

Smart Approaches and New Policies

In collaboration with Erie 1 BOCES, The Erie County Council for the Prevention of Alcohol and Substance Abuse (ECCPASA) hosted a full-day professional development session focused on the topic of marijuana. The day featured keynote speaker Will Jones from Smart Approaches to Marijuana (SAM), followed by a panel discussion on sharing appropriate community resources. There was also time to debrief cannabis myths and facts, as well as a chance to engage in collegial conversations with education and agency providers from all across the county. Senator Chris Jacobs was in attendance, and briefly discussed concerns for potential marijuana legalization in NYS.



Will Jones from Smart Approaches to Marijuana (SAM) discussing social justice issues surrounding marijuana in NYS.

Marijuana in NYS has been decriminalized, not legalized. Regardless of legislation, marijuana is still considered to be an addictive substance and a potential gateway drug. The new law states that individuals facing penalties associated with marijuana possession of two ounces or less can expect a violation with fines as low as \$50. Those found with possession of more than two ounces will be fined \$200, and all criminal records for prior mentioned possessions will be expunged. Currently THC concentrates are not included in this legislation and are subject to greater penalties.

Will Jones covered several pressing topics related to marijuana including the effects of cannabis on the adolescent brain, environmental risk factors seen in states that have already legalized recreational marijuana, current policies, and social justice. One of his main focuses was a push for decriminalization in an effort to dissuade full recreational legalization. For a long time the fate of NY seemed destined to end with the latter, but through tremendous efforts from prevention agencies like ECCPASA, mental and public health professionals, law enforcement, the PTO, education professionals and some government officials, full legalization in NYS did not come to pass.



Will Jones from Smart Approaches to Marijuana (SAM) discussing prison populations in states who have legalized.

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Letter from the Executive Director

Robin Mann

With autumn upon us, we are off and running with renewed energy, new ideas and new staff. We are excited to resume our school-based programming in our partner schools and begin programming in some new schools. The work in the community continued throughout the summer and shows no sign of slowing down.

As a Council, we strive to keep the community informed of current substance abuse trends and public policy issues. In this issue of AwareNEWS, you can read about the changing policies regarding recreational marijuana and CBD oil which is growing in popularity. Decriminalization is not legalization and it is vitally important to keep our youth and other vulnerable populations educated and informed.

Although we had a wonderful summer with our Tomorrows' Leaders Camp, community-based programming and even a little vacationing, August brought some disheartening news to the ECCPASA family. We are saddened by the recent loss of two men whose thumbprints remain on the agency and the programs. James Frank, endearingly know as Jim to many or Jimbo to us, was the founder of our Student Assistance Program which has expanded and continues to be implemented in numerous schools within our county. And although Jim retired several years ago, his sense of humor, office pranks and commitment to helping youth will forever live within the agency. Also, the Honorable Mark Farrell, a former board member and friend to ECCPASA passed in late August. Losing these two men is a tremendous loss for the agency and the community.

My loving and wise great-grandmother taught me that you honor those whom you have lost by continuing and building upon their legacy and their memory; and they will continue to live on in the hearts and lives of others. So with that said...the ECCPASA family along with your help, will continue the important work and efforts to keep our community safe and healthy.

Best,

Robin



October

- Genetics of Substance Use Disorder and Neurotransmitter Solutions
10/09/2019 @ 3pm-4pm
- Harm Reduction: 1 May Be Enough, and 1,000 Is Too Many
10/23/19 @ 3pm-4pm

November

- Medication Assisted Recovery in Complex Situations
11/06/2019 @ 3pm-4:30pm
- Parents with PTSD: How Addiction Can Re-Traumatize Families
11/20/19 @ 3pm-4pm

December

- What Addiction Professionals Should Know About Medical Marijuana
12/04/2019 @ 3pm-5pm
- The Relationship Between Healthy Living and Relapse Prevention
12/18/2019 @ 3pm-4:30pm

NAADAC Institute Webinar Series

Resources and Contacts:

Adult Children of Alcoholics - c/o ECCPASA 716.831.2298

Al-Anon & Alateen - 716.856.2520 www.aiswny.org

Alcoholics Anonymous - 716.853.0388 www.aa.org

Crisis Services - 716.834.3131 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

Nar-Anon - 716.674.8489 www.nar-anon.org

Narcotics Anonymous - 716.878.2316 www.nawny.org

National Association for Children of Alcoholics - www.nacoa.org

NYS OASAS Help Line - 877.846.7369 www.oasas.state.ny.us

Save Our Selves – Non-religious support for twelve-step recovery www.cfiwest.org/sos/index.htm

