



Ounce of Prevention Newsletter

Inside this Issue:

- Message to Coalition - Merry Christmas
- What's Happening in Your Community
- Pizza Box Prevention Message Project
- National Impaired Driving Prevention Month
- Stigma & Substance Use Disorders
- Vaping and What You Need to Know
- Enjoy A Safe Holiday Season – Catch A Ride
- Upcoming Events

Message to Coalition Members:



Wishing everyone a very Merry Christmas and a Happy New Year 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.

www.steubenpreventioncoalition.org

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What's Happening
Community Events

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

Pizza Box Prevention Message Project



The Steuben Prevention Coalition, together with the Steuben Council on Addictions coordinated the efforts of area youth, businesses, partners, volunteers and community members to get the message out that Social Hosting is illegal.



We would like to thank the first of MANY to follow for their cooperation in allowing us to place "Parents Who Host Lose the Most" stickers on their carry out pizza boxes to assist us in getting our message out to the public:

Wise Guys of Hammondsport

99 Pulteney Street
Hammondsport, NY 14840
(Efforts by Mike Gabrielli and Wise Guys ownership)

Crosby's Pizzeria

99 South Main Street
Avoca, NY 14809
(Efforts by Heidi Burns and the Avoca SADD Members – Connor Learn, Meghan Kennedy, Katie Walden and Alyssa Westbrook)

December is National Impaired Driving Prevention Month

Two of the most celebrated dates in December – Christmas Eve and New Year's Eve – are also among the most dangerous. In 2018, drunk driving crashes claimed 108 lives in those two days alone, accounting for nearly half of total traffic deaths.

That is why Mothers Against Drunk Driving® (MADD) teamed up with law enforcement agencies across the country throughout the month of December, which has been recognized as National Impaired Driving Prevention Month for the 39th consecutive year in 2019.

During December 2018, 839 people died in alcohol-related crashes, according to the National Highway Traffic Safety Administration. While drunk driving deaths typically represent around a third of all traffic fatalities, that increased to nearly 50 percent on Dec. 24 and Dec. 31.

On Dec. 25, 2018, 35 people died in drunk driving crashes.

- ✓ **Youth who start drinking before age 15 years are six times more likely to develop alcohol dependence or abuse later in life than those who begin drinking at or after age 21 years.**

Source: Center for Behavioral Health Statistics and Quality. 2015 National Survey on Drug Use and Health: Detailed Tables. Substance Abuse and Mental Health Services Administration, Rockville, MD; 2016.

- ✓ **Only time will sober a person up. Drinking strong coffee, exercising or taking a cold shower will not help.**

Source: (Michigan State University. "Basic Alcohol Information." East Lansing, MI: Michigan State University, 2003.)

- ✓ **The rate of drunk driving is highest among 26 to 29 year olds (20.7 percent).**

Source: Substance Abuse and Mental Health Services Administration, Results from the 2013 National Survey on Drug Use and Health: Summary of National Findings. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014.

<http://www.samhsa.gov/data/sites/default/files/NSDUHresultsPDFFWHTML2013/Web/NSDUHresults2013.pdf>



<https://www.madd.org/december-is-national-impaired-driving-prevention-month/>

Stigma Hurts People With Substance Use Disorders

- It makes people afraid to ask for help because they think they are being judged.
- It negatively impacts self-esteem.
- It creates feelings of failure because willpower alone can't fix the problem.
- It can lead to depression.
- It creates a feeling of isolation.
- It makes the victim feel helpless.

(Waypoint Recovery Center Blog)

Stigma - False/negative beliefs that are widespread about a topic or a group of people.

- Addiction is a choice.
- People who use drugs have no willpower.
- People who abuse alcohol are selfish and don't care about their loved ones.
- Only poor and uneducated people develop addictions.
- Someone with an addiction is a criminal who deserves to be in jail.
Someone with an addiction cannot contribute to a community.
- Someone with an addiction cannot be helped.

What You Need to Know and How to Talk to Your Kids About Vaping

Partnership to End Addiction
December 2020

Vaping has become one of the most popular forms of substance use among young people, despite growing evidence of its health risks and harms. Vaping is the act of inhaling and exhaling the aerosol produced when using an electronic vapor device. Typically, the ingredients include nicotine, flavorings and other chemicals, many of which are toxic. Some vaping products contain marijuana or other drugs.

According to the U.S. Centers for Disease Control and Prevention (CDC), 19.6% of high school students and 4.7% of middle school students in the early months of 2020 reported using a vaping product (also known as an electronic or e-cigarette) in the past 30 days. These rates show a decline from 2019 when 27.5% of high school students and 10.5% of middle school students reported vaping. Among students who reported vaping, 22.5% of high school and 9.4% of middle school

Vaping is illegal for anyone under the age of 21, according to federal law and many state and local laws. The 21-age limit applies to all tobacco-nicotine products and to all marijuana products in states where marijuana is legal.

Vaping is the act of inhaling and exhaling the aerosol that is produced by an electronic vapor device when it heats up its liquid ingredients. Because of the rise in popularity of JUUL, currently the most popular brand of vaping device, many teens and young adults use the term "JUULING" (pronounced Jewelring), instead of vaping, when referring to the use of these products. More formally, these products are sometimes referred to as electronic cigarettes, or e-cigarettes. Less formally, some simply call them "vapes." The contents of most vaping liquids (e-liquids) include nicotine, flavoring chemicals and other chemicals. Some vaping products contain (or are modified to contain) marijuana or THC, the psychoactive ingredient in marijuana.

Teens say they vape for many reasons. Curiosity is one, and peer pressure is another. They see friends or family members vaping and they are drawn to the appealing flavors. For others, it's to do vape tricks. Some also say they do it because they feel it is less harmful than other tobacco products and it's also discreet.

For the full Vaping Guide provided by Partnership to End Addiction, please visit the link below:

<https://drugfree.org/wp-content/uploads/2018/11/What-You-Need-to-Know-and-How-to-Talk-to-Your-Kids-About-Vaping-Guide-Partnership-for-Drug-Free-Kids.pdf>

Upcoming Events:**Next Coalition Meeting**

January 13, 2021

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



www.steubenpreventioncoalition.org

Enjoy a Safe Holiday Season – Catch a Ride!

Drunk driving is against the law in all 50 States, the District of Columbia, and Puerto Rico. During the Holiday season, law enforcement agencies will increase patrols and drivers will begin seeing a set of ads depicting the consequences of driving drunk.

Americans can reduce the toll of drunk driving this Holiday season, by never drinking and driving, planning a safe ride with a designating a sober driver, or by using NHTSA's SaferRide app to call a taxi or a friend to be picked up. The app is available for Android devices on Google Play, and Apple devices on the iTunes store.



Steuben Prevention Coalitions (SPC) is a federal Drug Free Communities (DFC) grant funded program in Steuben County. The "Ounce of Prevention" Newsletter is a regular monthly update of activities of the Coalition relative to alcohol, marijuana and other drug use and abuse prevention.

For more information or to be removed from the newsletter mailing list, please contact Colleen Banik, Program Coordinator at cbanik@dor.org or at (607) 76-6441 ext. 202.

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