Fighting Heroin And Opioid Abuse

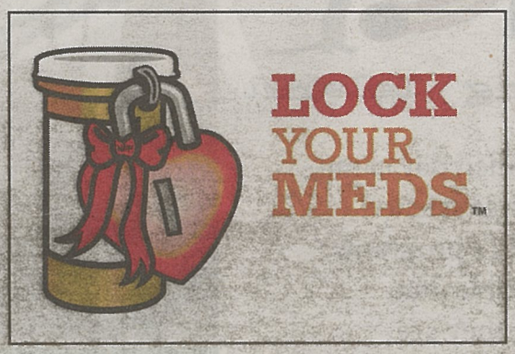
Manhasset CASA/Manhasset Public Library To Host Narcan Training

BY MANHASSET PRESS STAFF
MANHASSET@ANTONMEDIAGROUP.COM

Yes, heroin and opioids are available on Long Island and news articles continue to document their presence—even in the Manhasset community. Many families know first-hand the painful consequences of when their loved ones become addicted to heroin or opioids. In 2013, 159 people died from heroin and opioid overdose in Nassau County (Nassau County Medical Examiner's Office).

In response to this growing heroin epidemic, Manhasset CASA and the Manhasset Public Library will host Saving the Life Of A Loved One: A NARCAN/Opioid Education & Training Program on March 18 at 7 p.m. at the Manhasset Public Library. The program is sponsored by Nassau County Executive Ed Mangano and Nassau County Legislator Richard Nicolello. Seating is limited and reservations are required by calling Eden Laikin at 516-571-6105 or emailing Eden at elaikin@nassaucountyny.gov.

Although most people take prescription medications responsibly, an estimated 52 million people (20 percent of those aged 12 and older) have used prescription drugs for non-medical reasons at least once in their lifetime (National Institute on Drug Abuse, November 2014). In addition, the Centers for Disease Control and Prevention (CDC) show that while drug deaths related to prescription opioids have remained stable since 2012, the mortality rate associated with heroin has increased for the third year in a row - a 39 percent increase from 2012. The problem often begins with a prescription, or taking unprescribed medications from a home medicine cabinet. [Office of National Drug Control Policy (ONDCP) & Centers for Disease Control (CDC) 1/12/15].



Since 2010, Manhasset CASA's Lock Your Meds campaign has encouraged residents to Lock Your Meds throughout the year to deter teen access to these drugs. Nearly 68 percent of people who begin using prescription drugs non-medically for the first time obtain those drugs from a family member or friend.

Since 2010, Manhasset CASA's Lock Your Meds campaign has provided parents and residents with the knowledge and tools necessary to prevent youth access to prescription drugs in the home. Nearly 68 percent of people who begin using prescription drugs non-medically for the first time obtain those drugs from a family member or friend (ONDCP and CDC 1/12/15). Residents are encouraged to Lock Your Meds throughout the year to deter teen access to these drugs.

Manhasset CASA continues to work with its community sectors and partners including the Town of North Hempstead, Nassau County Police, and North Shore LIJ to prevent prescription drug abuse. Informing the public of opportunities to discard unwanted prescription drugs at pharmaceutical take back events. Residents can always bring their unwanted medications 24/7 to the Nassau County Police Community Center at 100 Community Drive, Manhasset. The disposal bin is located in the lobby.

For information about CASA's mission to reduce youth substance abuse, go to manhassetcasa.org.

"Healthy Cooking, Healthy Living" Is Nutritious Cooking

March 19 lunchtime fundraiser to support Manhasset CASA

Talented cook Lisa Santos is returning to Manhasset to join forces with Health & Wellness Coach Stacey Kelly for CASA's "Healthy Living, Healthy Cooking" hands-on demonstration.

Health & Wellness Coach Stacey Kelly is again teaming up with Lisa Santos, a talented and experienced cook, to do a hands-on demonstration on healthy, easy and fast cooking. The event, which will take place on Thursday, March 19th from 11:30-1:30 p.m. at Kelly's home, will raise money to support Manhasset CASA (Coalition Against Substance Abuse).

Guests will sample a wide array of healthy, easy-to-prepare snacks and meals for use any time of the day. Focused on teaching how small changes can impact the quality of their family's life, the event and all recipes prepared that day will highlight how eating healthy can be easy and fun, while at the same time increasing energy and enthusiasm for cooking.

Also part of this exciting and unique event will be numerous raffle and silent auction prizes featuring health and wellness packages, sports and concert tickets and fashion items for all ages.

Tickets to the event are $40 and space is limited. For more information or reservations please call Katie Lane at 516-869-3316 or Arda Haratunian at 516-627-0235.

SMART KIDS from page 1

The students are being led by Colleen Sharkey, an active SEPTA member with master's degrees in Elementary and Gifted Education and who has been trained in the program. Sharkey has facilitated the meetings, encouraging the children to work together to share and fine-tune their ideas and see them through to completion.

Odyssey of the Mind is a worldwide competition that aims to deploy creativity and teamwork in students of every age. The Manhasset children will compete in the primary division open to the youngest participants. In addition to the performance, they will compete in a spontaneous competition the same-day that calls for either verbal or hands-on problem solving as a team with no rehearsal time.

The children have worked hard as a whole as well as broken down into smaller teams. The participants include Rhys DeHaan (Munsey Park, second grade), Michael D'Orio (Shelter Rock, first grade), JP Grassano (SR, second grade), Sophia Oliveri (SR, second grade), Austin Sharkey (MP, Kindergarten), Jessica Strassberg (SR, first grade), and Cole Thalheimer (SR, second grade).

The Manhasset team's problem pertained to "Wacky Weather." The children visited ABC Studios in New York and visited the newsroom where *Eyewitness News* is produced. They met with Meteorologist Lee Goldberg, as a highlight to their hard work, and saw an actual weather broadcast.