



E-Newsletter on Drug Abuse

ISSUE: 5-2016

**With national, state and
local information on Drug Abuse**

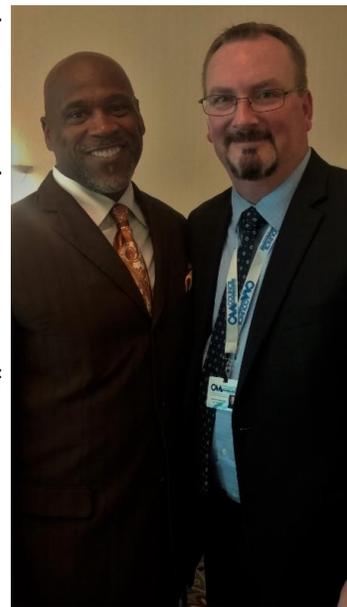
**FEATURED SPEAKER NFL RUNNING BACK TONY COLLINS
TALKS ABOUT HIS LIFE AND HIS BOOK "BROKEN ROAD"
"Turning My Mess into a Message"**

The Council on Alcoholism and Addictions of the Finger Lakes had their 30th Anniversary Luncheon on Monday, May 2nd at the Geneva Ramada. The event drew nearly 70 people to the event to hear keynote speaker, former NFL-Running Back Tony Collins speak about his story "Turning my mess in a message."

The first Annual Nelson Acquilano Award for "Exceptional Dedication and Service by a Professional in the Field of Alcohol or Chemical Dependence" was awarded at the event, along with a number of other length of service awards. The Nelson Acquilano Award was given to none other than Nelson Acquilano following his retirement from his distinguished career as Executive Director at the

Council on Alcoholism and Addictions of the Finger Lakes. Cathy Cooke was also recognized for her 30th Anniversary with the Council.

The staff of the Council would like to thank everyone who came out to join us in celebrating our milestone, as well as Tony Collins who provided a moving story about his life. We hope to see everyone for our next luncheon!



National Prevention Week

National Prevention Week is observed each year in the month of May and is dedicated to creating knowledge and action surrounding the topics of substance abuse and mental health. The observance is designed to bring together individuals, communities, organizations and other health related groups to promote prevention efforts, educate the community, and strengthen community relationships with regards to drug abuse, and mental and behavioral health issues.

National Prevention Week 2016 is sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), and will be observed during the week of May 15th through May 21st. The theme for this year's event is "Strong as One. Stronger Together", and will emphasize the importance of mental health in the prevention of substance abuse.

The week long effort is designed to educate communities and families during this crucial time of the year for youth. The early months of the summer season are filled with celebrations and outdoor activities which have the potential to introduce youth to substances such as alcohol, marijuana, and cigarettes. These substances see a spike in new users during this time as students attend proms, graduation parties, weddings, sporting events, and other outdoor gatherings.

The daily themes for this year are as follows:

Monday, May 16th, the Prevention and Cessation of Tobacco Use

Tuesday, May 17th, the Prevention of Underage Drinking & Alcohol Misuse

Wednesday, May 18th, the Prevention of Prescription Drug Abuse and Opioid Drug Misuse

Thursday, May 19th, Prevention of Illicit Drug Use & Youth Marijuana Use

Friday, May 20th, Suicide Prevention

Saturday, May 21st, the Promotion of Mental, Emotional, and Behavioral Well-Being.

These daily themes should be used by both families and community organizations as they hold fairs, parties, meetings and other gatherings, to help raise awareness about the importance of substance abuse and mental health and wellness.

Mike Ballard, Environmental Prevention Specialist for the Council on Alcoholism and Addictions of the Finger Lakes states that prevention awareness week is an excellent opportunity for families to bond, and to practice the strengths and benefits of protective factors in the family while reducing the risk factors for youth in the community. According to Ballard, parenting is a key influence in youth development and the Prevention Awareness Week is dedicated to help create a

network of support to help both adults and young adults make safe and healthy choices.

