



Ounce of Prevention Newsletter

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Message to Coalition Members:



<https://www.ncadd.org/about-ncadd/events-awards/alcohol-awareness-month>

COALITION WEBSITE & FACEBOOK PAGE

Don't forget to visit our Website and our Facebook Page and invite your friends to view and like our page as well.

<http://www.steubenpreventioncoalition.org>

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Featured Member Statement:

(Hilda Lando, Steuben County Legislator)

As a wife, mom, grandmother, sister, aunt and friend I have seen what addiction can do to families. As a County Legislator I have tried to learn more about addiction so that I can help solve the problems we are having in our county. I joined the Steuben Prevention Coalition because I believe prevention can be one part of the solution when we all work together. We may not be able to stop the supply but we can help stop the demand. Our youth is our future so we need to do whatever we can to keep them safe and healthy. As it's been said before - it takes a village - it takes Legislators, Mental Health, Social Services, Law Enforcement, Parents, Schools etc. to work on this problem - our children's future depends on it!



The Steuben Prevention Coalition would like to thank Sue Bozman of Catholic Charities, Joy Williams of the Institute for Human Services and Kelli Keck and Erin Hachtel of Epiphany Community Services for their outstanding efforts and assistance in submitting our application for year 6 thru 10 of the Drug Free Communities Grant Program. We should hear the results in early September 2018.



March Happenings:

The Steuben Prevention Coalition is in the process of presenting each individual school district in our county with their specific data from the Prevention Needs Assessment Survey of 2017.

The Coalition has also partnered with the Steuben County Sheriff's Office and the STOP DWI NY program to provide Prom & Graduation Safety Awareness events in 6 school districts in Steuben County.



Emily Peckham, MEd Public Health Specialist for the Schuyler County Public Health Department has been named the Project Coordinator for the Schuyler County Coalition on Underage Drinking and Drugs (SCCUDD)

Kids Who Vape Face Toxin Dangers, Study Finds

By Dennis Thompson
HealthDay News Reporter
March 5, 2018

For More Information:
<https://health.usnews.com/health-care/articles>

Teenagers who use e-cigarettes expose themselves to cancer-causing toxins, particularly if they choose fruit-flavored products, a new study reports. Urine tests revealed elevated levels of five different toxins in the bodies of teens who use e-cigarettes (often called vaping). And all of the toxins are known or suspected carcinogens, said lead researcher Dr. Mark Rubinstein, a professor of pediatrics with the University of California, San Francisco.

Teens who used e-cigarettes had up to three times greater amounts of the toxins in their urine than teens who never vape, the researchers found. "One of the reasons why more teens are using these products is they feel that they are safe and/or safer than smoking," Rubinstein said. "Based on these results, if the teenagers kept using these products over the years, we believe it could be dangerous." The toxins -- acrolein, acrylamide, acrylonitrile, crotonaldehyde and propylene oxide -- all belong to a class of chemicals known as volatile organic compounds (VOCs).

In particular, fruit-flavored e-cigarettes produced significantly higher levels of acrylonitrile. That's a concern because fruit flavors are most popular among teens and acrylonitrile is a known carcinogen, the researchers said. "Right now a lot of the flavors being marketed seem to clearly be targeting teens," Rubenstein said. "I think it's difficult to argue that you're marketing these products to adults trying to wean off cigarettes when you're offering flavors like 'unicorn poop' and bubble gum." Volatile organic compounds are released when e-cigarette liquid is heated to the point when it becomes vapor, Rubenstein said. The liquid contains solvents that are approved food additives, but when heated these additives can form other chemical compounds, including VOCs, he said. Toxic VOCs also are present in traditional tobacco cigarettes, and in greater quantities. The researchers behind the new study said "dual users" -- teens who alternate between cigarette smoking and e-cigarette smoking -- had up to three times higher levels of five toxins than those who only vape.

Gregory Conley is president of the American Vaping Association, a nonprofit that advocates for e-cigarettes. He said: "The results of this study fall in line with prior literature estimating the cancer risk from e-cigarette use to be orders of magnitude lower than the risk from smoking cigarettes. While it is clear from the data that environmental sources of toxins played a considerable role in the levels measured among all groups, the data nonetheless shows significant reductions in exposure among exclusive e-cigarette users." But to Dr. Norman Edelman, senior scientific advisor to the American Lung Association, the study results show that e-cigarettes aren't as harmless as some might think. "Now, it's true that if they smoked combustible cigarettes they would get more of this stuff," Edelman said. "But this does make it quite clear that vaping is not safe."

