

Have You Considered Eliminating or Cutting Down on Your Alcohol Intake?

April is Alcohol Awareness Month

by Jennifer Faringer, M.S.Ed., CPP-G

The International Agency for Research on Cancer (IARC) estimates that alcohol accounts for approximately four percent of newly diagnosed cancers worldwide.

The IARC has gone so far as to classify alcohol as a Group 1 carcinogen based on the strong evidence that demonstrates the causal relationship between alcohol and cancer.

According to the Centers for Disease Control and Prevention (CDC), alcohol increases a person's risk for six types of cancer involving the mouth and throat, larynx, esophagus, colon and rectum, liver and breasts. The risk increases with the number of drinks one consumes, therefore the less you drink, the lower your risk for cancer. Drinking three or more alcoholic beverages a day increases the risk of stomach and pancreatic cancers.

If eliminating alcohol is currently not an option, consider following the recommended guidelines from the American Cancer Society and the United States Department of Health and Human Services that suggest limiting daily alcohol intake to one drink or less for women and two drinks or less for men.

How does alcohol cause cancer?

- When we drink alcohol, our bodies turn it into acetaldehyde, the chemical that can damage cells and stop cells from being repaired.
- Alcohol increases the levels of some hormones in our bodies such as estrogen and insulin. Higher levels of these hormones can make cells divide more often, increasing the chance that cancer will develop.
- Alcohol can damage the cells in our mouth and throat making it easier to absorb harmful cancer-causing chemicals.

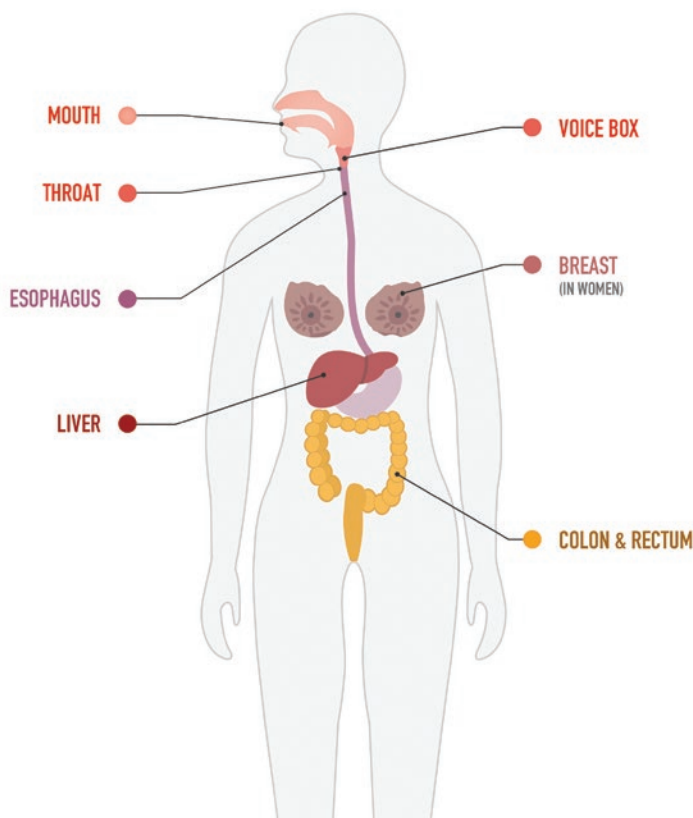
"Research shows that even small amounts of alcohol can carry health risks, including for certain cancers and cardiovascular issues," according to George F. Koob, Ph.D., director of the National Institute on Alcohol Abuse and Alcoholism. The more you cut down, the more you can reduce your risk.

April is Alcohol Awareness Month. Consider being mindful of the risks of alcohol year-round. If you are hosting a social event, consider providing alcohol-free drinks. For recipes and more information visit our webpage at: ncadd-ra.org/resources/awareness-campaigns/alcohol/.



NATIONAL CANCER INSTITUTE

Cancers Associated with Drinking Alcohol



NEW in 2024 - Scholarships Now Available for NCADD-RA's ACCT Fall Class of 2024-2025

by Jennifer Faringer, M.S.Ed., CPP-G

The National Council on Alcoholism and Drug Dependence-Rochester Area's (NCADD-RA) Addictions Counselor Credential Training (ACCT) program has been providing the required 350 educational hours toward the New York State Office of Addiction Services and Supports (OASAS) Credentialed Alcoholism and Substance Abuse Counselor (CASAC) since 1992. Registration is now being accepted for the 26th consecutive class which begins this September. Scholarships are also available through a grant by OASAS.

