

Substance Use Disorder: The Impact on Our Children

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

Of the 8.7 million children in the United States under the age of 18, approximately one in eight live in households where at least one parent has a substance use disorder (SUD), according to statistics from the Substance Abuse and Mental Health Services Administration (SAMHSA). This means that many children are living in homes where a parent is struggling with substance use – often without access to the help and support they need. In 2024, nearly 50 million people reported having a SUD, while fewer than 15 percent received the necessary treatment and support services. Equally staggering is that almost half of the overdose deaths in the United States from 2011 to 2021 involved individuals who had at least one child, according to the National Institute on Drug Abuse (NIDA).

Parental substance use can have profound and long-lasting effects on children. Those raised in families affected by SUDs often face significant challenges in academic, social and family functioning. They are also at greater risk of developing mental health disorders and experiencing maltreatment (Lipari & Van Horn, 2017). The chaos and uncertainty that often characterize their home environments can heighten stress levels, potentially altering brain development. This can lead to difficulties with attachment, emotional regulation, cognitive development and academic achievement.

Children with a parent with an SUD are at risk of several lifelong negative mental and physical consequences including:

- Less likely to effectively regulate emotions
- Less likely to set healthy boundaries within relationships
- Four times more likely to be emotionally or physically neglected, with higher rates in rural populations
- More likely to experience anxiety, depression, confusion and anger
- More likely to experience unexcused absences and drop out of school
- More likely to have problems with direct communication
- More likely to be involved with the juvenile justice system
- More likely to take on parental responsibilities in the home

Exposure to substance use is common among children within the child welfare system. Additionally, of the children who enter out-of-home care, about two out of five have documented parental substance use (AFCARS Annual File 2019).

In the long term, children of parents with SUDs are at higher risk of developing substance use problems and have a higher likelihood of engaging in risky behaviors. Heightening awareness and early intervention strategies are key in the prevention of adverse life events.

For more information, contact Senior Family Program Coordinator Bridget DeRollo at bderollo@depaul.org or (585) 719-3483.



The Impact of the Disease of Addiction on Children & Families

321K

More than 321,000 children in the U.S. have lost a parent due to a drug overdose from 2011 to 2021.

19

Approximately one baby is diagnosed with Neonatal Abstinence Syndrome (NAS) every 19 minutes in the U.S., or nearly 80 newborns diagnosed every day.

8

A child or parent with a substance use disorder (SUD) is eight times more likely to develop addiction than a child growing up in an addiction-free home.

20

One in 20 U.S. school-aged children may have a Fetal Alcohol Spectrum Disorder (FASD).

46.3 million individuals aged 12 or older in the United States have an SUD. Many are parents.

Addressing Substance Misuse Among Older Adults

by David Young, A.S.

For older adults, the issue of alcohol and drug misuse—and its progression to addiction—is both significant and often overlooked. The consumption of alcohol, tobacco, pain medications, or other substances combined with factors like pain management, loneliness, or shifts in social networks could evolve into a substance use disorder (SUD). Additionally, isolation, bereavement, and chronic health issues further heighten older adults' vulnerability to addiction.

It is crucial to approach this issue with understanding and compassion. Many older adults may not recognize their substance use as a problem. There too often may be stigma associated with seeking help which then presents a barrier for both the individual and family members seeking support for a loved one. Signs of addiction in older adults may include changes in mood or behavior, neglecting responsibilities, or withdrawal from family and social activities.

Intervention and support can significantly improve their quality of life. Treatment plans must be tailored to the unique needs of older adults, taking into account physical health and cognitive function. Support from family members, friends, and healthcare professionals play a vital role in recovery. Moreover, raising awareness about the risks of addiction in older adults can lead to earlier detection and intervention, ultimately promoting healthier lifestyles and improved mental health outcomes.

NCADD-RA offers valuable resources and tools to reduce the risk including medication lock boxes and lock bags to ensure that medications remain out of reach from children or pets. Medication disposal pouches which safely deactivate unused or unwanted medications, rendering them unavailable for misuse and safe for disposal, are also available.

For more information or to request a presentation or risk reduction tools, please contact FLARC Coordinator David Young at dayoung@depaul.org.



