



E-Newsletter on Drug Abuse

ISSUE: 9-2016

With national, state and
local information on Drug Abuse

National Family Day - Do Something with Your Family This September 26th

What are you doing on Monday, September 26th? Hopefully, you'll be doing something special with your family. You see, National Family Day 2016 takes place on September 26th. This special day is part of a movement to help get parents and kids to start eating dinner together. Too many families spend their time going separate ways, doing separate things, and almost living separate lives. You need to find some time to spend together so you can talk to your kids, find out what's going on, and strengthen the family bonds.



The mission of Family Day is to get families to start eating together once again. Behind this day is a study that was done by Columbia University National Center on Addiction and Substance Abuse. The findings of these studies done have shown that kids that eat dinner with their family are less likely to end up doing drugs, smoking, or drinking.

After these findings came to like the Center on Addiction and Substance Abuse launched a movement to help parents realize that having dinner as a family really does make a big difference. While it started out as a simple grassroots initiative, it has since grown to be a celebration that takes place across the nation.

September is National Recovery Month!



The Council on Alcoholism and Addictions of the Finger Lakes cordially invites you to join them in the 1st Annual "Light the Road to Recovery" celebration.

The celebration will be held on Thursday, Sept. 22, 2016, during National Recovery Month, at the Gazebo, Seneca Lake waterfront in Geneva, NY. It will take place from 6-7 PM.

Flameless candles are available for purchase, at a cost of \$5 each at all five Council offices and will be available that night to purchase.

Ontario: 620 W. Washington St., Geneva, (315) 789-0310

Schuyler: 106 S. Perry St. Suite 1, Mill Creek Center, (607) 535-8264

Seneca: 111 Fall St. Seneca Falls, (315) 568-9869

Wayne: 165 E. Union St. Newark, (315) 331-5957

Yates: 100 Main St. Suite 202, (315) 536-2435

All are welcome to celebrate with us for those in recovery, those struggling with recovery and those not yet in recovery.

Do you have a clue about teenage behavior? Take our quiz!

Read More:

<http://www.csmonitor.com/USA/Education/2013/1208/Do-you-have-a-clue-about-teenage-behavior-Take-our-quiz/What-percentage-of-high-schoolers-text-or-e-mail-while-driving-in-a-given-month>

'To my daughter's drug dealer': A distraught mother's viral Facebook post



On August 15, Tina Loudon sat at her kitchen table in small town Missouri, clutching the urn that held her daughter's ashes. She caressed its smooth, pink surface, embossed with a golden rose and inscribed with her name, Ashley N. Shannon, followed by her dates of birth and death. It had been eight years since Ashley started using heroin and three years since it killed her. On this day, a Monday, Ashley, a dark-haired mother of two, would have turned 28. Moved by impulse, Loudon grabbed her cellphone and snapped a grainy photo of her face resting on the urn's rim. Then she started typing. "To my daughter's drug dealer," she wrote, "this is how I spend my daughter's birthday now." " ... how do you live with yourself???"

Read More:

<https://www.washingtonpost.com/news/morning-mix/wp/2016/08/23/to-my-daughters-drug-dealer-a-mother-goes-above-and-beyond-mourning/>

Cincinnati sees estimated 78 heroin overdoses in 2 days

Cincinnati police are asking for the public's help in trying to identify the source of the

suspected heroin behind an estimated 78 overdoses in just two days.

Meanwhile, Hamilton County officials say they will seek funding for treatment and expanded response teams.

County officials are calling the latest onslaught of overdose cases a public health emergency, and county Health Commissioner Tim Ingram says the number of emergency-room incidents over the last six days was "unprecedented."

Emergency rooms estimate they had 174 suspected opioid overdose cases this week, including three deaths. Last year, accidental drug overdoses killed 3,050 people in Ohio, an average of eight per day, state officials say.

Cincinnati City Manager Harry Black said authorities suspect carfentanil, a drug used to sedate elephants and other large animals, may be mixed in with heroin and causing the overdoses. The drug is 100 times more potent than fentanyl, which is suspected in spates of overdoses in several states.

Last month, carfentanil was discovered in the Cincinnati area's heroin stream, but many hospitals don't have the equipment to test blood for the previously uncommon animal opioid.

County Commissioner Dennis Deters said Thursday the expanded teams would include a law enforcement officer, an emergency responder and a specialist who could treat people who've overdosed. He said the cost of the beefed-up program hasn't been determined yet.

Nan Franks of the Addiction Services Council of Cincinnati noted that Cincinnati currently doesn't have enough places to treat the rising number of drug users who seek help.

"People overwhelmingly want help," she said. "But we have to have a place to take them."