Scholarship information will be shared once a candidate has applied and been accepted to the Fall 2024 ACCT program. With this year's scholarship opportunity, the class is expected to fill quickly. Those who are interested are encouraged to apply early. Both faculty and participants are traditionally diverse in age, ethnicity, experience in the addiction field, and often impacted by addiction and in recovery or impacted by the addiction of friends or family.

For more information and to download both a brochure and a student application, visit our webpage at: ncadd-ra.org/services/addictions-counselor-credential-training/ or email Jennifer Faringer at jfaringer@depaul.org to learn more.

Addictions Counselor Credential Training



DePaul's National Council on Alcoholism and Drug Dependence-Rochester Area has openings for its next Addictions Counselor Credential Training (ACCT), providing 350 Educational Hours toward the CASAC, beginning September 5, 2024.

Class size is limited. Scholarships are available, apply early!

Contact us today at:

jfaringer@depaul.org or (585) 719-3480

Student applications and an ACCT informational brochure may be downloaded from our website: ncadd-ra.org

National Council on Alcoholism and Drug Dependence – Rochester Area

ncadd-ra.org
www.facebook.com/NCADDRA/

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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Fentanyl: Hiding in Plain Sight Impact on the Hispanic/Latinx Community

by Isabel Baldwin, B.A.

The latest data available from the Substance Abuse and Mental Health Services Administration (SAMHSA) paints a very concerning picture for the Hispanic/Latinx population. Fentanyl misuse among Hispanic/Latinx individuals increased by 56.4 percent between 2019 and 2022 compared to a 44.4 percent increase among non-Hispanic/Latinx individuals. Additionally, a 2023 study published in JAMA Network Open titled Racial/Ethnic Disparities in Fentanyl-Related Overdose Deaths in the United States found that between 2016 and 2020, fentanyl-related overdose deaths increased by 1252 percent among Hispanic/Latinx individuals, compared to 500 percent among non-Hispanic/Latinx White individuals. These staggering statistics indicate a substantial rise involving illicitly manufactured fentanyl (IMF) among Hispanic/Latinx individuals and highlight the disproportionate impact of this deadly substance on minority populations. With fentanyl's potency being 50 times greater than heroin and 100 times greater than morphine, its presence poses a grave threat to Hispanic/Latinx individuals and families, especially considering the limited awareness and understanding of its dangers within these communities.

One of the most insidious aspects of fentanyl is its tendency to be mixed into other drugs like heroin or cocaine, often without the user's knowledge. This practice significantly heightens the risk of accidental overdose, particularly among those who are unaware of

the prevalence of fentanyl-laced substances. Unfortunately, many Hispanic/Latinx individuals fall into this category due to a lack of education and outreach efforts tailored to their specific cultural and linguistic needs.

Socioeconomic challenges, language barriers, and cultural stigmas surrounding substance use further compound the issue, making it difficult for Hispanic/Latinx individuals to access support services and resources. This intersection of barriers exacerbates the vulnerability of minority populations, amplifying the risks associated with fentanyl misuse.

To address this gap in awareness and understanding, targeted interventions and culturally competent approaches are essential. Education delivered in multiple languages and formats relevant to Hispanic/Latinx communities can help increase awareness and promote harm reduction strategies. By prioritizing equity, access and culturally sensitive care, stakeholders can begin to dismantle the barriers preventing Hispanic/Latinx individuals from recognizing and responding to the threat of fentanyl.

The National Council on Alcoholism and Drug Dependence - Rochester Area (NCADD-RA) is committed to providing education, support and resources to Hispanic/Latinx communities to recognize and respond to the threat of fentanyl. Through collaborative efforts and community engagement, we can empower Hispanic/Latinx individuals to recognize the hidden



dangers of fentanyl and take steps to protect themselves and their loved ones.

These resources include educational materials and content that helps bridge the gap in knowledge about addiction and mental health conditions with the goal of normalizing these conversations and reducing stigma in this community. By increasing awareness and providing culturally appropriate resources, we believe we can work toward better mental health and well-being for all members of the Hispanic/Latinx community.

The NCADD-RA's Hispanic Prevention Education Program currently offers evidence-based programs in English and Spanish. They include Too Good for Drugs, which supports students in their social-emotional well-being, and Positive Parenting Program (Triple P), which supports parents covering topics such as reducing family conflict, emotions and dealing with stress, cooperation and communication skills. For more information visit ncadd-ra.org/services/hispanic-prevention-education-program/.

