



Ounce of Prevention Newsletter

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Message to Coalition Members:

2020 Adult Perception Survey

Please be on the look-out for the link to survey monkey for the 2019 Adult Perception Survey which will be released the last week of July. Please take a few minutes to complete the 2019 Adult Perception Survey. We provide this survey in order to gain a better understanding of the picture adults see as issues and concerns in our communities. This is an anonymous survey and we encourage you to share this link with any other contacts you may have in Steuben County.



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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We are asking all Coalition Members and Community Partners to let us know of any upcoming events, activities, public meetings, etc. that are or will be happening in your communities. Please contact us at the information provided.

cbanik@dor.org

Active Steuben County Youth



A huge thank you goes out to the youth in Steuben County who have been very active with the Steuben Prevention Coalition in getting out messaging from the results of the Prevention Needs Assessment Survey by creating video messages from their own perspective relative to drug and alcohol use.

These videos have been posted on the Coalition Facebook page, will be listed on the Coalition Website and you can find the links to them below:



Video (2).mov



hadley 2.mp4



Hadley 3.mp4



Julie Cline 1.mp4



Julie Cline 2.mp4

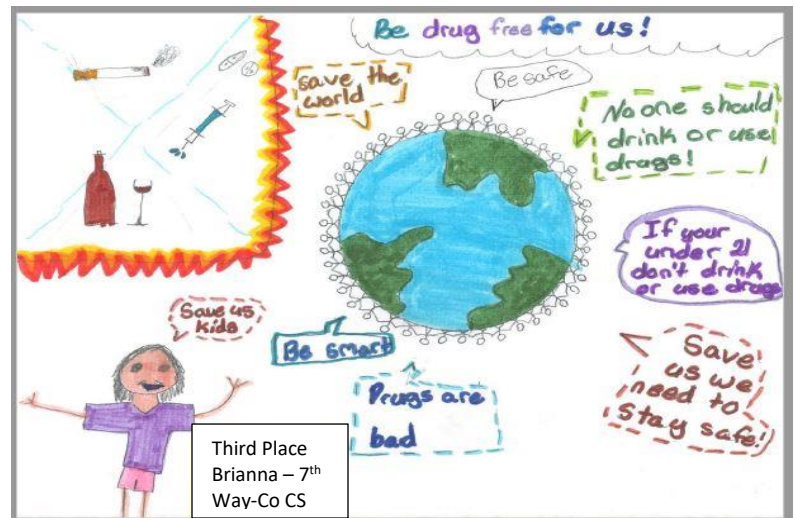
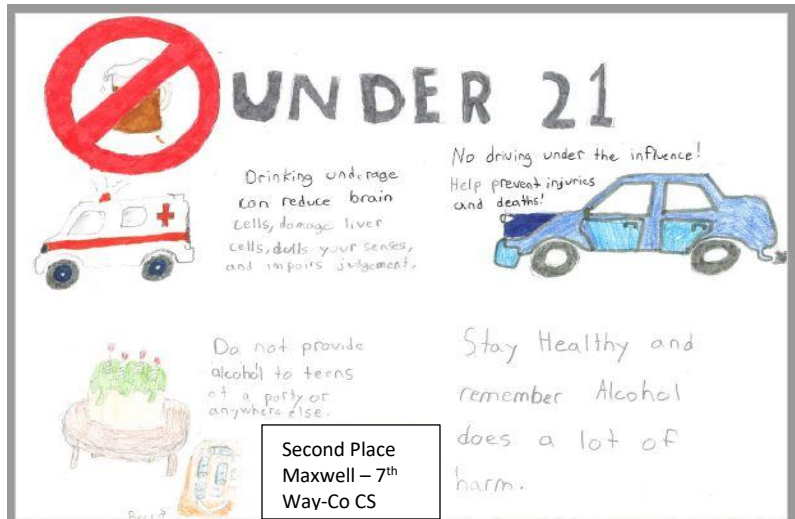
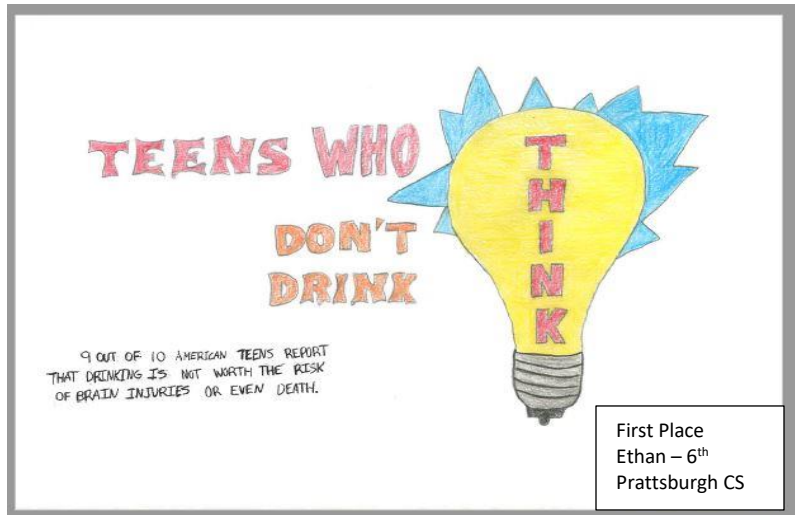


Marijuana.mp4



Avoca Seniors YEP FINAL.mp4

Underage Drinking 2020 Poster Contest Results



Steuben Prevention Coalition Opioid Committee Report

*Connie Terry
Program Assistant - Opioid Committee
June Report*

Steuben County residents were invited by the SPC Opioid Committee to participate in a Community Perception Survey via Facebook from January to April 2020. 189 people responded to our survey. Some key take-aways from the survey are:

- ✚ 66% of respondents said it is somewhat to very easy to obtain prescription pain relievers such as Oxycontin, Percocet, Vicodin, Hydrocodone or Tylox, that were not prescribed to them.
- ✚ 55% of respondents said it was somewhat to very easy to obtain heroin, an illegal opiate.
- ✚ 77% of the people who participated in the survey agreed that people risk harming themselves physically and/or in other ways when they use prescription pain relievers that are not prescribed to them.
- ✚ 86% disapprove of using prescription pain relievers that are not prescribed to them.
- ✚ 91% disapprove of someone using heroin.

