



E-Newsletter on Drug Abuse

ISSUE: 7-2016

With national, state and
local information on Drug Abuse

I gave up drinking. You should too

In August 2013 I woke up terrified in the middle of the night on a couch in Montreal. A dark room tilted and spun on a lopsided axis. The hard futon on which I'd sprawled earlier in the night threatened to dump me into the abyss between its edge and the coffee table. My mouth tasted foul. I lurched upright. The universe punished me with a spear of pain from the back of my neck down to my right thigh, stiffening and immobilizing that side of my body. But danger rumbled in my guts. So I clung to furniture and tried to navigate my friend's unfamiliar apartment. My hands pawed at the wall then found a doorknob and a light switch. Fluorescent light beat on my retinas. Linoleum tile. I squinted, peered, peered around for the toilet. A rushing noise in my ears grew louder.

And then it was too late.

Read More:

<http://www.businessinsider.com/why-you-should-quit-drinking-alcohol-2016-7>



Heroin Use in U.S. reaches "alarming" 20-High

Heroin use has reached the highest level in 20 years in the United States, according to a new global drug report that calls the trend "alarming."

The UN Office on Drugs and Crime released its World Drug Report 2016 today. The annual report examines the health impact of opiates, cocaine, cannabis, amphetamine and other substance abuse around the world.

The report said heroin is the deadliest drug worldwide, and said its increasing use in the U.S. is of particular concern.

There were about one million heroin users in the U.S. as of 2014, almost three times the number in 2003. Deaths related to heroin use have increased five-fold since 2000.

Read More:

<http://www.cbsnews.com/news/heroin-use-in-u-s-reaches-alarming-20-year-high/>



Alcohol consumption contributes to cancer, even in moderate drinkers

Drinking alcohol increases the risk of several types of cancer, and was responsible for 236 cancer deaths under 80 years of age in New Zealand in 2012, according to a new study at the University of Otago. The research, in collaboration with the Global Burden of Disease Alcohol Group, and just published in the international journal *Drug and Alcohol Review*, builds on previous work that identified 30 per cent of all alcohol-attributable deaths in New Zealand to be due to cancer, more than all other chronic diseases combined. The study uses evidence that alcohol causes some types of cancer after combining dozens of large studies conducted internationally over several decades. The cancers that are known to be causally related to alcohol include two of the most common causes of cancer death in New Zealand, breast and bowel cancer, but also cancer of the mouth, pharynx, esophagus, larynx and liver. This New Zealand study estimated mortality for 2007 and 2012.



[Read More:](#)

<http://medicalxpress.com/news/2016-06-alcohol-consumption-contributes-cancer-moderate.html>

DEA Releases 2016 National Heroin Threat Assessment Summary

Problems resulting from abuse of opioid drugs continue to grow

The United States Drug Enforcement Administration (DEA) released the 2016 National Heroin Threat Assessment Summary - Updated (NHTA) today. The report outlines the expanding public health crisis afflicting America due to the use and abuse of heroin and other opioid drugs. Some key facts:



- *The number of people reporting current heroin use nearly tripled between 2007 (161,000) and 2014 (435,000).*
- *Deaths due to synthetic opioids, such as fentanyl and its analogues, increased 79 percent from 2013 to 2014.*
- *Deaths involving heroin more than tripled between 2010 (3,036) and 2014 (10,574) - a rate faster than other illicit drugs.*

[Read More:](#)

<https://www.dea.gov/divisions/hq/2016/hq062716.shtml>

Second Annual Game Changers Kicks Off in Lockport

Program free for boys and girls 8 to 18 years old

James J. Hunt, Special Agent in Charge of the U.S. Drug Enforcement Administration (DEA) New York Division, City of Lockport Mayor Anne McCaffrey, U.S. Attorney William Hochul, U.S. Attorney's Office Western District of New York, Chief of Police Michael Niethe, Lockport Police Department, and Head Basketball Coach Mike MacDonald, Daemen College, announced that the Second Annual Game Changers will begin on July 1, 2016.

DEA Special Agent in Charge James J. Hunt stated, "While we continue to seize record amounts of heroin nationwide, we are also working with our law enforcement and community partners to stop drug use before it starts. Game Changers is an initiative designed to provide a safe zone for inner city youth to develop healthy life skills, career building qualities as well as academic and athletic development."