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.



Medicines vs. Supplements: What's the Difference? *by Bridget DeRollo, B.S., CPP-G*

With the ever-growing number of prescription and over-the-counter medications and supplements on the market, one question is particularly important to answer: What's the difference between a medication and a supplement? The big difference between the two is how they're viewed and handled by the Food and Drug Administration (FDA).

Defining Medicines

Medicines are tested by the FDA. They're defined as substances intended to diagnose, treat or prevent disease. Medications must pass clinical trials before being released to the public and the tests need to prove each medication is safe, performing just as the manufacturer claims. After these trials, the medicine is available as an over-the-counter or prescription drug.

Defining Supplements

The FDA does not regulate supplements. Under the Dietary Supplement Health and Education Act (DSHEA) of 1994, the FDA treats supplements like food and the DSHEA defines supplements as "products taken orally for supplementing the diet." Supplements can include minerals, vitamins or other natural biological substances and they are available in a variety of shapes and sizes, including concentrates, extracts, capsules, tablets, liquids and powders. However, many dietary supplements contain ingredients

that have strong biological effects which may conflict with a medicine taken for a medical condition.

Keep in mind, herbs and vitamins don't have to be tested for safety. Self-regulated by the manufacturer, no proof is required to demonstrate their effectiveness.

Dangers and Due Diligence

You should complete thorough research before taking any supplement and always practice caution when mixing medications and supplements. It's extremely risky to assume that 'all natural' supplements won't cause adverse effects. Many medications and supplements interact poorly with each other and can negatively impact your health. Be cautious and consult your physician before taking any supplements or over-the-counter medications.

Supplements do not need FDA approval to be sold. Only after a complaint is made or FDA testing reveals illegal or unsafe ingredients can the FDA get involved. For example, according to a warning by the FDA, "certain products marketed for arthritis and pain management could contain hidden ingredients that could be harmful to consumers." From August 2013 to September 2023, the FDA identified 22 arthritis and pain products with active ingredients not disclosed on the product label. The most common hidden ingredients detected in these supplements

were prescription-only corticosteroids, nonsteroidal anti-inflammatory drugs (NSAIDs), and muscle relaxants.

Tips for Safe Shopping

To make sure supplements and other over-the-counter products are safe to use:

- Buy products from well-known retailers or large pharmacies.
- Avoid buying products with labels in another language that you cannot read or products with no drug label.
- Be cautious of buying products online or from other countries.
- Look up suspicious products on the FDA's Health Fraud Database.
- Be wary of any product that offers miracle cures or relies on personal testimonies without evidence.

In general, do not base purchasing decisions on any health claims on a product label because companies selling supplements do not have to support these claims with clinical data. It is recommended to buy supplements that are certified by the National Sanitation Foundation (NSF) or United States Pharmacopeia (USP), both respected third-party testing organizations. Supplements with an NSF or USP stamp certify that they contain ingredients listed on the label and nothing else.

Cited from, American Addiction Centers Editorial Staff "Drugs vs. Supplements: What's the Difference?" January 19, 2023; Medscape "FDA Warns of Hidden Ingredients in Arthritis Pain Products" by Lucy Hicks, October 25, 2023

Coping with Teenage Emotions *by Elaine Alvarado*

Adapted from
*Triple P's Coping
with Teenagers'
Emotions Parent
Discussion Booklet*

Being a parent can be one of the greatest and most rewarding experiences while simultaneously being incredibly demanding, frustrating and exhausting. Many parents begin the very important job of raising the next generation with little or no experience and often learn through trial and error. The goal of the evidence-based Positive Parenting Program (Triple P) is to make parenting easier while raising well-adjusted teens in a loving, predictable environment. (There is also a Triple P program that focuses on parents of children ages 0-12 years, as discussed in the NCADD-RA's Fall 2023 newsletter.)

The transition from child to adulthood can be a highly emotional development stage which can be unsettling, stressful and frustrating for both parents and teens. In Triple P, the Coping with Teenagers'

Emotions discussion group topic gives positive suggestions to help parents teach their teens how to better manage and take control of their emotions. Discussions about the experiences of being a parent, coping with difficult behaviors, and managing teenagers' emotions as well as common situations when teenagers become highly emotional are encouraged.

