

FALL
2011

September is National Recovery Month

Prevention Worksô Treatment is Effectiveô People Recover



Prevention Network has been making CNY a healthier community since 1949 by providing effective programs to prevent addictions and address other problem behaviors

PREVENTION PERSPECTIVE

September is Recovery Month, a time to acknowledge and promote the benefits of prevention and treatment of substance use disorders. This month-long celebration began in 1989 as Treatment Works Month. It initially called attention to treatment and recovery service providers. Twenty-two years later we highlight individuals who have reclaimed their lives and are living happy and healthy lives in long-term recovery, along with service providers who make recovery possible. **Recovery Month** seeks to promote recovery in all its forms and encourage citizens to take action to help expand and improve the availability of effective recovery services for all in need. This month we uphold the message that **recovery ... is possible**.

Thus September provides an opportunity to spread the positive message that behavioral health, including recovery services, is essential to the overall health of a nation and its people. **Recovery Month** is a call to action. This September, take a minute to recognize that the cost of ignoring this major public health problem impacts everyone in direct and indirect ways. The benefit of embracing public health initiatives ultimately profits everyone in direct and indirect ways.

"The 2011 Recovery Month observance aims to educate the public on the positive changes that national health care reform will have on access to needed recovery services for substance use and mental disorders. Recovery Month, officially celebrated each September, has become a year-round initiative that supports educational outreach and celebratory events throughout the year." SAMSHA 2011

"...Recovery Benefits Everyone,"

Prevention Network
cordially invites you to join our Board and Staff
as we applaud
Recovery in CNY
on
Friday, September 23, 2011
11:00am – 5:00pm
at Prevention Network
906 Spencer Street, Syracuse, NY 13204

Light Refreshments, the first 100 guests receive a Recovery Stone; Recovery Coaching Panel Q&A, Video viewing: The Neurochemistry of Relapse and Recovery; Information packets available on local 12 step meetings, Faces and Voices of Recovery; and the opportunity to share your recovery with a short video and or audio message.

Inside this edition: page

Changing Youth	2
Drug Quiz Show	3
College Transitioning	4
Defining Addiction	6
PCP	7

For more information:
315-471-1359 x 310 or
fm Moore@preventionnetworkcny.org

BRING A FRIEND

“Changing the World - One Youth At

By: Colby Sutter



Dropping out of school, teen pregnancy, family issues—the list goes on and on for young people. There is definitely a problem, but I believe many agencies in our community are doing something to positively influence the lives of our young people!

Boxing Hall of Famer, Ray Rinaldi, is a great example of someone who transformed his talent into a way to serve young people. Mr. Rinaldi decided to turn fighting into something positive through boxing. Rinaldi opened the Syracuse Golden Glove Athletic and Education Center in 1994. He offered the program to kids

that were getting in trouble in the streets, fighting, dropping out of school, etc. with the intent of giving them a second chance. The goal of this program is to give kids a way to redirect their aggression in a positive manner while simultaneously fostering their interest in alternative activities.

The main focus of the program is to provide positive influences and role models for youth in our community to empower them to avoid high risk behaviors and make healthy choices for themselves. Boxing is only one element of the program at Golden Glove. Youth are also offered a GED program and counseling for teen issues (i.e. alcohol and other drug abuse, conflict resolution, peer pressure, etc.).

On behalf of an agency also working to improve the lives of youth in our community, I would like to thank Ray Rinaldi and everyone at the Golden Glove Athletic and Education Center for all their hard work in making a difference in the lives of our youth.

Teen Institute completed the annual Youth Staff interview process in May. Many central New York youth applied and interviewed for the available Youth Staff positions. A diverse team of interviewers select this year's Teen Institute Youth Staff. The youth selected signed a one year pledge of commitment to the Teen Institute program to maintain and role model a substance free healthy lifestyle. The Youth Staff began training in July, to prepare and plan for this year's Teen Institute Conference in November.

Senior Youth Staff:

Amanda Vogler- Fabius-Pompey High School
Marissa DeMatties- Westhill High School
Shannon Knapp- LaFayette High School
Shelby Robinson- Fabius-Pompey High School

The interactive, adventure-based portion of the interview process was graciously hosted by Tom Gardner and Erick Erickson at the Liverpool Adventure Center. Special thanks to Tom and Rick for their talents, time and generosity.

Youth Staff:

Alisa VanSanford- Fabius-Pompey High School
Ashley Wolf- Fabius-Pompey High School
Courtney Tomeny- Marcellus High School
Jeremiah Noyd- Windsor High School
Madeline DuBeau- Marcellus High School
Patrick Kelly- LaFayette High School
Philip Lipsky- Tully High School
Samantha Finnie- Marcellus High School



We extend a warm welcome to our newest employee, Nicole Gibson.

