

## Faith-Based Leaders Reaching Out

ECCPASA has been working with local clergy for over 10 years. On April 24th, ECCPASA and TruetoX Laboratories sponsored a full-day training titled “The Faith-Based Leader’s Role in Addressing the Disease of Addiction”. The purpose of the training was to educate faith-based leaders on helping members of their congregation who have a substance use disorder, as well as their families. It also served to provide information on the signs that someone has a substance use disorder, the effects alcohol and other drugs might have on a person’s life and the ways substance use can affect families and communities. The event had over 50 people in attendance, exemplifying the dedication our clergy members have toward keeping our community safe and healthy.



The program opened with a warm welcome from Bishop Richard Malone of the Diocese of Buffalo. The focus of the morning was on what substance use disorders are and the associated signs. Dr. David Holmes of the Jacobs School of Medicine and Biomedical Sciences covered “The Disease of Addiction”, which included signs and symptoms, and Sally Yageric of ECCPASA shared local trends and some paraphernalia that could be used to conceal substance use. Dr. Greg Hobbs of TruetoX Labs also spoke on the science behind drug testing. When leaders in the faith community are educated about the indicators and effects of a substance use disorder, they are better prepared to guide congregants toward help and through the recovery process.



*Bishop Richard Malone  
Diocese of Buffalo*



*Dr. David Holmes  
Jacobs  
School of Medicine*



*Pastor Tom LeBeau  
First Methodist Church,  
Cooperstown, NY*



*Cheryl Moore  
Erie County  
Department of Health*

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## Check Us Out



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Sally Yageric

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**Letter from the Interim Executive Director****Robin Mann**

Waking to the sound of birds chirping, watching the tulips boom and the smell of fresh cut grass are just a few signs that spring is here. This time of year brings great joy, especially to our school-based staff. As programming comes to an end, staff have the opportunity to see/reflect on the growth and maturity of the amazing children whom they have worked with during the school year. As always, we appreciate the partnerships we have established at various schools throughout Erie County that allow us to provide programming to their students and trainings to their staff and parents. It truly takes a Village!!



As we move into the summer season, we are looking forward to our annual Tomorrow's Leaders Camp, where we help to cultivate leadership qualities for some of our youth throughout Erie County. But also in August, we will be celebrating the 20th anniversary of our Strengthening Families Program. We will host a Family Reunion for recent and previous families who have participated in the program. The day will consist of food, games, arts and crafts along with vendors who will provide community resources for the families. We anticipate a good time will be had by all.

Thank you for taking a moment to read about some of the other things that are happening at ECCPASA and in the community. Have a safe and healthy summer.

*Robin*

**Don't miss out on our TLC camp!**

## Tomorrow's Leaders Camp

### Healthy Choices, Healthy You!

Exploring The 7 Dimensions of Wellness


## June 25<sup>th</sup>-July 6<sup>th</sup>

**Monday-Friday 9:00am-3:30pm**


2253 Main St. Buffalo, NY 14214

**Ages 8-12 • Cost: \$80**

**EARLY BIRD  
REGISTRATION  
(EXTENDED!)**  
Save 10% if you register  
by June 10<sup>th</sup>  
Limited Scholarships  
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Contact Robin Mann  
robin@eccpasa.org  
716-831-2298



**Field Trips**

**Daily Snack**

**Full Adult Instruction**

**Guest  
Speakers**

**Resources and Contacts:**

Adult Children of Alcoholics - c/o ECCPASA 716.831.2298

Al-Anon & Alateen - 716.856.2520 [www.aiswny.org](http://www.aiswny.org)

Alcoholics Anonymous - 716.853.0388 [www.aa.org](http://www.aa.org)

Crisis Services - 716.834.3131 [www.crisisservices.org](http://www.crisisservices.org) Kids Helpline - 716.834.1144

Erie County Sheriff's Office Underage Drinking Hotline – 1.800.851.1932

Gamblers Anonymous & Gam-Anon - 716.879.0555 [www.gamblersanonymous.org](http://www.gamblersanonymous.org)

Nar-Anon - 716.674.8489 [www.nar-anon.org](http://www.nar-anon.org)

Narcotics Anonymous - 716.878.2316 [www.nawny.org](http://www.nawny.org)

