinking among adults aged 35 to 60 years increased from 25 percent in 2017 to 29 percent in 2022.

	2017	2022
Marijuana use adults aged 19 to 30 years	35%	44%
Marijuana use adults aged 35 to 50 years	17%	28%
Vaping marijuana adults aged 19 to 30 years	12%	21%
Hallucinogen use adults aged 19 to 30 years	5%	8%
Hallucinogen use adults aged 35 to 50 years	1%	4%
Binge drinking adults aged 35 to 60 years	25%	29%

As NCADD-RA continues providing updated information, educational presentations, resources and referrals, it's important to review incoming resources from nationally-recognized sources. The Awareness Campaigns page (<https://ncadd-ra.org/resources/awareness-campaigns/>) is frequently updated as new reports and resources become available. The Information and Referral page (<https://ncadd-ra.org/resources/information-referral/>) features numerous referral directories, several of which the NCADD-RA maintains and updates biannually.

Marijuana/Cannabis Prevention and Awareness Sessions Available Upon Request

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



The Smart Talk: Cannabis Prevention Awareness Curriculum has now been added to the New York State Office of Addiction Services and Supports (NYS OASAS) registry of approved Promising Programs and Practices (PPPs). The Curriculum is part of the Stanford Cannabis Awareness and Prevention Toolkit and consists of a two-lesson elementary level series and a five-lesson series for middle and high school students. This theory-based and evidence-informed curriculum created by Stanford University REACH Lab is interactive and aimed at addressing key factors associated with youth cannabis use including changing adolescents' attitudes and misperceptions, strengthening refusal skills, and increasing awareness of the objectives of marketing and social media influences on product promotion.

The curriculum also highlights ways to reduce stress and depression

(which have been linked to cannabis initiation and use), improve coping skills, and decrease intentions and actual use of all cannabis products. The lessons are designed to be reinforced outside of the classroom with follow-up discussion guides for youth to further discuss the topics with a trusted adult.

So much has changed in a short amount of time regarding cannabis. This includes the wave of legalization for medical and recreational use, the increased number of varieties, and higher than ever Tetrahydrocannabinol (THC), the mind-altering compound in cannabis. The drug is very different than it was decades ago.

One thing that hasn't changed is the vulnerability of the youth brain. The Substance Abuse and Mental Health Services Administration (SAMHSA) notes that the use of substances at a young age can permanently impair brain function by affecting the actual physical development

One in six young people who use marijuana before the age of 18 become addicted.

of the brain structure. It distorts how adolescent minds perceive the world, causing poor judgment and decision-making. Cannabis use can cause a lack of balance and coordination, increasing injury risk for activities such as driving, and is also linked to earlier onset of psychosis in youth known to be at risk for schizophrenia. The compounds can affect the circulatory system and may increase the risk of heart attacks and strokes. One-in-six young people who use marijuana before the age of 18 become addicted. Recent data suggest that 30 percent of those who use it may have some degree of Cannabis Use Disorder.

For more information or to schedule these sessions or presentations in your school, contact Bridget DeRollo, Family Program Coordinator at (585) 719-3483 or bderollo@depaul.org.

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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Cannabis 101: Talking to Your Kids

by Juliana Denning, B.S.

With youth back in school and navigating these ever-changing times and laws that inevitably come with a new normal for the community, it is important to have open and honest conversations with them around current events. But how? Navigating these uncharted waters will be different for each family.

The Finger Lakes Prevention Resource Center and the 23 Community Coalitions that we partner with are happy to help our community members with resources to facilitate these conversations. Studies have shown that children whose parents talk to them about the risks of drugs and alcohol are 50 percent less likely to use substances and over 80 percent of young people aged 10 to 18 say their parents are the leading influence on their decision whether to drink.

