



# Lifeline

DONATE to JFS  
[www.jfsbuffalo.org](http://www.jfsbuffalo.org)

SPRING 2018

*a lifeline for all*

Jewish Family Service of Buffalo & Erie County Newsletter

70 Barker Street Buffalo NY 14209 716.883.1914 [www.jfsbuffalo.org](http://www.jfsbuffalo.org)



## INSIDE:

March is  
Problem Gambling  
Awareness Month



*Free screening  
through March 30  
— call 716.883.1914  
for an appointment*

Western New  
York Center  
for Survivors  
of Torture

Barnes & Noble  
Book Fair



@JFSbuffalo

## Seniors and Substance Misuse: A Silent Epidemic

Quiet as it has been kept; seniors make up a significant percentage of the people who develop substance use disorders.

“At any age, there is no shame in talking about substance use. The shame is not getting the help needed,” advises Marlene A. Schillinger, president and CEO of Jewish Family Service of Buffalo & Erie County (JFS).

JFS works to de-stigmatize mental illness and co-occurring substance use disorders through its leadership in the regional “Join the Conversation” ([www.letstalkstigma.org](http://www.letstalkstigma.org)) initiative and through Mental Health First Aid training. *more >*



Among others, signs of alcohol and substance misuse may include:

Increased use over time

Difficulty controlling use

Continued use even after recognizing problem

Giving up important activities

Mental Health First Aid (MHFA) is an international, evidence-based training program which teaches individuals, employers and groups to better understand mental illness; to identify and respond to a mental health emergency, and ways to reduce the associated stigma. JFS partners with Compeer and the Mental Health Association of Erie County to provide the training, which has now certified more than 1200 people in Western New York.

*Willpower and self-resolve are not always enough to change drinking and substance use habits; reducing the amount of use may be an effective option to complete abstinence.*

According to MHFA:

- *one in five older adults may be adversely affected by a combination of alcohol and medication misuse*
- *misuse of prescribed medications among older adults can cause serious falls, confusion and delirium associated with high rates of emergency hospitalizations and mortality*
- *psychoactive medications with the potential for misuse and abuse are now prescribed to approximately 25 percent of all older adults, who also face new challenges of living longer that can include income concerns, the loss of a spouse and old friends and increasing social isolation*



70 Barker Street  
Buffalo NY 14209  
716.883.1914

Make a donation:  
[www.jfsbuffalo.org](http://www.jfsbuffalo.org)

“The co-occurrence of mental illnesses such as anxiety and depression – either diagnosed or undiagnosed from an earlier age, or instigated by new challenges of aging – can lead to 'self-medication' with alcohol and other drugs,” Schillinger says.

“It's important for family members, health providers and caregivers to give reassurance and provide information.”

At any age, many factors can contribute to the misuse and abuse of prescription drugs, alcohol and even the development of problem gambling, which is also considered a behavioral disorder.

At Jewish Family Service of Buffalo & Erie County, compassionate care managers and mental health professionals help seniors and their families navigate through life changes and challenges that may contribute to the onset of addictive behaviors.



“We work with each person to individualize a care plan and goals, and then coordinate access to medical providers, the licensed clinical social workers in our mental health clinic when appropriate, and connection to any social service support they may need,” says Schillinger.

“By the time you're eighty years old you've learned everything. You only have to remember it.”

GEORGE BURNS

“We believe absolutely that treating the whole person is critical to physical, emotional and spiritual well-being.”

Call 716.883.1914 for more about JFS support for seniors. ■

Your Best Performance Yet . . . co-starring Senior Support from 



 **Jewish Family Service**  
of Buffalo & Erie County

Behavioral Health, Care Management, Work/Life  
Counseling Services for Seniors and Their Families

*a lifeline for all* 716.883.1914 [www.jfsbuffalo.org](http://www.jfsbuffalo.org)    
"jfsbuffalo"



*Thank You!*

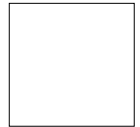
## Buffalo History Museum "Adopts" Newly Arrived Refugee Family

**J**FS friends at the Buffalo History Museum collected household items, grocery store gift certificates and basic essentials for a newly resettled JFS family last December: "We talked with Apple, and were able to deliver the items collected directly to the family. I really enjoyed meeting them and seeing how grateful they were," said BHM Administrative Specialist Robin Foley, who coordinated the donations as part of the museum's annual giving outreach. To learn how you or your organization can support a JFS refugee family, contact JFS Director of New Americans Maria "Apple" Domingo at 716-883-1914 or [mdomingo@jfsbuffalo.org](mailto:mdomingo@jfsbuffalo.org) ■



**Jewish Family Service**  
of Buffalo & Erie County

70 Barker Street Buffalo NY 14209



visit [www.jfsbuffalo.org](http://www.jfsbuffalo.org) and click on this icon!

# Western New York Center for Survivors of Torture Gains International Recognition

---



*“We're proud of what we do. Achieving IRCT membership recognizes and extends the original vision for the Western New York Center for Survivors of Torture, and honors the Jewish value system on which our agency is founded.”*

JFS President and CEO Marlene Schillinger

The Western New York Center for Survivors of Torture (WNYCST), a JFS program launched in 2013, is now a member of the International Rehabilitation Council for Torture Victims (IRCT).