National Association for Children of Alcoholics - [www.nacoa.org](http://www.nacoa.org)

NYS OASAS Help Line - 877.846.7369 [www.oasas.state.ny.us](http://www.oasas.state.ny.us)

Save Our Selves – Non-religious support for twelve-step recovery [www.cfiwest.org/sos/index.htm](http://www.cfiwest.org/sos/index.htm)





## Screenagers

Hosted by the Amherst Central School District, ECCPASA and the Jolly Boys of Williamsville sponsored a screening of the documentary Screenagers on March 7th for the Amherst community. The documentary dives into the effects that technology is having on teenagers as they grow. When young people spend too much time in front of screens, they are at an increased risk for a variety of issues including difficulty sleeping, inability to concentrate, obesity, anxiety and depression. The more advanced technology gets, the more it is going to affect our lives, so we must learn to address concerns now and prevent problems in the future.

Many people report feeling “disconnected” from their families and friends, even while they are spending time together. Often, the presence of technology is the distraction. How many times have you been talking to someone and they can’t seem to keep their gaze away from their cell phone or a television? Talking to a person and actually connecting with them are not the same. Effective communication is essential in cultivating and maintaining healthy and meaningful relationships.

It is important that we teach teens to balance time spent online and in front of screens with other activities that include face-to-face interaction. Even simple acts like putting cell phones away during dinner and turning off notifications for social media can help regulate screen time and strengthen our bonds with others. And don’t forget... the best way to teach these positive behaviors is to model them ourselves!



### Giving Back to Our Community

On April 24th, ECCPASA staff participated in another successful Kids Day! This was the 36th year that The Buffalo News and volunteers in the community came together to raise money for children in Western New York, with all proceeds from the special edition papers benefitting Oishei Children’s Hospital and Cradle Beach.

Selling papers at the corner of Hertel Avenue and Parkside Avenue, we surpassed our earnings from last year and raised over \$400! Thank you to everyone who participated and bought a paper to support this great cause!



### Learn how to live a healthy lifestyle with Project CHOICES

Project Choices is a free, two (2) session program designed to assist women in making healthier choices related to alcohol, sex, and birth control.

If you are a woman between the ages of 14 and 44, you may be eligible to participate. To learn more about Project CHOICES, or to join, contact us at 716-831-2298.

Interested in becoming a possible candidate? Apply at [www.UMakeTheChoice.com](http://www.UMakeTheChoice.com).



Eligible candidates\* will receive **\$40 in gift cards** when they have completed the Project CHOICES program.

Project CHOICES is funded by The Peter and Elizabeth C. Tower Foundation.







## Interview with Dr. Davina Moss-King, Ph.D. Positive Direction and Associates, Inc.

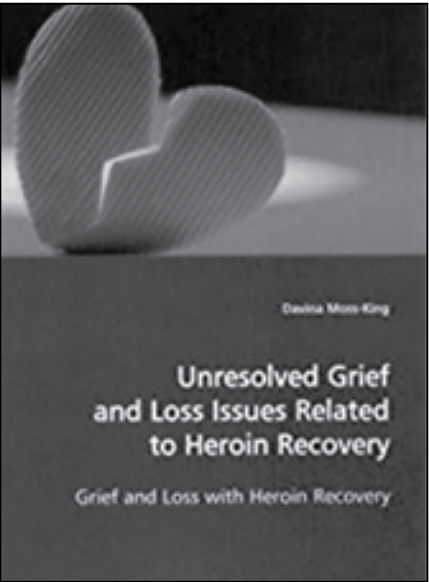
**D**r. Davina Moss-King is the founder and president of Positive Direction and Associates, Inc. Dr. Moss-King, a Buffalo native, obtained her master’s degree from New York University and her doctorate from the State University of New York at Buffalo. She has been working in the substance abuse field for over 26 years, and has won numerous awards throughout her career. Journalists from The Washington Post, The Toronto Sun, The University at Buffalo’s Newspaper, The Buffalo Challenger and The Washington Times featured her dissertation “Unresolved Issues Related to Substance Abuse”. The journalists from those newspapers discussed the significance of the dissertation and the use of heroin addiction and heroin recovery in 2005.

