



NACS NEWS

*A Tradition
of Caring*

Jan./Feb. 2015
Volume 19, Issue 1

Native American Community Services of Erie & Niagara Counties, Inc.

- 1005 Grant Street, Buffalo, New York, 14207, (716) 874-4460, Fax (716) 874-1874
- 1522 Main Street, Niagara Falls, New York, 14305, (716) 299-0914, Fax (716) 299-0903

Governor Cuomo Launches "Combat Heroin" Campaign

The following is a press release from the NYS "Combat Heroin" website, 9/22/2014.

Governor Andrew M. Cuomo today launched [Combat Heroin](#), a campaign designed to inform and educate New Yorkers about the risks of heroin and prescription opioid use, the signs of addiction, and the resources available to help.

"Heroin and opioid addiction have impacted families in every corner of our state and stolen the lives of too many New Yorkers but today we're taking another step forward in the fight against this serious epidemic," Governor Cuomo said. The Combat Heroin campaign will get the word out about the dangers of this illegal drug use, as well as the treatment and support services that are available to those who need help. Just like this year's new law that expanded access to treatment and anti-overdose medication, this campaign is comprehensive and designed to save lives. I urge anyone who knows someone in need of help to reach out today.

Heroin and opioid abuse have become an alarming problem in communities across New York State and the nation. In 2013, there were 89,269 admissions for heroin and prescription opioid abuse treatment in New York State alone, an increase from

63,793 in 2004. During this same time period, New Yorkers ages 18 to 24 had the largest increase in such admissions. Nationally, nearly half a million people were reportedly abusing heroin or suffering from heroin dependence in 2012.

In June 2014, Governor Cuomo signed into law a legislative package to combat this epidemic. The package included insurance reforms, new models of care to divert people into community-based treatment and to support people after they have completed treatment, allowing parents to seek assessment of their children through the PINS diversion services, and expansion of opioid overdose training and increased availability to naloxone, a medication which reverses an opioid overdose.

A critical element of the legislative package requires the New York State Office of Alcoholism and Substance Abuse Services to develop and implement a public awareness and education campaign. The Office of Alcoholism and Substance Abuse Services, the NYS Department of Health, and the NYS Office of General Services Media Services Center have worked together to create a multifaceted media campaign which includes a new website that is easy to navigate and is

targeted toward parents, adults, and young people who are seeking help and information concerning heroin and opioid abuse and misuse.

The website, which can be found at this link:

<http://combatheroin.ny.gov/>

includes information about warning signs of heroin and opioid abuse and misuse, access to Office of Alcoholism and Substance Abuse Services treatment providers, and guidance to help parents talk to their children and healthcare professionals talk with their patients.

The campaign also includes four public service announcements and video messages, available on the above-linked website, from New Yorkers talking about the impact of heroin and other opioids on their lives.

Linda Ventura, founder of Thomas' Hope and a Suffolk County mother who lost her son to a heroin overdose, said, "I am proud to have been part of the call for legislative change in NYS to help eradicate the opiate and heroin epidemic. Governor Cuomo's campaign to address this insidious epidemic and to educate and direct families afflicted with this disease is welcomed and appreciated."

(Continued on page 2)

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If you are planning on moving or changing your address, please contact NACS so we may update our mailing list. Call (716) 874-2797 or send an email to:

gghosen@nacswny.org

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Susan Salomone, co-founder of Drug Crisis in our Backyard and a Putnam County mother who lost her son to a heroin overdose, said, "This is the first step in stemming the tide of overdoses that are occurring in New York State. Thank you Governor Cuomo and the legislature for your acknowledgement of this as an epidemic, a disease, and your commitment to raise awareness of the critical nature of legal opiates and heroin."

Cortney Lovell of Young People In Recovery - New York, said, "The Combat Heroin campaign is a wonderful example of what's possible when the community recognizes a crisis, unites together to find a solution and then takes meaningful steps to make a change. With the support of Governor Cuomo, our legislators, and our state offices, this campaign will increase awareness of the invaluable resources available throughout New York State. I'm grateful to share in the message that not only is the disease of addiction prevalent, but that there is hope through recovery."

Tatiana, a young person from New York City in long term recovery, said, "Heroin and Opiate-based narcotics almost took my life. Recovery is real and has given me true freedom. This campaign is a powerful tool that will create awareness and make a difference in the lives of the people suffering."

Anne Constantino, CEO of Horizon Health Services/Horizon Village in Western New York, said, "The heroin epidemic in WNY has been devastating. We are grateful to the Governor for his leadership in the fight to educate the public and to bring resources and hope to struggling families. With aggressive actions we can save lives."