For more information or trainings on prevention, please contact the Council on Alcoholism of the Finger Lakes at (315) 789-0310 or go to <http://www.samhsa.gov/prevention-week>

Council Encourages Parents and Community to Prevent Underage Drinking

Of all the alcohol-related fatalities involving teens each year, about one-third of them take place during April, May and June - prom and graduation season. According to National Highway Traffic Safety Administration (NHTSA) statistics that means approximately 1,000 children under the age 21 die each year in preventable tragedies while celebrating their high school proms and graduations. Therefore, efforts to prevent underage drinking, particularly at prom/graduation time, are critical, says Tim VanDamme Executive Director of the Council on Alcoholism and Addictions of the Finger Lakes.

The Council wants families to enjoy a healthy and safe family oriented summer. Often parents and other adults are often not aware of the dangers of alcohol use, especially by youth, or that it is a crime to give or knowingly allow an alcoholic beverage to be given to a person (not your own child) less than 21 years old. For providing alcohol to a minor, a person or host of a party or event can be charged with the crime of Unlawfully Dealing with a Child in the First Degree or Endangering the Welfare of a Child, which are both Class A misdemeanors. The punishment for each conviction can carry penalties of jail time, probation, and fines. Notably, these criminal charges can be filed against a person regardless of whether or not there was permission of a parent of other minor(s) involved.

In addition to the criminal penalties, there may also be significant potential civil liabilities for serving alcohol to youth where a host can subsequently be sued for monetary damages in a personal injury lawsuit. Serving even one alcoholic drink to an underage person puts the host in a dangerous position where they may be held liable for any accident or other wrongdoing as a result of intoxication or impairment. First, then, the Council recommends that for graduation parties, picnics or other summer events that parents strive to keep them alcohol and drug free.

In concert with local coalitions to limit accessibility by youth to alcohol, the Council recently completed a schedule of alcohol compliance checks at retail establishments throughout the 5-county region of Ontario, Schuyler, Seneca, Wayne and Yates Counties. The compliance checks were performed at 217 locations in the region and saw a successful completion rate of 88%, meaning that nearly 9 of 10 establishments checked did not sell alcohol to minors. The program has been conducted in Wayne County for more than 10 years and was recently

introduced to the 5-county region the Council supports.

Mike Ballard, Environmental Prevention Specialist for the Council on Alcoholism stated that the alcohol sales checks are designed as an important educational program to help reduce sales of alcohol to youth, especially important during the graduation season as outdoor celebrations and activities are on the rise. The program has been a great tool to combat underage alcohol sales. It heightens awareness for retailers and offers responsible beverage trainings, and it also recognizes and thanks those who do work to monitor and enforce laws on behalf of the health of our youth.

Summer is a time for family oriented fun and activities, but the primary way to keep summer activities healthy is to keep them alcohol and drug free. For additional information please contact the Council on Alcoholism and Addictions of the Finger Lakes at (315) 789-0310 or visit our website at [Council on Alcoholism!](#)



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E-Cigarettes Affect the Lungs Immediately

Although electronic cigarettes are promoted as a safer alternative to smoking tobacco, evidence continues to mount that they carry their own set of risks. The most recent study, which will be presented at CHEST World Congress later this month, found that e-cigarettes have an immediate effect on pulmonary function. Researchers studied 54 young cigarette and e-cigarettes smokers; 27 had mild controlled asthma and the others were healthy. After smoking e-cigarettes, measurements of airway obstruction and inflammation were worse in both groups, but were more severe in asthmatics. "These results show that as it happens with cigarette smoking, e-cigarette smoking has more deleterious short-term effects.