Earlier this year, NCADD-RA's Triple P began partnering with Out of the Darkness, Inc., a faith-based organization that assists women residents in solidifying a clean and sober lifestyle. Through Triple P, residents at Out of the Darkness, Inc. are acquiring valuable tools to help them make a successful transition back to their families.

For more information on NCADD-RA's faith-based outreach and Triple P (offered in English or Spanish), please contact Elaine Alvarado at (585) 719-3481 or email elvarado@depaul.org.

Spring Clean Your Self-Care Routine *by Juliana Denning, B.S.*

Spring may be a time of stress and uncertainty for many high school and college students. Graduates are asking questions about their next steps and high school students are stressing over passing their finals. All these feelings can create mental turmoil. Parents and community members can assist during this critical time by offering students healthy coping strategies when faced with stressful situations.

Several community and college coalitions in the Finger Lakes area offer healthy prosocial activities during historically higher substance use risk days and other stressful times such as finals. One example of support resources available is this Self-Care Starter Kit provided by the University at Buffalo: socialwork.buffalo.edu/resources/self-care-starter-kit.html

Other self-care activities may include:

- Yoga, breathwork, stretching or meditating.
- Use apps such as MindShift, Breathe2Relax, iChill, Headspace, Calm, Ten Percent Happier and Simply Yoga to help with mindfulness and stress reduction.
- Talk with people you trust or look into emotion-focused therapy (EFT).
- Take social media breaks and avoid doomscrolling.
- Smile, which releases feel-good hormones and can trick your brain into feeling better.
- Eat well-balanced meals, get regular exercise, and plenty of sleep.
- Connect with your community or faith-based organizations.
- Avoid drugs and alcohol. They can create additional problems and increase stress.
- Recognize when you need more help. If problems continue or you are thinking about suicide, talk to a psychologist, social worker, or professional counselor. If that seems too overwhelming, call or text 988 to reach the Suicide and Crisis Lifeline.

Stress is a well-known risk factor for the development of substance use disorders as substances can activate the brain's stress pathways. Withdrawal from drugs and alcohol can also activate physiological stress responses leading to additional stress.



The ability to adapt is known as “psychological resilience.” Skills that build resiliency are learned. Ways to process stressors that limit further harm and ideally promote healing and reflection can include:

- **Action-Focused Strategies:** Reaching out for support.
- **Thought-Focused Strategies:** Separating stressors or missteps from self-worth—for example, reframing “I’m bad at writing” to “Writing is difficult for me.”
- **Emotion-Focused Strategies:** Journaling, exercise and mindfulness/meditation.
- **Distraction-Focused Strategies:** Going to a movie, watching a TV show or attending social events (ideally in combination with the above strategies and in healthy amounts).
- **Use stress to your advantage:** Research suggests if you alter situation-specific evaluations of stress as challenging verses threatening, you can improve your response to stress with willingness to experience it and confidence in your ability to recover.

If you are engaging with youth or young adults experiencing stress you can help by practicing the following:

- **Reach out and talk:** Create opportunities to talk. Do not force them. You can model by sharing some of your own thoughts.
- **Connect with others:** Talk to other adults about ways to help the individual cope. It takes a village!
- **Watch, listen and encourage expression:** Be alert for any behavior change. Changes in behavior may be signs that a person is having trouble and may need support. It is important for individuals who are struggling to feel they can share their feelings and that you understand their fears and worries.
- **Maintain normal routines:** Waking up, going to sleep, and eating meals at regular times provides a sense of stability and safety. Encourage students to keep up with their schoolwork and extracurricular activities but do not push them if they seem overwhelmed.
- **Take care of yourself:** You are better able to support others if you are healthy, coping and taking care of yourself first.

Self-care is an empowerment process that involves creating balance across personal, social and work lives in order to create the framework for managing life challenges, reducing burnout and avoiding compassion fatigue. Make self-care a priority and habit by scheduling activities and behaviors aimed at physical, mental, emotional, and spiritual well-being. Remember, it takes three weeks to form a habit and self-care should be as important to you as brushing your teeth.

Conversations and Coffee

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

In October 2023, the Finger Lakes Prevention Resource Center (FL PRC) hosted a Coalition Networking Event featuring four of the 23 coalitions from the Finger Lakes 12-county Region presenting to their peers and community partners on topics of increased interest that encourage community growth. Each of the coalitions provided valuable insight into new strategies and sustainable outcomes.

The Steuben Prevention Coalition presented “Sustainability Through Partnership” and shared their success in securing long-term funding from community partners as a result of collaboration and coalition-forward marketing strategies.