Smart Approaches and New Policies *(continued from page 1)*

This new change in policy will surely alter the social norms surrounding the use of cannabis, especially in the eyes of our community's young people. As we move forward, relaxing our views of marijuana use becomes increasingly dangerous. If marijuana is more readily available to our young people, so will the opportunity for the substance to be abused. Parents have an important role in pushing back. Talk to your child about marijuana and the potential dangers associated with its use. Be mindful in your approach and meet your child where they are. The "I'm your parent and I said so" mentality is often ineffective, so rather than lecturing your child, ask what they know regarding health risks. There is a lot of misinformation being spread surrounding cannabis use, and navigating through myths and facts can be challenging at any age. Research the topic prior to your conversation or work together to locate reliable studies on marijuana risk factors. Knowledge is power and a key step in prevention. If in need of assistance, you can contact the Erie County Council for the Prevention of Alcohol and Substance Abuse (ECCPASA).



Welcome Tamar



Tamar Cole joined ECCPASA in mid-April. She is a seasoned Administrative Assistant with over 20 years of administrative support to many other not-for-profit organizations. Tamar is excited to be a part of such a wonderful organization, and she is looking forward to becoming an integral part of ECCPASA's growth for many years to come.

HALLOWEEN SAFETY

- Travel with adult supervision.
- Drive with caution.
- Apply reflective tape to costumes and treat bags.
- Carry a flashlight.
- If there are no sidewalks available, walk facing traffic as far to the left as possible.
- Never go inside someone's home.
- Inspect treats prior to consumption.



CBD Sold Everywhere



It seems that everywhere we look nowadays, we as consumers are bombarded with CBD advertisements. Even non-pharmaceutical businesses like Family Video have signs toting, “CBD Sold Here!” Over the last few years, the trend of CBD use has grown like wildfire. CBD markets itself as a cure-all drug that alleviates pain, anxiety, depression, insomnia, acne, diabetes, hot flashes, etc. Is this universal remedy really able to back up what it boasts? Or is CBD just another fad?

CBD or Cannabidiol is one of many components found in the cannabis plant. Because of this, there is a common misconception that a consumer can get high off of CBD, or that CBD can create a similar sensation to that of marijuana. CBD sold over-the-counter legally can only contain trace amounts of THC (0.3%). THC, more formally known as delta-9 tetrahydrocannabinol, is the mind altering chemical found in marijuana/cannabis. With such low levels of THC found in CBD products, there is no “high” or psychoactive properties attributed to over-the-counter use. Contributing to this confusion, CBD has a tendency to be misconstrued by youth and adolescents as a legal form of cannabis. In NYS, when extracted for medical purposes, cannabidiol (CBD) can contain higher amounts of THC. In these cases the THC is strictly regulated and must be recommended by a physician.

Another concerning factor surrounding the use of CBD is that it is not regulated by the U.S. Food and Drug Administration (FDA). This means that a consumer never really knows exactly what they are purchasing. Over the last several years the FDA has even gone as far to issue warning letters stating that, “... The FDA has tested the chemical content of cannabinoid compounds in some of the products, and many were found to not contain the levels of CBD they claimed to contain. It is important to note that these products are not approved by FDA for the diagnosis, cure, mitigation, treatment, or prevention of any disease. Consumers should beware purchasing and using any such products.” The only FDA approved form of CBD is Epidiolex. Epidiolex is legally used to treat Lennox-Gastaut syndrome and Dravet syndrome, two serious and rare kinds of epilepsy.

One final concern for those using CBD products is the long term effects of its use. Its quick arrival to the consumer market leaves us with little data to look at when referencing any potential benefits or risk factors. We simply do not know what the effects of CBD could look like five or ten years down the road. The only thing we do know at this point is that with all the unanswered questions surrounding what CBD actually does, it’s safer to abstain from use until more reliable research is available.



crisis services

this moment forward

24 HOUR CRISIS HOTLINE: 716-834-3131

ADDICTION OPEN ACCESS HOTLINE: 716-831-7007

KIDS HELPLINE: 716-834-1144

CHAUTAUQUA COUNTY CRISIS HOTLINE: 1-800-724-0461

NATIONAL SUICIDE PREVENT HOTLINE (WNY): 1-800-273-8255

NYS DOMESTIC & SEXUAL VIOLENCE HOTLINE: 1-800-942-6906

ERIE COUNTY DOMESTIC VIOLENCE HELPLINE: 716-862-HELP (4357)

A 24 hour crisis center, Crisis Services acts as one of our community's best resources for those in need. In 2018, Crisis Services answered 85,379 calls. Through their efforts in restoring safety and reducing mental and physical trauma, many lives have been saved. If you or a loved one is ever in need of help, develops a substance use disorder, or falls victim to domestic violence or sexual assault, don't hesitate to call.