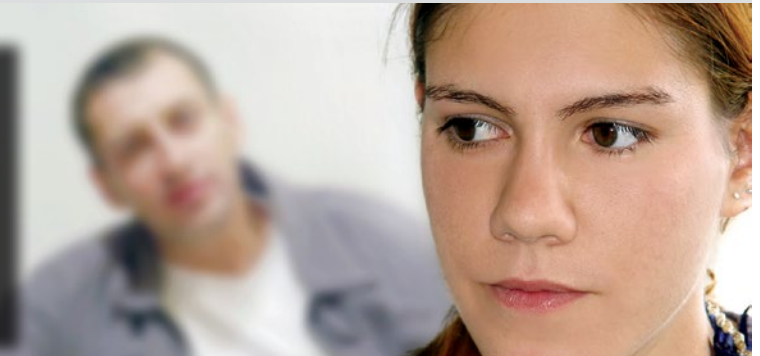
Often, we assume that our children are taught in school or adopt the idea that they should avoid engaging in underage substance use because it is illegal, but it is vital for parents and caregivers to have these often-uncomfortable conversations. When we ask open-ended questions about their knowledge of the topic, we occasionally find that they may know more than us adults do. It's important to be informed and share the facts with our youth as to why they should not be engaging in underage substance use.

Examples of these facts are:

- One in three people who used cannabis in the last year were affected by Cannabis Use Disorder.
- When kids use, they have a greater chance of being affected by Cannabis Use Disorder as their brains are still developing.
- Although not everyone who uses cannabis develops a disorder, it's vital to recognize that cannabis can be addictive.
- The cannabis industry is misleading youth by targeting them with media messaging and marketing tactics.

With the internet, youth can order both paraphernalia and substances with a few clicks. Through the passage of the 2018 Farm Bill, Hemp and its derivatives are not considered controlled substances and can be purchased anywhere it is sold legally if the Tetrahydrocannabinol (THC) content is less than the federal legal limit.

It is key to note that between 2017 and 2021, the cases of marijuana edible exposures for children aged five and under has increased 1,375 percent. Often this could be a result of accidentally ingesting a parent's edibles or even bringing a snack to school that unknowingly contains THC. Now that cannabis is legal in New York for adult (21+) consumption, it is important to secure these substances just as we would any medication. It is important to keep in mind that access to cannabis is easier than ever and to educate our children to be aware and knowledgeable surrounding this topic. The Finger Lakes Prevention Resource Center and the Substance Use Prevention Coalitions can often offer lock boxes or Deterra bags to properly secure medications as well as cannabis.



Developing a Good Bedtime Routine *by Elaine Alvarado*

A good night's sleep is important for children to ensure they have enough energy for the next day's activities. Parents also need some child-free time to ensure their own needs are being met including getting adequate sleep. One of the discussion topics within Positive Parenting Program (Triple P) is to "develop healthy and independent sleep patterns in children so they will become more independent in their bedtime routine." Triple P parent discussion groups can give parents positive strategies to "help develop a good bedtime routine and at the same time teach your child to fall asleep in their own bed and stay in their bed until morning."

During the parent discussion group,

time is spent discussing some of the reasons why parents experience problems when trying to develop a good bedtime routine as well as the skills children need to get into a good, consistent routine before going to bed. The group will also help parents to develop goals for positively changing children's bedtime habits and how to keep track of them.

Discussion subtopics within the Triple P bedtime topic area include:

- **What are common bedtime problems?**
- **Why do bedtime problems happen?**
- **How to prevent problems at bedtime.**
- **How to teach your child to stay in bed.**
- **How to manage problems at bedtime.**
- **How to manage problems during the night.**

Triple P's parent discussion group is designed to bring parents together to share their experiences and ideas about being a parent and managing difficult behavior at bedtime. This is one of the many valuable topics discussed within the flexible Triple P program. NCADD-RA is providing Triple P in Spanish or English to groups upon request.

If your agency, community, or faith-based group would like to learn more about this and other topics from the Positive Parenting Program, please contact Elaine Alvarado at ecalvarado@depaul.org or call (585) 719-3481.

Adapted from Triple P's Developing Good Bedtime Routines parent workbook.

Alcohol Usage and Solutions in the Hispanic Population

by Isabel Baldwin, B.A.

Alcohol consumption is a widely accepted activity in the United States, however, excessive use is problematic and can lead to significant issues. This concern is especially pronounced within the Hispanic population where alcohol consumption and misuse present notable challenges.

Data from the 2021 National Survey on Drug Use and Health (NSDUH) provides shocking insights into substance use patterns, particularly within the Hispanic community. Approximately 7.6 million Hispanic individuals aged 12 or older reported alcohol use. Among them, roughly 1.8 million engaged in heavy alcohol use which involves binge drinking or consuming alcohol heavily on five or more days within a month.