Dr. Moss-King started her professional career working as a speech language pathologist and teacher’s assistant, but never quite felt that it was the right work for her. She made the switch to an agency where she counseled clients and provided vocational training. As she moved forward in her career, she often found herself working with people diagnosed with substance use disorders. Her experiences include interviewing patients in local detox facilities, inpatient and private practice and assisting people coming out of prison to maintain recovery from substance use. She also volunteered for the Back to Basics Ministries’ program in Buffalo from the grassroots level, starting at its inception. Currently, Dr. Moss-King is an adjunct lecturer at Canisius College and New York University. Her work in substance abuse treatment with a research focus on women and children’s wellness has helped countless families both local to Western New York and internationally.

Positive Direction is a consulting and training company focused on the wellbeing of both men and women. They have four principles that guide their work: Compassion, knowledge, competence and confidentiality. Their services include providing counseling and education for pregnant women with substance use disorders as well as training for the medical community.

Women who are pregnant with a substance use disorder can be referred to Positive Direction for guidance and help to navigate their prenatal care. Their goal is to minimize the effects of Neonatal Abstinence Syndrome (NAS). NAS is a group of symptoms that occur in a newborn who has been exposed to drugs, particularly opioids, before birth. The symptoms come from the withdrawal a newborn goes through once they are born. Dr. Moss-King describes three main body systems that NAS affects in newborns: the gastrointestinal system, the autonomic system and the neurological system. Effects on these systems can lead to problems such as difficulty regulating temperature, diarrhea, seizures and excessive crying. The long-term effects are still being studied, but there is evidence that NAS can have consequences that may need early-intervention to overcome obstacles.

Prescribing Medication-Assisted Treatment (MAT) to a pregnant woman with a substance use disorder can help control symptoms in a newborn reduce the severity of the NAS symptoms. Some common medications used as MAT include methadone, buprenorphine (Subutex) or Suboxone. Medication can also be provided to the infant after birth to further ease the symptoms of NAS. However, a problem that Dr. Moss-King has seen throughout her career is that some pregnant women avoid seeking prenatal care when they have a substance use disorder and are actively using due to fear of being judged or the guilt they feel. “You have an issue where self-worth is actually low,” says Dr. Moss-King, “which means that their self-efficacy becomes lower also, which means they don’t have the confidence to follow through to do things appropriately.” She has often heard women say that they feel like they have failed and fear that medical professionals will feel the same. These feelings



can exacerbate substance use as women try to cope. In addition to the anxiety of being pregnant, the women she has worked with also express fear that their child will be taken away from them after birth if they have a positive drug test.

Dr. Moss-King and Positive Direction strongly encourage women to receive treatment and prenatal care that will help minimize the effects of NAS. Women being treated with MAT have a reduced risk of overdose, exposure to infection and adverse health effects in their newborn since medical professionals are able to monitor and control their medication. Dr. Moss-King states “Whether it’s methadone or Subutex, it’s prescribed. You know what you’re getting from the pharmacy. If you continue to buy your drug off the street, it’s being mixed with many things.” Positive Direction can help alleviate some of the anxiety a woman feels by working with the physician who has prescribed her MAT. Together, they will write an official letter to confirm that a woman is in treatment and her care is under proper medical supervision prior to delivery.

Another issue Dr. Moss-King sees is that many women with substance use disorders have experienced trauma at some point in their lives. She stresses the importance of physicians, nurses and anyone who works in a helping profession to be trained in trauma-informed care. If a woman has experienced trauma, she has had her power and control taken away. Future events that compromise a woman’s control over a situation, such as those that can occur during the childbirth process, can be re-traumatizing. Dr. Moss-King encourages medical professionals to provide assessments about a patient’s past trauma and be aware of the possible effects it may have on their willingness to receive treatment.

Positive Direction strives to help women build themselves the best platform possible to be healthy, successful mothers. At its core, their counseling program seeks to help motivate women to understand and change their behavior and boost self-efficacy through education. The aim is to also empower women to regain control over their treatment and pregnancy.



