



## **E-Newsletter Issue: 12-2017**

**National, state and local information on Drug Abuse**

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### **National Drunk and Drugged Driving Prevention Month**

The holidays are a time for friends, family and celebrations. Unfortunately, they are also the time when accidents involving drunk or drugged drivers increase. Because of this, the National Highway and Transportation Safety Administration has deemed December National Drunk and Drugged Driving Prevention/Awareness Month to help educate the public of the dangers of driving under the influence of alcohol and drugs.

The best way to stay safe during this month of celebration and beyond is to understand the very real risks of drugs and alcohol, to commit to always driving sober and to stick to the following tips.

#### **Tips For A Safe Holiday Season**

The following tips for a safe holiday can help you have fun and enjoy the season without risking the chance of getting a DUI or causing an accident due to drug or alcohol use.

##### **Plan Ahead**

With a full calendar of office parties and holiday get-togethers, it's easy to find yourself under the influence and away from home. It's much easier to designate a driver to get you home safely before you're under the influence. Planning ahead before you head out to celebrate can keep you safe and prevent an accident.

##### **Take The Keys**

What if you see someone you know stagger out of a party and into their car? Like the slogan goes, "friends don't let friends drive drunk." If we all applied this rule of thumb, there would be far fewer injuries and deaths due to drunk or drugged driving. Yes, it can be difficult to stop someone who is drunk or high from getting behind the wheel, but it's far easier than having to feel partially responsible for a needless accident. Offer a ride, pay the cab fare or let someone sleep over. Just don't let anyone drive when they are unable to safely do so.

##### **Be A Responsible Host**

As the host of a party, you have a responsibility to ensure your guests get home safely. This can be accomplished by offering transportation to and from the event, serving non-alcoholic beverages and cutting off the alcohol at least an hour or more before the party ends.

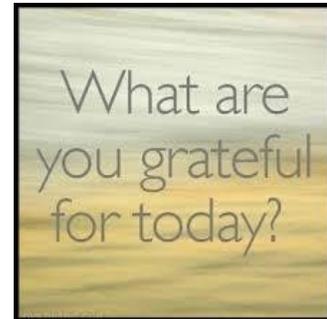
### **Do You Need Help Getting Or Staying Sober?**

The holidays can be a difficult time for those who are struggling with alcohol or drug addiction. However, help is available. If you or a loved one needs help, call the caring, professional staff at Summit Estate. With a single phone call, you can begin the journey of recovery.

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## **The Benefits of Being Grateful Are Real - & Might Just Change Your Life**

"An attitude of gratitude" may sound like some cornball saying, but you'd better believe it's a whole lot more. In fact, being grateful for what you have can change your worldview and your life - and it just might be the key to a totally happy, healthy existence. Practicing an attitude of gratitude can be a total game-changer, and we can prove it because... science.



Several scientific studies have shown how having a mindset of thankfulness can benefit you many times over. "Gratitude not only makes people feel good in the present, but it also increases the likelihood that people will function optimally and feel good in the future," explain the authors - Robert Emmons and Michael McCullough - of a study on gratitude and well-being, published by the Journal of Personality and Social Psychology.

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## **Signs that someone is struggling with an addiction**



While the holidays are a time to be enjoyed with family and friends, they also are a time when signs of addiction may be observed. Baylor College of Medicine's Dr. Thomas Kosten discusses the signs that families can look out for that their loved one may be struggling with an addiction, which can be

exacerbated during the holidays.

"Addictions are usually thought of in terms of chemical addictions; that is, substances that people take too much of and as people take them repeatedly over time they become dependent on them," said Kosten, professor in the Menninger Department of Psychiatry and Behavioral Sciences and director of the division of alcohol and addiction psychiatry at Baylor. "They need more and more to get the same type of effect so they are escalating their use all of the time."

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## Deaths from drugs, alcohol and suicide could hit 1.6M over the next decade, report says

Drugs, alcohol and suicide could lead to the deaths of more than 1.6 million people over the next 10 years, according to a report released Tuesday that signals a troubling trend in mental health in the U.S. In 2015, there were 39.7 deaths per 100,000 U.S. residents due to drugs, alcohol and suicide compared with 23.1 in 1999 - a whopping increase of 72%. That number could go up to 56 deaths per 100,000

residents in 2025, said the report commissioned by the Trust for America's Health and the Well Being Trust.

Researchers from the Berkeley Research Group examined deaths from 1999-2015 using data from the Centers for Disease Control and Prevention. New Mexico had the highest rate of drug, alcohol and suicide-related deaths in 2015: 77.4 per 100,000 residents. West Virginia was second with 67.4 deaths, though it saw the largest jump of all the states - more than three times the 22.1 it was in 1999.

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## Insomnia linked to alcohol-use frequency among early adolescents, says new psychology study



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terms of chemical addictions; that is, substances that people take too much of and as people take them repeatedly over time they become dependent on them," said Kosten, professor in the Menninger Department of Psychiatry and Behavioral Sciences and director of the division of alcohol and addiction psychiatry at Baylor. When someone stops taking a drug after they have been using it every day, they can experience withdrawal syndromes.

Insomnia is linked to frequency of alcohol use among early adolescents, according to new Rutgers University-Camden research.