[Read More:](#)

<http://www.newsmax.com/Health/Health-News/electronic-cigarettes-lungs-affect/2016/04/12/id/723499/>

N.Y. teen hospitalized after his e-cigarette explodes



A 17-year-old was hospitalized Tuesday night when the e-cigarette he was puffing on exploded, burning his face, throat and hand cutting them with shards of metal. Ryan Scholand of Ogden has a hole in the back of his throat, deep cuts on his hands and scars already forming on his upper lip. He said he had just

replaced the battery in the e-cig, a battery-powered device that simulates tobacco smoking by producing a heated vapor resembling smoke. When he pressed the ignition button to fire it up and release the Ghost Berry-flavored vapor, it exploded in his hand "like a bomb went off." "The second I pressed the fire button, it exploded," said Ryan, a Spencerport High School senior..

[Read More:](#)

<http://www.usatoday.com/story/news/nation-now/2016/05/04/e-cigarette-explosion/83937166/>

My Secret Heroin Addiction Started When I Was 13 Years Old- and Took Me Down a Path I Never Expected

A long road of new low after new low

The other day, I saw a young woman seated on the sidewalk with a sign asking for money. Beside her was an empty stroller. Her body language felt familiar: She was deep in a "nod"-an opiate nod. My stomach sank. This was the nod of a heroin addict. It made me sad, a little helpless, and grateful that I was not her anymore.



I was 13 when I first tried heroin. That night, a week after my 13th birthday, I was hanging out with a 16-year-old guy who became my first boyfriend.

Although I had used prescription pills before, I had never used hard drugs or gotten drunk with any of my friends. He was dabbling in heroin, though, and when he offered it to me, I didn't hesitate. I didn't know much about the drug except that it made you numb. And, to some degree, it did.

I'd been having suicidal thoughts, and I figured maybe heroin would help push them out of my mind. It then became a weekend drug for me. I would lie and tell my mom I was going somewhere-and then I would go do heroin with him.

"WITH EACH RELAPSE, I FELT LIKE I WAS A JUMPING OFF A CLIFF, AND THAT CLIFF GOT HIGHER AND HIGHER EACH TIME."

[Read More:](#)

<http://www.marieclaire.com/health-fitness/a19774/heroin-addiction-i-got-clean/>

Teen alcohol abuse a growing epidemic across eastern Carolina

GREENVILLE, N.C. (WNCT) - Drug abuse in eastern Carolina is an ongoing problem. For teens in Pitt County, their drug of choice is alcohol. Studies show they abuse it more than any other substance. Law enforcement officers are calling it an epidemic. Although alcohol is legal, underage drinking is considered substance abuse. Law enforcement officers, substance abuse organizations, and parents say combating the issue, starts at home. Prescription drugs and heroin, it seems like they're in the news every day. While those drugs are on the rise, there's another substance taking over the streets. "Youth in Pitt County are using alcohol much more than marijuana, heroin, prescription drugs," said Elizabeth GREENVILLE,

N.C. (WNCT)

[Read More:](#)

http://wnct.com/2016/04/21/teen-alcohol-abuse-a-growing-epidemic-across-eastern-carolina/?utm_source=dlvr.it&utm_medium=twitter

Short counseling session in ER can reduce opioid abuse, trial shows



Motivational interviews conducted with patients in the emergency room reduced their amount of prescription opioid misuse, as well as the risky behaviors that make them more likely to use the drugs, according to a recent study. Researchers at the University of Michigan report in the study that just one interview had a dramatic effect on patients identified as being at high risk for misuse or abuse of the drugs. Motivational interviewing is a therapy technique that has previously been shown to help patients reduce the use of tobacco, drugs and alcohol, as well as to lose weight, but researchers say this is the first time it has been employed to reduce risk of drug overdoses. Hospital treatment is often where opioid misuse problems begin, based on about half of all emergency room visits involving pain and one-third of patients leaving an emergency room with a prescription for opioids, researchers say.