Generally, people know they shouldn't use medications not prescribed to them. However, the most common way people get prescription drugs (not prescribed to them) is from friends or relatives. June is National Safety Month. How can you keep your friends and family safe? Lock up your prescription medications, dispose of unused medications in a local medication dropbox or by using a disposal packet and never share prescription drugs with others.

2019 Prevention Needs Assessment Survey Results (MTF – Monitoring the Future)

Compare to MTF National Average



▶ Alcohol Use

- ▶ 8th grade – 9.9% (CO) vs. 8.2% (MTF) – **1.7% higher than NA**
▶ **1.3% increase from 2017**
- ▶ 10th grade – 24.1% (CO) vs. 18.6% (MTF) – **5.5% higher than NA**
▶ **1.2% increase from 2017**
- ▶ 12th grade – 32.3% (CO) vs. 30.2% (MTF) – **2.1% higher than NA**
▶ **0.2% decrease from 2017**



Compare to MTF National Average



▶ Marijuana Use

- ▶ 8th grade – 5.9% (CO) vs. 5.6% (MTF) – **0.3% higher than NA**
▶ **4.1% increase from 2017**
- ▶ 10th grade – 15.8% (CO) vs. 16.7% (MTF) – **0.9% lower than NA**
▶ **2.6% increase from 2017**
- ▶ 12th grade – 19.2% (CO) vs. 22.2% (MTF) – **3% lower than NA**
▶ **1.3% decrease from 2017**



Compare to MTF National Average



▶ E-Cigarette/Vaping Use

- ▶ 8th grade – 11.1% (CO) vs. 10.4% (MTF) – **0.7% higher than NA**
▶ **4.1% increase from 2017**
- ▶ 10th grade – 22.4% (CO) vs. 21.7% (MTF) – **0.7% higher than NA**
▶ **9.2% increase from 2017**
- ▶ 12th grade – 27.6% (CO) vs. 26.7% (MTF) – **0.9% higher than NA**
▶ **7.3% increase from 2017**



Upcoming Events:

Next Coalition Meeting

September 9, 2020

11:00 am – Steuben County Sheriff's
Bldg., Bath, NY

**Currently will be held via Video
Conference**

**Conference link information
will be distributed prior to the
meeting**

Upcoming Coalition Meeting Presentations:

Current scheduled presentations will be postponed until September and a re-evaluation of NY on PAUSE. Thank you all for your patience as we navigate through COVID19



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!

Drinking Dangers During the Summer

Summer is a time when many of us want to celebrate. Winter is over with. With more daylight hours of bright sun, the beach beckons. There are graduation parties, Fourth of July barbecues, and any-reason-at-all parties to attend. It's a great time to get together with friends, enjoy the long days and have a good time. Unfortunately, a lot of these celebrations involve alcohol and all the dangers associated with it. Stay safe this summer and consider partying alcohol-free. If you are going to indulge, do so responsibly and safely.

Alcohol and The Heat

Many of the best summer parties are outdoor barbecues and picnics. Being outside while temperatures are high and the sun is shining can be a health hazard even without alcohol. Without proper precautions you may suffer from heat stroke, sunburn or dehydration. Alcohol can worsen these conditions and speed their onset.

Alcohol and The Water

What would a summer party be without a pool, lake or ocean-side beach? If you're drinking near or on the water, the risk of harm is great. In fact, **one out of every two deaths** that occurs during water recreation is related to alcohol. While many people take drinking and driving very seriously, not everyone considers drinking and boating to be an issue. An intoxicated boat operator can cause terrible damage from accidents. Passengers drinking on boats may lose balance and fall overboard. There are also the same hazards that involve drinking and being exposed to heat and the sun. On a boat it may not be possible to get drinkable water to stay hydrated, or to find relief from heat and sun. If you'll be out on a boat, it's best to refrain from drinking at all. If there will be drinking, bring along plenty of water, sunscreen and light clothing. Never let the operator of a boat drink.

Parties and Binge Drinking

Most people have lots of parties to attend over the summer, which gives ample opportunities to drink too much. When you're having fun at a party it can be easy to forget how much you have had. Women should not have more than four drinks at once, or men more than five. Drinking more is considered **binge drinking** and is particularly dangerous. Bingeing can lead to car accidents, assaults and fights, unplanned pregnancies, increased blood pressure, heart disease and other serious problems. Binge drinking can turn a fun party into a nightmare. Always keep track of what you are drinking at parties and set a limit. Drink one non-alcoholic beverage in between every alcoholic drink to keep yourself from getting out of control. It also helps to have a friend or partner monitor your intake and warn you if you are close to drinking too much.

An Elements Behavioral Health Guide to Drug Rehab
www.drugrehab.us

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