"Parents, educators, and therapists should consider insomnia to be a risk marker for alcohol use, and alcohol use a risk marker for insomnia, among early adolescents," writes Rutgers-Camden researcher Naomi Marmorstein in the study, published recently in the journal *Addictive Behaviors*.

Marmorstein, a professor of psychology at Rutgers-Camden, examined the associations between alcohol use and four sleep-related issues: initial insomnia;

daytime sleepiness; sleep irregularity, defined as the difference in weekday and weekend bedtimes; and disturbed sleep, characterized as nightmares, snoring, sleepwalking, wetting the bed, and talking in sleep.

When sleep problems were found to be associated with frequency of alcohol use, she examined whether symptoms of mental health problems or levels of parental monitoring accounted for these associations.

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## **When "Taking the Edge Off" Becomes Full-Blown Alcoholism**

"I didn't really know what I liked to do because my hobby was drinking."

To others, Chenoa W.'s life looked like something out of a fairy tale - she had a loving, handsome husband, two adorable children and the luxury of being a stay-at-home mom on a small farm in Oregon - but behind closed doors, her storybook life was crumbling beneath a weighty secret: Chenoa is an alcoholic. It started shortly after the couple's second child was born in 2008. "I found myself with a newborn baby boy, a 2-year-old girl, and I was still grieving the loss of my mom, who died when I was pregnant with my daughter," Chenoa says. "I was feeling overwhelmed at times and there was this emptiness inside of me."

At the end of particularly challenging days, she started to drink a glass of wine "just to take the edge off." Over time, she was sipping a glass of wine every night - then two glasses, then three. In the beginning, Chenoa would wait until 5 p.m. to pop the cork "because that was the acceptable hour." But as months passed, she'd break out the wine in the early afternoon.

**It scared me to death to think about life without alcohol.**

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## **Featured News: Center Uses Harm Reduction and Recovery Safety Plans to Reduce Opioid Overdoses**

A network of health centers in New York state is using safety planning - which has most often been associated with reducing risk of suicide - in an attempt to reduce opioid overdoses.

The Institute for Family Health, which has community health centers throughout New York City and in the Mid-Hudson region, has designed and begun to use two-page, personalized Harm Reduction and Early Recovery Safety Plans, which take into account the different ways in which a person might be at risk of an opioid overdose. "One group of people at risk of an opioid overdose are those who are actively using opioids, who may not be ready to stop," says Thomas McCarry, LMHC, Director of Substance Abuse Prevention at The Institute. "These people need a harm reduction approach, which acknowledges that not everyone wants to be free of substances, and even those who do may have a difficult time getting there. We tell them there are things they can do to take care

of themselves and reduce possible health and other risks associated with using illicit drugs."

A second group of people have stopped using drugs. Some are intentionally working on recovery after treatment, while others may have stopped because they were incarcerated or are pregnant. They are still at increased risk of an overdose if they use opioids again, because they now have a lower tolerance than they did while they were still actively using drugs, McCarry says. These people need an early recovery safety plan focused on maintaining sobriety.

# Rising teen suicide rates creates need for greater awareness

There's a deadly trend nationwide - more teens are committing suicide. Experts are blaming social media. WNYT reports health officials are noticing swelling suicide rates among teens in the capital region, and here in the Finger Lakes Region, data shows similar trends. You might remember four Penfield High School students



committed suicide over the course of 18 months, the most recent happened back in May. The latest Monroe County Youth Behavior Risk Assessment also shows alarming numbers. Over the last 10 years, more teens have reported feeling sad and hopeless. Data from the report also shows more teens have also seriously considered suicide. Those same teens also report spending more than five hours a day on their phones or tablets.

In Ontario County, the latest numbers show 137 people died by suicide over the past decade.

Twenty six-year-old Emmy Farstad once tried to kill herself when she was a teen. She said social media wasn't as popular then. Had it been, Farstad says her problems would have been much worse.

"Peers were very cruel and they made up rumors that I was pregnant, that I had died, that I had cancer - spreading these rumors," Farstad said. "Once, I was hospitalized. I told a couple close friends and that spread like wildfire."

### **TIPS TO DECREASE TEEN SUICIDE RATES:**

- Look for changes in behavior;
  - Limit exposure to social media;
  - Set a time every night when your children hand over their phones and devices;
  - Check their browsing history;
  - Talk with your children;
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ARE YOU  
AFFECTED BY  
SOMEONE ELSE'S  
ADDICTION?

## **NAR-ANON OFFERS HOPE**



**Nar-Anon Family Groups**  
are a worldwide fellowship for  
those affected by someone  
else's addiction. As a twelve  
step program, we offer  
our help by sharing our  
experience, strength & hope.

111 Fall Street, Seneca Falls  
**Wednesday 7PM**  
(Starting 10/4/2017)

Contact Ann for more info  
**315.729.8168**

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#### **Nar-Anon World Services**

23110 Crenshaw Blvd. Suite A  
Torrance, CA 90505

(800) 477-6291

[nar-anon.org](http://nar-anon.org)

To get a printable version of this flyer (for outreach purposes), go to [nar-anon.org/outreach-flyer](http://nar-anon.org/outreach-flyer)



***From the Council  
Board of Directors  
and Staff***



Council on Alcoholism and Addictions | 315-789-0310 | [council@rochester.rr.com](mailto:council@rochester.rr.com) | Website

Tim VanDamme Executive Director M.S., CASAC