NCADD-RA Services:

- Addictions Counselor Credential Training
- Community Education and Advocacy
- Finger Lakes Addiction Resource Center (FLARC)
- Finger Lakes Prevention Resource Center (FL PRC)
- Hispanic Prevention Education Program
- Individualized Alcohol/Other Drug Education
- Resources and Referrals
- Team Awareness Workplace Wellness
- Total Approach Family Program

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Creating A Wellness Culture That Works Around the Clock

by Kara Cloud, B.A.

With funding from the NYS Office of Addiction Services and Supports (OASAS) Strategic Opioid Response (SOR) grant, the NCADD-RA can offer local agencies and businesses cutting-edge, evidence-based workplace wellness workshops for employees tailored by feedback from local business leaders. As this project is currently grant funded, the workshops are available at no cost. The very culture that fueled the opioid epidemic – whether through the overprescription of pain medication, shifting employment demands, or the healthcare cost crisis – can be countered by a stronger focus on well-being and prevention.

Consider the adage, “A chain is only as strong as its weakest link.” With 25 percent of the American workforce meeting clinical criteria for a behavioral health condition, it is no surprise that employee performance data reveals the widespread impact of mental health and substance misuse. A 2025 Gallup poll indicates that employee engagement has reached a 10-year low, with only 31 percent of employees and managers alike actively engaged – translating to eight million disengaged employees since 2020. Whether political tensions are fueling this trend, or vice

versa, one fact remains: disengagement at work mirrors disengagement from personal health, further exacerbating the mental health and chronic illness epidemic (CDC: www.cdc.gov/pcd/issues/2024/23_0267.htm). Moreover, every year since 2016, more US citizens have died from fatal overdoses than those who were lost to combat from the wars in Vietnam, Afghanistan and Iraq combined. This war within our home front cannot simply be ignored when we clock in.

In today's fast-paced work environment, where managers and employees juggle daily news, overlapping project deadlines, and the delicate balance of work and life, it may seem cost-effective to overlook an individual's need for support. However, numerous studies underscore the high costs of poor worker health.

For instance...

- Preventable workplace injuries cost an estimated \$170.8 billion in 2018. (CDC: www.cdc.gov/niosh/twh/business-case/index.html)
- Depression-related productivity losses account for an annual \$44 million loss. (American Medical Association: jamanetwork.com/

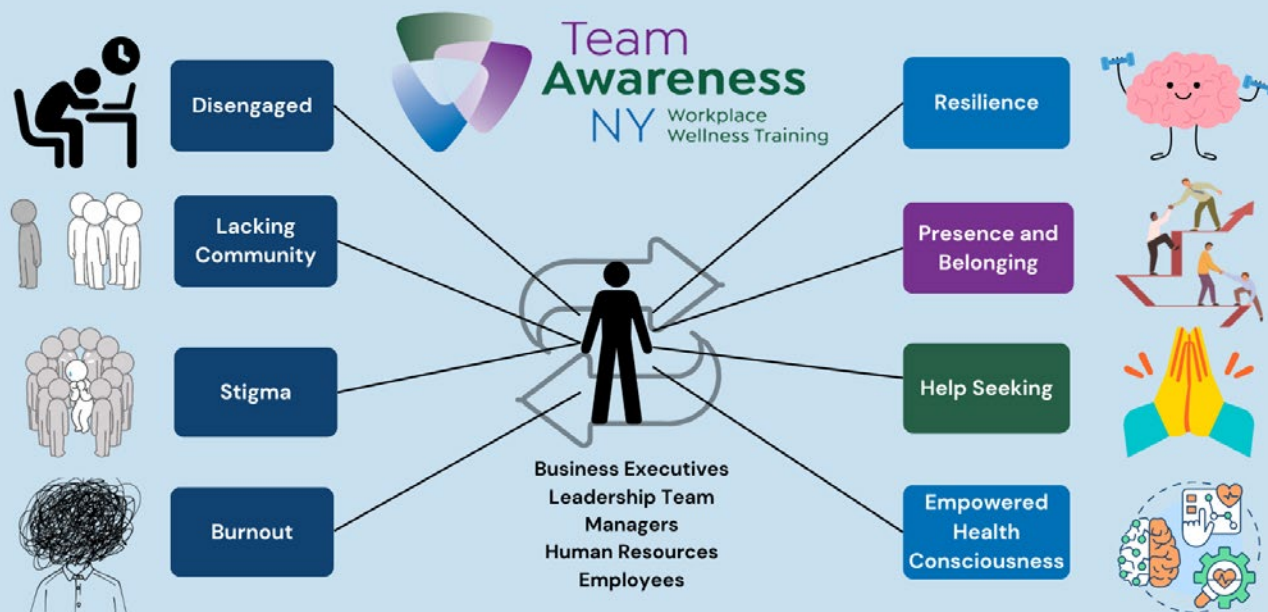
journals/jama/fullarticle/196767). Additionally, replacing an employee typically costs between 50 and 75 percent of their salary (Society for Human Resource Management: hrshrm.shrm.org/blog/2017/10/essential-elements-employee-retention).