Dr. Moss-King has authored a book, titled “The Positive Direction Model: Opioid Use and Pregnancy” (2017). She describes it as a self-help tool to guide women through pregnancy. Medical professionals and pregnant women have both found the book helpful in keeping informed about what types of providers should be involved and the roles that they will play in making her delivery successful. Copies of Dr. Moss-King’s books “The Positive Direction Model: Opioid Use and Pregnancy” and “Unresolved Grief and Loss Issues Related to Heroin Recovery” can be purchased on the Positive Direction website at [www.pdawnny.com](http://www.pdawnny.com) or by emailing Dr. Moss-King at [Davina.Moss-King@pdawnny.com](mailto:Davina.Moss-King@pdawnny.com).

Dr. Moss-King provides trainings for members of the medical community. She speaks on trauma-informed care, motivational interviewing, pregnancy and substance use disorders, Fetal Alcohol Spectrum Disorders (FASD) and the ways in which a person’s lifestyle can affect their recovery journey. Participants of her trainings can receive Continuing Education Units (CEUs). Most importantly, her trainings provide the education needed to get a woman with a substance use disorder and her child comprehensive care in an environment of respect and understanding. “I would like medical professionals to understand the culture of addiction,” she says, “Every person that’s involved with a woman’s treatment needs to realize that different characteristics of an individual that has a substance use disorder can have effects on the mother and infant, compromising the future of both.”

**For more information about Positive Direction and the work that Dr. Moss-King does, please visit [www.pdawnny.com](http://www.pdawnny.com).**



## Proposed Amendment to Erie County Social Host Law



Erie County Legislator Lynne Dixon has proposed an amendment to the Social Host Law in Erie County that was enacted in 2014. Currently, the Social Host Law states that if a parent, guardian or homeowner allows underage drinking on their property, they can face legal consequences. The new proposal would expand the law to apply to other drugs in addition to alcohol, including heroin, prescription opiates, anabolic steroids, cocaine and marijuana. It would also require adults to take action if they learn about substance use that is already taking place on their property.

Legislator Lynne Dixon commented on the reasoning behind the proposed amendment, stating "Since the initial law passed, it has become clear that the problem facing our community goes beyond underage drinking. Drug overdose and opioid abuse have claimed far too many young lives in Erie County. An adult who chooses to allow this kind of dangerous behavior puts everyone at risk and must face the appropriate consequences."

The punishments for violations of the Social Host Law are as follows:

First offense - \$250 fine

Second offense - \$500 fine

Third or subsequent offenses - \$1,000 fine or up to a year in jail

Erie County's Social Host Law serves the important role of protecting young people in our area. We know that if a person initiates alcohol or other drug use at a young age, they are more likely they to develop a substance use disorder later in life or progress to using other substances. It is up to all of us to protect teens and give them the skills necessary to avoid substance use and continue on to live healthy lives.

### Faith-Based Leaders Reaching Out *(continued from page 1)*

In the afternoon, Pastor Tom LeBeau from the First Methodist Church in Cooperstown, NY presented "The Clergy's Role in Supporting Recovery (While Maintaining Self-Care)". Self-care is often overlooked, but it needs to be a core part of life for those who are frequently having serious, traumatic situations disclosed to them, such as is the case with clergy members. Sometimes we forget that we need to care for ourselves first if we are going to be in the best mindset possible to help others. To end the day, Cheryll Moore of the Erie County Department of Health spoke on the status of the opiate epidemic in Erie County and facilitated a Narcan (naloxone) training. Discussing the current epidemic on a local level brings the issues surrounding substance use disorders into perspective and highlights the importance of the work that faith-based leaders do.

Above all, this training served as a way to connect with clergy members and provide education on substance use disorders and recognize the important role they play in providing hope to those affected. Clergy members are unique in that they are able to connect and form bonds with a community as a whole, as well as with individuals on a one-on-one basis. Clergy are both leaders and listeners, which gives them a strong platform to be able to break down barriers and reach out to congregants whom they believe might be struggling and offer them guidance, resources and support.

***If you are interested in hosting a training for your faith community, contact ECCPASA at 716.831.2298.***

### Welcome New Board Members!

***ECCPASA would like to extend a warm welcome to our newest board members!***

**Debra Cannon**  
Site Supervisor  
Cazenovia Manor

**Catherine Roberts**  
Senior Vice President  
Community Action Organization

**Eric Rosser**  
Associate Superintendent of  
Student Support Services  
Buffalo Public Schools

**Barbara Lark**  
Chief B-District  
Buffalo Police

**Maureen Wilk**  
Regional Service Coordinator  
White Deer Run

***Thank you to all new and existing board members for your support!***



## Don't Let Stigma Stop You – Just Tell One

The single step of just telling one person can be the catalyst needed to bring about change and get help. The Just Tell One initiative's message is simple: asking for help when suffering from a substance use disorder and/or mental illness doesn't have to be a major process.