Kevin M. Connally, Executive Director of Hope House Inc. in Albany, said, "Although heroin has been a problem for many years, the fact that today we are seeing teenagers who are using heroin and many are even injecting it,

is extremely troubling. Use of heroin is affecting people of all ages, races and socioeconomic status. I applaud Governor Cuomo and his actions to combat the heroin epidemic."

Outreach President Kathy Riddle said, "The opiate/heroin epidemic in New York State is ravishing our families, schools and communities. Education, intervention and treatment can save lives and prevent future innocent victims and devastated families. I applaud Governor Cuomo for his leadership to include a public awareness campaign to raise awareness on this issue."

Bill Bowman, Executive Director of the Alcohol and Substance Abuse Council of Jefferson County, said, "We applaud the Governors decision to launch the Combat Heroin Public Awareness Campaign. Jefferson County, like most counties in New York State, is experiencing a severe heroin epidemic with an associated rise in drug arrests, increase in related crime, overdose calls to first responders, and overdose deaths. By bringing the reality this epidemic clearly in the eyes of New Yorkers, promoting prevention and how to access help, the Combat Heroin Campaign will surely save many lives."

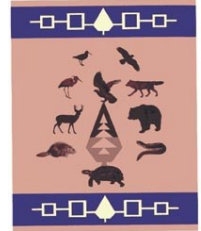
Jennifer Faringer, MS.Ed., CPPg, Director of DePauls National Council on Alcoholism and Drug Dependence-Rochester Area, said, "DePauls National Council on Alcoholism and Drug Dependence-Rochester Area fully enthusiastically supports the efforts of NYS OASAS and Governor Cuomo in their efforts to raise awareness around the risks of Opioids. Opioid abuse, stemming often from the misuse/abuse of prescription pain medications impacts the lives of NYSs youth, their families and our communities! Working together in partnership we can make a difference in the lives of New Yorkers for a healthier and safer NYS!"

In addition to the Combat Heroin cam-
(Continued on page 3)



SOLE Family Night Programs

Monthly Events with Dinner



Erie County Dates

2/11/15; 3/11/15; 4/8/15; 5/13/15; 6/10/15
Wednesdays from 6:00 – 8:30 PM
Native American Community Services
1005 Grant Street
Buffalo, NY 14207

Niagara County Dates:

2/19/15; 3/19/15; 4/16/15; 5/21/15; 6/18/15
Thursdays from 6:00 – 8:30 PM
Family and Children's Services Building
Community Room
1522 Main Street
Niagara Falls, NY 14305

For more information or to request our monthly Family Night flyers, please contact Laurel at: 716-874-2797 x334

Funded by: NYS Department of Health/Bureau of Family Health; NYS Office of Alcoholism & Substance Abuse Services; Peter and Elizabeth C. Tower Foundation; as well as businesses, foundations, and caring individuals.

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paign, other initiatives being implemented include:

- SUNY and CUNY will promote the Combat Heroin campaign on college campuses and train campus police and emergency personnel on the use of naloxone.
- The 12 Office of Alcoholism and Substance Abuse Services Addiction Treatment Centers will continue to train New Yorkers on the use of naloxone. Addiction Treatment Center staff have already trained more than 3,200 people.
- Expand naloxone training for first responders including police officers, firefighters, sheriffs deputies and emergency services. Approximately 1,100 law enforcement officers have already received the life-saving training.
- Working with community providers to train persons

throughout New York State likely to witness an overdose, including professional staff, drug users and their families on overdose prevention and the use of naloxone. To date, over 170 agencies have been enrolled, 15,000 persons trained, and in excess of 1,000 overdoses reversed.

- Create more prescription medication disposal sites across the state for New Yorkers to safely dispose of prescription medications. Department of Health has established a statewide [medication drop box program](#). Drop boxes are also available year round at State Police Troop Headquarters in Batavia, Unadilla, Canandaigua, Latham, East Farmingdale, Ray Brook, Oneida, Middletown and Salt Point.

People or families who need help with substance abuse can

call the toll-free Office of Alcoholism and Substance Abuse Services HOPEline at 1-877-846-7369 to speak with a trained medical professional. HOPEline staff can answer questions and help people find treatment 24 hours a day, seven days a week. All calls are confidential.

To help combat heroin and prescription opioid abuse and misuse, visit:

www.combatheroin.ny.gov
(#CombatHeroin).