These figures underscore the critical issue of alcohol misuse within the Hispanic community. Excessive alcohol use can result in various health problems including liver and heart diseases, certain cancers, as well as mental health disorders such as depression and anxiety. Furthermore, it can negatively impact social and occupational functioning, leading to strained relationships, employment challenges, and financial difficulties. Addressing these concerns requires a multi-faceted approach focused on solutions tailored to the Hispanic population.

The following strategies can play a crucial role:

Awareness and Education: Raising awareness about the potential negative outcomes of excessive alcohol consumption is essential. Developing culturally-sensitive educational materials that emphasize the risks associated with heavy drinking can lead to informed decision-making.

Treatment Accessibility: Enhancing access to alcohol addiction treatment and support services is vital. This involves developing treatment programs specifically designed for Hispanic individuals and promoting the use of healthcare providers who are culturally competent and equipped to address the unique needs of this community.

Regulation and Intervention: To reduce alcohol-related issues, especially in areas densely populated by Hispanic residents, community-based interventions can be effective. Establishing alcohol-free zones and imposing limitations on the number of liquor licenses can help minimize availability and accessibility.

Cultural Shift: Addressing cultural norms around alcohol consumption is pivotal. Promoting alternative social activities and events that don't involve alcohol can offer healthier avenues for socialization and celebration, gradually shifting attitudes toward more responsible alcohol use.

In conclusion, the challenge of alcohol misuse within the Hispanic population necessitates focused solutions. By emphasizing awareness, improving treatment accessibility, implementing regulatory measures, and fostering cultural shifts, it's possible to mitigate the prevalence of alcohol-related issues and ultimately contribute to improved well-being and healthier communities.

To take on these challenges, the NCADD-RA provides several resources specifically tailored to the Hispanic

population. These resources include Spanish-language educational materials and content that help to bridge the gap in knowledge about substance use and mental health conditions with the goal of normalizing conversations around addiction and mental health in this community. By increasing awareness and providing culturally appropriate resources, we can work toward better health and well-being for all members of the Hispanic community.

The Hispanic Prevention Education Program offers three evidence-based programs, all offered in both English and Spanish. They include Too Good for Drugs and Girls Circle which work to support students' social emotional well-being. Positive Parenting Program (Triple P), is aimed at parents with children and/or teens who are at risk for the development of behavioral and emotional disorders, covering topics that include self-esteem, decision making, and dealing with stress.

For further information on one of these programs or to schedule a presentation in Spanish or English, please contact Isabel Baldwin at mbaldwin@depaul.org.



National Council on Alcoholism and Drug Dependence – Rochester Area Annual Luncheon 2023

The National Council on Alcoholism and Drug Dependence – Rochester Area celebrated 77 years of providing ongoing services in Rochester and Monroe County in May of this year. The celebration and Luncheon were held at the DoubleTree Inn with an outstanding keynote presentation by Dr. Kevin McCauley, author, filmmaker, and national/international speaker on understanding addiction and recovery. While NCADD-RA's Annual Luncheon has historically taken place in the month of May for decades, the Luncheon, along with so many other in-person events were interrupted from 2020 through 2022.

We were thrilled that our 77th Anniversary allowed us to celebrate with over 220 supporters in attendance, including four corporate sponsors, 15 table sponsors, four sponsored vendor tables and 15 ads placed in NCADD-RA's Luncheon program booklet.



Picture above, from left to right: (top row) Jason Teller (recipient of the Charlotte Hegedus Community Excellence Award) with NCADD-RA Director Jennifer Faringer, Ted Aman (recipient of the Helen Guthrie Memorial Youth Advocate of the Year Award), with Family Program Coordinator Bridget DeRollo, (middle row) Sheriff Todd Baxter, Dr. Kevin McCauley, Jennifer Faringer, Dr. Mike Mendoza, John Coppola, TAWW Coordinator Valerie Way, Administrative Assistant Elaine Alvarado, FL PRC Community Development Specialist Jerry Bennett, FLARC Coordinator David Young, FL PRC Project Coordinator Irene Lawrence, (bottom row) Hispanic Prevention Education Program Coordinator Isabel Baldwin, NCADD-RA Intern Olivia Delisanti, and Jennifer Faringer with DePaul President Mark Fuller.

Meeting Diverse Community Needs with Health Fairs

by David Young, A.S.

Health fairs are popping up all over our communities. What's the draw? Why should you go? Why do healthcare providers host these events? At the root of those questions is one standard answer: caring for underserved and underinsured people.

