



# a·H·Informer

A news update from Adirondack Health Institute

February 4, 2021

## *News Headlines*

### **Clear the Air in the Southern Adirondacks Team Interviewed for Chamber Podcast**

The [Clear the Air in the Southern Adirondacks \(CASA\)](#) team of Kelly Owns, Merry Rudinger, and Joey Boswell was recently interviewed by Amanda Blanton for the [Adirondack Regional Chamber of Commerce's](#) podcast, *I'm In With the ARCC*.

Among other topics, the team discussed the program's four main objectives - community engagement, community education, policy change, and youth involvement. They also asked podcast listeners to help them in their efforts to establish smoke-free communities by submitting photos of prominently-displayed tobacco advertisements found in the community. The team will compile the photos to use as a visual illustration of how Big Tobacco uses enticing and deceptive marketing tactics to lure prospective tobacco and vape users. If you would like to submit a photo, and receive a goody bag in return, please send it in an email to [casa@ahihealth.org](mailto:casa@ahihealth.org).

CASA, a program of Adirondack Health Institute, is an advancing tobacco-free communities partnership grant funded by the [New York State Department of Health Bureau of Tobacco Control](#) and serves Warren, Washington, and Saratoga counties.

[Click here to listen to the podcast.](#)

## *Important Information*

More than half (54%) of youth ages 12-17 who smoke use menthol cigarettes. In major cities there are up to 10 times more tobacco ads in Black neighborhoods than in other neighborhoods. Tobacco companies spend \$186.9 million per year in New York State alone to market their products. Learn more at: [www.ahihealth.org/CASA](http://www.ahihealth.org/CASA) and

**TOBACCO COMPANIES ADD MENTHOL  
TO CIGARETTES WHICH MAKES SMOKING  
EASIER TO START AND HARDER TO QUIT**

**THE TOBACCO INDUSTRY  
AGGRESSIVELY MARKETED  
MENTHOL PRODUCTS**

**TO YOUNG PEOPLE AND AFRICAN AMERICANS  
ESPECIALLY IN URBAN COMMUNITIES**

**BIG TOBACCO  
CAN'T HIDE  
THE FACTS**

**GET THE FACTS ABOUT MENTHOL  
VISIT [SeenEnoughTobacco.org](http://SeenEnoughTobacco.org)**

[www.seenenoughtobacco.org](http://www.seenenoughtobacco.org).

Need help quitting? Visit  
[www.nysmokefree.com](http://www.nysmokefree.com), or call 1-  
866-NY-Quits (1.866.697.8487).

*Training Sessions, Meetings, and Events*

# FEED BACK MOVE FORWARD

4th Annual Virtual Summit

How do we create a fair food system? How do we build an equitable future for the North Country? And how do we move our region toward stronger and more accessible, inclusive, nutritious, and just systems for everyone?

On Day 1 we partner with the Racial Equity Institute — an alliance of trainers, organizers, and institutional leaders who have devoted themselves to the work of creating racially equitable organizations and systems — to lead us in developing the tools to challenge patterns of power and grow equity.

 responding to 2020

February  
24th 1pm-4pm  
25th 8am-5pm

Join us as we bring creative, scholarly, and frontline perspectives together into dynamic conversation. This year's theme reflects the urgency of inequities that 2020 laid bare and the challenges we must meet in 2021.

On Day 2, we welcome Karen Washington as our keynote speaker. Since 1985, Ms. Washington has worked to make New York City a better place to live and grow. As a farmer and food justice activist, she feeds people body, mind, and spirit.

Only \$20  
register now

Together we will address the intersections of food justice, racial equity, healthcare, and education in our rural region.

The day continues with over 30 sessions, speakers and presenters.

[www.craigardan.org/events](http://www.craigardan.org/events)

We will seek to engage active dialogue between presenters and participants, to identify obstacles, recognize successful initiatives, and engender collaborative networks.