Nicki has joined the Youth and Parenting Services Division, as the Program Assistant for the Reality Check CO² (Cayuga, Onondaga, Oswego counties) Program.

Welcome Nicki!

Prevention Network Staff

- Bradley E. Finn, Executive Director
- David Sturgeon, Business Manager
- Faith Mary Moore, Director of Community Services
- Beth Hurny, Director of Youth and Parenting Services
- Lori Blum, Support Staff
- Ron Garcia, DSS TANF Assessment and Referral Team Leader
- Nicole Gibson, Program Assistant Reality Check
- Mary Harrington, Support Staff
- Audrey Hopkins, Assessment & Referral Specialist
- Susan Meidenbauer, Drug Quiz Show
- Monica Richardson, Program Coordinator, Training and DDP
- Nicole Rookey, Program Coordinator, Teen Institute
- Philip Rose, Program Coordinator, Under age Drinking Prevention
- Alis Sefick, Coordinator, Central Region Prevention Resource Center
- Winston Skerritt, Assessment & Referral Specialist
- Colby Sutter, Program Coordinator Youth Development
- Cheryl Thomas, Asst. Business Manager
- Elizabeth Toomey, Program Coordinator, Reality Check
- TBD—PRC Community Development Specialist

Changes after 25 Years

After twenty-five years of providing prevention opportunities to hundreds of thousands of youth across New York State, the DQS has lost its major supporting sponsor. In 2010, this game show style competition reached 30,000 middle school aged youth representing more than 200 schools. Not only did these participants learn about drugs (including alcohol) they studied materials on decision-making, violence prevention, grief, feelings, stress and other high risk behaviors. The funding loss caused the not-for-profit corporation, Drug Quiz Show, to dissolve as an entity, in doing so they graciously passed on all assets and intellectual property to Prevention Network. We have the desire to continue this vitally important and impactful program, but need your help! Cont pg 6



25TH ANNUAL TEEN INSTITUTE
NOVEMBER 10TH-13TH, 2011
CAMP LONGPOINT CONFERENCE CENTER
PENN YAN, NY

Website:



www.PreventionNetworkCNY.org

Transitioning to college is very difficult **for parents!!**

Parents often have their own ideas about what is best for their young adult as he/she embarks on this life milestone. As you have most likely figured out already, this just doesn't work, no matter how we package it. As parents, we need to allow our college-bound young adults to make as many personal decisions as they can. We need to stand back, but stay ready to offer guidance and support. There are definitely times when we must let them go and hope we have taught them well to make healthy decisions. Will they always make the right ones? Probably not. The best we can do is support them in taking responsibility for and learning from the mistakes they make.

The first few months away at college can become an outlet to break loose, as our young adults are free from the fear of parental disapproval and begin to respond solely to their own rules. Initially, this is an absolutely thrilling experience; the feeling of total independence! During this time, young adults often make high risk choices involving alcohol and other drugs.

As parents, there are steps we can take to support our newly independent family member:

- Be aware of the campus alcohol and other drug policy, as well as campus resources available for student intervention.
- Maintain an open channel of communication with your young adult. Help them feel comfortable to come to you and not be afraid of potential repercussions for bringing up certain subjects, including alcohol and other drugs. We need to give our young adults the message that they can operate with significantly more independence, but that we will be there when needed.
- Encourage your young adult to identify with a group of students that share similar interests.
- Support your young adult's pursuit of his/her passion--not something that *you* want them to love.
- Encourage your young adult to get involved with college sponsored events and activities and then incorporate their involvement in these things into your conversations with them.
- Help your young adult set goals and then routinely ask about their progress. Remind him/her to bear in mind who he or she ultimately wants to become.

Don't forget! your children always need you, regardless of how old they are. We all make some unwise decisions at times. Your young adult will respond more positively to negative situations with the assurance that they have your love and support. Let your young adult know that you may occasionally worry, but that this behavior is a natural parental response to loving our children unconditionally and wanting what is best for them. Most of all, remember to stay present and participate in your young adult's life, rather than watch it from the sidelines!