What is the goal of a health fair?

A health fair is a great way to launch new wellness initiatives, share health education information, conduct preventive screenings and immunizations, raise awareness of health risks, demonstrate healthy habits, and promote organizational benefits and community resources.

How do you stand out at a health fair? If you're pleasantly standing at your booth with a smile, people are more likely to stop and talk with you. Those who sit at their table don't get the most out of the health fair, since you do not appear very engaged.

Provide information of value.

A health fair is an opportunity to learn something new. Consider offering take home items which may be used to further the message once attendees leave.

The NCADD-RA Finger Lakes Addiction Resource Center (FLARC) participated in many health fairs throughout the year, with well over a thousand contacts made while participating and many more events coming this fall. Each event provides the opportunity to share information and to respond to questions on NCADD-RA's services, community resources, current trends, and referral directories for Addiction Services. So many attendees have let us know that they weren't aware of this information or that they weren't aware that help was available. Raising community awareness, presenting facts while challenging myths and misconceptions is our goal! An informed community is an empowered community.

Through the FLARC, we are continuously addressing gaps, responding to requests from the community, and developing new resources to improve

access. For example, we received several calls in the past month asking about locations for walk-in drug testing sites and locations for prescription Drug Take Back drop-boxes. In response, the FLARC has compiled a resource list for each available at <https://ncadd-ra.org/services/finger-lakes-addiction-resource-center/>.



Life on the Coalition Highway

by Jerry Bennett, B.A., CPP

In our last newsletter, you were introduced to our Finger Lakes Prevention Resource Center's regional coalition friends in Ontario and Seneca Counties. Now let's take a cruise south into Steuben and Chemung Counties.

Formed in the late 1990s, the Steuben Prevention Coalition enjoys a long history. Catholic Charities of Steuben/Livingston is their fiscal home. Their billboards dot the local highway scene, reminding residents of the dangers and risks associated with distracted driving or hosting underage parties with drugs present.

Their opioid committee was recently certified to deliver Narcan training throughout the county. Students are engaged in designing and submitting alcohol and marijuana prevention posters and are creating short PSAs on medicine safety and proper disposal. The monthly Ounce of Prevention newsletter is full of excellent educational information. Their federal Drug Free Communities grant is winding down, but various sustainability efforts are ongoing. Kudos to staffers Colleen Banik, Connie Terry, Brittany Krise, and dozens of volunteers!

Around the corner from Steuben County, the highway (once called the Southern Tier Expressway, with signage designed by Seneca Nation member Carson Waterman), leads one into 'Mark Twain Country' — Chemung County.

The Drug Free Community Coalition of Chemung County (DFCC) benefits from fiscal and personnel support from CASA-Trinity. One will often find Anthony Hooks and Erin Doyle working from donated meeting space at the Elmira Library. Like many of the Finger Lakes area regional coalitions, the DFCC is addressing concerns of marijuana, nicotine and medicine use. The coalition's social media posts are chock-full of timely, newsworthy messages. The Drug Enforcement Agency's National Medications Take Back Days in October and April receive much attention from members. Partners reach out to schools and community centers with evidence-based programs and general drug awareness efforts — a solid way to engage youth and parents. Keep up the good work!

PS - many of Mark Twain's most notable works were written while he lived in the Elmira area at Quarry Farm.

Community Coalition Impact

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

Coalitions are offering their local communities education on monitoring, securing and disposing of medications through media campaigns while also providing support and assistance with reducing unused medications through the Drug Enforcement Agency's (DEA) National Medication Take Back Days.

The Finger Lakes Region Substance Free Coalitions (including Chemung, Livingston, Monroe, Ontario, Schuyler, Seneca, Steuben, Tioga, Tompkins, Wayne and Yates counties) have once again joined forces with their local law enforcement, county officials, the Finger Lakes Prevention Resource Center (FL PRC), and the DEA to provide medication disposal Deterra bags, medication lock boxes, and a safe, free space to dispose of medications.