[Read More:](#)

Addiction treatment patients trained to manage their healthcare may have better outcomes

Research funded by the National Institute on Drug Abuse (NIDA) reveals that teaching patients in addiction treatment how to communicate with physicians, and providing training on using an electronic health records portal, empowers them to better engage in their health management. This in turn may increase the likelihood that they will refrain from using drugs and alcohol, and remain in addiction treatment longer.

In this six-month study, about half of the patients were assigned to LINKAGE, a program which provided health information, guidance on how to effectively communicate with healthcare providers, and training in the patient portal. The remaining participants were given Usual Care, which provided information on medical problems associated with alcohol and other drug use. All participants received standard treatment, including medical exams, detoxification, therapy groups, individual counseling, and 12-step meetings. LINKAGE, compared to Usual Care participants, logged into the portal more often, sent more messages to their primary care providers, viewed test results more often, and were more likely to discuss alcohol and other drug use with their primary care physicians. Patients participating in all six LINKAGE sessions had higher portal use, increased abstinence, and longer time in addiction treatment, compared to those who participated in fewer sessions. More research is needed to see if these benefits extend past six months.



Read More:

<https://www.drugabuse.gov/news-events/news-releases/2016/06/addiction-treatment-patients-trained-to-manage-their-healthcare-may-have-better-outcomes>

Alcohol abuse or alcoholism? How to spot the differences

There's no doubt alcohol-related problems are a concern across the United States. According to the National Institute of Alcohol Abuse and Alcoholism, one in 12 American adults is an alcohol abuser or an alcoholic.

Yet, there is plenty of uncertainty about the difference between the two conditions. What's alcohol abuse and what's alcoholism?

One of the most important differences between alcohol abuse and alcohol addiction is the loss of control, cites Dr. Tim Huckaby, medical director of the Orlando Recovery Center, who adds that the term used today by medical professionals is alcohol use disorder - mild, moderate, severe - with mild being "abuse" and moderate/severe being "addiction."

"Most people abusing alcohol are able to modify their behavior when the consequences of their abuse begin to interfere with their lives," Huckaby says. "With alcohol addiction, however, the brain reward pathways undergo changes that are believed to be irreversible, resulting in powerful cravings to continue drinking and complete loss of control over their drinking to the point that every aspect of their life becomes affected."

Read More:

<http://www.orlandosentinel.com/health/addiction-recovery/os-alcohol-abuse-alcoholism-difference-20160628-story.html>

Drunkorexia is a thing and it's really bad for you



You might have heard of the term "drunkorexia" before - and based on a few studies, it's getting a lot of press these days. While it sounds like a fun, made-up word, it's way more harmful than cute. Drunkorexia is a lesser-known eating disorder that also ties in a dependency to alcohol, and it's starting to gain traction all over college campuses.

Drunkorexia leads to both men and women purposely skipping meals, or even purging meals, in order to make caloric room for alcohol. Since binge drinking can often cause weight gain, drunkorexics try and counteract this by failing to eat proper meals if they're anticipating a big night of partying. But since drinking on an empty stomach will also cause someone to process the alcohol much quicker, it'll also cause the buzz of alcohol to start much sooner.

Read More:

<http://hellogiggles.com/drunkorexia-thing-really-bad/2/>

Cocaine Concealed in Hundreds of Pounds of Yucca Drug

stash house found across the street from P.S. 196 in the Bronx



James J. Hunt, Special Agent in Charge of the U.S. Drug Enforcement Administration's New York Division (DEA), Bridget G. Brennan, New York City's Special Narcotics Prosecutor, and New York City Police Commissioner William J. Bratton, announced the seizure of 52 kilograms of cocaine found concealed in fake Latin American root vegetables from

a basement apartment in the Soundview section of the Bronx. The apartment is located across the street from P.S. 196, an elementary school, and close to two other schools: P.S. 691, also called Bronx Little School, and The Cinema School, a public high school.

