



# Ounce of Prevention Newsletter

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## Message to Coalition Members:



To everyone from the Steuben Prevention Coalition! Here's to a safe and healthy new year!

### 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>

**Steuben Prevention Coalition**  
8 East Morris Street  
Bath, NY 14810  
(607) 776-6441

### Website:

[www.steubenpreventioncoalition.org](http://www.steubenpreventioncoalition.org)

### Email:

[steubenpreventioncoalition2017@gmail.com](mailto:steubenpreventioncoalition2017@gmail.com)

### Staff:

**Norman McCumiskey**  
Program Coordinator

**Colleen Banik**  
Assistant Program Coordinator

*welcome*  
NEW MEMBERS

The Steuben Prevention Coalition has been very actively recruiting new members to help us with our mission, vision and goals for safe and healthy communities in Steuben County. We would like to take a moment to welcome some more new members.

Bill Bowland, Mayor of the City of Corning and Mike Ginalski, Superintendent of the Corning-Painted Post School District. We thank you for your participation and look forward to what each of you bring to the table.

### Recognition and Thank You Corner

A special thank you goes out to Pamela Aini of STOP DWI NY, Sheriff Jim Allard and Undersheriff John McNelis for their time and efforts during the planning stages of the 2018 Prom & Graduation Safety Awareness Events to be held throughout Steuben County.

#### A look at 2017 Activities:



SIDNE  
Simulated Impaired Driving Experience Vehicle



Simulated Field Sobriety Testing



Save A Life Tour



## A New Year and A New Chance to Get Your Child Help for Addiction

*Partnership for Drug-Free Kids*  
*January 2018*

A brand-new year can be a time to let go of regrets and be open to new opportunities. This pertains to so many things — including getting your son or daughter help for his or her drug addiction. As a fresh start, try to develop a plan for how you want to approach improving your child’s health.

### Start out with a good game plan.

It’s important to accept the reality of the current circumstances with your child — with kindness and patience. Work on spelling out the small steps that both you and your child can handle, in the direction you both want to go. Focus on the process rather than the end goal which allows for small victories to be celebrated along the way and increases your child’s motivation — and yours too.

### Work on better communication.

Communication can be a powerful way to improve your situation. It is the foundation for helping your child and inspiring action. It’s always a good idea to do more listening and less talking. Think of it as “Listening with LOVE” — Listening, Offering, Validating and Empathizing.

### To learn more and read the full details of this article, click on the link below:

<http://dfk.convio.net/site/R?i=H0kziMoVlfCGih8wOOC6Vw>



**Continuation of the Thank You Corner**

**New Canisteo Village Medication Disposal Drop Box Location**

**MEDICATION DISPOSAL**



Thank you to SFC Kyle King of the NYNG CDTF and Canisteo Village Police Chief, Kyle Amidon for partnering with the Steuben Prevention Coalition and CVS Pharmacies through the CVS Health Medication Disposal for Safer Communities Program to provide a new medication drop box location in the lobby of the Canisteo Village Hall, 8 Green Street, Canisteo. This location will provide residents with a safe way to dispose of unwanted, unused or expired medications. This site is open to the public from 9:00 a.m. to 4:00 p.m. Monday through Friday.



Norm McCumiskey, Chief Kyle Amidon and SFC Kyle King



**January 22 – 28, 2018  
National Drug & Alcohol Facts Week**

National Drug and Alcohol Facts Week® (NDAFW) is a health observance week for teens that aims to SHATTER THE MYTHS® about drug and alcohol use.

The DEA supports the National Institute on Drug Abuse (NIDA) and the National Institute on Alcohol Abuse and Alcoholism (NIAAA) during their annual National Drug and Alcohol Facts Week (NDAFW.)

Held the last week of January every year since 2010, NDAFW brings teens and scientific experts together to discuss the scientific facts about drugs, as well as their potential health effects on teen bodies and brains. Events are held around the country, with registrants getting free science based materials designed for young people. During the week, scientists and science writers answer questions from teens around the country during a live web chat called [National Drugs and Alcohol Chat Day](#).

NIDA and NIAAA are parts of the National Institutes of Health, the nation's premiere biomedical government research agency. **For more information, see <https://teens.drugabuse.gov/national-drug-alcohol-facts-week>.**

**Under the influence**  
Know your alcohol facts

- Alcohol is a primary factor in the four leading causes of death for 10-21 year olds
- People who begin drinking before 15 are four times more likely to develop alcohol dependence than those who begin drinking at 21
- Alcohol-related problems cost America \$224 billion in lost productivity, absenteeism, healthcare costs, crime and family-related problems
- The typical American will see 100,000 beer commercials before he or she turns 18
- Alcohol is the most commonly used addictive substance in the United States
- One in every 12 adults suffer from alcohol abuse or dependence
- More than half of all adults have a family history of alcoholism or problem drinking
- 100,000 people die each year from alcohol-related causes.
- More than 7 million children live in a home where at least one parent is dependent on or has abused alcohol

Source: National Council on Alcoholism and Drug Dependence, Inc. | <http://www.ncadd.org>

BCM  
Baylor College of Medicine

[momentumblog.bcm.edu](http://momentumblog.bcm.edu)

**Know the Facts About Drugs**

- Marijuana is the most widely used illegal drug in the Philippines.
- Cocaine, heroin and methamphetamines are illegal in all states and highly dangerous.
- It is illegal to buy or sell ecstasy. It is also a federal crime to use any controlled substance to aid in a sexual assault.
- A survey of high school students found that 18% of females and 39% of males say it is acceptable for a boy to force sex if the girl is stoned or drunk. Is this right???

**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  
7:00 – 8:30 p.m.

Prom & Graduation Safety Awareness Events  
Throughout Steuben County  
(March, April, May - TBD)



**Save The Date**  
**“Today’s Marijuana ~ How it is Affecting Our Youth”**  
**Town Hall Meeting**

**Wednesday, February 28th**  
**Hornell High School Auditorium**  
**134 Seneca Street, Hornell, NY 14843**  
**7:00PM — 8:30PM**

**This is EVERYONE’S Community**

Please join community leaders, community members, educators, service providers and law enforcement – ready to discuss the issue in our community and the resources available to combat marijuana’s impact on our youth.

**Sponsored by:**  
**Steuben Prevention Coalition**  
**Steuben County Task Force on Marijuana Prevention**



**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**