

# CAA COUNCIL

ON ALCOHOLISM & ADDICTIONS  
OF THE FINGER LAKES



E-Newsletter on Drug Abuse

**ISSUE: 2-2017**

With national, state and  
local information on Drug Abuse

**SAVE THE DATE**



# CASAS

Region II Consortium of Alcohol and Substance Abuse Services

## 2017 Critical Issues Symposium

(Annual Legislative Breakfast)

**Friday, March 24, 2017**

8:30 a.m. to 10:30 a.m.

DoubleTree Hotel, 1111 Jefferson Rd, Rochester, NY

### Keynote Speakers

**Lieutenant Governor Kathy Hochul**

Co-chair, New York State Heroin Task Force

**Rob Kent**

OASAS General Counsel

New York Model for Overcoming the Opioid Epidemic

Sponsored by Region II CASAS

**Fee: \$30.00 per person** payable to

Region II CASAS

\*Payment due with registration.

**Please return your registration form by March 15, 2017 to:**

DePaul's NCADD - Rochester Area 1931

Buffalo Rd, Rochester, NY 14624 Atten-

tion: Elaine Alvarado

585-719-3481 | 585-423-1908 (fax) | ealvarado@depaul.or

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*Region II Consortium of Alcohol and Substance Abuse Services Critical Issues Symposium (Annual Legislative Breakfast)*

**Deadline: Wednesday, March 15, 2017**

Primary Contact: \_\_\_\_\_

Agency: \_\_\_\_\_

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

Additional Registrants: \_\_\_\_\_

**National Children of Alcoholics Week**

10 PERCENT OF U.S. CHILDREN LIVE WITH A PARENT WITH ALCOHOL PROBLEMS.

Does your drinking affect someone you love?

NIH.NIAAA.GOV



COA Week is a campaign led by Nacoa (The National Association for Children of Alcoholics) to raise awareness of children affected by parental alcohol problems.

Imagine coming home from school and dreading what you might find. Imagine having no friends because you're too embarrassed to bring them home in case Mum or Dad are drunk, or worse. Imagine living in a home full of fear and having no one to turn to because everyone denies there's a problem.

Together we can increase awareness of this hidden problem and the support available. Find out how you can help children of all ages know they are not alone.

Read More:

<http://www.coaweek.org/about/>

## Hogan: Limit opioid prescriptions to 7 days, boost penalty for dealers whose drugs cause fatal overdoses

Maryland Gov. Larry Hogan on Tuesday announced new measures aimed at addressing the state's growing opioid epidemic, including prescription limits for pain medications and lengthy prison terms for drug dealers convicted of distributing opioids that result in lethal overdoses. Hogan also signed an executive order establishing a central "command center" to coordinate local and state efforts to combat opiate abuse, a problem that resulted in 1,400 fatal overdoses in Maryland last year. The governor said he will introduce legislation that would limit the amount of opioid medications that doctors may prescribe to a seven-day supply, with exceptions for certain types of treatment such as for cancer and hospice care. "We have to cut that pipeline of new users," said Lt. Gov. Boyd Rutherford (R), who joined the governor during the announcement at Anne Arundel Medical Center in Annapolis.



[Click here to read more!](#)

## What Parents Should Know About Teen Depression

Are you the parent of a depressed teen? If so, you're not alone. According to the Substance Abuse and Mental Health Services Administration, in 2015 an estimated 3 million teens in America between the ages of 12 and 17 experienced at least one major depressive episode in the past 12 months; that's 12.5 percent of the U.S. adolescent population. An MDE is experiencing symptoms of depression, such as loss of interest in usual activities, lack of energy and hopelessness, accompanied by depressed mood for a period of two weeks or more. According to a study published in the journal Pediatrics, the prevalence of adolescents who reported they had an MDE in the previous year jumped from 8.7 percent in 2005 to 11.5 percent in 2014 - a 37 percent increase. Sadly, adolescent depression continues to rise.



[Click here to read more!](#)

## DEA Warns Public of Extortion Scam by DEA Special Agent Impersonators



The Drug Enforcement Administration is warning the public about criminals posing as DEA Special Agents or other law enforcement personnel as part of an international extortion scheme.

The criminals call the victims (who in most cases previously purchased drugs over the internet or by telephone) and identify themselves as DEA agents or law enforcement officials from other agencies. The impersonators inform their victims that purchasing drugs over the internet or by telephone is illegal, and that enforcement action will be taken against them unless they pay a fine. In most cases, the impersonators instruct their victims to pay the "fine" via wire transfer to a designated location, usually overseas. If victims refuse to send money, the impersonators often threaten to arrest them or search their property. Some victims who purchased their drugs using a credit card also reported fraudulent use of their credit cards.