Tomorrow's Leaders Camp 2019

ECCPASA's Tomorrow's Leaders Camp (TLC) once again experienced a wonderful year. This year's camp was centered on world travel and discovering new cultures. The official theme of camp was titled "Around the World," and each day allowed campers to embark on a journey to one of the seven continents. Our staff focused on sharing traditions, games, music, dance, crafts and food from each location. One of the main goals of this year's camp, besides having fun, was to emphasize that no matter how different we may seem, we are all connected and alike in one way or another. This message was highlighted expertly in the daily food options. Unlike years prior, TLC provided all meals to campers. The daily food options always reflected the cultural choices of the current continent campers were learning about. We invited campers to join the "Two-Bite Club" as a strategy to encourage them to taste some of the unique cultural dishes offered. Jan Burns perfectly explained that, "although the food may seem different, the ingredients are usually very similar to what we use. Many times it's just prepared a little different, or seasoned a little different." Through this learning opportunity many campers discovered new favorite foods, with one of the biggest hits being sushi.

On the first day of camp, we spent some time getting to know each other and creating our expectations for the next two weeks. The campers split up into smaller family group as they prepared to "travel." Each group of travelers worked together to create a family name and a puzzle mural that displayed the special qualities of each member of their individual group. Every camper colored and designed their own puzzle piece that later fit together to represent the family group as a whole. At the end of the day, The Buffalo Zoo's Zoomobile visited our campers. The Zoomobile brought seven different animal ambassadors, one to represent each of the seven continents. Campers had the chance to learn and discuss the different biomes we see around the world and the species that inhabit them.

Our second day officially started our journey and the first stop was Asia! The day started with a wonderful presentation from Megan at Parkside Yoga. Through fun yoga activities the campers learned tons of new poses and some of the history behind the movement. After, Master Joseph from Master Khetchen's Martial Arts Center lead an interactive presentation with key focuses on respect and responsibility. Lastly, the Campers made wind chimes, ate authentic sushi and even created some fun and delicious banana sushi for dessert.

On our third day of travel, campers flew back home to North America. We landed in Penn Dixie Fossil Park: our first field trip of camp. With the help of our tour guides, TLC Campers scoured the fossil park in search of a variety of different invertebrate impressions. Campers learned the differences between a pelecypod and a cephalopod as well as the reasons why they found different fossils in each location. Near the end of our stay, we took a wonderful nature tour around the park to enjoy our world around us right here in Western New York. Our campers were excited to take home all the fossils they discovered!



Prepping for travel on our first day of TLC!



Some fun in the sun at Beaver Island.



Master Joseph teaching our campers focus and respect through martial arts.



Campers creating Australian aboriginal dot art.



Jomo Akono presenting the history of African drumming and culture.



Our executive director Robin Mann serving up delicious hotdogs at Beaver Island.



TLC Campers in awe of the yummy treats from Pastry By Camille.



With the start of week two, TLC jetted off to Europe. Our staff planned another exciting day that began with a visit from Colleen from Music Together. She led the group in various folk songs originating from the continent. Colleen also incorporated the use of several languages commonly spoken throughout Europe in each song. Many students were able to recognize some of the melodies sung. Later in the day Camille from Pastry By Camille visited our campers. He spoke on his personal journey and upbringing in France. He emphasized the importance of hard work and following your dreams. After his presentation, Camille guided each camper in making their own delicious crepe. This activity was a highlight for many of our ECCPASA staff and campers alike! The day ended with a stained glass window craft and scrumptious homemade Irish laced cookies.

Day six brought TLC to Africa! Campers crafted handmade drums and had the opportunity to tie-dye t-shirts. Presenter Jomo Akono led the campers in a drum circle and discussed the different parts of a traditional African drum. He also incorporated Africa's influence on today's music and art. The campers ended the day with a guided dance session with the help of junior leader Brooklyn Bullock that used several African dance techniques.

A trip to Antarctica was scheduled for day seven, but with the weather looking beautiful right here at home, our TLC campers took a detour to Beaver Island! This is always a favorite spot for our campers, and it was a warm sunny day well spent on the beach. The day was filled to the brim with laughter, games, and activities centered on the theme.

