

The Wayne County Partnership



Issue # 105

February 23, 2023



TALK
to your doctor



Most insurances cover medicine to help you quit if you have a prescription

QUITTING IS HARD.

INCREASE your chance of success by:

Using medicine that helps with the physical dependence.

AND

Getting support for the mental and emotional struggle.

CALL
1-866-NYQUITS
(1-866-697-8487)



TEXT
a quit coach:
(716) 309-4688



MEET ONLINE

URMC is offering a free 6 week Zoom program led by trained quit experts designed to support you on your journey. Look up: "Commit to Quit! URMC" or scan the QR code



 Counseling  Medications  = **Your BEST chance to quit for good.**

Did you know:

1. One in four Wayne County adults are smokers.
2. One in five 12th graders in Wayne County use vapes.
3. Smoking is the leading cause of preventable disease, disability, and death in the U.S.
4. No matter how it's delivered, nicotine is harmful for youth and young adults. E-cigarettes typically contain nicotine as well as other chemicals that are known to damage health.

Quitting is hard, but there is help available. The more resources you use to quit, the better your chances of staying tobacco-free.

1. Data Source: NYS Expanded Behavioral Risk Factor Surveillance System, data as of December 2020.
 2. Data Source: Wayne County School Summary Report, Evalumetrics Youth Survey, 2021.
 3. Source: Centers for Disease Control and Prevention (CDC). Smoking and Tobacco Use. 2022.
 4. Source: U.S. Surgeon General. Know the Risks. 2023.
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Fairport native Alannah Dalton is studying to be an English teacher — and she just won a \$5,000 scholarship for her approach to anti-vaping initiatives. (Courtesy...)
[Read More](#)

ROCHESTER, N.Y. (WROC) — When Fairport native Alannah Dalton was in high school, most of her friends vaped.

“They had the juul [...] what a lot of people people called the ‘starter,’” she said. “The one that kind of targeted a younger demographic first.”

17 at the time, Dalton said that because it was around her constantly, it seemed safe enough. She recalled kids she knew whose parents would buy them things like juul pods and e-cigarettes.

[Read More](#)



Winter weather has arrived just in time for a Winter Festival! Stop over to Blockhouse Diner and the Village Park in Clyde on Sunday to enjoy the family fun!

Saturday- Community Dinner at the United Methodist Church- Free! All Welcome!
Sunday- The Blockhouse Diner presents the Winter Festival in Clyde on 2/26! Fun for the whole family! Games and Activities in the Village Park! Taste a wine slushi! Listen to DJ music by JT Entertainment! Search for Eye Rocks! Get a Chair Massage by Faithful Body Works! Order your meal at the Blockhouse Diner and purchase from the Bake Sale for dessert! Stop in at the diner to register your prize-winning chili for Chili Cook-off!



The **Foster Grandparent Program** of **Finger Lakes Community Action** is looking seniors ages 55 and over who are interested in volunteering with Wayne County School Districts. Seniors must commit to volunteering fifteen hours a week & will earn a non-taxable stipend of \$4.00 an hour and mileage to and from their home to their volunteer site at .65 a mile. Please contact Gregory Peck, Director at 315-333-4155 ext 3316.

The Wayne County Partnership is a consortium of 52 agencies, districts, and organizations who all share common goals: strengthening families, building communities, and helping individuals live their best possible lives.

Live Your Best Life
Wellness Expo

Thursday
April 27th
9 am—12 pm

LCC

Lyons
Community Center
9 Manhattan St
Lyons, NY

Free:
Health Screenings
Education & Support
Research Options
Activities & Speakers

NEW YORK WAYNE COUNTY

Public Health
Wayne County, NY

Finger Lakes COMMUNITY SCHOOLS

The poster features several circular images: a doctor consulting with an elderly woman, and two healthcare workers with their hands clasped. Logos for LCC, Wayne County, and Finger Lakes Community Schools are also present. The background is white with a green polka-dot pattern at the bottom.

There is still room for more vendors (presenting organizations) at the upcoming Wellness Expo. Visit the event's [Facebook page](#).

Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID

WHY MENTAL HEALTH FIRST AID?
Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

On average,
130
people die by
suicide every day.
Source: American Foundation
for Suicide Prevention

From 1999 to 2019,
841,000
people died from
drug overdoses.
Source: Centers for Disease
Control and Prevention

Nearly
1 in 5
in the U.S. lives
with a mental illness.
Source: National Institute
of Mental Health

WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID?

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

WHAT IT COVERS

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

THREE WAYS TO LEARN

- **In-person** – Learners will receive their training as an 8-hour, instructor-led, in-person course.
- **Blended** – Learners complete a 2-hour, self-paced online course, and participate in a 4.5- to 5.5-hour, instructor-led training. This instructor-led Training can be:
 - A video conference.
 - An in-person class.

Learn how to respond with the Mental Health First Aid Action Plan (ALGEE):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- R**eassure and inform.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

Sources:
American Foundation for Suicide Prevention. (n.d.). Suicide statistics. <https://www.afsp.org/what-we-do/education-and-training/suicide-prevention>
Centers for Disease Control and Prevention. (n.d.). Drug overdose deaths. <https://www.cdc.gov/drugoverdose/deaths/>
National Institute of Mental Health (NIMH). (n.d.). Mental illness. <https://www.nimh.nih.gov/health/topics/mental-illness/>

To find a course or contact a Mental Health First Aid Instructor in your area, visit MHFA.org or email Hello@MentalHealthFirstAid.org.

Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

YOUTH MENTAL HEALTH FIRST AID

WHY YOUTH MENTAL HEALTH FIRST AID?
Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

10.2%
of youth will be
diagnosed with a
substance use disorder
in their lifetime.
Source: Youth Mental Health
First Aid™

1 in 5
teens and young adults
live with a mental
health condition.
Source: National Alliance for
Mental Health

50%
of all mental illnesses
begin by age 14, and
75% by the mid-20s.
Source: Archives of General
Psychiatry™

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Teachers.
- School Staff.
- Coaches.
- Camp Counselors.
- Youth Group Leaders.
- Parents.
- Adults who Work with Youth.

WHAT MENTAL HEALTH FIRST AID COVERS

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.

THREE WAYS TO LEARN

- **In-person** – Learners will receive their training as an 8-hour, instructor-led, in-person course.
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- E**ncourage self-help and other support strategies.

Sources:
National Alliance on Mental Illness. (n.d.). Risk. <https://www.namh.gov/what-we-do/education-and-training/youth-mental-health-first-aid/>
Mental Health First Aid. (2020). Mental Health First Aid USA for adults working with children and youth. National Council for Mental Wellbeing. <https://www.ncmw.org/>
Kessler, R., Berglund, A., Demler, D., Jin, R., Merikangas, K.S., Walters, E.E. (2012, 2012). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. Archives of General Psychiatry, 69(2), 593-602. doi:10.1093/arp/69.2.593

To find a course or contact a Mental Health First Aid Instructor in your area, visit MHFA.org or email Hello@MentalHealthFirstAid.org.

Virtual Mental Health First Aid and Virtual Youth Mental Health First Aid classes are available. Click on the images, above, to view details on each course.

Visit the [Wayne County Connection to Learning](#) to view dates and times and to register.

Veteran's Cohort 6

ONLY 3 SPOTS LEFT

Grow, Learn
+ heal with the land

MARCH 2023

Call To Find Out More
(585) 678-1313

Visit Our Website For More
TrybeEcotherapy.com

Email Us
info@TrybeEcotherapy

March 2023 will hold Trybe's SIXTH Veteran's Cohort.

Group therapy known as a "cohort" is at no cost to veterans and is held for three hours at the same time, on the same day, each week.

Expect to meet outdoors each day and to think outside the box. All Trybe programs utilize Outdoor Skills, Clinical Theory, and Sensory Integration to help manage the effects of stress, anxiety, depression or trauma.

Coping skills such as mindfulness, self awareness, distress tolerance, and resiliency are offered as a "set of tools" to apply as needed through difficult moments.

Veterans are welcomed to engage at a level that feels comfortable to them and are always supported by multiple staff in the field during group sessions.

All veterans are welcome regardless of age, race, rank, cultural background, or sexual orientation.

Please reach out to Info@TrybeEcotherapy.com or call 585.678.1313 for more information.



Foodlink and the Wayne County Partnership bring you the following 2023 food distribution events:

Free and open to all Wayne County Residents.

Pre-registration not required.

10:00 AM until food gone.

January

10 (Tues.)

20 (Fri.)

25 (Wed.)

31 (Tues.)

February

14 (Tues.)

15 (Wed.)

22 (Wed.)

March

7 (Tues.)

10 (Fri.)

21 (Tues.)

22 (Wed.)

All these distributions will be held at
the Lyons Transportation facility

70 Clyde Road, Lyons

So we don't get in the way of school buses and snowplows, please do not arrive before 9:00 AM!

There are still four drive-through food distributions this winter! All events will be held at the Lyons Transportation facility.

Partner Spotlight



Evalumetrics Research has provided planning, research, and evaluation services to numerous school and community-based youth development, substance abuse, traffic safety, and violence prevention programs for over 40 years. Evalumetrics works with a variety of primary and archival data sets to conduct detailed needs assessments, develop outcomes-based plans, and design evaluations for numerous initiatives.

Evalumetrics Research collects and analyzes data from all eleven Wayne County school districts biannually and compiles the Evalumetrics Youth Survey(EYS) report that we use to rate our efforts in the county.

To view past EYS reports, visit <https://www.waynepartnership.org/evalumetrics-youth-survey>

The Partnership Is:

Arc Wayne • Catholic Charities of the Finger Lakes • Child Care Council, Inc.
Clyde-Savannah CSD • Common Ground Health • Cornell Cooperative Extension
Council on Alcoholism and Addictions of the Finger Lakes • Delphi Rise • Evalumetrics Research
Family Counseling Services of the Finger Lakes • Family Promise of Wayne County
Fidelis Care • Finger Lakes Community College • Finger Lakes Community Health
Finger Lakes Community Schools • Finger Lakes Problem Gambling Resource Center
Finger Lakes Workforce Investment Board • FLACRA • Gananda Schools
Geneva/Finger Lakes Salvation Army • Bryan R. Harrison, PhD • Literacy Volunteers of Wayne County
Lyons CSD • Marion CSD • Monroe BOCES • Newark CSD • Newark-Wayne Hospital • North Rose-Wolcott CSD
OWWL Library System • Palmyra-Macedon CSD • Person Centered Services • Real Life Counseling
Red Creek CSD • Scarlet Thread Ministries • Sodus CSD • Survivor Advocacy Center of the Finger Lakes
United Way of Greater Rochester and the Finger Lakes • Wayne Action for Racial Equality
Wayne Behavioral Health Network • Wayne CSD • Wayne County Action Program
Wayne County Board of Supervisors • Wayne County Dept. of Aging & Youth
Wayne County Dept. of Social Services • Wayne County Pre-Trial Services • Wayne County Public Health
Wayne County Rural Health Network • Wayne-Finger Lakes BOCES
Wayne M.O.S.T. • Western New York Rural Area Health Education Center • Williamson CSD
Youth Advocate Program



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