



## E-Newsletter Issue: 8-2017

National, state and local information on Drug Abuse

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### Drug Paraphernalia - How Much Do You Really Know?



Educating yourself on various drugs and their paraphernalia is a key way to prevent drug use in your household. Would you be able to recognize drug paraphernalia when you see it? And which common household items could be connected to drugs? Test your knowledge by taking our quiz.

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### College students at increased risk for smoking marijuana

An analysis of national survey data indicates that students attending college are at a significantly higher risk of beginning to use marijuana than those not enrolled in college, underscoring the need for improved prevention efforts. The research, conducted by scientists at the University of Michigan, was funded by the National Institute on Drug Abuse (NIDA), part of the National Institutes of Health. The study found that the increased probability of past-year marijuana use for those enrolled in college versus not enrolled was 51% in 2015, 41% in 2014, and 31% in 2013. Prior to 2013 (between 1977-2012), youth in college who had never used marijuana in high school were 17-22% more likely to use marijuana in the past year than their peers not in college. The researchers examined marijuana use before and after 2013, the first full year after recreational marijuana use was legalized in



Colorado and Washington state.

The authors examined survey data from the annual Monitoring the Future study. These findings highlight the importance of developing and implementing marijuana education and prevention programs in a college setting.

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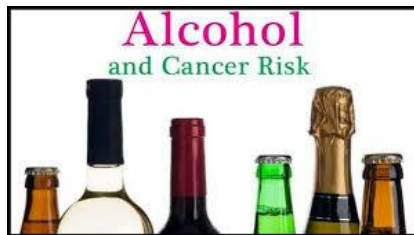
## 10 Strategies to Prevent Your Young Person from Using Drugs

According to a recent study, young people who hadn't used drugs up until their senior year in high school are more likely to use marijuana once they start college than their peers who don't go to college. Here are a few ways you can prevent your young loved one from using any drug before they head off to school and while they are in college.

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## What's the Link Between Alcohol and Colon Cancer?



If you choose to imbibe, you may be increasing your risk for one of the most common types of cancer.

Are you a heavy drinker? If so, you may be raising your risk of developing several different types of

cancer, including cancers of the oral cavity, pharynx, larynx, esophagus, breast, liver, colon and rectum.

Dr. Mark Pochapin, professor and director of the division of gastroenterology at NYU Langone Medical Center, says we have good data from a meta-analysis that shows the more you drink, the higher your risk for colorectal cancer. "Alcohol is literally a drug," Pochapin says.

The meta-analysis found that people who have three and a half drinks per day (about 50 grams of alcohol) have a 50 percent increased risk of developing CRC compared to light drinkers or non-drinkers. Those who drink moderately - defined as one to four drinks per day - have a 20 percent increased risk. "For every 10 grams of alcohol [you consume] per day, there is a 7 percent increased risk of CRC," says Dr. Alok Khorana, director of the Gastrointestinal Malignancies Program at Cleveland Clinic.

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## Social isolation, loneliness could be greater threat to public health than obesity, researchers say



Loneliness and social isolation may represent a greater public health hazard than obesity, and their impact has been growing and will continue to grow,



according to research presented at the 125th Annual Convention of the American Psychological Association.

"Being connected to others socially is widely considered a fundamental human need-crucial to both well-being and survival. Extreme examples show infants in custodial care who lack human contact fail to thrive and often die, and indeed, social isolation or solitary confinement has been used as a form of punishment," said Julianne Holt-Lunstad, PhD, professor of psychology at Brigham Young University. "Yet an increasing portion of the U.S. population now experiences isolation regularly."

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## Pharmacies in NY to provide naloxone at low to no cost

Albany, N.Y. (WHAM) - Starting Wednesday, a new program will allow people in New York to get naloxone at pharmacies at little to no cost using prescription health insurance.

The program works with people who have insurance coverage, including Medicaid and Medicare, to help with up to \$40 in co-payment assistance to obtain naloxone.



Naloxone is a medicine used to reverse opioid overdoses. Its use has dramatically increased over the last five years due to the rising opioid abuse epidemic across the U.S. Until January 2016, naloxone could only be obtained using a prescription or through a registered opioid overdose prevention program. The program is funded by New York State's Opioid Overdose Prevention Program.

For those without insurance or prescription insurance coverage, there are a network of registered opioid overdose prevention programs.

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## National leadership needed to fight the opioid crisis

The opioid crisis claims more than 91 Americans per day from overdoses; more than die of car crashes, gun violence or murders. Although the rate of opioid addiction has risen recently at an alarming rate, there is a misimpression that legitimate opioid use for pain invariably places patients on a fast track to addiction, with many turning to illicit prescriptions and, in



many cases, heroin. In reality, only a small portion (1 in 100,000) of those who become dependent on legitimately prescribed opiates become addicted to opioids, such as heroin. So what factors explain the opioid crisis and where should we devote our precious resources?

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## US drug overdose deaths reach new high



(CNN) - The latest government numbers reported find that drug overdose deaths in 2016 continued to climb despite ongoing efforts to stem the overdose epidemic.

According to the National Center for Health Statistics, estimates for the first nine months of 2016 were higher than the first nine months of the previous year, which had already reached an all-time high of 52,404. Of those, more than 33,000 were attributed to opioid drugs including legal prescription painkillers as well as illicit drugs like heroin and street fentanyl.

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## Mindful Aging: What It Is and Why You Should Be Doing It

Mindfulness has infused itself into just about every nook and cranny of the wellness space. You can eat mindfully, breathe mindfully, and exercise mindfully. But did you know that you can also age mindfully?



Practicing mindfulness has been shown to ease feelings of stress, anxiety, and even depression. Similarly, adopting a mindful POV about aging will help you live an authentic, joyful life, so you can make the most of your later years, says Andrea Brandt, PhD, author of the forthcoming book *Mindful Aging: Embracing Your Life After 50 to Find Fulfillment, Purpose, and Joy*.

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## Bullying Affects Everyone

Bullying can affect everyone-those who are bullied, those who bully, and those who witness bullying. Bullying is linked to many negative outcomes including impacts on mental health, substance use, and suicide.

This fundraiser is aimed at bringing in one of the best bullying speakers (Fabian Ramirez) to the middle and high schools of

Geneva, Waterloo, and Penn Yan, NY.

## **ANTI-BULLYING FUNDRAISING EVENT**

*Help Support This Important Event*



Chicken BBQ  
Walmart Parking Lot  
990 State Route 5 & 20  
Geneva, NY

Saturday, September 16th,  
11:00 am - 2:00 pm  
\$10.00

Pre-sale Tickets are available, stop by the Council on Alcoholism  
at  
620 W. Washington Street, Geneva.  
Hours Monday - Friday 9:00 am -4:00 pm.

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# National Recovery Month

Prevention Works • Treatment is Effective • People Recover

## SEPTEMBER 2017



### Illicit Drug Use

About 1 in 10 Americans used an illicit drug in the past 30 days.†

### Lights of Hope on the Road to Recovery

To celebrate people in recovery, those who have lost someone, and those who have yet to find recovery!

September 12th—6:00 PM @ Peoples Park, 15 Water St, Seneca Falls

Sponsored by T.A.M. (The Addicts Mom), The Council on Alcoholism of the Finger Lakes, and the Seneca Falls Police Department



Prevention, Education, Training and Referral Services

Ontario —Seneca —Schuyler —Wayne —Yates

(315) 789-0310 or visit us at

[councilonalcoholismfingerlakes.org](http://councilonalcoholismfingerlakes.org)



## Quote of the Month

*Just when the caterpillar  
thought the world was ending,  
He turned into a  
butterfly!*



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