To investigate chemical exposure from e-cigarettes, the researchers looked at three different groups -- e-cigarette users, "dual users" who also smoke traditional cigarettes, and teens who don't smoke or vape. The researchers recruited 103 participants with an average age of 16, and analyzed urine samples from all for the presence of potentially dangerous volatile organic compounds. "They're doing it the right way. They're not measuring what's in the vaped liquid, they're measuring what gets into the kids' bodies, which is really the important question," Edelman said.

All e-cigarettes appear to create VOCs, even those that don't contain nicotine. The VOCs acrylonitrile and acrylamide were found in elevated levels in the urine of teens who said they don't use nicotine-laced e-liquid. "That was interesting and surprising to us," Rubinstein said. "Although most of the teenagers used the nicotine-containing products, some did not and we were able to find these toxins even in them. That's because the solvents are still in these products, even if there's no nicotine." Edelman said the study exposes the erroneous assumption that because e-cigarettes are "more safe" than tobacco, they can serve as a substitute for quitting smoking altogether. "The most safe approach is smoking cessation, and for kids the most safe approach is smoking prevention," Edelman said. "What I'm concerned about is that all this talk about 'more safe' under the rubric of harm reduction is going to make us forget about the importance of smoking prevention and smoking cessation."

The U.S. Food and Drug Administration needs to step up regulation of e-cigarettes, particularly when it comes to teenage use and fruit-flavored products that appear to target teens, Rubinstein said.

"I definitely think there needs to be greater regulation to prevent teenagers from using these products," Rubinstein concluded.

Intern's Corner

Lindsay Bushnell
Keuka College - Intern

April was deemed Alcohol Awareness Month by the National Council on Alcoholism and Drug Dependency (NCADD) in 1987.



The NCADD defines alcoholism as a "...chronic, progressive disease, genetically predisposed and fatal if untreated." Initially the NCADD established this to help reduce the stigma that is linked to alcohol dependency. By designating the month of April to alcohol awareness, education for the public on understanding and being aware of alcoholism, what causes alcoholism, and effective treatments and recovery methods are provided annually. This effort is present throughout America and includes a broad number of supporting organizations, media strategies, awareness campaigns, and events that are being held in each local community. The theme of the month this year is "Changing Attitudes: It's not a 'rite of passage.'" The premise here is to highlight the fact that often times parents look at underage drinking as a 'rite of passage' instead of intervening to teach teens the dangers that can accompany alcohol use. In 'changing attitudes' parents can help their kids understand that they don't need to drink to fit in and that they can have a good time without using alcohol. Andrew Pucher, the President and CEO of NCADD stated, "Alcohol and drug use is a very risky business for young people and parents can make a difference. The longer children delay drinking and drug use, the less likely they are to develop any problems associated with it. That's why it is so important to help your child make smart decisions about alcohol and drugs." The month-long campaign is kicked off with an alcohol-free weekend that takes place at the beginning of the month, this year it was held March 30th- April 1st. NCADD invites all Americans to engage in three alcohol-free days to raise public awareness about how alcohol use is affecting individuals, families, businesses, and communities. If you are struggling with alcohol use and need help contact a helpline and/or visit www.ncadd.org for more information regarding alcohol awareness month.

A Student's View Drugs in Our Community

Mike Oliver
Avoca High School Senior



The obvious issue regarding the presence of Marijuana, and various alcoholic articles in our community has been prevalent for several years. The most concerning aspect of this has to be the possibility of students obtaining these substances while it is in their best interest to stay away from them. In my personal experience, I have always heard about certain students, or groups of students engaging in certain suggestive behavior revolving around the use of these substances. I remember hearing some stories of my sisters about how there were happenings at school involving them, or even scandals around town. These kids would be apprehended and punished accordingly, but it always seemed to bother me that kids would willingly endanger themselves in this way. I never truly knew how bad the problem was until I grew up, and I realized that trouble was all around me.