Editor's Note: We know that awareness is crucial in dealing with the kinds of problems that put people's, especially children's, health and welfare at risk. If you or someone you know has a drug abuse/addiction issue, use the website above to get more information or contact the NACS' Health & Wellness component, 1005 Grant St., Buffalo, NY, 14207, (716) 874-2797, ext. 309.

Resource Fair

***Native American Community Services**, in conjunction with American Legion Post #1041, invite you to join us for a community event that will bring together many organizations and businesses from Riverside, Blackrock, and the Westside of Buffalo, New York.

There will be employment opportunities, and information on services available such as: health, law services, college opportunities, entrepreneurship, financial education, and more.

Save the date, and plan to attend!

Tuesday, March 24th, 2015 10^{am} — 2^{pm}

**American Legion Post #1041
533 Amherst St
Buffalo, NY 14207**

Comments or questions contact
NACS.NEST@gmail.com
(716) 874-2797 x337 OR x314



Niagara County Peer Education Group

submitted by Julia Duerr, Senior Youth Empowerment Worker, Peer Education Program Supervisor

The Stages of Life Empowerment (SOLE) department of NACS's Health and Wellness component would like to announce that the Niagara County Peer Education Program is off the ground and running at full speed. Under the supervision of Julia Duerr, Senior Youth Empowerment Worker for SOLE, the program will mirror that of the already successful Erie County PEEPs (Peer Educators Empowering People) group that has been in existence since June 2013.

The Niagara County group currently is comprised of three young people who reside in Niagara County. The group will be educated on issues surrounding Health and Wellness, including Sexual Health. Through many learning opportunities, the youth will gain knowledge they can take back to help the community of Niagara County, especially to their peers.

Olivia Adams is a 14 year old freshman at Niagara Falls High School. Olivia comes from a large family of women who she says dream big and fight to achieve their goals. Olivia believes this will help her become a top notch journalist and travel the world to report on topics such as war, poverty, and community issues. Olivia is very active in school, playing the saxophone, being in the marching band, running in track and cross country for the school. Olivia loves to read, write, listen to music and ride

her bike with friends. Olivia is excited about her role as a Peer Educator because she wants to help her peers be safe, and educated about the important topic of sexual health. She wants people to be happy and lead healthy lives.

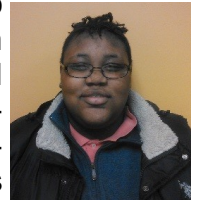


Tony Streeter, a 15 year old freshman at Niagara Falls High School, loves science and P.E. class. Tony likes to stay active no matter the weather outside. He likes to play football and basketball with friends. Tony is excited about being a Peer Educator because he wants to help keep his community safe. Tony likes learning new things and feels that he can help young people before they hurt themselves by learning all he can about sexual health.



BreAnn Staton, a 17 year old, originally from Brooklyn, is enjoying the changes of being in upstate New York. BreAnn loves interacting with her new community through Peer Education. This position is the beginning of a career for BreAnn because she wants to go into the Human Services field. BreAnn eventually wants to move back to her home town and open a Community Center offering help to

anyone in the community who need it. BreAnn hopes that she leaves a legacy and will always be remembered for the good she has done for her community. She believes that one person is enough to start a change in the community and feels that her education and willingness to help others will build a better community.



While we are currently a small group, big things are being planned for the Niagara County Peer Education program. The group has already participated in the production of a Public Service Announcement that the Erie County PEEPs developed (these will be available for viewing on the Native American Community Services YouTube page in the near future). The group is in the process of creating a workshop on HIV awareness, which will be presented at community events. I look forward to working with this group and contributing to the success of the program.

Please visit the Native American Community Services YouTube page to view the seven already created public service announcements by the Erie County PEEPs program. More will be added to the page when they become available for circulation. <https://www.youtube.com/channel/UCrOQqHNKMRvqnHwz66dTNSw>

The Elders Corner

submitted by Vivian Bradley, Elders Program Manager

We are well into the winter season and we are looking forward to some new projects. Why not come and join one of our weekly activities. Our newest project is to design a quilt and create it with all interested participants.

My weekly schedule is as follows:

Mondays

- Luncheons first and third Monday of each month at 11:30 a.m. at NACS, 1005 Grant Street. Bingo to follow with useful prizes.
- Craft class at 5:30 until 8:00 with a light supper served.

Tuesdays

- Lunch at John Duke center on Hyde Park in Niagara

Falls with a cost of \$3.00.