These unignorable figures prompted the U.S. Surgeon General to release the 2022 Framework for Mental Health and Wellbeing in the Workplace and to call for action Addressing Health Worker Burnout with an “Advisory on Building a Thriving Health Workforce.”

The good news is that well-being is also contagious. Like a ripple effect, when leaders model healthy coping, active listening and resilience, these behaviors spread throughout the organization, reflecting in their interactions with clients, families and the broader community. The NCADD-RA's Team Awareness Workplace Wellness (TAWW) workshops provide a dynamic space to cultivate wellness organically within a variety of workplace environments.

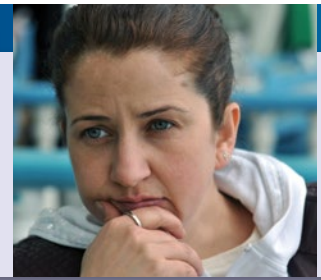
If you have concerns about productivity, team resilience, risk factors amongst your teams, or would like more information on bringing TAWW to your business or your agency, contact the NCADD-RA.

For more information, contact TAWW Coordinator Kara Cloud at kcloud@depaul.org, or NCADD-RA Director Jennifer Faringer at jfaringer@depaul.org.



“Sober Curious” Movement & Changing the Conversation Around Alcohol

by Delia Gallmeyer, M.S., MHC



Data from the National Institute on Alcohol Abuse and Alcoholism (NIAAA) indicates that 67 percent of adults in the U.S. reported drinking alcohol in 2023. However, emerging research suggests that the growing “sober curious” movement is encouraging individuals to re-examine their relationship with alcohol and explore the benefits of reducing or even eliminating alcohol consumption. Being “sober curious” might mean completely giving up alcohol, taking periodic breaks (i.e. “Dry January”), or simply cutting back on intake.

In response to this trend, restaurants, bars, liquor and grocery stores are increasingly offering non-alcoholic beer, wine, liquor and mocktails. It is important to note that some fermented drinks like kombucha and some “non-alcoholic” beers can contain up to 0.5 percent alcohol, so checking the ingredients is advisable.

Sober socializing and sober bars are also gaining popularity, especially in places like the Finger Lakes and the city of Rochester. AltBar is a non-alcoholic bar and bottle shop in North Winton Village and Chris Clemens has launched nonROCalholic, a resource for sober and “sober curious” individuals to find craft beverages from restaurants, bars, events, and stores that support this movement.

Engaging in this movement can lead to a range of positive outcomes:

Health Benefits: Many individuals may notice improvements in their physical well-being when they reduce alcohol intake, including better sleep patterns, increased energy levels, and a heightened sense of vitality.

Mental Clarity: Cutting back on alcohol can lead to improved mental clarity and emotional regulation, which helps in navigating daily challenges and fostering a more optimistic outlook.

Social Dynamics: Exploring alcohol-free activities opens the door to new social connections and experiences with others who share similar interests.

Personal Growth: Shifting focus away from drinking culture can reveal new hobbies and activities that contribute to personal development.

Self-Reflection: Central to the movement is a mindfulness regarding the effects of alcohol on both the mind and body, empowering individuals to make informed choices that enhance their overall well-being.

It is important to note that changing drinking patterns is not simple for everyone. The principles of “sober curiosity” or moderation are not suitable for those with

a physical dependence on alcohol. Sudden withdrawal from alcohol use can be fatal. Anyone experiencing nausea, shakiness or other withdrawal symptoms when trying to cut back on alcohol should seek professional medical assistance.

