

In The Know

A monthly newsletter to keep you current and In The Know on topics related to the Prevention of Substance Abuse

Steuben Council on Addictions

A program of Substance Free Living

Volume 8, Issue 2

May 2016

Heroin and the connection to narcotic pain relievers

Heroin Use

- It is estimated that 23% of individuals who use heroin develop opioid addiction
- Of the 21.5 million Americans 12 or older that had a substance use disorder in 2014, 1.9 million had a substance use disorder involving prescription pain relievers and 586,000 had a substance use disorder involving heroin
- In 2014, there were more than 118,000 admissions into New York State-certified treatment programs for heroin and prescription opioid abuse
- The highest rates of use are among 18-24 year olds
- The percentage of New York State high school students who reported using heroin more than doubled between 2005 and 2011

Heroin and Overdoses

- Drug overdose is the leading cause of accidental death in the US among adults
- In just 4 years heroin overdose deaths have increased 175% nationally
- From 2014-2015 the Monroe County/Finger Lakes Region saw a 40% increase in heroin overdose deaths
- Heroin is 30-50 times stronger when laced with fentanyl, a



trend that is on the rise in our area and nationally

Heroin and Narcotic Pain Relievers

- Heroin and narcotic painkillers belong to the same class of drugs: Opioids
- Studies show that people who abuse painkillers like Oxy-Contin are 19 times more likely to start using heroin
- 8 out of 10 people who started using heroin abused painkillers first
- In an effort to cut down on painkiller abuse, changes have been made to laws and prescription drug tracking systems
- Because it's getting harder to get painkillers, people may turn to heroin because it is cheaper and easier to get
- In the first 3 months of 2016, Nationally there have been 9,521 exposures reported to poison control centers
- Everyday 44 people die as a result of prescription opioid overdose

Resources:

American Society of Addiction Medicine (www.ASAM.org)
New York State Office of Alcoholism and Substance Abuse Services (www.OASAS.ny.gov)
Drug Free World (www.drugfree.org)
National Institute on Drug Abuse (www.drugabuse.gov)

NYS Opioid Overdose Prevention Program

What are Opioids? Opioids are medications that relieve pain. They reduce the intensity of pain signals reaching the brain and affect those brain areas controlling emotion, which diminishes the effects of a painful stimulus. (National Institute of Health)

Drug overdose is a serious public health concern and opioid-related overdose has increased as a health threat. A life-saving law took effect on April 1, 2006, making it legal in New York State for non-medical persons to administer Naloxone to another individual to prevent an opioid/heroin overdose from becoming fatal. All registered opioid overdose programs are furnished Naloxone (Narcan) by the NYSDOH. It is a prescription medicine that reverses an overdose by blocking heroin (or other opioids) in the brain for 30 to 90 minutes. Naloxone, the drug that reverses overdoses from opioids such as heroin and many prescribed pain relief medications, is now available in more than 1,100 pharmacies throughout New York State. Individuals who are themselves at risk for an overdose or their family members or friends may acquire naloxone in these pharmacies without bringing in a prescription. (www.health.ny.gov)

Do you or someone you care about need help because of Drugs, Alcohol or Gambling call:

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

24 hours a day, 7 days a week * Free & confidential information and referrals.

By the Numbers...

A look at facts and figures relating to Rx opioids

- The United States is in the midst of an epidemic of prescription opioid overdose deaths, which killed more than 14,000 people in 2014 alone.
- Since 1999, sales of prescription opioids—and related overdose deaths—have quadrupled.
- Since 1999 there have been over 165,000 overdose deaths relating to prescription opioids.
- In 2013 alone 249 million prescriptions were written for opioid pain relievers.
- Higher dosages of opioids are associated with higher risk of overdose and death—even relatively low dosages (20-50 morphine milligram equivalents (MME) per day) increase risk.
- Primary care providers account for approximately 50% of prescription opioids dispensed.
- Nearly 2million Americans, aged 12 or older, either abused or were dependent on prescription opioids in 2014.

(Centers for Disease Control Fact Sheets)