[Read More:](#)

[https://www.deadiversion.usdoj.gov/pubs/pressreleases/extortion\\_scam.htm](https://www.deadiversion.usdoj.gov/pubs/pressreleases/extortion_scam.htm)

## Overdose Symptoms of 6 Supplements That You Need to Recognize

Every day brings a new headline or TV news segment asking, "Are you getting enough \_\_\_\_\_?" The blank can be filled in with just about any vitamin, mineral, vegetable, fat - you get the idea. Maybe this explains why the supplement business is booming. And it shows no signs of slowing down. A press release from Financial News Media states the global nutritional supplement market is expected to reach \$175 billion in 2020.



While adding a pill to your diet here and there might seem harmless, everyone's body has slightly different needs. Where one person may have difficulty properly absorbing iron due to the particulars of their health, another individual might soak it up like a sponge. In this instance, the latter person might end up consuming way too much of the mineral by mindlessly taking a tablet every morning.

[Read More:](#)

<http://www.cheatsheet.com/health-fitness/healthy-or-harmful-overdose-symptoms-of-supplements.html/?ref=YF&yptr=yahoo>

## Compulsive gambling

Signs and symptoms of compulsive gambling (gambling disorder) include:

- Being preoccupied with gambling, such as constantly planning how to get more gambling money
- Needing to gamble with increasing amounts of money to get the same thrill
- Trying to control, cut back or stop gambling, without success
- Feeling restless or irritable when you try to cut down on gambling
- Gambling to escape problems or relieve feelings of helplessness, guilt, anxiety or depression
- Trying to get back lost money by gambling more (chasing losses)
- Lying to family members or others to hide the extent of your gambling
- Jeopardizing or losing important relationships, a job, or school or work opportunities because of gambling
- Resorting to theft or fraud to get gambling money
- Asking others to bail you out of financial trouble because you gambled money away



Unlike most casual gamblers who stop when losing or set a loss limit, people with a compulsive gambling problem are compelled to keep playing to recover their money - a

pattern that becomes increasingly destructive over time.

Some people with a compulsive gambling problem may have remission where they gamble less or not at all for a period of time. However, without treatment, the remission usually isn't permanent.

Read More:

[http://www.mayoclinic.org/diseases-conditions/compulsive-gambling/symptoms-causes/dxc-20258394?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=housecall](http://www.mayoclinic.org/diseases-conditions/compulsive-gambling/symptoms-causes/dxc-20258394?utm_source=newsletter&utm_medium=email&utm_campaign=housecall)

## 'Dripping' may be a new, dangerous trend for teens who vape

One in four high school teens who have used e-cigarettes have also tried a potentially dangerous new vaping method called "dripping" - dropping e-cigarette liquid directly onto the hot coils of the device to produce thicker, more flavorful smoke - a new study found.



"Dripping," which differs from normal e-cigarette use that slowly releases the liquid from a wick onto a hot atomizer, may expose users to higher levels of nicotine and to harmful non-nicotine toxins, such as formaldehyde and acetaldehyde - known carcinogens.

Sixty-four percent of the surveyed teens said they dripped for the thicker smoke, 39% for the better flavor and 28% for the stronger throat hit or sensation, according to the study published Monday in the journal Pediatrics.

"When people smoke cigarettes, they say they smoke it for, for lack of a better word, a tingling in the back of the throat," said Suchitra Krishnan-Sarin, the study's lead author and a Yale professor of psychiatry who studies substance abuse behaviors.

Electronic cigarettes are battery-operated devices that heat liquid and turn it into vapor - instead of smoke - which a person inhales. One of the primary concerns about e-cigarette use in teens is increased exposure to nicotine, Krishnan-Sarin said. E-cigarette liquids can contain varying levels of nicotine, and dripping could expose teens to higher levels of the drug, the study states.

Read More:

<http://www.usatoday.com/story/news/nation/2017/02/06/dripping-may-new-dangerous-trend-teens-who-vape/97547428/>

## Quote of the Month



"You are never too old to set another goal or dream a new dream"

C.C. Lewis

Remember:

Getting Drunk is Never Safe....

Getting High is Never Smart !!!

Stay Clean -- Stay Sober -- Stay Healthy

-Tim VanDamme -  
Executive Director  
M.S., CASAC

To Subscribe or Unsubscribe: Contact Us At: [CouncilonAlcoholism@rochester.rr.com](mailto:CouncilonAlcoholism@rochester.rr.com)

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