If you or a loved one are struggling, please view the following resources for additional support:

- Visit ncadd-ra.org and click on Resources and Directories for Monroe County. For the eight counties surrounding Monroe, select the Finger Lakes Addiction Resource Center, to find your county’s treatment and recovery service directory.
- Call the 24/7 HOPEline at 1-877-8-HOPENY (467369), New York’s state-wide, toll-free telephone hotline offering help for alcoholism, drug abuse, and/or problem gambling.



Available at ncadd-ra.org/resources/awareness-campaigns/alcohol/



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 referrals, 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.

Gambling: The Silent Addiction Impacting All Ages

by Jennifer Faringer, MS.Ed, CPP-G

Gambling is often seen as a form of entertainment, but for some, it can turn into a serious problem with devastating consequences, including financial distress, relationship breakdowns, and even mental health struggles.

Consider these statistics:

- Approximately 85 percent of adults in the United States have gambled at least once in their lives with 60 percent reporting gambling in the past year.
- Approximately one percent or two million adults meet the criteria for a problem gambling disorder, while another two to three percent or four to six million would be considered problem gamblers.
- About a third may not gamble at all, and many gamble infrequently.
- Ten percent of gamblers account for 65 to 80 percent of all wagers.

Increased access and availability play a significant role in problem gambling, for example, the legalization of mobile sports betting in 2022 made it possible for individuals to gamble at any time without leaving home by simply using their mobile device. New York now ranks third in the total amount of dollars wagered in the country with \$1.55 billion collected in taxes.

Problem gambling can affect anyone, regardless of age, background, or financial status. **Some of the most significant risks include:**

- Crime (robbery, embezzlement, fraud)
- Business (loss productivity, unemployment-related employer costs)
- Bankruptcy
- Risk of suicide
- Mental health conditions (stress, anxiety, depression)
- Treatment costs
- Family costs (divorce, child abuse and neglect, domestic violence)
- Social connection costs (loss of social capital – employer, family, friends)



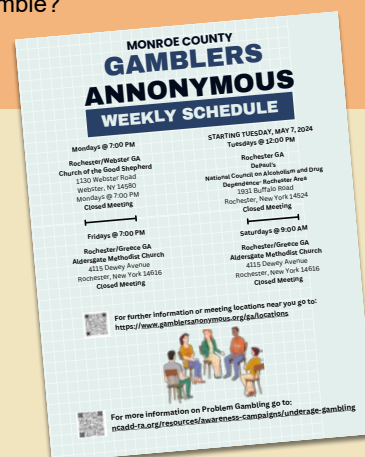
While teens and young adults are certainly impacted by problem gambling, so are older adults, a segment of the population we often forget. Older adults may be retired, have more time on their hands, and may be seeking social interaction. Gambling, like so many addictions, starts as a social connector but all too often results in social isolation with the gambler betting alone.

Seniors may believe gambling is a way to foster a sense of independence. Their gambling activity may be a form of emotional escape, whether from recent losses or depression. Often senior centers and churches sponsor regular trips to casinos, normalizing and celebrating it as an activity without warning the seniors of the potential risks.

It's so important to know the warning signs:

- Do you experience mood swings based on winnings and losses?
- Do you neglect other responsibilities to concentrate on gambling activities?
- Do you experience impatience with loved ones because they are interrupting your gambling activities?
- Are you willing to eat less or go without food so that you can gamble?
- Do you gamble with money that's needed for necessary expenses such as household supplies, groceries, medication, electricity, and rent or mortgage?
- Have you ever thought about cashing in your insurance policy for gambling money?
- Are you spending your retirement funds to gamble?
- Do you fantasize about big winnings and believe you will win back all your losses?

If you or someone you know is experiencing any of these warning signs, please know that **help is available!** For more information on problem gambling visit NCADD-RA's website at ncadd-ra.org/services/finger-lakes-addiction-resource-center/ to find resources that include a regional Problem Gambling Services Directory and a flyer with the active Gamblers Anonymous (GA) Meetings in Monroe County.



Coffee & Conversation Networking Session

by Juliana Denning, B.S.