[Read More:](#)

http://www.upi.com/Health_News/2016/04/20/Short-counseling-session-in-ER-can-reduce-opioid-abuse-trial-shows/6521461164779/

Chinese labs created a new form of a deadly drug to get around a recent export ban

Chinese laboratories are producing and openly selling a new form of deadly fentanyl to get around China's recent export ban on the synthetic drug causing thousands of overdose deaths across the United States.

The slightly tweaked version of fentanyl - called furanyl fentanyl - is so new that it is not on the US government's list of controlled substances.

That means the altered fentanyl, which was blamed for the March overdose of an Illinois man, is technically legal for drug dealers to sell.

The US Drug Enforcement Agency told STAT Monday that it is moving quickly to ban street sales of the new fentanyl product.

The agency plans within days to classify furanyl fentanyl as an analog to fentanyl, which would mean the new drug would be treated in the same fashion as fentanyl, said DEA spokesman Russell Baer.

[Read More:](#)

<http://www.businessinsider.com/chinese-labs-modify-deadly-fentanyl-2016-4>

15 Shots of Vodka Killed Our Daughter

The 17-year-old drank them at a friend's house, with adults at home - and now her parents are fighting to keep others from the same fate.

It was the first night of Christmas vacation 2008 - one of the biggest teen party nights of the year. Seventeen-year-old Shelby Allen, an athlete, honors student, and avid shopper, begged for her older sister Tera's permission to borrow her VW Beetle for the occasion; she even offered to "detail" it.



"I told Tera it sounded like a pretty good deal to me," Debbie Allen, the girls' mom, remembers with a smile. Debbie had no qualms about giving her daughter permission to head out and spend the night at her best friend Alyssa's house. "We knew Alyssa; we knew her parents," explains the soft-spoken 55-year-old mom.

Though Debbie's manner may be unassuming, she's always been known as one of the stricter parents in her neighborhood, thanks to her tough-as-nails career in law enforcement. At 21, she was a correctional officer in a men's state prison; 10 years later, she worked as a bodyguard for California's governor and his family before leaving the capital to raise her family in rural Redding, California. "A safe place to raise kids," says Debbie and her husband, Steve, of the area, known for its lakes, caverns, hills, and fields with grazing horses.

It's a place with a small-town vibe, where a teenage girl won't get away with much, especially if everyone knows her mom is a former cop and her dad is a labor rep for most of the public employees who live there.

"Shelby had been busted [for trying to drink] before; her mom caught her on her way to a beer-pong party," says Alyssa. Shelby disappeared from the social scene for about a month after that: Debbie grounded her younger daughter and afterward kept a watchful eye on her, always checking where she was going and whom she'd be with.

[Read More:](#)

<http://www.goodhousekeeping.com/life/parenting/a13054/binge-drinking-killed-shelby-allen/>

FDA: Antipsychotic Drug Can Cause Urges to Gamble, Eat, Shop, Have Sex

The drug, known widely by the brand name Abilify, will feature the warning on its label.

A drug often used to treat schizophrenia, bipolar disorder and depression may cause compulsive or uncontrollable urges to gamble, binge eat, shop and have sex, the Food and Drug Administration warned Tuesday.

The drug, aripiprazole, which goes by the brand names Abilify, Abilify Maintena or Aristada, will now carry these warnings on its packaging and on patient guides. Pathological gambling already was listed as a side effect on the drug's label, but the FDA said in its latest guidance that this description doesn't convey the scope of

what patients could experience.

While the FDA reported that these additional problems were rare, it warned that they could be harmful to a patient or to those around them.

Aripiprazole has been on the market for 13 years, and since that time it has been prescribed to about 1.6 million patients. Of those, 184 cases of impulse-control problems have been reported to the FDA, but the agency hinted that instances likely go unreported. Gambling was the most commonly reported problem, with 164 cases.

Patients who filed reports about issues also reported that the urges stopped when they stopped taking the medication or when they reduced the dosage. Still, the FDA warned that patients should first talk to their doctors about side effects before making any changes to their dosage themselves.