Substance Free Living

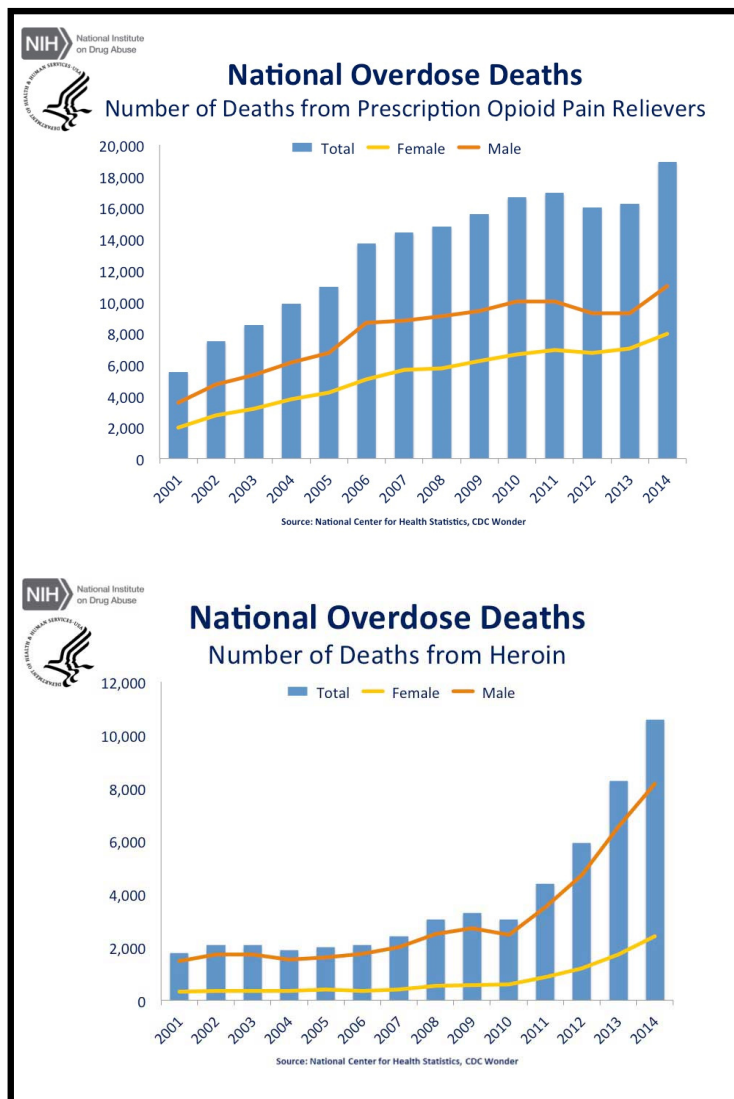
A service priority for Catholic Charities of Steuben

8 East Morris Street, Bath, NY 14810
Phone: (607) 776-6441 * Fax: (607) 776-6664

Prevention Director: Jim Bassage
Prevention Educators: Barb McCollumn, Stacey O'Dell, Erin Fleming, Michele Sexsmith
Administrative Assistant & DDP Coordinator: Diana McIntosh
Clerical Assistant: Jessica Allison
Drug Free Communities Coordinator: Norman McCumiskey
Drug Free Communities Program Assistant: Colleen Banik

Bath Hope for Youth Counselors:
 Sherry Sutton—Campbell-Savona
 Bridgette Lanphere—Hammondsport
 Jennifer Beaty—Haverling

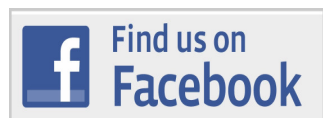
Steuben Council on Addictions is a program of Substance Free Living, which is a service priority for Catholic Charities of Steuben. In The Know is a regular monthly update about alcohol, tobacco and other drugs to help in the prevention of substance use and abuse. For more information please contact Stacey O'Dell, Prevention Educator at sodell@dor.org.



Prohibiting the consumption of alcoholic beverages and/or illegal drugs by minors on private premises in Steuben County.

- 1st Offense a violation**—\$250 fine & up to 15 days in jail
 - 2nd Offense a misdemeanor**—\$500 fine & up to 60 days in jail
 - 3rd / subsequent offenses misdemeanor**—\$1,000 fine & up to 1 year in jail
- For every offense completion of a court-approved alcohol and drug awareness program is required.

It is NEVER legal for any adult to provide alcohol to someone else's child even with the permission of that child's parent.



The Council Corner

We are excited to welcome Colleen Banik to the team as our Program Assistant for the Steuben Prevention Coalition! Colleen has been a lifelong resident of Steuben County who is proud to be coming back to work in this community. Besides an extensive circle of contacts in the community she brings several years of experience in healthcare administration, most recently with Guthrie Corning Hospital for the past five years.



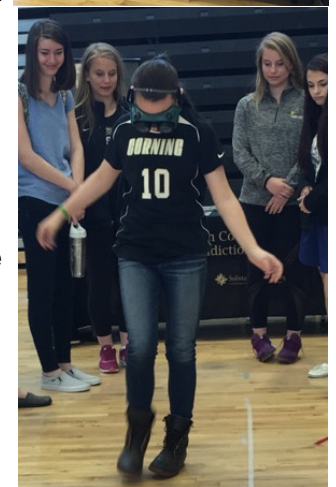
Colleen brings a vast number of skills to this job including community outreach, team building experience with local, state and federal agencies together with experience in media relations. She is a graduate of the Bryant & Stratton Business Institute.

The sense of giving back to the community is what attracted her most to this position. She will be busy making a

difference in our County. We are thankful to have her here.

We have been active this month participating in activities throughout the county. The Steuben Council on Addictions and the Steuben Prevention Coalition both attended the Corning Painted Post High School Health Fair on April 15th 2016. Both tables provided students with information regarding the dangers of drugs and alcohol. The Steuben Council on Addictions had an interactive table using the fatal vision goggles to show students the dangers of drunk driving and how alcohol alters your perception. Over 1,000 students participated in this event.

This month in the Bath Girls Group we have been working on self-esteem. We strive to make girls more comfortable and confident in their own skin. The girls worked on a project to express themselves using craft materials to design a crown. Each girl made a fashion crown and then had the chance to walk down the runway. The girls got creative and enjoyed this activity. We are happy to see the girls improving their social skills and making new friends at girls group.



Youth who drink alcohol are more likely to experience: School problems, such as higher absence and poor or failing grades. Social problems, such as fighting and lack of participation in youth activities. Legal problems, such as arrest for driving or physically hurting someone while drunk.

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 calls are anonymous.

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

1-844-378-4847