Our last destination was South America. Campers learned about the many countries within the continent and familiarized themselves with each country by playing a flag identification game. After, campers were invited to participate in several themed activities, including Spanish bingo, a coin toss game and an Ojo de Dios weaving craft center. We finished the day with a build your own taco station and a viewing of the movie Rio. After the film, campers discussed the different cultural references seen throughout the movie and related it to what we see in our daily lives.

With camp coming to an end, we had one final speaker visit us on our journey before the graduation ceremony. Tori Ferraina from the National Center for Missing and Exploited Children visited camp to discuss the importance of safety while traveling through the internet. She reminded our campers to stay vigilant while interacting with others online and to never share any personal information or passwords.

When traveling, sometimes it's not about the destination, but the experience and people you meet along the way. ECCPASA would like to thank all TLC campers for being so kind and respectful. Your amazing smiles, personalities, and energy made this journey so special. Thank you for making camp such a delight! We would also like to extend our gratitude to this year's awesome Junior Leaders. You are true examples of what it means to be a leader. Lastly, we'd like to thank all of our generous TLC sponsors. Without you none of this would have been possible. We can't wait to do this all again next year. Be sure to subscribe to our emails and follow us on social media to stay up-to-date with any upcoming camp info!



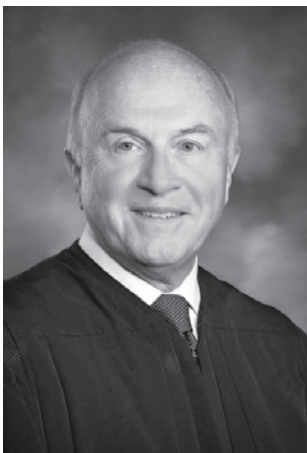
TLC campers and the Buffalo Zoomobile presenters discussing different animals and biomes found within the seven continents.



Kids Day!!!

On Tuesday April 30th, ECCPASA staff participated in another successful Kids Day! 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. This year marked the 37th celebration of this county-wide initiative.

ECCPASA is always striving to give back and strengthen our community. Our wonderful staff volunteered to sell papers on the corner of Hertel Avenue and Parkside Avenue. This year, ECCPASA raised nearly \$300! Thank you to everyone who participated and bought a paper to support this great cause!



In Remembrance of Honorable Mark G. Farrell

The Erie County Council for the Prevention of Alcohol and Substance Abuse (ECCPASA) sadly shares the passing of our beloved friend Judge Mark G. Farrell. Judge Farrell served on ECCPASA's board for two terms, and while serving he cultivated wonderful relationships that continued long after his time with us. Mark always remained a friend of ECCPASA, and our agency is forever grateful for all of his support.



In Remembrance of James Frank Sr.

It is with tremendous sadness that we share the loss of a very special member of the prevention field and our ECCPASA family. James Frank Sr., our former Director of the Student Assistance Prevention Counselor Program (SAPC) passed away last August.

James, endearingly known as Jim was a Buffalo native where he spent most of his early years. After graduating from Hutchinson Central Technical High School he moved to North Dakota to further his education and start a family, Jim returned to Buffalo in 1991.

It's here where he began his career with the Erie County Council on Alcoholism and Substance Abuse. For 20 years Jim devoted his work to substance use prevention, and it's through his efforts that our current SAPC came to be. The program which incorporates research-based strategies to increase protective factors and move toward reducing known risk factors for our community's youth, was Jim's brain child in which he modeled after the Employee Assistance Program.

Alongside directing SAP, Jim also worked directly with students. Jim was always a terrific mentor, and cared deeply about the youth he counseled. He often incorporated his love of sports as a tool to reach young people, and encouraged students to engage in healthy extra-curricular activities. Jim worked diligently with the Buffalo Inner-city Golf program to motivate, teach and mentor youth in the sport. Throughout his career Jim worked closely with several Buffalo charitable organizations and assisted many community mentoring programs. After his time at ECCPASA, he continued to work with young people as a part-time instructor at Buffalo State College.

Jim's presence and humor will be deeply missed. His efforts have left a lasting legacy on ECCPASA and all of the lives he has touched.



Congratulations Dr. Eric Rosser!

The Erie County Council for the Prevention of Alcohol and Substance Abuse (ECCPASA) would like to formally congratulate former board member and Associate Superintendent for Student Support at Buffalo Public Schools, Dr. Eric Rosser on his new position as superintendent for the Poughkeepsie City School District.

While Dr. Rosser served in Buffalo, our district showed improvement in its graduation rate, rising from 53% in 2014 to 63% in 2018. Rosser has been described as a capable manager, dedicated and as, "...someone who thinks in terms of process and procedure to achieve sufficiency."