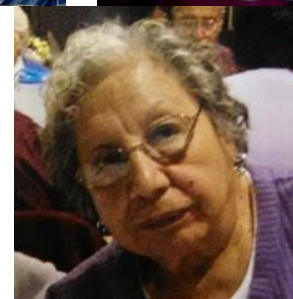
- Euchre at 5:30 pm at NACS, 1005 Grant Street, with a hot supper served

Wednesdays

- Any service that I may be able to assist you with please give me a call or leave me a message at (716) 874-2797, ext. 338 or (716) 235-0877.

I would like to pay a special tribute to the Elders that we have lost in recent years. They attended some of the Elders activities that are provided here at the Native American Community Services. They became good friends and we enjoyed their presence when they were able to attend. They grew up in an era when times were tough on our reservations and life was not easy for them. They left their mark on our community and will be forever missed. It makes you think what kind of legacy are we going to leave behind. I have gathered some pictures and would like to share them with you.

Name	Date of Birth	Date of Passing	Age
Noreen Johnson	June 10, 1935	November 9, 2009	74
Linda Haberly	August 10, 1949	June 28, 2010	60
Grace Thompson	February 16, 1939	December 31, 2010	71
Warren Skye, Sr.	April 15, 1923	August 3, 2013	90
Lorne Sero	May 10, 1926	March 6, 2014	87
Gary Leborgne	September 24, 1946	April 7, 2014	67
Tim Morris	February 24, 1954	June 9, 2014	60
Phyllis Newhouse	September 30, 1932	June 1, 2014	81
Doris Hill	January 6, 1934	August 24, 2014	80



Top Row: Noreen Johnson; Linda Haberly; Grace Thompson; Warren Skye, Sr.; Lorne Sero
Bottom Row: Gary Leborgne; Tim Morris; Phyllis Newhouse; Doris Hill

2014 Year in Review!!!!!!!

submitted by Star Wheeler, Prevention Specialist

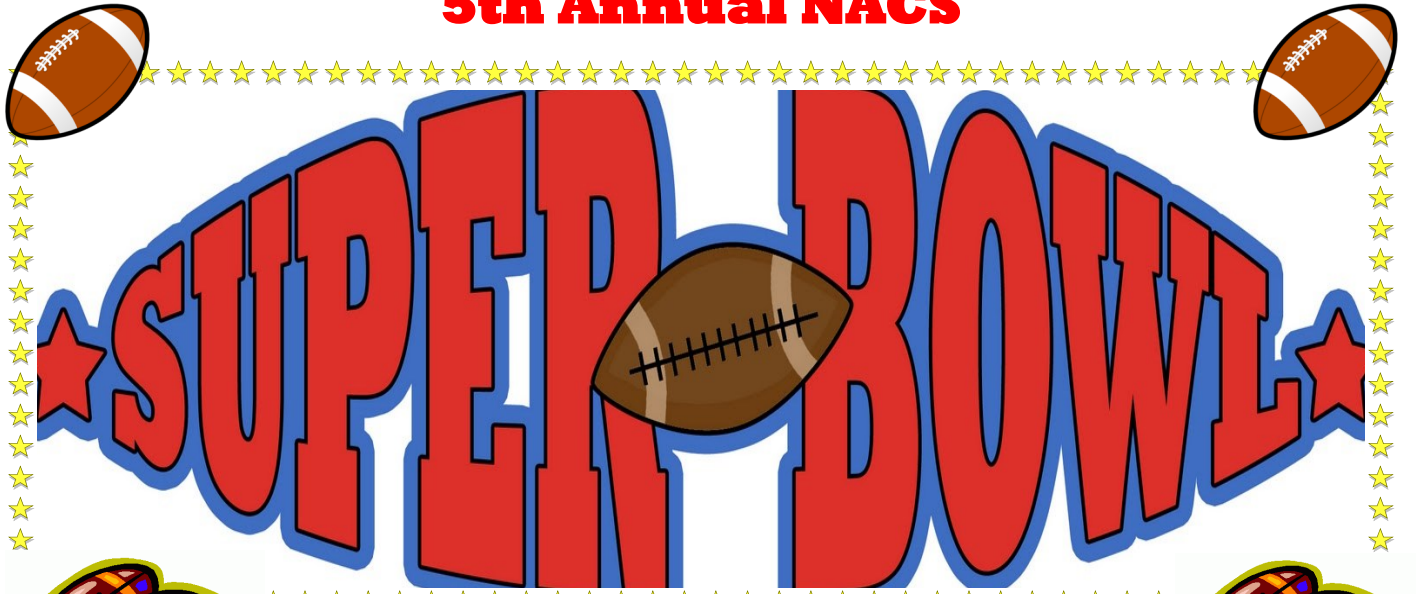
NACS' Health & Wellness component held some awesome events in 2014. As a part of the "Celebrating with a Good Mind" initiative, we held a Super Bowl party, a Dance of the Decades, a Halloween party and more! The purpose of these events is to remind everyone that WE CAN HAVE FUN WITHOUT DRUGS OR ALCOHOL! Thanks to everyone who came out to any of our events and making it a successful year. We are in the midst of planning more fun drug and alcohol free events for 2015! Below are a few snapshots from the 2014 events. Hope to see you at an event in 2015!



