



Ounce of Prevention Newsletter

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Message to Coalition and Community Members:



The Coalition will be holding two upcoming events that we are in need of volunteers for planning, organizing and carrying out of events.

Spring Community Recognition Event

Annual Youth Retreat

Please contact colleen.banik@dor.org asap!

COALITION WEBSITE & FACEBOOK PAGE

Don't forget to visit our Website and our Facebook Page and invite your friends to view and like our page as well.

www.steubenpreventioncoalition.org

Steuben Prevention Coalition

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We are asking all Coalition Members and Community Partners to let us know of any upcoming events, activities, public meetings, etc. that are or will be happening in your communities. Please contact us at the information provided.

colleen.banik@dor.org

Overdoses in THC edibles in kids rising at alarming rate

by: [Amy Avery](#)

Wavy News

Posted: Feb 6, 2023 / 06:15 AM EST

Updated: Feb 6, 2023 / 06:24 AM EST

More and more kids under the age of five are getting ahold of edibles containing THC. As alarming as this sounds, there's been a 2,300% increase in THC overdoses in kids 5 and under in Virginia in the past five years, and in some cases, it can be deadly. "We've seen a dramatic increase in pediatric exposures," said Dr. Rutherford "Ruddy" Rose from the Virginia Poison Center. "Some of these products have a significant amount of THC and it could be delta-8, delta-9, delta-10, sometimes you can tell, sometimes you can't." Rose said these products should be kept out of reach of kids just like any other medications, but the packaging can be so deceiving, especially to a child. "Edibles that look like candy packages or Dorito chips, Fritos, those types of edibles is what I'm seeing more of than cookies or things that you can bake at your home," said Virginia Beach Police Sgt. Derek Reed. Reed recently served as a narcotics detective and said police are seeing more edibles on the streets because of recent law changes regarding marijuana. Reed said a lot of the products that contain delta-8 are being shipped in from out of state and usually have a warning label on the packaging. "Even though it may look like candy there's something on it saying this is a THC product or containing some type of delta-8," Reed said. "Some of the products will have a label on it with a dose but some of them won't and actually some testing of the products shows the label might not be accurate," Rose said. The number of calls to poison control centers about kids 5 and under consuming edibles containing THC rose from about 207 in 2017 to more than 3,054 in 2021.

For further information and to see the full article, click on the link below:

<https://www.wavy.com/news/>



What is Alcohol Awareness Month and Why is it Important?

While national figures show a downward trend in the number of young people who use alcohol, alcohol remains the number one drug of choice for America's youth, and is more likely to kill young people than all illegal drugs combined. That's why it's important to get involved in Alcohol Awareness Month, observed annually throughout April.

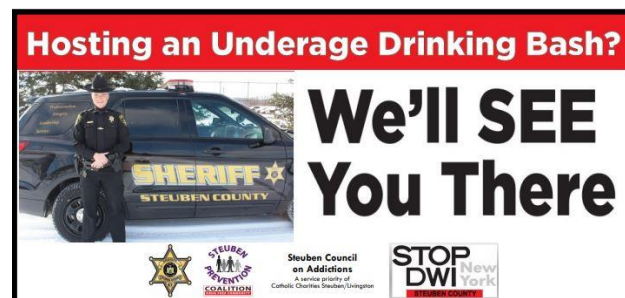
Sponsored by the National Council on Alcoholism and Drug Dependence (NCADD), Alcohol Awareness Month encourages community organizations to host events that increase public awareness and educate people about the treatment and prevention of alcoholism.

The month-long campaign kicked off this week with its Alcohol-Free Weekend to raise public awareness about the use of alcohol and how it may be affecting individuals, families, businesses and communities. During Alcohol-Free Weekend, NCADD extends an open invitation to all Americans to engage in three alcohol-free days. If the Easter Bunny's chocolate isn't enough and one craves alcohol this weekend, then the council encourages people to seek help. NCADD Alcohol Awareness Month encourages organizations and communities to reach out to the public with information about alcohol use and alcoholism as a preventable disease and encourages people who are already addicted to seek treatment.

This year's theme, "For the Health of It: Early Education on Alcoholism and Addiction," can be incorporated into coalitions' April outreach activities and campaigns.

NCADD has several helpful resources on its [website](#). The Substance Abuse and Mental Health Services Administration's (SAMHSA) underage drinking prevention campaign, ["Talk. They Hear You."](#) has talking points and tools for coalitions, parents and caregivers so they can start talking to their children early—as early as 9 years old—about the dangers of alcohol.

[Teens and Alcohol: A Bad Mix](#) Developed in partnership with NIAAA, this video highlights research on underage drinking and includes steps that communities can take to tackle this problem.



For further information, click on the link below:

<https://www.cadca.org/resources/get-involved-alcohol-awareness-month>

Effects of Marijuana

Why is it important for parents to be informed about marijuana?

Nearly 30% of people who use it have a mild, moderate or severe form of marijuana use disorder.

Young people who use marijuana are 4 to 7 times more likely than adults to become addicted to marijuana; however, the longer teens and young adults delay use while their brains are developing, the less likely they are to develop a marijuana use disorder or addiction.

What are the risks of my child using marijuana?