In April of 2022, the DEA held its 22nd National Take Back Day. Statistics include:

- A total of 721,093 pounds of medications (360 tons) were collected nationally.
- New York State collected the sixth highest total (up one from last year) in the nation at 31,438 pounds, which is 2,491 pounds (DEA, 2021) higher than last year.
- Of the total collected, 4,112 pounds came from eight collection sites hosted by coalitions in the Finger Lakes Region, which is 51.6 pounds higher than last April's totals (10 coalitions participated last April and only eight participated this April).
- Of the eight coalitions that participated in the National Take Back Day, three of them collected sharps for the first time. Although the weight of the sharps was not collected for this event it was a major step in reducing barriers to sharps disposal for two counties in the Finger Lakes Region.

In October of 2022, 647,163 pounds (324 tons) of medications were collected nationally with New York having the 11th highest amount collected. Of the 23,083 pounds collected in the state, 1,386.91 pounds came from collection sites hosted by five coalitions and their partners in the Finger Lakes Region.

It is important to note that more coalitions participate in the DEA Take Back Day in April rather than October. Even with this drop in medications collected, the Finger Lakes Region Substance Free Coalitions were able to make substantial progress in our region as we were able to weigh the number of sharps collected for the first time this October which totaled 44.35 pounds. The collection of sharps is a huge step forward for prevention and the Finger Lakes Coalitions have been continuing to pave the way in this arena.

Additionally, local coalitions have been working on ways to reduce barriers to collecting vapes. Despite the challenges of the disposal process, the coalitions continue to work on increasing access to vape disposal sites.

New York is one of the top contenders for medication take-back in the country and the Finger Lakes Region Substance Free Coalitions are a vital part of the state's overall success. It is important to recognize the invaluable role that community-based coalitions play in changing social norms and reducing barriers. The FL PRC looks forward to continuing to partner with and supporting the Drug Free Coalitions in their efforts to raise awareness and reduce barriers for medication safety.

For information on coalitions near you, contact Irene Lawrence at (585) 719-3482 or at ilawrence@depaul.org.

DEA References: (2019) Retrieved from www.dea.gov/press-releases/2019/10/18/dea-accept-electronic-vaping-devices-and-cartridges-part-national. (2021) Retrieved from: www.dea.gov/takebackday#results. (2022, March 26) Retrieved from www.dea.gov/takebackday



Presenting at the National Prevention Network Conference

Director of DePaul's National Council on Alcoholism and Drug Dependence – Rochester Area Jennifer Faringer presented at the National Prevention Network (NPN) Conference in Birmingham, Alabama in August. Joining her on this power session were researcher and developer Dr. Joel Bennett, Julie Dostal of the The Leatherstocking Education on Alcoholism/Addictions Foundation (LEAF) Council, and Jeff Horwitz of the Stop the Addiction Fatality Epidemic (SAFE) Project. The presentation, "Researching High-Risk Working Adults: Evidence-Based Prevention for Veterans, Small Businesses and Rural Workers," provided an opportunity to showcase the exciting initiatives coming to workplaces in New York delivered by Prevention Providers from multiple counties in the Finger Lakes, Western and Central New York regions. The session was full and attendees were both interested in and enthusiastic about the model.

Faringer shared the strengths, challenges and approaches used by the NCADD-RA to successfully deliver and implement the Team Awareness Workplace Wellness model in New York. The NCADD-RA continues to provide the leadership for the project in the Finger Lakes region which expanded this year into several additional counties in Western New York. The LEAF Council continues to provide the leadership for Central New York.

The NCADD-RA's work in the area of workforce wellness was made possible through the Strategic Opioid Response (SOR) grant through the New York State Office of Addiction Services and Supports (OASAS). The grant is now entering its third year having gone through a comprehensive needs assessment during the first 18 months. The workshops were developed with the research/development expertise of Dr. Joel Bennett and the team from Organization Wellness & Learning Systems (OWLS) through multiple key informant interviews and focus groups. The NCADD-RA's Prevention Team workshops have been delivered over the last year gathering valuable survey data that has served to validate the effectiveness of this approach.