The Seneca County Substance Abuse Coalition presented “Youth Summit Preparation: Success and Challenges” and shared tips for success as the first coalition in the Finger Lakes Region to have hosted a large youth summit. They also shared their insights on ways to engage young people through fun activities involving a range of strategies from using goats at live events to sending out family fun time boxes to members of the community.

The Webster Health and Education Network presented “Incorporating Protective Factors into Coalition Work” and has worked extensively to incorporate protective factors into its environmental strategies which has resulted in increased community engagement and involvement.

Uplift Irondequoit presented “Working with Special Populations: Successes and Challenges” and has been addressing barriers to providing services for the LGBTQI+ community. Some of the nuances that come with providing services to hard-to-reach populations were shared.

There were many impactful points of discussion throughout the presentations including but not limited to:

- Sustainability is possible but you need to create a sustainability work-group and plan to follow through.
- If possible, create a position (paid or volunteer) for a media management specialist to assist with presenting your work from a positive lens and to demonstrate the change you bring to your community. Remember, people want to know what’s in it for them.
- Making your activities fun and interactive is crucial for getting the communities to want to learn about you and for helping them to remember your coalition.



- Use the Strategic Prevention Framework (SPF) to guide your work. Fall back to evaluation when you are not seeing the results you are looking for. Remember, coalition work is not one size fits all.
- Resources are the difference between thriving and surviving. Use the resources from other coalitions and the FL PRC in your community to help create change.

The goal of this event was to enhance collaboration and connection between our local coalitions, community partners and the FL PRC. In the end, it did so much more than that. This event created friendships, increased partnerships, advanced skills, provided education, and inspired hope.

The FL PRC would like to thank all of our community partners, Catalyst Insight, LLC, Veterans Affairs, Wegmans, and the New York National Guard Counterdrug Taskforce, for their attendance and collaborative efforts.

Life on the Coalition Highway

by Jerry Bennett, B.A., CPP

Hope you’ve been keeping up with our tour of community coalitions across the Finger Lakes Region. In 2023, we visited Ontario, Seneca, Steuben, and Chemung County coalitions. This year, we’ll ‘keep on trucking’ into Tioga and Broome counties.

Tioga County Advocacy, Support and Prevention Coalition (TC ASAP), ‘housed’ with CASA Trinity in Owego, has been awarded several grants including the federal Drug-Free Communities grant, the Sober Truth on Preventing Underage Drinking (STOP) Act grant, and Comprehensive Addiction and Recovery Act (CARA) funding. Project Director Christina Olevano oversees underage alcohol prevention efforts, reducing access to cannabis by underage persons, and placing Narcan wall units at community sites throughout the county while promoting Narcan training for residents. In addition, TC ASAP is an active supporter/promoter of the Drug Enforcement Administration (DEA) National Prescription Drug Take Back Days in April (April 27th this year) and October (date TBA).

Continuing down Route 86/17 highway, you’ll cruise into Broome County. (By the way, back in 1957, there was an historic meeting of the American Mafia in Appalachian, Tioga County - definitely not a drug-free prevention endeavor!) The Prevention Coalition of

Broome County (PCBC) is headquartered in Binghamton. Coalition Coordinator Maria Fabrizi keeps herself and the coalition busy with the ‘Rethink Your Vape’ campaign targeting parents and youth, supporting tobacco-free and smoke-free efforts of the Tobacco Free Broome/Tioga partnership, distributing drug destruction bags, and promoting DEA Take Back days in April and October. Binghamton University is a strong supporter. One very cool highlight is their creation of a ‘mock’ teenager bedroom program (Charlie’s Choices) - to help parents navigate tough conversations with their teens.

If you’re ever down in the Southern Tier, be sure to say hello to Christina in Tioga County and Maria in Broome County. Feel free to volunteer your time and talent!

Gambling Risks Increase for Young People: How to Lower the Stakes

by David Young, A.S.

For Ambus Hunter, what started as a fun trip to Las Vegas when he was 25 too soon turned into a gambling addiction. “I got consumed with the vibes,” he says, recalling how he loved the feeling of winning at first. He began gambling back home and on business trips, playing roulette whenever possible. He burned through thousands of dollars of savings before realizing he needed to find a way to stop. Now fully financially recovered at 37, Hunter works as an accredited financial counselor in Baltimore, helping other people recover their finances that have been damaged by problem gambling. “I learned a lot about myself and my relationship with money,” he says, lessons he helps others apply to their own lives and budgets.