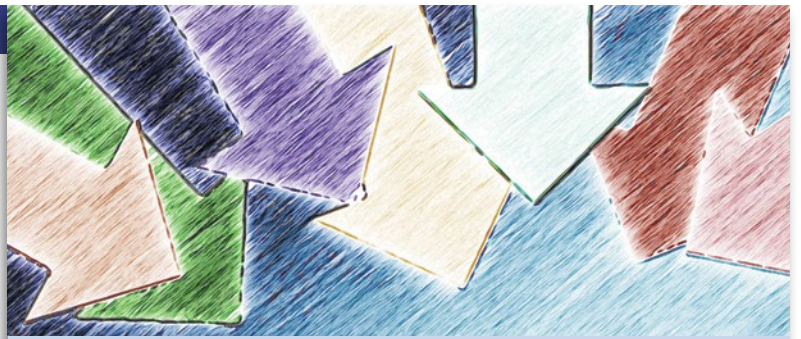
Covering a region that serves 1.6 million people presents challenges for area leaders seeking regular opportunities to network and exchange ideas.

The Finger Lakes Prevention Resource Center (FL PRC) ensures that collaboration is a priority by hosting an annual Conversations and Coffee Networking Event. The most recent event, held in Fall 2024, included representatives from eight coalitions, six coalition partners and three prevention providers in attendance. The networking event offered the Finger Lakes Substance Free Coalitions an opportunity to share and collaborate on their local initiatives. Coalition leaders and members discussed challenges and success highlighted in a variety of presentations including:

- The Prevention Coalition of Broome County's "Rethink Your Vape Toolkit."
- The Ontario County Veterans Coalition "Working with the Veterans Population," promoting the importance of the cultural proficiency lens needed to work effectively and with humility with this special population.
- The Rush and Henrietta Community Health and Safety Coalition's "How to become a 501C-3" and all the challenges that come with that process.

Community partners in attendance included Friends of Recovery - New York, Catalyst Insight, LLC, Idea Kraft, the Monroe County, NY Stop-DWI Program, The American Lung Association, and Pivotal Public Health Partnership. The FL PRC strives to foster and cultivate a sense of community within our region. We could not do this without the support of our event sponsors including The Ontario County Safety Training Center which provided us space to host the event and the Canandaigua Wegmans which graciously provided lunch for all the participants.

We look forward to hosting this event next year and are currently accepting letters of interest from coalitions. If your coalition is interested in presenting at the next Conversations and Coffee Networking event, please contact your FL PRC staff: Irene Lawrence at ilawrence@depaul.org, Jerry Bennett at jbennett@depaul.org, or Juliana Denning at jdenning@depaul.org.



At the Crossroads

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

During times of uncertainty, strong support systems—what we call supersystems—create stability. These supersystems provide resources, encourage leadership, and inspire meaningful change. They are essential for communities navigating challenges, offering the foundation needed to build resilience and sustainability.

With more than 80 drug-free coalitions in New York State (NYS) currently standing at the crossroads of uncertainty and hope, technical assistance is available. New York State's Prevention Resource Centers (PRC) provide a supersystem that community coalitions and prevention-funded providers need to continue their essential work of fostering healthy alternatives to substance use, building resilient youth, and ensuring culturally-appropriate programs.

According to the Office of Addiction Services and Supports (OASAS), "Prevention Resource Centers work with school and community coalitions statewide to implement and strengthen evidence-based prevention strategies." With a vision and mission of creating sustainable community coalitions which promote healthy substance-free environments, the PRCs are expertly equipped to support communities in reducing risk factors and increasing protective factors that directly impact substance use and its early onset.

Prevention Resource Centers adhere to NY's Prevention Framework by being "pro-active and data-driven" and by educating and advising local coalitions on how to use the Strategic Prevention Framework (SPF) to create sustainable community change. There are six OASAS-funded PRCs across the state, each working with a network of community-based organizations, local government agencies, law enforcement, faith-based groups, medical establishments, and major corporations. These partnerships drive policy change, strengthen communities, and provide a safety net during times of upheaval and change.

As Steven Greiner, Managing Director of the Schwab Center for Financial Research, notes, "uncertainty is about our inability to calculate risk accurately." The supersystem created by the PRC mitigates these unpredictable risks. It encourages coalitions and communities to access a safety network of partners, reducing isolation and reinforcing stability. By working together, we shift our focus from uncertainty to hope—because there is strength in numbers and grace in partnership.