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<p>Illegally made Fentanyl – Know the Risks!</p> <p>A lethal dose of Fentanyl compared to a penny.</p> <p>What is Illegally-made Fentanyl?</p> <ul style="list-style-type: none"> • Distributed through illegal drug markets for its heroin-like effect, it can be up to 50 times stronger than heroin. • It may be added to other illicit substances such as heroin, look-alike medications, cocaine and methamphetamine. • Percentages in drugs have increased to often entirely replace other drugs. <p>What does it look like?</p> <ul style="list-style-type: none"> • Appears in the form of liquid or a white or brown powder and may be mistaken for other drugs. • Pressed into a pill and mislabeled as an actual medication <p>Signs of overdose include:</p> <ul style="list-style-type: none"> • Pinpoint pupils • Slow, weak or no breathing • Loss of consciousness, limp body • Choking sounds • Cold, clammy skin; discolored skin, lips and nails <p>What to do in the event of an overdose?</p> <ul style="list-style-type: none"> • Call 911 immediately and stay until emergency assistance arrives. • Administer naloxone (Narcan). • Try to keep person awake and breathing. • Lay person on side to prevent choking. <p>For more information go to www.ncadd-ra.org. To schedule a presentation on Opioids, Fentanyl or other addiction related topics contact jfaringer@depaul.org.</p> <p>ncadd-ra.org www.facebook.com/NCADDRA/</p> <p>National Council on Alcoholism and Drug Dependence – Rochester Area</p>	<p>Xylazine – Know the risks!</p> <p>What is Xylazine?</p> <ul style="list-style-type: none"> • It's a clear liquid, commonly known as "tranz" or "tranz dope" which is increasingly mixed with heroin, fentanyl or other illegal drug supplies. • It is the active ingredient in veterinary tranquilizer. • It worsens the life-threatening effects of opioids and may damage the ability of the brain to get enough oxygen. <p>Symptoms of Xylazine overdose include:</p> <ul style="list-style-type: none"> • Difficulty breathing. • Excessive drowsiness, causes sedation, could lead to coma. • Low blood pressure, reduced heart rate and palpitations. • Rapid loss of oxygen to include lower brain oxygen levels. <p>What to do in the event of an overdose?</p> <ul style="list-style-type: none"> • Call 911 immediately and stay until emergency assistance arrives. • Administer naloxone (Narcan). • Try to keep person awake and breathing. • Lay person on side to prevent choking. <p>For more information go to www.ncadd-ra.org. To schedule a presentation on Opioids, Fentanyl, Xylazine or other addiction related topics contact jfaringer@depaul.org.</p> <p>ncadd-ra.org www.facebook.com/NCADDRA/</p> <p>National Council on Alcoholism and Drug Dependence – Rochester Area</p>	<p>Stop the Stigma Surrounding Addiction</p> <p>Prevent – Treat – Recover Addiction is a Brain Disease There is HOPE</p> <p>To learn more or to schedule a presentation, contact NCADD-RA at (585) 719-3480</p> <p>Resources and referral directories for Monroe County: ncadd-ra.org/resources/ for the eight counties surrounding Monroe County: ncadd-ra.org/services/finger-lakes-addiction-resource-center</p> <p>ncadd-ra.org www.facebook.com/NCADDRA/</p> <p>National Council on Alcoholism and Drug Dependence – Rochester Area</p>	<p>What's in your medicine cabinet?</p> <p>Know the risks associated with taking prescription pain medications.</p> <ul style="list-style-type: none"> • Don't share your prescriptions. • Safely dispose of all unused medications. For smaller quantities request a Detera Disposal Pouch at ncadd-ra@depaul.org. For larger quantities see details on dates and locations visit www.monroecounty.gov/hhw. • Help prevent an overdose: be prepared with Narcan training/kit. <p>Resources and referral directories:</p> <ul style="list-style-type: none"> • for Monroe County ncadd-ra.org/resources/ • for the eight counties surrounding Monroe County ncadd-ra.org/services/finger-lakes-addiction-resource-center <p>To learn more or to schedule a presentation, contact NCADD-RA at (585) 719-3480.</p> <p>DEPAUL</p> <p>National Council on Alcoholism and Drug Dependence – Rochester Area</p> <p>www.ncadd-ra.org www.facebook.com/NCADDRA/</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 NY for those 21 and older.</p> <ul style="list-style-type: none"> • Did you know that THC is psychoactive ingredient in marijuana is infused in a wide variety of everyday 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 poisoning. 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 NY's Poison Control Hotline at 1-800-222-1222. <p>ncadd-ra.org www.facebook.com/NCADDRA/</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/Fentanyl Epidemic and Community Response/Resources
- Overview of Fetal Alcohol Spectrum Disorders
- Problem Gambling: Impact on Families and Communities
- Signs, Symptoms, Current Trends and Resources
- Underage and Binge Drinking