The following websites provide helpful information and parenting support:

www.theantidrug.com or www.collegetipsforparents.org



2010—2011 Board of Directors

Mathew Costello, *President*
Geoff Wright, *Vice President*
David Moorhead, *Secretary*
Helen Beale, *Treasurer*

Robert "Kip" Allen
Henry Brigham
Jim Follette
Christopher J. Harris
Hunter Hillers
Emilee K. Lawson Hatch
Denise McNitt
Timothy Sennett
Jamie Lynn Sutphen

Mission Statement

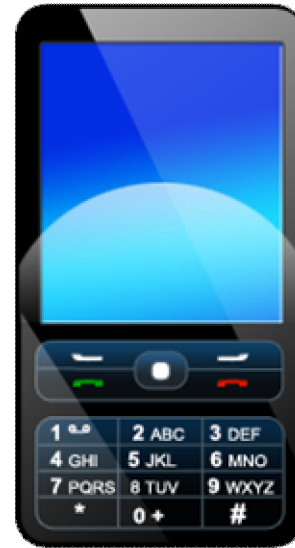
To implement and support strategies promoting healthy choices that prevent addictions and address related concerns.

SOCIAL NETWORKING IMPACT

on teen substance abuse:

<http://www.cadca.org/resources/detail/casa-columbia-releases-2011-teen-survey-national-survey-american-attitudes-substanc>

This week, The National Center on Addiction and Substance Abuse at Columbia University released the National Survey of American Attitudes on Substance Abuse XVI: Teens and Parents. This year's survey reveals that teens who regularly use social networking sites are at increased risk of smoking, drinking and using drugs. The survey finds that compared to teens who in a typical day do not spend any time on a social networking site, those who do are five times more likely to use tobacco, three times more likely to use alcohol, and twice as likely to use marijuana.



The CASA Columbia survey also reveals that 40 percent of all teens surveyed have seen pictures on Facebook, Myspace or other social networking sites of kids getting drunk, passed out, or using drugs. Kids who have seen such pictures are also at increased substance abuse risk.

This year's survey explored teen TV viewing habits in relation to teen substance abuse and found that compared to teens that do not watch suggestive teen programming, those who do are more likely to smoke, drink and use drugs.

According to Joseph A. Califano, Jr., CASA Columbia's Founder and Chairman and Former U.S. Secretary for Health, Education, and Welfare: "The relationship of social networking site images of kids drunk, passed out, or using drugs and of suggestive teen programming to increased teen risk of substance abuse offers grotesque confirmation of the adage that a picture is worth a thousand words. The time has come for those who operate and profit from social networking sites like Facebook to deploy their technological expertise to curb such images and to deny use of their sites to children and teens who post pictures of themselves and their friends drunk, passed out or using drugs. Continuing to provide the electronic vehicle for transmitting such images constitutes electronic child abuse."



The survey finds that those who do (social network) are five times likelier to use tobacco, three times likelier to use alcohol, and twice as likely to ..."

DEFINING ADDICTION

Cont from pg 3

DATE: August 15, 2011

FROM: American Society of
Addiction Medicine (ASAM)



For the first time this professional society representing close to 3,000 physicians espoused an official definition of addiction. ASAM has taken an official position that addiction is **not** solely a behavioral and/or substance abusing problem.

The Short definition indicates that %Addiction is a *primary, chronic disease of brain reward, motivation, memory and related circuitry*. Dysfunction in these circuits leads to characteristic *biological, psychological, social and spiritual manifestations*. This is reflected in an individual *pathologically pursuing reward and/or relief* by substance use and other behaviors.

Addiction is characterized by *inability to consistently abstain, impairment in behavioral control, craving, diminished recognition of significant problems with one's behaviors and interpersonal relationships, and a dysfunctional emotional response*. Like other chronic diseases, addiction often involves cycles of *relapse and remission*. Without treatment or engagement in recovery activities, addiction is *progressive* and can result in disability or premature death.+

Key factors relevant to prevention, treatment and recovery professionals today are spelled out in the long version of the policy statement that can be reached through:

<http://www.asam.org/DefinitionofAddiction-LongVersion.html>

The definition identifies that “ Genetic factors account for about half of the likelihood that an individual will develop addiction.+%Addiction is more than a behavioral disorder.+The presence of *an underlying biological deficit in the function of reward circuits*, such that drugs and behaviors which enhance reward function are preferred and sought as reinforcers.+



How much does it cost?

Prior to this year DQ had one major corporate sponsor which

minimized costs to each of the 200 involved schools. Unfortunately that sponsorship terminated and DQ's pursuit of one sponsor strategy failed. Previously DQ had never been placed in a position to charge for the services and materials provided, **but a collective buy-in** is the reality for DQ survival and our continuous work with community youth. We have the following strategies in place to maintain DQ in 2012 and beyond:

- **Franchise** . This is to sell local ownership of the DQ logo and publicity. For 2012, that cost is five-hundred (\$500) dollars per school. We can assist with marketing ideas, to securing sponsorships that allows both current and new schools to participate. Local ownership allows the sponsor to align its name with the DQ logo.
- Prevention Network is *seeking local and state-wide support* for DQ. That support will augment the budget and eventually diminish the per school cost. This effort will take time, but a plan has been activated to pursue dollars that may be coming as soon as this year.
- **Long Term Sustainability** . We will be establishing a temporarily restricted Board designated fund for DQ, which will slowly grow to a point of subsidizing and then sustaining the program.