For more information about the Finger Lakes Region PRC, visit ncadd-ra.org/services/finger-lakes-prevention-resource-center/.



Adapted from the Teen
Positive Parenting Program
(Triple P) Discussion Workbook

Building Teenagers' Survival Skills

by Elaine Alvarado


As teenagers begin the transition to adulthood, parents become increasingly concerned about their safety. In an effort to keep their teens safe, parents may provide boundaries which teens interpret as a restriction of their freedom. This can lead to conflict.

As teenagers spend less time under parent supervision and more time with peers, it can lead to more opportunities to engage in risky behaviors. Parents often struggle to communicate about these risks, while teens may feel that their parents overreact to perceived threats. Teenagers tend to underestimate their likelihood of encountering danger while overestimating their ability to handle such situations. This difference in perspective can lead to frustration and arguments.

Parents can support their teens by helping them recognize risky situations and proactively developing response strategies. Teaching teens how to successfully navigate social situations is a vital part of their development and transition to adulthood.

The Triple P Teen Parent Discussion Group provides parents with a space to share experiences and strategies for managing risky behaviors. During these facilitated sessions, parents explore the reasons why teenagers engage in risky activities and discuss ways to help them enjoy social experiences without jeopardizing their health and well-being. The focus also includes setting goals for clearer communication to foster positive change.

For more information on bringing Triple P to your faith-based or community parent group, in Spanish or English, contact Administrative Assistant Elaine Alvarado at elavarado@depaul.org.



Life on the Coalition Highway

by Jerry Bennett, B.A., CPP

We've been visiting community coalitions throughout the Finger Lakes and Southern Tier these past two years and our Finger Lakes Prevention Resource Center (FL PRC) 'bus tour' just rolled into Monroe County.

A cruise down Route 590 brings us to the Webster Health and Education Network (WHEN) where Coalition Director Janine Sanger and her team are empowering youth in Webster to grow up strong and substance-free. The coalition just received another five-year federal Drug-Free Communities grant – way to go! Outreach to teens includes youth listening sessions, engagement opportunities and WHEN's website (whendfcc.org/teens). Parents are engaged through outreach events, family game nights, world cafes, as well as the website (whendfcc.org/parent-info).

The Network has engaged the community with stickers on pizza boxes featuring positive protective factors such as get outside and play, hug your pet, call your grandparents, be a friend, make healthy choices, even brush your teeth after you eat the pizza! In addition, WHEN developed a Red Ribbon Drug Prevention Week toolkit – a useful resource with targeted messages and education around cannabis and other drugs, suggestions for healthy habits, as well as elementary-level trivia games and puzzles for this annual fall education experience. Janine is always looking for a few good volunteers.

From here, the FL PRC heads north to Irondequoit, home of Seabreeze Amusement Park, Don's Original hots and burgers, Parkside Whispering Pines, the oldest miniature

golf course in the country, and the Uplift Irondequoit Community Coalition led by Coalition founder Ginny Nacy, Director/Special Populations Project Coordinator Melissa Safford and Drug-Free Communities (DFC) Project Coordinator Christina Bartusek.

Uplift Irondequoit has created anti-vape messaging and a vape take-back event, as vapes are not suitable for household trash. The Coalition has received state and federal grants to launch campaigns that challenge the myths that surround cannabis and the accessibility of alcohol. Their 'Hidden in Plain Sight' mock teen bedroom display to help adults identify where teens might hide drugs or paraphernalia is featured at fairs and festivals. Parents and caregivers are encouraged to seek out safety tips and conversation discussion starters from the Uplift Irondequoit website (upliftirondequoit.org/). As with many of our coalitions, Uplift can always benefit from volunteer talents and skills.

Time to go for now, the FL PRC coalition 'tour bus' needs rest and refueling. Until the next newsletter...Adios!



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Please join us for

NCADD-RA's 79th Anniversary Annual Luncheon

Keynote Speaker

Bertha Madras, PhD

"Marijuana & Psychedelics"

When

May 21, 2025 from 11:30 am - 2:00 pm

Where

DoubleTree by Hilton

1111 Jefferson Rd., Rochester 14623

Online Registration

ncadd-ra.org/events-trainings/ncadd-ra-annual-luncheon/

Register by May 7, 2025

