

S U M M E R 2 0 1 6

Prevention for Putnam

Putnam Communities That Care Coalition



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Putnam CTC Makes Prescription Drug Abuse a Priority

Each generation of kids looks for new ways to get high. Recent trends indicate they are increasingly turning to prescription (Rx) or over-the-counter (OTC) medicines. Teens report getting many of these medicines from home medicine cabinets and mistakenly believe that abusing them is “safer” than other drugs. According to the National Institute on Drug Abuse, 20 percent of teens say they have taken a prescription drug without having a prescription for it themselves, and 5 percent report abusing over the counter (OTC) cough medicine to get high.

TALK to your teen about prescription and OTC cough medicine abuse. Teens listen, even if they act like they don't. In fact, teens who learn about the risks of drugs from their parents are 50 percent less likely to use drugs. In addition, SAFEGUARD your medicine cabinets. Know what you have and how much, so you will know if anything is missing. Discard any medicines you no longer need.

“Young people usually ask two questions when they think about using an illegal substance. Is it available? And is it safe? The answer to the first question is pretty obvious – YES. As to the second question, teens rationalize that as the drugs were prescribed by a doctor (although most times not for them) and received from a pharmacy, they must be safer than a street drug like cocaine. This is where they are wrong and where we need to educate them on the dangers of misusing prescription drugs”.

Recently, the Putnam CTC partnered with NYS Senator Sue Serino’s “Shed the Meds Day” to raise awareness about the importance of disposing of medications. On Monday, June 13, 2016, Senator Serino traveled to several of the locations where there are medreturns in Putnam County in the hopes of raising awareness of the drop boxes.

There are MedReturn boxes located throughout Putnam County where you can dispose of unused or expired medication. Locations are as follows: Putnam County Sheriff's Office in Carmel, Carmel Police Department in Mahopac, Kent Police Department in Carmel, Kern Building in Brewster, Philipstown Town Hall and Putnam Valley Town Hall.



Do You Know What 710 Stands For? If Not, Read On

Well by now, many parents are aware that 420 stands for a day (April 20th) that marijuana smokers celebrate by lighting up at 4:20pm . There are many different versions about its origin but, suffices to say, it has become a national phenomom. Okay, now that we know that, let me ask you "Do you know what 710 stands for?" If you've been paying attention you will venture a guess that it has something to do with July 10th and you would be right but 710 doesn't stand for the date but rather refers to a concentrated form of marijuana in OIL form. If you turn OIL upside down you will get 710.

Using marijuana concentrates is different from smoking marijuana in several ways:

Oil is harder to detect. When marijuana is smoked it causes a distinctive smell. But when oil from the marijuana plant is extracted and concentrated, it is odorless, making it harder to detect, for example, in e-cigarettes or foods. Because of this particular characteristic, it could be harder for parents, teachers, and law enforcement to know when marijuana is being used.

"Vaping is much easier to conceal and it is harder to tell if kids are vaping and getting high," said David Dickinson, M.A., SAMHSA's Region 10 Administrator. "Teachers may not have a full awareness of what's happening and THC overdose is a real concern."

Street Names for Cannabis Extracts & Oils

Hash Oil, Butane Honey Oil (BHO), Shatter, Dabs, Honeycomb, Honey Oil, Budder, Crumble, Sap, Ear Wax, Pull-and-Snap or Snap-and-Pull, Black Glass, Errl & 710 ("OIL" spelled upside down and backwards)

Oil can be mixed into other products. Oil is also sometimes mixed with other drugs including alcohol, cocaine, methamphetamine, and phencyclidine (PCP), creating an even stronger psychoactive response. It is also commonly added to sweet drinks and foods like brownies that appeal to youth, which can lead to high levels of exposure and can have toxic consequences when accidentally ingested.

"It's not just smoking that concerns us, edibles and drinkables are also really popular with teens and young adults," said Charles Smith, Ph.D., SAMHSA's Region 8 Administrator. People eating a brownie containing marijuana, vaping the oil from an e-cigarette, or mixing it with other drugs may not fully realize the potency or effects until they are feeling unwell or even at a point of crisis from overdose.



