



Ounce of Prevention Newsletter

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Message to Coalition Members:



From the Steuben Prevention Coalition

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>

Featured Member Statement:

(SFC Kyle King, Civil Operations Specialist, NYNG CDTF)

As a Civil Operations Specialist for the NY National Guard Counter Drug Task Force, I work to coordinate statewide anti-drug prevention efforts with local coalitions, Prevention Resource Centers (PRC's), and NY State's Office of Alcoholism and Substance Abuse Services (OASAS); to develop a consolidated plan for addressing alcohol and other substance use/abuse through coalition development, technical assistance, and training to create a strong response to substance abuse within our communities, and ensure long-term positive behavior outcomes. The Steuben Prevention Coalition is one of the coalitions that I am fortunate to be a part of. Their prevention efforts are vital in the fight against substance abuse, and have made a positive impact throughout Steuben County.

Recognition and Thank You Corner

A special thank you goes out to all advisors of the eight school districts who participated in the 2017 Youth Action Forum as well as our speakers and presenters for the day.



Judith A. Rowe



Mark Recktenwald

Recognition and Thank You goes out to the Wellness Committee for Catholic Charities of Steuben. These individuals out did themselves putting on a wonderful Holiday Party packed full of food and entertainment which included an ornament gift exchange, caroling and photo sessions with Santa Claus.



Steuben Council on Addictions and Steuben Prevention Coalition



4th Annual Youth Action Forum Student Leaders Initiating Change



On November 20th, the Steuben Prevention Coalition together with Bath-Haverling School District and The Main Place of Hornell sponsored the 4th Annual Youth Action Forum - Student Leaders Initiating Change for Healthy & Positive Schools and Communities.

This year's forum was attended by eight school districts in Steuben County including Addison, Avoca, Bath-Haverling, Bradford, Campbell-Savona, Canisteo-Greenwood, Hammondspport and Prattsburgh with a total of 80 students participating.

The purpose of our Youth Action Forum is to empower our young people to "BE THE CHANGE", give students a voice to be heard among peers and within the community and to develop skills necessary to nurture abilities in themselves and others in order to make an impact at school or in the larger community. In addition, our students were coached on how to network with other students and leaders to identify available resources and practices that would aid in bringing about that change.

These areas of focus were addressed by Key Note Speaker, Judith A. Rowe of Judith A. Rowe Consulting, LLC., Mike Sweet of the Chamber of Commerce, Cari Scott who is in charge of the Bath Rotary Interact Group and Mark Recktenwald who is a member of the Coalition and Guidance Counselor at Bath Haverling High School.

The goal for this year's forum was to encourage and develop their use of these skills so that the students can then engage in discussions within their individual schools and identify the critical issues impacting their school climate, their peers, and their community.





THE PRESIDENT'S COMMISSION
ON COMBATING DRUG
ADDICTION AND THE OPIOID
CRISIS

Final Report

The Commission, begun by President Trump via executive order, released their final report of recommendations in early November 2017.

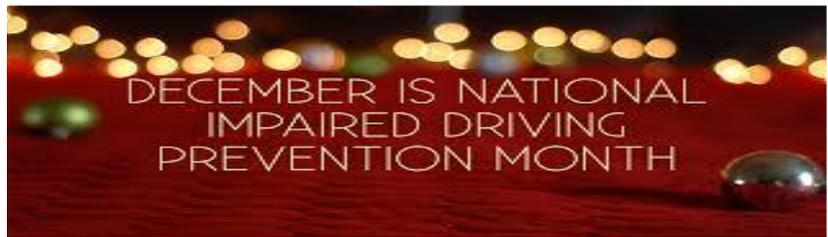
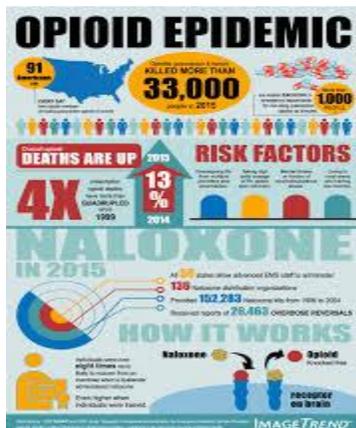
President Trump stated before the report's release that fighting the opioid epidemic is a top priority of the Administration.