Native American Community Services of Erie & Niagara Counties, Inc. (NACS)
Health & Wellness Component Invites You to Another

“Celebrating with a Good Mind” event:

5th Annual NACS



Party!!!

Sunday, February 1, 2015

**Doors
open at
6:00 PM**

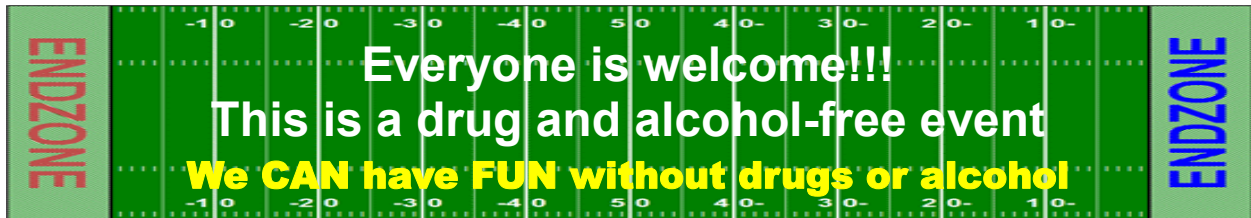
NACS (Rear)

1005 Grant St.

Buffalo, NY 14207

Pizza and wings!!!

**Contests!!!
Door prizes!!!**



**For more information
please call 874-2797 ext. 308**

**Hope to see you
there!**

NACS' Health & Wellness is funded by: NYS Office of Alcoholism & Substance Abuse Services, New York State Department of Health/Family Health, the Peter and Elizabeth C. Tower Foundation, as well as private foundations, businesses, and caring individuals.



Native American Community Services
Of Erie & Niagara Counties, Inc.
Health & Wellness component invites you to the
"Celebrating with a Good Mind" event:



6th Annual Dance of the Decades!!!

Featuring DJ "Big Dawit"

Friday, Feb. 20, 2015
7-10 p.m.

NACS Common area
1005 Grant St.
Buffalo, NY 14207

Come sing &
dance to music
from the 50s, 60s,
70s, 80s, 90s, 00s,
and 10s!

This is a drug
and alcohol-
free family
friendly event
and everyone is
welcome!



Dance and
Costume
contests!

Come
dressed in
your favorite
decade!

For more
information please
call:
874-2797 ext. 308

**We CAN have fun
without drugs or
alcohol**

Light refreshments!



This event is part of the Health & Wellness "Achieving Our Dreams" program. More information will be presented at this event.

NACS 1975-2015, 40 Years in a "Tradition of Caring"

NACS' Health & Wellness is funded by: NYS Office of Alcoholism & Substance Abuse Services, New York State Department of Health/Family Health, the Peter and Elizabeth C. Tower Foundation, as well as private foundations, businesses, and caring individuals.



**Native American Community Services
of Erie & Niagara Counties, Inc.
1005 Grant Street
Buffalo, New York, 14207**

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YES, I'D LIKE TO HELP NACS TO CONTINUE IT'S TRADITION OF CARING!!

Please accept my contribution of:

- \$5 \$10 \$25 \$50
 \$100 Other: _____

I'd like to volunteer my time. I can...

Name

Address

City / State / Zip Code

Phone

Please add me to your mailing list!

Please detach and return to:

**Native American Community Services of Erie & Niagara Counties, Inc.
1005 Grant Street, Buffalo, New York 14207**

FUNDED BY: Erie County Department of Social Services; New York State Office of Children & Family Services; New York State Office of Alcoholism & Substance Abuse Services; NYS DOH/Family Health; Niagara County Youth Bureau; NYS Education Dept.; NYS Office for People with Developmental Disabilities; Niagara County Department of Social Services, Niagara County Office of the Aging; US Department of Labor; United Way of Buffalo & Erie County; U.S. Dept. of Health & Human Services/Administration for Native Americans; Peter & Elizabeth C. Tower Foundation; Service Collaborative of WNY, Inc., as well as businesses, foundations and caring individuals.

