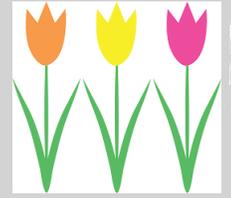




Partnership Times



Spring 2019

Legal Doesn't Mean Safe *The Misconceptions Surrounding Marijuana*

The legalization of marijuana has been sweeping the Country with a total of 33 states and D.C all adopting legalization in some form, with many states following closely behind in the push for legalization. To make an informed decision it is important to know the facts about marijuana use - especially for adolescents. See the facts below...

- Using marijuana at an early age can lead to negative health consequences. The brain does not fully develop until the age of 25. Heavy marijuana use can do damage to memory, learning, and attention, in the adolescent brain. The non- developed brain is also more susceptible to addiction. Along with the health concerns related to the brain, it needs to be stressed that smoking any product, including marijuana, can damage your lungs and cardiovascular system. These are some examples of the health risks associated with marijuana that can affect teens.
- Many people say they use marijuana to help them feel better. As we know, the marijuana plant does in fact have certain chemicals with medicinal properties that may help symptoms for some health problems. (CBD & THC available in pill form) more and more states are making it legal to use the plant as medicine for certain conditions... The main problem with marijuana as a medicine is that the ingredients aren't exactly the same from plant to plant. There's no way to know what kind and how much of a chemical you're getting.
- The signs of using too much marijuana are similar to the typical effects of using marijuana but more severe. These signs may include extreme confusion, anxiety, paranoia, panic, fast heart rate, delusions or hallucinations, increased blood pressure, and severe nausea or vomiting. Several studies have linked marijuana use to increased risk for psychiatric disorders, including psychosis (schizophrenia), depression, anxiety, and substance use disorders. In some cases, these reactions can lead to unintentional injury such as a motor vehicle crash, fall, or poisoning, when mixed with other substances.

For resources or additional information, visit our website at CPCHC.ORG
Nicole Head- Project Coordinator

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-Prom & Graduation Season: Keep Teens Safe



The Partnership Times is a newsletter formed by the **Community Partnership Coalition of Herkimer County** (CPCHC). Our mission is aimed at substance abuse prevention with a focus on education, community awareness, trainings, information and to act as a resource within communities throughout Herkimer County.

CPCHC is a program of Catholic Charities of Herkimer County



CPCHC LINEUP

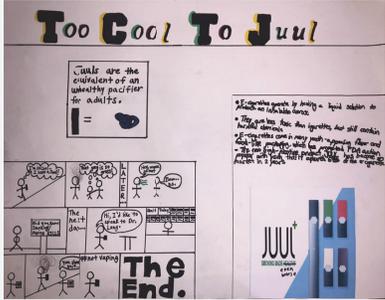
The Partnership does not meet in the months of July and August

April 5th & May 3rd-9 AM

Monthly Coalition Meeting
@ Catholic Charities,
61 West St. Ilion

***For further information check out our website at: WWW.CPCHC.ORG**

As part of this year's National Alcohol and Drugs Facts Week, students created posters centered around the theme "Too Cool to Juul". Students from all over Herkimer County were invited to participate, with a total of over 60 entries submitted. Three 7th graders from Frankfort-Schuyler school district worked together on the gold prize winning poster: Brandon Cook, Colin Bick, and Amar Perry. Congarratulations!



Shine a light

Meet Rachel Johnson; Youth Action Specialist for Reality Check in Herkimer County- through BRiDGES Tobacco Prevention Program.



Reality Check is part of a statewide comprehensive tobacco control program (BTC), through NY State Dept. of Health. Reality Check is the youth action component of the BTC where youth are engaged as leaders and activists in the movement against tobacco use and the tobacco industry's marketing.

A message from Rachel:

"I started this position in September 2017 and have worked closely with the Herkimer County Prevention Council to run events and activities throughout the county. I work weekly in the Dolgeville Central School District where we have a middle and high school Reality Check group currently meeting on a weekly basis. We have been able to meet with 3 different town/village boards in the past year; and even have taken the youth to the Legislative Offices in Albany to meet with the Senator Tedsico's staff. The youth got to speak the past 2 years on tobacco control to their senator's staff. This past January, the first ever tobacco license law was passed in Dolgeville with the hard work of the Reality Check group and Prevention Council. It is the first in our 3 county coverage (Madison, Oneida and Herkimer) to pass such a law to restrict the marketing and retail density of tobacco and vaping products within the village limits.

I joined the coalition in October 2017, right after starting my position in tobacco control. I feel it is so important for many different groups to come together and look at what is going on throughout the county and work collaboratively to prevent it from continuing. I found being a member has brought me many different perspectives and ideas, and really helped me to make my program stronger and farther reaching."

From all of us involved with CPCHC, we thank you Rachel for all of your continued support and hard work!

Up-to-the-Minute

Here's an update on how many pounds of prescription drugs our local police departments have collected since January!

Herkimer PD

196 lbs

Ilion PD

35.5 lbs

Town of Frankfort

20 lbs

Little Falls PD

6 lbs

Herkimer County Sheriff's Office

1 lb

= A total of 258.5 lbs collected!

This year, Ilion PD will be partnering with Kinney Drugs during the National DEA Take-Back Day event!

For more information on National Take-Back Day or drop box locations, check out our website.