According to experts, gambling is a growing problem among young adults, increasingly so with legalized sports betting and other forms of online wagering being easily accessible. “More and more youth are becoming vulnerable to gambling and problem gambling. It’s a social contagion,” says Dorothy Nuckols, who teaches personal finance for the University of Maryland Extension in Central Maryland.

Here are some ways parents can help teenagers and young adults avoid the risks of gambling:

Raise the Subject

“It’s very easy for kids to go underground with this, as kids often hide risky behavior from their parents,” says Lisa Damour, a clinical psychologist, parenting expert and author of “The Emotional Lives of Teenagers.” “It’s usually better if we’re having open conversations about the risks to which they have access, and better if our kids see us as allies in keeping them safe and helping them make better decisions.”

That means talking about the downsides of gambling, such as losing a lot of money, versus banning them from participating at all, which can backfire, Damour says. “If they want to do these things, we can’t stop them,” she adds.

Avoid Gambling Gifts and Games

While giving a scratch-off or lottery ticket as a gift to a child or organizing a fantasy football game for a group of young people might seem harmless, doing so can plant the seeds for a future gambling addiction, says Jeffrey Derevensky, director of the International Center for Youth Gambling Problems and High-Risk Behaviors at McGill University.

“One of the early predictors for gambling problems is an early big win,” Derevensky says, such as winning \$50 on a lottery ticket at age 12. As a result, he urges parents to avoid purchasing lottery tickets for children, even as a last-minute gift. “We are trying to delay the onset of gambling until people have the cognitive skills to set limits,” Derevensky says. “If you don’t gamble, you can’t become a problem gambler.”

Enforce Limits

Parents can also make sure underage minors still living at home don’t gamble online by blocking gambling sites and not providing access to a credit card. “We found many young people are using their parents’ credit card to gamble,” Derevensky says.

Parents should never provide their own credentials to allow children to gamble, she added. Not only is it against the law, but it “puts an adult product in the hands of a vulnerable population.”



NCADD-RA will once again host Gambling Anonymous meetings on Tuesdays at 12:00-1:00 p.m. (beginning on May 7th).

Recognize the Warning Signs

If your teenager or young adult seems preoccupied with gambling to the degree that it’s having a negative impact on other aspects of their life, then it might be time to seek help, Nuckols says. “It’s really personal as to what crosses the line,” she says. Red flags can include increased anxiety, losing sleep, gambling in secret, and using digital currency to hide funds.

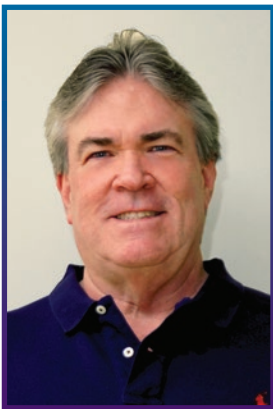
Hunter says that at the height of his own gambling addiction, he struggled with shame and embarrassment. He encourages people in a similar situation to seek out support networks like the National Council on Problem Gambling’s 1-800-GAMBLER line, which offers free and confidential help. The organization also provides a free screening tool on its website to help people determine whether they should get help. “You don’t have to do it alone,” Hunter says.

For more information on problem gambling as well as problem gambling referral resources visit the Finger Lakes Addiction Resource Center’s webpage at: ncadd-ra.org/services/finger-lakes-addiction-resource-center/.



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NCADD-RA's 2024 Annual Luncheon

The National Council on Alcoholism and Drug Dependence-Rochester Area's (NCADD-RA) 78th Annual Luncheon will take place from 11:30 a.m. to 2:00 p.m. on Wednesday, May 15 at the DoubleTree by Hilton in Rochester.

Keynote speaker Dr. Stephen L. Dewey will present "Understanding the Science of Substance Use Disorder." Dr. Dewey received his Ph.D. from the University of Iowa and completed his postdoctoral fellowship in the Neurology Department at Stony Brook University. During his 23-year tenure at Brookhaven National Laboratory, he conducted research on the effects of addictive drugs on the human brain. Dr. Dewey has published more than 250 peer-reviewed scientific research articles, book chapters, and abstracts.

For more information or to register, contact Elaine Alvarado at ealvarado@depaul.org or call (585) 719-3481. You can also visit ncadd-ra.org/events-trainings/ncadd-ra-annual-luncheon/ to register online.

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 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