FRIDAY NIGHT CONVERSATION



Every Friday throughout the Spring in Putnam County, a number of local pizzerias have been participating in our Friday Night Conversation initiative. It is a great way to start the weekend by having a slice and engaging in some good old fashioned conversation.

This is part of our FAMILY MEALS campaign which asks parents and teens to share a meal and some talk. We will be putting out our 3rd edition sticker this summer. So be on the lookout!

DID YOU KNOW... studies show that teens who eat dinner with their family at least 5 times a week, have better grades, higher self-esteem, lower rates of substance abuse and depression, than of those teens who don't.

WHY? Because when families are together, they are connecting – listening – talking – having conversations. But remember to disconnect to reconnect – turn off your cellphones!

WHAT EVERY TEEN NEEDS TO KNOW ABOUT ALCOHOL OVERDOSES

Every teen should know the symptoms of alcohol poisoning:



In New York State there is a **Good Samaritan Law** that will protect those who seek help when they are witnessing or experiencing a substance-related emergency as well as the person who has overdosed. This law protects the caller against criminal charge and prosecution for possession of alcohol and controlled substances, as well as possession of marijuana and drug paraphernalia. However, these protections do not encompass felony-amounts of possession, drug sales, and other nondrug crimes.

TALK TO YOUR TEEN ABOUT THIS! IT MAY SAVE A LIFE!

WHAT IS PUTNAM CTC Coalition and How Do I Explain It to Someone

We have created an elevator speech (a description someone can get out in a few minutes) to help our members tell others about us when asked. Here it is!

Putnam CTC Coalition is a county-wide organization with sub coalitions in all parts of the County. Our focus is on the risk taking behaviors of the County's young people. Our goal is to provide the community at large with information, resources and initiatives to deal with those issues. We do compliance checks with local law enforcement, provide MedReturn boxes throughout the County, hold Pre-Prom presentations for parents, conduct SIDNE (Simulated Impaired Driving Experience) for teens and assisted in the drafting of the social host liability law in all towns and villages in the County. As a result of our efforts we have seen a significant decrease in 30 day alcohol use and binge drinking as well as a reduction in marijuana use but we still have a long way to go. What makes us unique is our ability to tackle County wide problems while at the same time addressing the particular needs of each community we serve.



Putnam Law Enforcement & Putnam CTC Offer Some Good Advice ...

Spring and summer are times of celebrations – confirmations, first communions, proms and graduations – The Putnam Sheriff's Office along with the Kent and Carmel Police want to remind the community about our local social host laws. Each municipality has their own social host law. These laws govern the use of, and access to, alcohol in social settings. House parties are the prime targets.

The law prohibits adults from knowingly allowing a party or gathering where 3 or more minors are present and alcoholic beverages are consumed by one or more minors. Whether an adult supplied the alcohol or not doesn't matter -- if you know about the party on your property, you are obligated to do something to stop it. You will be facing a misdemeanor conviction, a \$3,000 fine and response recovery costs (the cost of any and all emergency services including the police). In addition, you can be sued civilly for any damage or injury that occurs as a result of the underage drinking.

The purpose of the social host law is simple – to protect our young people and our community at large. Underage drinkers are at much greater risk of being involved in a fight, a sexual assault, an accidental injury or an automobile crash. As a parent, you have a duty to insure that the parties you host for your teens are alcohol free.

BE A PARENT NOT A FRIEND. Underage drinking can ruin all those things you want for your child – Health, Happiness, Safety and Success. Sometimes the coolest thing you can do for your teen is to be a Parent.

Did you know... People ages 12 through 20, drink about 11 percent of all alcohol consumed in the United States and consume more than 90 percent of their alcohol by binge drinking, consuming many drinks in a short period of time. The consequences of underage drinking can affect everyone. We all feel the effects of the aggressive behavior, property damage, injuries, violence, and deaths that can result from underage drinking.

Outdoor Messaging

This summer, all of our CTC coalitions will be displaying prevention messaging throughout the County on outdoor signage. "By doing this, we are still able to maintain a presence during the summer months when many coalitions are dormant. By putting out our messages, we are able to stay connected with the community", says Bruce Kelly, Putnam CTC coalition coordinator.