The agency also urged doctors to ask patients specifically about whether they were experiencing any uncontrollable urges, particularly for monitoring those who already have impulse-control problems, including those who have abused drugs or alcohol or those who have obsessive-compulsive disorder or bipolar disorder.

"Consider reducing the dose or stopping the medicine if such urges develop," the FDA warning said.

The drug helps people with psychotic disorders stabilize mood, decrease hallucinations and disorganized thinking and can decrease the tics associated with Tourette's disorder.

Feds Seize Longest Tunnel on California-Mexico Border

Six arrested; unprecedented amount of cocaine confiscated

APR 20 (SAN DIEGO) - Federal officials have seized what is believed to be the longest cross-border tunnel ever discovered with an estimated length of more than eight football fields, plus more than a ton of cocaine was confiscated, making it the single-largest cocaine seizure ever associated with a tunnel along the California-Mexico border.



The tunnel is estimated to be more than 800 yards in length, and probably longer due to its zig-zagging route. It stretches from a house in Tijuana, Baja California, Mexico to an outdoor fenced-in commercial lot in an Otay Mesa industrial park, about 500 yards north of the international border. The tunnel exit on the U.S. side is a three-foot-diameter hole that at one point was covered by a jumbo-sized industrial dumpster.

It is equipped with rail and ventilation systems, lights and a sophisticated large elevator leading from the tunnel into a closet inside the Tijuana residence. It is one of the narrowest tunnels found to date, with a diameter of just three feet for most of the length of the passageway.

Read More:

<http://www.dea.gov/divisions/sd/2016/sd042016.shtml>

Some People Use Diarrhea Drug to Manage Opioid Withdrawal, With Deadly Results



Some people are using the anti-diarrhea drug loperamide (Imodium) to manage their opioid addiction or to get high, researchers report in this week's *Annals of Emergency Medicine*. The results can be deadly, according to NPR.

The researchers from the Upstate New York Poison Center report on two people who were addicted to opioids, who died after taking much more than the recommended dose of loperamide in an attempt to ease their withdrawal symptoms.

Read More:

<http://www.drugfree.org/join-together/people-use-diarrhea-drug-manage-opioid-withdrawal-deadly-results/>

West Va. doctor investigated for deaths in opioid epidemic

On Wednesday, dozens of medical nonprofit groups pleaded with hospital regulators to tighten national rules for prescribing painkillers. America has an opioid epidemic, and West Virginia is ground zero. Opioid overdoses kill 10 people in 12 days in Sacramento area. New guidelines aim to reduce epidemic of opioid painkiller abuse. Doctors there write 138 prescriptions for every 100 people. Now, the state has launched a crackdown. Seven doctors have lost their licenses and 15 more are being investigated. CBS News sat down with one of them. Meet Dr. Michael Kostenko. He's written more than 40,000 prescriptions for oxycodone in the last two years. He says at any given time, he has between 800 to 1,000 active patient in his practice.

Read More:

<http://www.cbsnews.com/news/west-virginia-doctor-michael-kostenko-investigated-for-deaths-in-opioid-painkiller-epidemic/>

Syracuse Man Indicted for Distributing Heroin That Killed Woman

Camillus resident was five months pregnant

An indictment filed today charges Anthony Vita, 36, of Syracuse, New York, with distributing heroin that resulted in the death of another person.

The announcement was made by Special Agent in Charge James J. Hunt, New York Division, Drug Enforcement Administration (DEA) and United States Attorney Richard S. Hartunian, Northern District of New York.

The indictment alleges that Vita distributed heroin on or about November 7, 2015 to the victim, described in a criminal complaint as being a 24-year-old resident of

Camillus, New York, who was five months pregnant when Vita provided her heroin that led to her overdose death.

Read More:

<http://www.dea.gov/divisions/nyc/2016/nyc041316.shtml>

Quote of the Month:

Coming together is a beginning;
Keeping together is progress;
Working together is success.

-Henry Ford-

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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