It isn't as obvious as you might think. My town of Avoca holds a miniscule population, with an equally small school district. There isn't a whole lot of opportunity for kids to be as bad as some people say they can be. The news always seems to find stories about kids being involved in huge drug scandals, or you can hear about kids partying in other districts. To tell the truth, nothing major has really happened like that in my time here. Smaller occasions involving substance abuse have happened of course. For example, there was at least one occasion when some kids got caught dealing drugs in the bathroom. A lot of students like me seem to know what's going on behind the scenes, even if they don't take part in it. However, it can sometimes feel like the school system isn't really doing enough to solve the problem.

To elaborate on this some more, there have been several kids over the years that have been known to be troublemakers, and that were taking part in such activities. These kids were allowed to be athletes, which is intriguing to think about. The athletic handbook has clear regulations regarding the use of drugs as an athlete. However, students never seem to face consequences for these behaviors. Blame could be put on students, partly because they should be reporting these types of behaviors, but most of the blame should be put on the coaches and other school staff. It seems as though they don't really look to prevent kids from abusing drugs. They may act when a clear opportunity presents itself, but it never seems to be anything more. A school official may be presented with such an opportunity by witnessing a child do drugs, and in this case, they have a much larger obligation to act than if they simply eavesdrop on some students regarding an incident like this.

To continue, my senior year has been fairly uneventful as far as these incidents go. Nothing has happened that has really sparked concern. However, the huge scandal in Hornell caused quite the uproar, even in Avoca. I heard some kids talking about the party, and how a plethora of students were kicked off of their designated sports teams. The kids are incredibly naive to think that this was an acceptable thing to do, but it was less naive to think they could get away with it. I am so happy that they were caught in the end, but also equally perplexed. How many other parties have gone on without any interference? It is a dire situation that should more frequently be approached by the community.

It is very sad to see a part of the student population resorting to such measures to obtain or retain a status. This simple image is what they look to achieve, and they will do all sorts of crazy things to get it, even if it means doing drugs with their peers. We've heard all about peer pressure, and it seems almost obsolete to talk to kids about it anymore. They will always say they know not to do these things and how it's wrong, but the urge to "do what everyone else is doing" might be too strong. These other characters, the ones that persuade other kids, that turn the good ones into the bad ones, are the root of the problem. If the community can somehow root out these troublemakers, then it could save so many children from descending to that level of moral mediocrity.

To conclude, there has always been an unwanted issue regarding the use of alcohol and marijuana in our communities. I have even been around some of these people for the last couple years. I know what they do on their own time, and so do other members of the community. However, I don't have the authority to change these people, or even what message they try to send to others. This innate power belongs to the collaborative influence of the schools, and the communities themselves. They should feel a stronger obligation to take action against this issue, not stand by and watch this select group of our youth dissipate into thugs.

Upcoming Events:

Next Coalition Meeting
May 9, 2018

11:00 am – Bath-Haverling High School
(Please note the change from the
Steuben County Sheriff's Bldg)

Prom & Graduation Safety Awareness
Events

Throughout Steuben County
(March, April, May)

Participating Schools:
Hornell

Corning-Painted Post
Hammondspport

Bath-Haverling
Addison

Prattsburgh

(Please contact for further details)

National Prevention Week
May 13 – 19, 2018



National Prevention Week May 13th – May 19th 2018



'Dear Future Me' Challenge

"What would you say to your future self about what you're doing today to ensure a healthier tomorrow?"

National Prevention Week → May 13th- May 19th, 2018

- Raise awareness about the importance of substance use prevention and positive mental health
- Theme for 2018- Action Today. Healthier Tomorrow.
- National Prevention Week Challenge – 'Dear Future Me'

How to Participate:

1. Write letter or draw picture about choices you're making to live a healthy, happy life
2. Take picture of the letter or picture or record video of letter reading
3. Share it on social media using [#DearFutureMe](#) and [#NPW2018](#)
4. Tag friends
5. Share any or all Dear Future me videos on social media



MISSION:

To promote healthy and safe communities in Steuben County by reducing alcohol and drug use among our youth!

VISION:

To have a county where our youth are healthy and drug free!

Steuben County Underage Party & Drug Information Tip Line

Anyone with information relating to underage drinking such as parties, underage sales, etc. or information relating to illegal drugs, such as sales, dealers or other suspicious activities are encouraged to use the tip line.

The Tip Line will be monitored seven days a week, 24 hours a day. All call are anonymous.

Do your part to help make our communities safe for everyone.

1-844-378-4847