



Orleans United Drug Free Communities Coalition Update

October, 2018

A few things to consider before you head to the pharmacy to fill an opioid prescription.

Are you in pain? If not, ask your doctor why he or she is writing an opioid prescription. These are powerful drugs that should be used only for certain cases of severe, short-term pain.

Try nondrug methods first. Many people who show up for drug-treatment programs started with good intentions to treat pain. That’s one reason opioids should be the last line of defense—not the first. For example, simple steps like resting and elevating an injured arm or leg are often sufficient.

Consider an analgesic pain reliever. For acute pain associated with procedures such as a tooth extraction or a minor injury, try acetaminophen or ibuprofen. For longer-term pain, such as back pain, these over-the-counter (OTC) pain relievers may work just as well as or better than opioids.

Opt for the shortest prescription possible. If opioids are needed to control pain immediately after surgery, try to transition to OTC pain relievers and nondrug treatments within a few days. Studies show, taking opioids for more than a few days sharply increases your risk of becoming dependent. About 1 in 4 who took opioids for two weeks were still taking them a year later.

Approach chronic pain holistically. If your pain persists, talk to your doctor about other treatment methods. In addition to OTC pain relievers, other treatments shown to work for chronic pain include massage, exercise, physical therapy, yoga, and chiropractic manipulation.

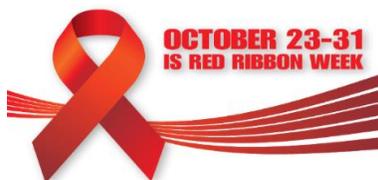


Adopt-A-Highway volunteers
September 17, 2018



SAVE-THE-DATE
National Night Out
Tuesday, August 6, 2019

[facebook](#) Orleans National Night Out



**OCTOBER 23-31
IS RED RIBBON WEEK**

Drug Take Back Day
Saturday, October 27th- 10am-2pm

Albion Public Safety Building
Medina Police Department
Holley Police Department

The coalition is giving away sharps containers while supplies last!



“Nothing that’s worthwhile is ever easy. Remember that.” – Nicolas Sparks

Hawaiian Luau



FREE FAMILY ROLLERSKATING

We're having a Hawaiian theme for our next roller skating event! All participants will receive leis and can dress Hawaiian for a chance to win a prize.

Visit our Photo Booth!

Thursday, December 27, 2018
Orleans County YMCA- 1-4pm

Albion Internship Program

Mayra Reyes-Rosario, a senior at Albion High School is working with us this semester as part of the Albion Internship Program. The goal is to provide students with on the job experiences that will open doors for future opportunities and help increase their understanding of the knowledge, responsibilities and skills that are required for success in a given profession. Mayra will be helping the coalition with events and various activities through January. We are happy to have her with us!

National Substance Abuse Prevention Month

Part of the Presidential Proclamation on National Substance Abuse Prevention Month issued on September 28, 2018. During National Substance Abuse Prevention Month, we recognize the importance of ending and preventing substance abuse. We must remain vigilant in raising awareness about the harms posed by alcohol and drugs, including prescription opioids, and their high potential for addiction. We can and we must provide families with the information, skills, and resources to stay safe and strong. As a Nation, we renew our commitment to improving individual and community health through increased education on the risks of substance abuse. Our investment in prevention will help to further yield improved academic performance, healthier lifestyles, more successful citizens, and safer communities. Our country is reeling from the enormity of an opioid epidemic that has resulted in huge numbers of overdose fatalities, an influx of children in foster care, and too many families forever changed by the addiction or death of a loved one. In 2017 alone, it is estimated that we lost approximately 72,000 Americans to an overdose, and approximately 49,000 of those deaths involved an opioid. Fueled by prescription pain medications, heroin, and illicit fentanyl, the severity of the current addiction crisis requires immediate action. We must go beyond simply raising awareness about the harms and risks of illicit drugs, which is one reason why, last October, President Trump's administration declared a nationwide Public Health Emergency to continue comprehensively and proactively fighting the opioid epidemic on every front.

The coalition helped sponsor the Summers End Skate Jam at Butts Park, Medina on September 15th. It's been 8 years since the last Skate Jam event hosted by the coalition. Medina Skate Society brought it back this year to gauge community interest in restoring the community skate park in hopes of creating a space for the return of skateboarders to the area. The event successfully brought together about 150 people to support the initiative!

Medina Skate Park



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Orleans United DFC Coalition

Congratulations Wayne Litchfield, Orleans United Community Coalition and Board Member, on being awarded the 2018 Chamber of Commerce Community Service Award. This award is in recognition of meaningful contributions to the community.

"Life starts all over again when it gets crisp in the fall" F. Scott Fitzgerald