DONATE: Visit the Prevention Network website (www.PreventionNetworkCNY.org) and make a donation on behalf of DQ. CALL us if you would like to assist in maintaining this vital program.



”Water/Wet”

Phencyclidine - PCP



PCP is a colorless crystalline powder that is sparingly soluble in water. PCP is clandestinely manufactured for purposes of

abuse. Once marketed as an anesthetic in the United States, PCP is no longer produced or used for medical purposes in the United States.

PCP is known as a dissociative anesthetic because it distorts sight and sound and produces feelings of detachment from one's environment and self. Smoking is the most common method of abusing PCP. Tobacco or marijuana are saturated with powdered PCP which is then rolled into a joint, for smoking. Marijuana joints or cigarettes are also dipped in a solution of PCP - where the term water or wet was derived.

The drug effects of PCP vary by the route of administration and dose. The effects can be felt within 2 to 5 minutes after smoking and 30 to 60 minutes after oral ingestion. Although some users report subjective effects lasting between 24 and 48 hours.

Low to moderate doses (1 to 5 mg) of PCP often cause the user to feel detached, distant and estranged from his surroundings. Numbness, slurred speech and loss of coordination may be accompanied by a blank stare, rapid and involuntary eye movements, and an exaggerated gait are among the more observable effects. Physiological effects include increased blood pressure, rapid and shallow

”It makes you feel like Superman!”

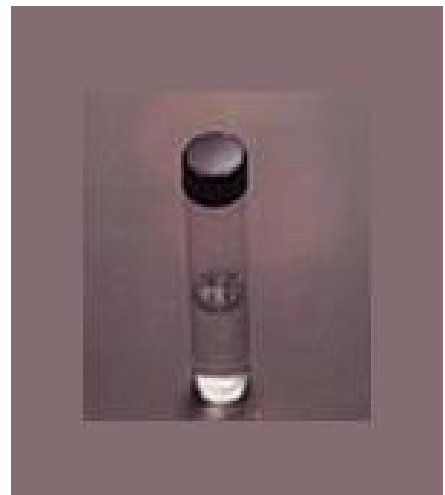
breathing, elevated heart rate and elevated temperature, increased feelings of invulnerability and strength.

www.deadiversion.usdoj.gov

According to the Upstate New York Poison Control Center, incidents of people intoxicated with PCP have been on the rise, and police say it quickly has become one of the most abused drugs in Syracuse.

Because PCP is a hallucinogen, users often experience this sensation of invincibility and perform crazy stunts while under the influence.

PCP is on the rise in Syracuse and is likely to be in the suburbs. Become informed about this drug, talk to your loved ones about both the dangers of the drug and the environment where PCP might be used.



Street names include PCP, angel dust, supergrass, killer weed, sherm, embalming fluid, and rocket fuel

”It makes you scary, violent, hot”



906 Spencer Street
Syracuse, NY 13204
Www.PreventionNetworkCNY.org
"Return Service Requested"

NON-PROFIT ORG.
U.S.POSTAGE
PAID
Permit # 3629
SYRACUSE, NY

SAMHSA Working Definition of Recovery:

Recovery is a process of change whereby individuals work to improve their own health and wellness and to live a meaningful life in a community of their choice while striving to achieve their full potential.

SAMHSA Principles of Recovery

- Person-driven;
- Occurs via many pathways;
- Is holistic;
- Is supported by peers;
- Is supported through relationships;
- Is culturally-based and influenced;
- Is supported by addressing trauma;
- Involves individual, family, and community strengths and responsibility;
- Is based on respect; and
- Emerges from hope.

**September is National
Recovery Month**

Prevention Works ô Treatment is Effective
People Recover

Join our celebration on 9/23,
details inside, page 1

Four Major Domains That Support Recovery--SAMHSA's Recovery Support Initiative:

1. **Health:** Overcoming or managing one's disease(s) as well as living in a physically and emotionally healthy way;
2. **Home:** A stable and safe place to live that supports recovery;
3. **Purpose:** Meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society; and
4. **Community:** Relationships and social networks that provide support, friendship, love, and hope.