On July 6, 2016, members of the DEA New York Division and investigators with the Office of the Special Narcotics Prosecutor were conducting surveillance on a vehicle associated with an ongoing heroin investigation in the vicinity of East 172nd Street and Stratford Avenue. At approximately 12:50 p.m., members of DEA Group D-43 observed a man carrying a black backpack, later identified as Francisco Ramirez, walk to the vehicle and unlock the door. Agents and investigators approached Ramirez, observed suspicious activity, and talked to him. They subsequently conducted a search of his person and the vehicle. Inside the backpack, agents and investigators found \$100,000 cash wrapped in bundles. Ramirez also had eight glassine envelopes of heroin, five baggies of cocaine, 19 zips of crack cocaine, and a bag of marijuana in his pocket. A second backpack found in the trunk of the vehicle contained eight plastic yuccas, which New York State Police K-9 Lexy alerted to the presence of narcotics. Francisco Ramirez was placed under arrest.

Read More:

<https://www.dea.gov/divisions/nyc/2016/nyc070716.shtml>

Advocates Fear More Heroin Withdrawal Deaths in Jails

In the days following her 18-year-old daughter's first arrest on heroin charges, Stephanie Moyer took solace thinking the nearby jail in central Pennsylvania would be a safe place for her to stay until she could get her into a treatment program. However, Victoria "Tori" Herr sounded disoriented on a call home three days later. "I just want something to drink. I want lemonade. They won't give me lemonade," she told her mother, who asked what was wrong. "I don't know, but I'm



seeing people die. I'm going to die." "I said, 'Well, maybe you're going through withdrawal,'" Moyer recalled last week, more than a year after Herr collapsed following days of severe vomiting and diarrhea at the Lebanon County Correctional Facility. She spent five days in the hospital, then died on Easter Sunday 2015.

[Read More:](#)

<http://abcnews.go.com/US/wireStory/advocates-fear-heroin-withdrawal-deaths-jails-40489353>

The Addiction That's Killing Women Over 50

If you think drug overdoses are the scourge of inner city "junkies," think again.

Americans all over the country are becoming addicted to opioids, a class of drug that is killing them in record numbers. In fact, there has been a 450 percent increase in the number of deaths among women since 1999, a statistic attributed to opioid use. How did this happen?

If you take Oxycodone, Percocet, or Fentanyl—drugs all classified as opioid pain killers—the experience is "identical to taking heroin," according to Andrew Kolodny, M.D., founder of Physicians for Responsible Opioid Prescribing, and a senior scientist at the Brandeis Heller School for Social Policy and Management. And that's just what hundreds of thousands of Americans are doing every day—legally. They are taking a pain-killer that is addictive and that can potentially harm them if they find they can't live without it.

"The U.S. is in the midst of a severe epidemic of opioid addiction," Dr. Kolodny says. "Use of these drugs has increased very rapidly over the past 20 years—in fact, there's been a 900 percent increase since 1997; that's referring to both prescription opioids and heroin."

[Read More;](#)

http://www.huffingtonpost.com/entry/the-addiction-thats-killing-women-over-50_us_577c136fe4b0a629c1ab07ab

New York Like Scene From 'The Walking Dead' After Large-Scale Marijuana Overdose

In what onlookers compared to a scene from a zombie movie, a mass K2 overdose occurred on Tuesday in Brooklyn, New York.

Around 9:30 a.m. some 33 users had an near synchronized reaction to the drug in the public areas around Broadway and Myrtle Avenue, with some buckled to the sidewalk and others urinating and vomiting, according to DNA Info.



"It was a scene out of 'The Walking Dead.' People were stumbling all over the place," neighbor Brian Arthur, 38 told DNA Info. "There was a couple of them trying to pick themselves up. One guy couldn't move at all. They had to pick him up by his pants to put him in the ambulance."

Emergency medical crews came to the scene and many of the 33 people treated were hospitalized and listed in serious condition afterwards.

K2, a drug referred to as synthetic marijuana, is made by spraying chemicals on dried leaves and is meant to mimic the effects of pot. It is often sold under different names, which makes it hard to assure the substance's quality, according to the New York City Health Department.

Health Department officials warn that the drug, which was outlawed in October, can make users feel "extreme anxiety, confusion, paranoia, hallucinations, rapid heart rate, vomiting, seizures, fainting, kidney failure, and reduced blood supply to the heart."