This year we are expanding our reach into Brewster & Southeast thereby having coverage in all the towns and villages in the County. This year's theme is Communication. So as you travel throughout the County, be on the lookout for our messages!





Sit down and talk to your child about how you feel about underage drinking

Use teachable moments to get your point across. Use events in the news or a television program.

Make rules concerning your teen's friends and activities during the summer months. Have them help in the creation of these rules.

Make sure you have consequences if your teen breaks a rule and you follow through.

Encourage your teen to be active during the summer. Get a job, volunteer, join a club, etc.

Role model for your teens. Be responsible when you drink alcohol in front of your teen. You know the old adage, "monkey see, monkey do"

a message from Putnam CTC coalition

Coalition Member Spotlight: Mary Cay Nilsen



Mary Cay Nilsen wears many hats. She is a mother of two boys, wife, Board of Education member, Brewster HS PTSA president, Financial Secretary for the First Baptist Church and Sunday school teacher to name just a few. Recently, she has become a member of the Brewster CTC Coalition and has taken on a number of tasks that have helped the coalition get off the ground.

When we needed a place for our first meeting, Mary Cay got the First Baptist Church. When we needed people to work on the Key Leaders Survey, Mary Cay volunteered. When we needed to supply breakfast to 35+ key leaders, Mary Cay got the PTSA to kick in. She is a dedicated member of the Brewster CTC and we are so happy she is one of us.

Thanks Mary Cay!!!!

TALKING POINT

About 4,500 teens used marijuana for the first time each day in June and July. Average levels range from 3,000 to 4,000 kids a day the rest of the year. (SAMHSA)

More teens try marijuana for the first time in the summer months, so use that info to start up a conversation on the topic. Go to our blog on putnamncadd.org and check out the posts to get more info on the subject. Knowledge is power and can assist you in starting up a talk on this very important issue.



New York State Steps-Up Efforts to Combat the Opioid Epidemic

Governor Cuomo's Heroin Task Force recently convened to bring together local parents, individuals in recovery, healthcare providers, advocates and educators to share their personal and professional experiences related to the prescription drug and heroin crisis in New York. The Task Force held listening forums throughout NYS and created a report that included 25 practical recommendations to help expand awareness about the epidemic. These recommendations included efforts to enhance prevention; increase access to care; and improve recovery support services. The Governor's Heroin and Opioid Task Force Report helped to build statewide legislation that will help monitor prescription drugs, remove barriers to treatment, and will enhance prevention and recovery support efforts throughout NYS. On June, 22, 2016 Governor Cuomo signed this legislation into law making way for sweeping changes in the way prevention, treatment and recovery supports are delivered to New Yorkers!

To read the Governor's Heroin Task Force Report go to: <https://www.ny.gov/programs/governor-cuomos-task-force-combat-heroin>

Statewide Community Resources

If you or someone you love is struggling with addiction the NYS HOPEline can be reached 24/7 at **1-877-846-7369** or by texting **HOPENY (467369)**.

In addition, the NYS Office of Alcohol and Substance Abuse Services website has an up-to-date bed availability link at www.oasas.ny.gov. Then click on [OASAS Treatment Availability Dashboard](#) to find a treatment bed near you.

The State's **TALK2Prevent** website is a great resource to use when talking to young people about preventing underage drinking and drug use.

For information about resources in Putnam County call the NCADD Putnam at 845-225-4646 and an information and referral specialist will assist you.

HEROIN addiction
starts here...



**Combat Heroin
and Prescription
Drug Abuse**

New York State Office of Alcoholism and Substance Abuse Services

CombatHeroin.ny.gov

1-877-8-HOPENY
(1-877-846-7369)

Upcoming Events:

Overdose Prevention Narcan Trainings July 22nd, September 23rd & November 28th

12:00pm - 1:30pm

Held at Arms Acres

NCADD Putnam Golf Outing and 10th Annual Luncheon Monday, September 12, 2016

Continental Breakfast and Registration 8:00am

Tee time (Shotgun start) 8:30am

BBQ Lunch directly following golf 1:00pm

Held at Putnam County Golf Club