Feature Article "Talk2Prevent"

Prom & Graduation Season: Keep Teens Safe



Drinking and driving is a major concern, particularly this time of year when teens are celebrating prom and graduation. An estimated 20% of all accidents involving teens are alcohol-related, and about a third of those crashes happen during April, May, and June. A survey by the American Automobile Association (AAA) shows 84% of teens said their friends would be more likely to drive after drinking than risk getting in trouble by calling home for a ride. Another 22% said they'd ride in a car with someone who had been drinking.

Teen drinking is always dangerous. Even if your child doesn't get behind the wheel, there are still concerns about teen drinking during these celebrations. Prom night and graduation will often present opportunities to drink, and even kids who've never considered using alcohol before can get caught up in the moment while celebrating with friends. Because teenage brains are still developing, a teenager doesn't have the same decision-making skills as an adult. When teens drink, their developing brains are more vulnerable to the effects of alcohol. Unfortunately, this makes them more likely to make bad decisions or lose control when it comes to sexual behavior, criminal mischief, and even violence.

To help protect your teen or students on prom night or graduation, help them to create a game plan for both events. Remind your child that you'll provide a no-questions-asked pickup at any-time, during these events. To keep your child or students safe on prom night and graduation, start by having a conversation. Explain why drinking is so dangerous and that the risk extends beyond your teen. By drinking or using drugs and driving, your teen not only puts themselves at risk but can hurt or kill a friend or stranger. Remind them that it takes one bad decision to potentially ruin their future.

For Additional Information and Printable Resources, Visit talk2prevent.ny.gov

Keep Me POSTED

Check out what's going on this Spring!

April

- 4/8 Blue Ribbon Walk
HCCC
- 4/9 Showing of "Resilience"
HCCC
- 4/12 Free Narcan Training
Herkimer County Office Building
- 4/13 Mohawk Valley Relay For Life
- 4/20 Utica Zoo
"Eggstravaganza"

May

- 5/11 Craft Fair
Herkimer County Fairgrounds
- 5/12 Utica Zoo
Free admission for Moms
- 5/24 Brickhouse Acres Garden Center
Opening Day
- 5/30 Opening Day
Diamond Dogs
Baseball

June

- 6/7 Dolgeville Violet Festival
- 6/15 Public Yard Sale
Herkimer County Fairgrounds
- 6/15 Herkimer County Relay For Life
- 6/22 Craft Fair
Herkimer County Fairgrounds

July

- 7/13 Little Falls Cheese Festival
- 7/20 Herkimer County Diamond & Gem Festival

Visit our Website for more information!

- Visit a State Park for the day
- Check out the Herkimer Diamond Mines
- Take an Erie Canal Cruise

Just for fun!

Try our word search

Think B4 U Drink

ADDICTION	I W O Q B W N D A W P S F T N
ALCOHOLIC	K N C V Z N I Y I E R U R S V
ARREST	R Y T O E S T T I S E O S E A
BAC	K E U O E R H U G N V R H R M
DANGEROUS	E E L A X D D N B R E E C R Q
DISEASE	C P S B R I I O O B N G U A L
DRUNK	C E W A A N C U S B T N N N S
DUI	H I W F O N Q A A E I A D I D
DWI	D A L S R I E R T S O D E N L
ENABLER	L U I O L E C Y T I N P R Y H
INTOXICATION	G O I Y H D R U N K O T A L D
LIQUOR	P H D X R O X V T C G N G R B
OVERDOSE	V L W U S E C C X O L G E A D
POISONING	Z Y I B K T O L E R A N C E K
PREVENTION	N O I T C I D D A H I U R O O
TOLERANCE	
UNDERAGE	
WITHDRAWAL	



Our Mission

"The Community Partnership Coalition of Herkimer County, through collaboration and mobilization of community members, is dedicated to the prevention of alcohol and substance use, focused on youth and including adults in Herkimer County."

Contact Us

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National Prescription Drug Take-Back Day will be Saturday, April 27, 2019 from 10:00 a.m. until 2:00 p.m. National Take-Back Day is a safe, convenient, and responsible way to dispose of unused or expired prescription drugs.

The last Take-Back Day brought in more than 900,000 pounds of unused or expired prescription medication.

Check out our website for more information!



Some of our favorite **FAQ's**:

Q: Is the use of medications like methadone and buprenorphine simply replacing one addiction with another?

A: No. Buprenorphine and methadone are prescribed or administered under monitored, controlled conditions and are safe and effective for treating opioid addiction when used as directed.

Q: Can Electronic Devices Such as E-Cigarettes help keep teens away from real cigarettes?

A: There are studies showing that teens are very likely to start smoking real cigarettes after being introduced to the nicotine in these electronic devices.

Q: What is "Binge Drinking" ?

A: This pattern of drinking usually corresponds to 5 or more drinks on a single occasion for men or 4 or more drinks on a single occasion for women, generally within about 2 hours.

To submit your question for a chance to be featured, visit our website!

Rx Drop Box Locations

Dolgeville Police Dept.

41 North Main St. Dolgeville
24/7

Little Falls Police Dept.

659 East Main St. Little Falls
8:30AM-4PM

Ilion Police Dept.

55 1st St. Ilion
24/7

Town of Webb Police Dept.

3139 NY-28 Old Forge
*please contact department
@ (315) 369-6515

Frankfort Town Dept.

Town Hall 201 3rd Ave
Frankfort
9AM-4PM

Mohawk Police Dept.

28 Columbia St. Mohawk
24/7

Herkimer Police Dept.

120 Green st. Herkimer
24/7

Sheriff's Office

320 N. Main St. Herkimer
8AM-5PM

**GET RID OF YOUR UNUSED
PRESCRIPTION MEDICATIONS!**