One of the greatest issues we face when we talk about substance use disorders and mental health is stigma. We need to remember that these are diagnosable conditions of the brain, and not something that a person chooses or something that a person can simply "get over". We need to change the way we think and talk about substance use disorders and mental health and encourage others to do the same.

If you are struggling with a substance use and/or mental health disorder, remember that you are not alone. Just Tell One gives some tips on how to start a conversation about what you are going through, including planning what you want to say, being honest and choosing a place and time when the conversation can be comfortable and will not be rushed. Telling one trusted person may bring a sense of relief and positivity and provide a stepping stone toward recovery.

If you are the trusted person whom someone confides in, it is important to listen to what they are saying in a non-judgmental way, believe them and empower them to get help by providing resources. Afterwards, continue to check in with them to see how they are doing. A few small gestures can make a world of difference in the life of someone who is going through a difficult time. The more open we are about substance use disorders and mental health, the easier these conversations will become as stigma and judgment fade away.

HELP WITH DEPRESSION  
OR ADDICTION IS  
CLOSER THAN YOU  
THINK.

START SIMPLE.  
JUST TELL ONE.



**Visit**  
***[www.justtellone.org](http://www.justtellone.org)***  
***for more information.***

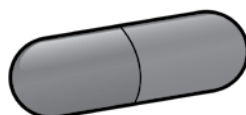
## Safe Drug Disposal

**Did you know that there are disposal sites for unwanted drugs and syringes all over Erie County?**

All illicit/illegal, prescription, over-the-counter, or expired drugs are accepted. Locations include police departments, colleges, town halls and more. Do your part to protect our community by disposing of drugs and syringes safely!

For more information or to find a disposal site near you, visit [www.erie.gov/health](http://www.erie.gov/health) or [www.thepointny.org](http://www.thepointny.org).

**No Questions Asked!**



**Celebrating  
20 Years  
of Programming!**



The Strengthening Families Program is excited to announce that they have been serving families in Erie County for the past 2 decades! In honor of its 20 years of service, on August 4th Strengthening Families will host a "family reunion" inviting families who have graduated years ago, new graduates and current families to a day of family fun!





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Buffalo, NY 14216



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### ERIE COUNTY COUNCIL FOR THE PREVENTION OF ALCOHOL AND SUBSTANCE ABUSE, INC.

The Erie County Council for the Prevention of Alcohol and Substance Abuse will deliver research driven education, prevention, intervention programs and services to promote and support the health and wellness of individuals, families and communities by focusing on solutions to alcohol and other drug misuse, addiction and unhealthy behaviors.

ECCPASA will provide leadership to fight the stigma associated with addiction through public education, policy awareness, liaison with health professionals and recovering communities, by providing objective information, referral, and linkages to those in need.

### Support ECCPASA

**As we continue to serve the community, please become an official "supporter" of our mission!**

*Your tax deductible contribution can be made at any time of the year:*

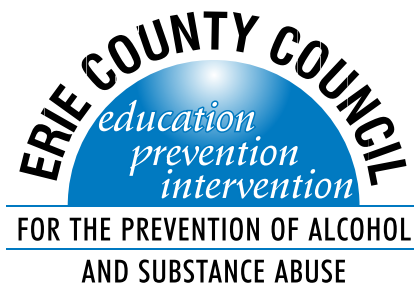
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| <input type="checkbox"/> \$ 25.00 | <input type="checkbox"/> \$ 75.00 | <input type="checkbox"/> Other \$_____ |

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*Thank you for supporting the ECCPASA community efforts!*

**Please mail your tax deductible contribution to: ECCPASA, 1625 Hertel Ave., Buffalo, N.Y. 14216**

Under contract with the Erie County Department of Mental Health. Funded by the New York State Office of Alcoholism and Substance Abuse Services, school districts and municipalities throughout Erie County, individuals, corporations and community service organizations. Member agency of the United Way of Buffalo and Erie County.