On October 26, 2017, the opioid crisis was declared a national public health emergency under federal law.

The recommendations include calling for an expansive national multi-media campaign, more data sharing, law enforcement officers being equipped with life-saving naloxone, and more.

The full report is available to the public by clicking on the link below:

https://www.whitehouse.gov/sites/whitehouse.gov/files/images/Final_Report_11-2-2017.pdf



What Can You Do to Support National Drunk and Drugged Driving Prevention Month?

Beyond the obvious admonition, "Don't drink and drive," here are five suggestions for doing your part to raise awareness and support National Drunk and Drugged Driving Prevention Month:

1. Familiarize yourself with the definition of a standard drink of each of the various alcoholic beverages, as well as the numbers of standard drinks/cocktail or drink container. This can help you decide when to intervene on a friend's behalf, for example. It can also be a point of conversation leading up to a celebratory night on the town.
2. Understand how alcohol changes the brain and why staying within low-risk drinking limits is so important. These limits, for example, help a person's liver keep up with metabolizing the quantity of alcohol consumed and thereby allowing the person to stay in control of his/her brain and therefore his/her thoughts and actions.
3. Understand how brain changes are caused by binge drinking or heavy social drinking, in addition to alcoholism (addiction). In fact, most people who drive while impaired are NOT alcoholics. Rather, they are alcohol abusers. "How Much is Too Much? At-Risk Drinking Patterns Explained."
4. Learn how it's possible for a person to drink and "choose" to drive. "DUI – Is It a Choice or an Accident?" This can help you protect yourself from the drinking behaviors that occur when a person who drinks too much.
5. Advocate for standard drink labels on alcoholic beverage containers and on restaurant and bar menus.

Lisa Frederiksen
Breaking The Cycles



Upcoming Events:

Next Coalition Meeting
January 10, 2018
11:00 am – Steuben County Sheriff's
Building

Marijuana Town Hall Meeting
 February 28, 2018
 Hornell High School
 5:30 p.m. – 7:30 p.m.



Article: Navigating the Holidays When Your Child is in Early Recovery from Addiction

by Dr. John Dyben, DHSc, MCAP, CMHP
Clinical Fellow at Origins Behavioral Healthcare

Families can experience many emotions while navigating the holidays, whether in still waters or rough seas. Friends and families come together and we place at the forefront of our thoughts all of the joy of our connections that we sometimes forget in the day-to-day. In these special times, our gratitude for life and joy in all we share is so sharply focused that many describe these as “magical” times, bursting with wonder and delight.

The flipside to this coin is that emotional pain and difficulties may also be magnified during these times. We miss lost loved ones a little bit more. We remember and wish for simpler times. We feel the weight of difficult circumstances a little bit heavier.

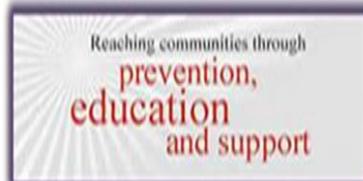
In few ways is this phenomenon more realized than with families who have a loved one in very early recovery. Strong emotions combine with a multitude of questions to create a feeling of constant pressure and walking on eggshells. Families want to know how they should act around their loved ones new to recovery. They ask if they should have alcohol at gatherings, who should be invited to functions, even if they should participate in celebrations at all. They wonder if they should give gifts or hold back. They agonize over how to have a “normal” holiday, often having had so many where their loved one was actively using substances – or even absent altogether.

As someone who has been in this position, I can share that there are three important guiding principles that can help families navigate these times.

Learn the Three Guiding Principles by clicking on the link below:

1. The Principle of the Sail
2. The Principle of Waxing Strength
3. The Principle of Falling Walls

<https://drugfree.org/parent-blog/navigating-the-holidays-when-your-child-is-in-early-recovery-from-addiction>



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