“Having international recognition is huge. Becoming an IRCT member gives us access to world views on torture treatment and new philosophies. It also gives us a platform to share our practices and experiences with others around the globe,” WNYCST Director Alexandra Burger says.

The WNYCST was inducted in December 2017 along with 11 other organizations worldwide: This brought the total number of U.S. torture centers that are IRCT members to 18, which includes the Bellevue / NYU Program for Survivors of Torture and the Florida Center for Survivors of Torture - A Program of the Gulf Coast Jewish Family and Community Services, after which the WNYCST is modeled.

716.883.1914  
wnycst@jfsbuffalo.org  
www.wnycst.org



*“All are entitled to live with dignity and respect.  
All are entitled to live without fear or pain.”*

Holocaust Survivor / Nobel Laureate Elie Wiesel

The decentralized, multi-disciplinary Western New York Center for Survivors of Torture provides direct services to assist torture survivors and their families living in Western New York in the healing and recovery process. It serves individuals who have suffered torture in foreign countries and are now present in the U.S., including refugees, asylees, asylum-seekers, immigrants and other displaced persons. U.S. citizens tortured abroad – as well as Holocaust Survivors and their families – are also eligible for WNYCST services.



Headquartered in Copenhagen, the IRCT is currently comprised of 150 centers in 70 countries.



JFS administrative offices serve as its base. The agency employs and houses a core staff that provides the primary point of contact and coordination for support services provided by WNYCST partners Journey's End Refugee Services, UB Family Medicine and the Holocaust Resource Center.

“We've worked really hard to develop strong and well-managed relationships that allow us to facilitate the integrated provision of spiritual, physical and emotional health care. Torture is a global tragedy, and we need to tackle it together,” Burger says. ■



*Thank You!* . . . to Erie County Executive Mark Poloncarz (center) for compassionate and consistent legislative support of JFS Immigrant and Refugee Services.





## March is National Problem Gambling Awareness Month: “Have the Conversation” with Someone You Love

---



**F**or most people most of the time, gambling is harmless and acceptable recreational fun. But just as some people are unable to take a single alcoholic drink because they suffer from alcoholism, it is dangerous for some people to make just one bet because they have a problem with gambling.

“Access to gambling opportunities has increased. More people are betting on electronic devices, and gambling is the one addiction where people believe that just one more win is a cure-all and will get them out of their financial troubles,” Donna Possenti, LCSW, JFS Vice President of Clinical Operations.

The difference between recreational gambling and problem gambling is based on individual inventory of the following criteria:

- *Gambling progressively larger amounts of money to feel the same or more excitement*
- *Unsuccessful attempts to cut back or quit gambling*
- *Increased gambling to escape problems*
- *Agitation / irritability when trying to cut back or quit gambling*
- *Preoccupation with and anxiety about next opportunity to gamble*
- *Making larger and larger bets to recoup (“chase”) previous losses*
- *Lying about time or money spent gambling*
- *Reliance on borrowing money to cover losses and conceal gambling activity*
- *Loss of a job, relationships or educational or career opportunities due to gambling*

“If you checked three or four on the list you may be a problem gambler. If you checked more than five it is considered a gambling addiction. Problem gamblers become addicted when they continue to play out of control. Both are serious problems and should be addressed,” said Possenti.

JFS provides problem and addiction gambling treatment and counseling for individuals and families. Most insurances are accepted and there is a sliding fee scale for the uninsured. For more information or to make an appointment with a JFS counselor, call 716-883-1914. ■



## Barnes & Noble Plus JFS Friends Equals Support for WNY Refugees

The third JFS Barnes & Noble Book Fair raised more than \$800 last December for the JFS Immigrant and Refugee Parenting Program. Friends and supporters came out to the Amherst store for a day of family-oriented fun and discount book shopping. Thank you to all!



**Jewish Family Service**  
of Buffalo & Erie County



*a lifeline for all*

70 Barker Street Buffalo NY 14209 716.883.1914 [www.jfsbuffalo.org](http://www.jfsbuffalo.org)

**DONATE to JFS**  
[www.jfsbuffalo.org](http://www.jfsbuffalo.org)

Your support helps us provide help where help is needed . . . Thank you!

### **JFS COUNSELING AND REFERRAL SERVICES:**

Behavioral / Mental Health Counseling & Treatment  
■ Mental Health First Aid ■ Care Management / Health Home Services ■ Jewish Community Support  
■ Career Services / Job Development ■ Refugee & Immigrant Services / Western New York Center for Survivors of Torture

### **JFS MISSION / VISION: COUNSELING. COMPASSION. CONNECTION.**

Jewish Family Service of Buffalo & Erie County [JFS] is a nonsectarian, not for profit, community-based health and social service provider that has served its community since 1862. We partner with families, children and individuals of all beliefs and backgrounds to help them succeed in transition and overcome the challenges of everyday life – and believe that every person in the JFS Buffalo service area coping with significant life challenge or personal change should have a lifeline that leads to new hope and compassionate care.