Read:

<https://www.yahoo.com/news/york-scene-walking-dead-large-123718783.html?nhp=1>

Arizona police can search based on pot smell, despite legal uses: court



PHOENIX (Reuters) - Police in Arizona may legally search an individual's home or vehicle based solely on the smell of marijuana, even though the drug is legal for medical use, the state Supreme Court ruled Monday.

In two unanimous opinions, the state's highest court said the smell of marijuana can be used as probable cause to obtain a search warrant despite the fact that Arizona allows

its use for medical purposes.

"The odor of marijuana in most circumstances will warrant a reasonable person believing there is a fair probability that contraband or evidence of a crime is present," wrote Chief Justice Scott Bales.

The court rejected claims that a 2010 law legalizing the medical use of marijuana in the state means the smell test could no longer be used.

Read More:

<https://www.yahoo.com/news/arizona-police-search-based-pot-smell-despite-legal-022119221.html?nhp=1>

New Drug Deactivation System Allows Patients to Safely Dispose of Opioids at Home

A new technology allows patients to safely dispose of unwanted or expired prescription painkillers at home. Hooshang Shanehsaz, RPh, DPH, Director of Pharmacy at Cardinal Health, who co-directed a pilot study of the drug deactivation system, says patients found it easy to use.

Read More:

<http://www.drugfree.org/join-together/new-drug-deactivation-system-allows-patients-safely-dispose-opioids-home/>

National Night Out



**National Night Out in Lyons
Tuesday August 2nd, 2016
4-7 PM in Central Park**

"National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood

camaraderie to make our neighborhoods safer, better places to live."

Activities for the whole family!

Wayne County Sheriff's Department Child ID and K-9 Unit

New York State Trooper's "Convincer" accident simulator

AT&T's text and drive simulator

Keith Bridger and his train rides for the kids

Lyons Community Center doing activities for youth

Vendors

7 PM - FREE showing of the movie "Cars" at the Ohmann Theater (suggested donation at the door - a canned or other nonperishable food item for the Lyons Food Pantry)

Come meet the police who keep our streets safe!

Read More: Medication Assisted Treatment for Opioid Use Disorders

This final rule increases access to medication-assisted treatment (MAT) with buprenorphine and the combination buprenorphine/naloxone (hereinafter referred to as buprenorphine) in the office-based setting as authorized under the United States Code. Section 303(g)(2) of the Controlled Substances Act (CSA) allows individual practitioners to dispense or prescribe Schedule III, IV, or V controlled substances that have been approved by the Food and Drug Administration (FDA). Section 303(g)(2)(B) (iii) of the CSA allows qualified practitioners who file an initial notification of intent (NOI) to treat a maximum of 30 patients at a time. After 1 year, the practitioner may file a second NOI indicating his/her intent to treat up to 100 patients at a time. This final rule will expand access to MAT by allowing eligible practitioners to request approval to treat up to 275 patients under section 303(g)(2) of the CSA. The final rule also includes requirements to ensure that patients receive the full array of services that comprise evidence-based MAT and minimize the risk that the medications provided for treatment are misused or diverted.

Read More:

[https://www.federalregister.gov/articles/2016/07/08/2016-16120/medication-assisted-treatment-for-opioid-use-disorders?](https://www.federalregister.gov/articles/2016/07/08/2016-16120/medication-assisted-treatment-for-opioid-use-disorders?utm_campaign=subscription+mailing+list&utm_medium=email&utm_source=federalregister.gov)

[utm_campaign=subscription+mailing+list&utm_medium=email&utm_source=federalregister.gov](https://www.federalregister.gov/articles/2016/07/08/2016-16120/medication-assisted-treatment-for-opioid-use-disorders?utm_campaign=subscription+mailing+list&utm_medium=email&utm_source=federalregister.gov)

Quote of the Month:

***"Coming together is a beginning;
keeping together is progress;
working together is success"***

Remember:

Getting Drunk is Never Safe....

Getting High is Never Smart !!!

Stay **Clean -- Stay Sober -- Stay Healthy**

- Tim VanDamme -

Executive Director

M.S., CASAC

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