Teens and young adults are among the most at risk to the harms of marijuana. Marijuana can affect people differently, but here are some common effects:

Brain development can be negatively impacted, including decision-making and impulse control

Anxiety and psychoses (how people view reality) can increase

Attention, learning and memory can be negatively impacted

Slower reaction time, can affect driving and increase injury risk

Can lead to addiction

How do I talk to my child about marijuana?

When connecting with a child or young person in your life about marijuana, it's important to remember:

Not to lecture – listen and understand their perceptions of marijuana

Be clear about your position

Let them know that this is a health concern
Avoid focusing on punishment

Where can I go to learn more about marijuana basics, risks of use or protecting youth from its harm?

https://drugfree.org/marijuana-resource-center/?utm_campaign=OrgMoments&utm_medium=email&_hsmt=250929962&_hsenc=p2ANqtz-8kmiP0-ZFXaOSN86xXalwhb5sylFxgv5A76dlbjGEPsVBT9PhHNXZg_AUzRN9VdWFRz_ahXkcOP8TuNoEOyx3Kq_jpkw&utm_content=250929962&utm_source=hs_email

**National Clean Out Your Medicine Cabinet Day
And DEA National Drug Take Back Day
Opioid Committee – Connie Terry, Program Assistant**

When spring cleaning this year, don't just aim for those dusty corners in your house. Check your medicine cabinet, bedside stands, and kitchen cabinets. When was the last time you looked at the expiration dates on the medications? Do you have medications stored that you no longer plan to use? Medications have expiration dates just like food. April 21st is National Clean Out Your Medicine Cabinet Day. It's an ideal time to sort through and safely dispose of those unwanted medications.

Timely disposal of unwanted medications, especially prescription medications, can reduce the risk of others taking the medication accidentally or misusing the medication intentionally. Approximately 2 million calls are made to poison centers each year. 49% of those calls are for children. It's estimated that 2500 teens begin abusing prescription drugs each day. Medication mistakes are among the biggest causes of accidental injuries involving senior citizens. To avoid any of these incidents happening in your home, safely dispose of your unwanted and expired medications. Lock up the rest, if possible, using a medication lockbox.

The best and most environmentally safe way to dispose of medications is by using a drug take-back program. The U.S. Drug Enforcement Agency (DEA) hosts take-back days in April and October each year. On April 22, 2023, the Steuben County Sheriff's Department will be collecting unwanted medications at the Public Safety Building in Bath, NY from 10:00am to 2:00pm. Once collected, the medications will be transported to the DEA office in Rochester, NY and incinerated.

Turn in unneeded medication for safe disposal.

Saturday, April 22
10 a.m. - 2 p.m.
Steuben County Public Safety Building
7007 Rumsey Street Extension, Bath NY

OPIOID COMMITTEE
STEUBEN PREVENTION COALITION

Keep them safe. Clean them out. Take them back.

National Clean Out Your Medicine Cabinet Day
And DEA National Drug Take Back Day – continued on Page 4

Upcoming Events:

Next Coalition Meeting

May 10, 2023

11:00 am – Currently Virtual

UAD & Marijuana Prevention Task Force Meeting

April 12, 2023

2:00 p.m. – Currently Virtual

Community Recognition Event

Date - TBD

Time - TBD

Location - TBD

Youth Retreat

Date - TBD

Time - TBD

Location - TBD



www.steubenpreventioncoalition.org



MISSION:

To promote healthy and safe communities in Steuben County by reducing alcohol and drug use among our youth!

VISION:

To have a county where our youth are healthy and drug free!

National Clean Out Your Medicine Cabinet Day And DEA National Drug Take Back Day – Cont'd

Another option includes taking your unwanted medications to a local medication drop box. A complete list of drop boxes in Steuben County is below.

Medication Drop Box Locations in Steuben County, NY

- Hammondsport Village PD
- Park Pharmacy, Hammondsport
- Bath PD
- Steuben County Public Safety Building
- Walgreen's, Bath
- TOPS, Bath
- IRA Emergency Dept.
- Rite Aid, Bath
- Canisteo Village Hall
- Hornell City PD
- Corning PD
- Corning Hospital
- Gerould's Pharmacy, Corning
- Guthrie Corning Centerway
- Addison Apothecary
- Quinlan's, Wayland



You can also dispose of medications by using disposal packets (DisposeRx or Deterra) available at your pharmacy. When water is added as directed, both products render medications unusable and safe to throw away in your trash. They will not harm the environment, unlike flushing meds down the toilet or pouring them down the sink. Next time you fill a prescription, request a disposal packet from your pharmacist.

The drug overdose epidemic in the United States is clearly a public health and public safety threat. By taking any of these steps, you can keep your home, your family and your community safer.

NYS Poison Control 1-800-222-1222

Steuben Prevention Coalition (SPC) is a federal Drug Free Communities (DFC) grant funded program in Steuben County. The "Ounce of Prevention" Newsletter is a regular monthly update of activities of the Coalition relative to alcohol, marijuana and other drug use and abuse prevention.

For more information or to be removed from the newsletter mailing list, please contact Colleen Banik, Program Coordinator at colleen.banik@dor.org or at (607) 776-8085

Steuben County Underage Party & Drug Information Tip Line

Anyone with information relating to underage drinking such as parties, underage sales, etc. or information relating to illegal drugs, such as sales, dealers or other suspicious activities are encouraged to use the tip line.

The Tip Line will be monitored seven days a week, 24 hours a day. All call are anonymous.

Do your part to help make our communities safe for everyone.

1-844-378-4847