**NYS HEALTH FOUNDATION**  
Improving the state of New York's health

**ADIRONDACK COUNCIL** PRESERVE • PROTECT • PROMOTE  
**aHI** Adirondack Health Institute  
**Weaving Change** Systemic Equity through Engagement  
**ADK ACTION**

Adirondack Foundation  
Pitney Meadows Farm  
Rise and Root Farm  
Cornell Cooperative Extension

Adirondack Harvest  
Adirondack Land Trust  
Paul Smiths College Center for Sustainability

Asgard Farm & Dairy  
The Wild Center  
Stewarts Shops  
GreatRange

[Click here to register.](#)



# PREVENTING BURNOUT AND COMPASSION FATIGUE

Join us for a webinar dedicated to providing the necessary tools and resources to help healthcare and essential workers navigate these difficult times. This webinar will demonstrate how to provide and encourage self-care, and promote resiliency in the workplace.

Following this webinar, participants will be able to:

- Define burnout and compassion fatigue;
- Identify triggers and signs of burnout and compassion fatigue;
- Understand the risks associated with burnout and compassion fatigue;
- Identify ways to avoid burnout and improve workplace culture;
- Identify strategies for conflict resolution;
- Recognize how to ensure employee retention during a crisis; and
- Identify best practices for scaling up staff in the midst of a global pandemic.

***For Support Staff and Community Health Workers***  
***Thursday, February 25, 9:30-11:00 a.m.***

[Click here to register.](#)

***For Behavioral Health Professionals***  
***Thursday, March 4, 9:30-11:00 a.m.***

[Click here to register.](#)





RFK CERC is developing a remote interdisciplinary learning collaborative in **New York State** as part of a national training initiative on the impact of the Opioid Epidemic and Trauma on Child Development\*\*

## Project SCOPE: Supporting Children of the Opioid Epidemic

The opioid epidemic has affected approximately 2.2 million children and adolescents in the US, impacting 28 out of 1,000 children in New York State. The prevalence of Neonatal Abstinence Syndrome (NAS) among newborns in New York State has increased by 79% (2010-2014.)

The purpose of this learning collaborative is to **train interdisciplinary clinicians** on evidence-based practices in **screening, monitoring, and care** for children impacted by the **opioid epidemic, substance misuse disorder, and trauma.**

**Topics will be presented every 2 weeks (1h) over 4 months and will include:**

◊ Introduction to the Opioid Crisis and Social Determinants of Health ◊ Addiction and Treatment  
◊ **Neonatal Abstinence Syndrome (NAS)** ◊ Self-Reflective Practice and Self-Care Techniques ◊ **Monitoring Child Development and Linking to Services** ◊ Developmental Screening During the COVID-19 Pandemic  
◊ Having Difficult Conversations ◊ **Trauma, Addiction, and Health** ◊ Frameworks for Understanding and Reacting to Emotions and Behaviors of Trauma-Exposed Children ◊ Trauma, Substance Exposure, and Language Development ◊ **Trauma, Substance Exposure and Sensory Concerns** ◊ Models of Care

Sessions will consist of presentations by local and national experts followed by interdisciplinary case discussions.

**\*\*If you are interested in joining this learning collaborative, or have any questions,**

Please email Dr. Mana Mann at [mmann@montefiore.org](mailto:mmann@montefiore.org),  
or Dr. Carol Terilli, PT at [cterilli@montefiore.org](mailto:cterilli@montefiore.org).

## Share Your Updates

AHI partners in Clinton, Essex, Franklin, Fulton, Hamilton, Saratoga, St. Lawrence, Warren, and Washington counties are encouraged to send news items to Phil Kahn at [communications@ahihealth.org](mailto:communications@ahihealth.org) to be considered for inclusion in *AHI Informer*.

Adirondack Health Institute | 101 Ridge Street, Glens Falls, NY 12801 | 518.480.0111  
[communications@ahihealth.org](mailto:communications@ahihealth.org) | [www.ahihealth.org](http://www.ahihealth.org)

STAY CONNECTED WITH US!



Visit our website