[Read More:](#)

<http://www.cbsnews.com/news/cincinnati-ohio-heroin-overdoses-two-days/>

Heroin cut with elephant tranquilizer may have caused 60 overdoses across two states in just 48 hours

Midwest health officials worried this would happen. It's why they brought together a tri-state coalition - Ohio, Indiana and Kentucky - to talk about the dangers, and it's why they issued a stern, desperate warning last month to first responders and addiction counselors who patrol the front lines of the opioid war every day. They said the situation was "dire." One Ohio coroner told users they were "literally gambling" with their lives. But their public plea could not prevent the heroin on their streets from being cut and sold with a new opioid analog 100 times more potent than fentanyl and 10,000 stronger than morphine. In chemical terms, it's called carfentanil. Colloquially, it's an elephant tranquilizer.

[Read More:](#)

<https://www.washingtonpost.com/news/morning-mix/wp/2016/08/25/heroin-cut-with-elephant-tranquilizer-may-have-caused-60-overdoses-across-two-states-in-just-48-hours/>

Secondhand marijuana smoke may impair cardiovascular function

Pre-clinical research funded by the National Institute on Drug Abuse (NIDA) suggests that secondhand marijuana smoke may cause longer lasting cardiovascular harm than secondhand tobacco smoke.

In this study, rats were exposed to secondhand marijuana or tobacco smoke at moderate to high levels (equivalent to secondhand tobacco exposure in restaurants that allow smoking).



Read More:

<https://www.drugabuse.gov/news-events/news-releases/2016/07/secondhand-marijuana-smoke-may-impair-cardiovascular-function>

State Agencies to Work Together to Build Upon the Governor's Successful Safety Initiatives on College Campuses as the Fall Semester Begins



Governor Andrew M. Cuomo today announced a coordinated effort by several state agencies and institutions to prevent underage drinking on college campuses and in college towns as the fall semester begins across the Empire State. The New York State Office of Alcoholism and Substance Abuse Services, the New York State Liquor Authority, the New York State

Department of Motor Vehicles, and the New York State Police are aligning resources to prevent underage drinking on campuses across New York. These efforts will build upon the Governor's commitment to protect college students and increase safety on New York's college campuses, most recently through his "Enough is Enough" legislation. These efforts will begin this month as college students head to campus.

Read More:

<http://www.governor.ny.gov/news/governor-cuomo-announces-coordinated-interagency-effort-combat-underage-drinking-college>

Regulating Availability of Cocaine and Meth Ingredients Helped Reduce Drug Use

A new study suggests restrictions put into place by the U.S. government on a chemical needed to produce cocaine have led to a reduced use of the drug in the past decade. Mexican police action against a company importing pseudoephedrine, which is used to make meth, also contributed to the decline. The U.S. government cracked down on the availability of the chemical used in making cocaine, sodium permanganate, in 2006, UPI reports. Since then, the number of people using cocaine in the past year decreased by 1.9 million people, or 32 percent. After the Mexican government closed down a company accused of importing more than 60 tons of pseudoephedrine, the supply of meth was reduced significantly, researchers report in the journal *Addiction*. The researchers reported a 35 percent decrease in past-year use of meth after that action.

Read More:

<http://www.drugfree.org/news-service/regulating-availability-cocaine-meth-ingredients-helped-reduce-drug-use/>

Rapid rise in newborns dependent on opioids has hospitals scrambling

She didn't think heroin would take hold of her the way it did. "At first, I would do it just to have fun," said Tamara Collins, 35. But she quickly found herself unable to function without it, running out on her lunch break at a mortgage company to buy more. "It became part of my daily routine," Collins said, "just like getting up and brushing my teeth." Last fall, she found out she was pregnant. She wanted to continue the pregnancy and stop getting high. Once again, however, she underestimated heroin's power. She tried to quit twice and failed. The severe stomach



pain, vomiting, diarrhea and sweats were unbearable. Collins researched ways to get clean and learned quitting cold turkey was very dangerous.

Read More:

<http://newsok.com/rapid-rise-in-newborns-dependent-on-opioids-has-hospitals-scrambling/article/feed/1064765>

8 Signs That Your Partner Might Have A Drinking Problem

It's not always easy to tell if your partner's drinking habits are totally normal or a sign of a bigger issue. But a few key factors, such as how often he slings a drink and how much he downs, can clue you in. "People who have a healthy relationship with alcohol don't drink often enough or to the point of excess where they could have a problem," says Jasmine Aranda, addiction counselor and clinical director at The Foundry Treatment Center in Steamboat Springs, Colorado. But alcoholics function differently. "An alcoholic is psychologically and physically dependent on the chronic consumption of alcohol and often can't stop drinking once they've started," says Randall Dwenger, M.D., psychiatrist and medical director at Mountainside Treatment Center in Canaan, Connecticut.

It's important to know that even those with healthy, happy lives can fall into the trap of addiction. If you suspect your partner has a problem, these signs can help determine whether your partner should seek professional treatment.

Read More:

<https://www.yahoo.com/news/m/582d21d4-9bc9-34a6-917b-6fb600c45448/8-signs-that-your-partner.html>

Quote of the Month:

**Success is not the key to happiness.
Happiness is the key to success.
If you love what you are doing, you will be successful.
Albert Schweitzer**

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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