Since his position announcement, the Cincinnati native has raised great praise from many of his colleagues. Poughkeepsie City School's Board President Felicia Watson explains, "He [Rosser] has a wide breadth of experience. Collectively, he embodied everything we need. He gets it, he understands from a student perspective... So we are looking forward to an individual who understands education is a civil right and that students do take priority."

Here in Buffalo, we know just how fortunate the Poughkeepsie City School District is to have Eric on their team. ECCPASA wishes both the district and Eric nothing but success. We feel Poughkeepsie board member Andrew Reiser said it perfectly when he expressed, "I believe you are going to like Dr. Rosser as much as we did."



Jolly Boys

Our Staff had a wonderful time assisting the Jolly Boys during this year's Golf Tournament fundraiser. It was a beautiful day at Chestnut Hill Country Club full of sunshine and smiles.

The Jolly Boys of Williamsville is a non-profit organization founded in 1972. The organization has always been a wonderful supporter of ECCPASA and the community of Amherst. Their generous donations allow for continued prevention opportunities in schools throughout the surrounding area. Alongside their goals of substance use prevention, The Jolly Boys also provide funding for youth sports teams and recreation, as well as scholarships for college-bound teens. Their yearly golf outing is always a highlight of the summer! Our staff can't wait for next year's tournament. ECCPASA would like to thank The Jolly Boys for their charity and encouragement towards our agency as we provide comprehensive prevention education throughout Amherst and the surrounding areas.



Lauren Duncan and Amy Hahn selling 50/50 raffle tickets.



Joshua Vacanti, Lexxy Mergenhagen and Sally Yageric heading off to facilitate the "Hit the Green Challenge."



Congratulations to Board Member Catherine Roberts!

Catherine is the Senior Vice President for the Community Action Organization of Western New York and a current board member for ECCPASA. She recently received The City Honors and Fosdick-Masten Park Foundation Distinguished Alumni Award during their 19th annual Party in the Hall. Catherine's community involvement, passion and dedication always exceeds expectation. ECCPASA is truly grateful to have such recognized community leaders like Catherine on our board.

Employment Opportunity



Are you looking for a career where you can work with youth in a counseling-like setting while implementing a curriculum?

We have the job for you!

Go to www.eccpasa.org and click on the employment tab for more information

INTRODUCING THE 2019 NATIONAL RED RIBBON WEEK® THEME



Red Ribbon Week is one of the oldest and largest drug prevention programs in the U.S. The program started in 1985 as a way to show intolerance towards drug use and trafficking. The symbol of a red ribbon signifies a unified goal for a drug-free nation. Since its inception, the program has been able to reach millions of young people each year. ECCPASA is proud to partner with local schools and participate in this meaningful program. For more information and materials to support the mission of Red Ribbon Week please visit, www.redribbon.org. Together we can make a difference!

Spreading the Word in the Community

ECCPASA has had a busy summer! Our staff hit the ground running with a wonderful retreat. The Px21's Prevention Summer Retreat was held at Chestnut Ridge Park and focused on self-care and mindfulness. This retreat acted as the perfect catalyst to transition into some summer fun! Since then ECCPASA has been out in the community promoting awareness of substance use prevention and education any chance we get. As a leading prevention agency in Erie County, ECCPASA works to inform and educate our community in an effort to combat issues that put the public's health at risk. All summer we have been out in the community sharing our messaging and programs. Our staff has participated in health fairs, community events, radio interviews, trainings and parent programs in order to further educate our community. Here are a just a few of the wonderful opportunities we had this summer!



Director of Community-Based Programs, Sally Yageric presenting a Parent Program to parents of incoming high school freshman at Depew High School.



Community Educator Joshua Vacanti at a health fair for City Honors Students.



McKenna Ripple tabling for Project Choices at a community event in Delaware Park.



ECCPASA and Project CHOICES tabling at the Buffalo Waterfront boardwalk to kick off the Canalside Concert Series!



ECCPASA had the privilege to film and photograph a "Hidden in Plain Sight" paraphernalia room at Williamsville East High School. Staff hid and filmed several substance related items. This wonderful collaboration will be used to strengthen future Parent Programs.



Community Educators Allexxia Mergenhausen, Lauren Duncan, Joshua Vacanti and other area Prevention Specialists in the WNY region attending the SPORT Prevention Plus Wellness Program Implementers and Trainers Workshop.



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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:

- | | | |
|-----------------------------------|-----------------------------------|---|
| <input type="checkbox"/> \$ 10.00 | <input type="checkbox"/> \$ 50.00 | <input type="checkbox"/> \$100.00 |
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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.

