



# Ounce of Prevention Newsletter

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### Message to Coalition Members:

#### 2019 – 2020 Grant Submission

The Steuben Prevention Coalition has made final submission for the 2019-2020 Drug Free Communities Grant as of July 8, 2019. We will be looking for award notification in September of 2019. This award would begin year 6 of the 10-year grant cycle.



#### 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**  
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(607) 776-6441

#### Website:

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

#### Email:

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

#### Staff:

Colleen Banik  
Program Coordinator  
[cbanik@dor.org](mailto:cbanik@dor.org)



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](mailto:cbanik@dor.org)

## Coalition Activities

We are still looking for funding/donations for the 2019 Youth Action Forum on September 24<sup>th</sup>. Thanks to the efforts of Lisa Oliver, Brooks Baker, Stephanie Gerych, Amanda Chafee, Jim Bassage, John Carbone of Main Place in Hornell and Bill Caudill we are almost there.



The Youth Action Forum is about building relationships, raising awareness and developing leadership skills with our County youth.



The purpose is to EMPOWER young people to BE THE CHANGE.

Give students a VOICE to be heard among peers and within the community.

Develop skills necessary to nurture abilities in themselves and others in order to make an impact at school or in the larger community.

Network with other students and leaders to identify available resources and practices that would aid in bringing about change.

Use skills to engage in discussions within their individual schools and identify the CRITICAL ISSUES impacting their school climate, their peers, and their community.

Solutions can be developed and actions plans put into place to best impact the student body.

## 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. Binging 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.

### Have a Safe Summer

Summer is a season full of sun and fun, and plenty of parties. Make the most of your summer vacation without an alcohol-related tragedy. Be careful, be aware of how much you and others drink and stay hydrated so that you can expect to enjoy your summer safely.

An Elements Behavioral Health Guide to Drug Rehab  
[www.drugrehab.us](http://www.drugrehab.us)



### 2019 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.



### THANK YOU

A huge very appreciative thank you goes out to all of the people who participated in the 2019-2020 grant application writing and review process.

Kelli Keck – Epiphany Community Services

Marianne Hark – Epiphany Community Services

Sue Bozman – Catholic Charities of Steuben

The Steuben Prevention Coalition Steering Committee



### Marijuana Legalization and NY Recreational push fails in 2019 Legislative Session

The decriminalization bill passed after a last-ditch effort to legalize recreational pot failed to win enough support this session.

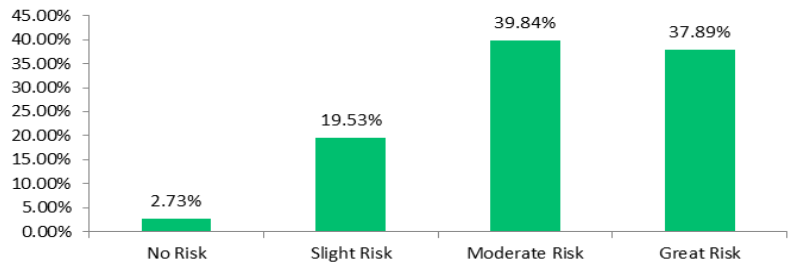
For the full story in the New York Times, click on the link below:

<https://www.nytimes.com/news/marijuana-legalization-new-york-1.23933469>



### 2018 Adult Perception Survey Results

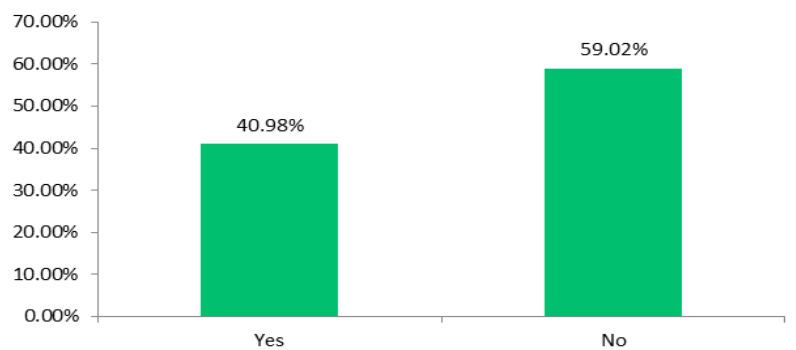
How much do you think people under 18 risk harming themselves if they smoke marijuana?



Which of the following best describes your attitude about marijuana use by youth (under 18)?

Answer Choices	Responses
Should never use	73.98%   182
Should not use until they are 18	16.67%   41
Should be allowed to use before they are 18 with adult supervision	1.22%   3
Should be taught to use responsibly before they are 18	6.91%   17
Should be allowed to use before they are 18	1.22%   3
<b>Total Respondents</b>	<b>246</b>

If there was a New York State Referendum to legalize the recreational use of marijuana, would you support it? Recreational Use - used without medical justification.



**Upcoming Events:**

**Next Coalition Meeting  
July 10, 2019  
11:00 am – Steuben County Sheriff's**

JSYRC Summer Bash  
August 10, 2019  
10:30 – 12:00  
Steuben County Fair Grounds

Strong Kids – Safe Kids Event  
September 14, 2019  
12:00 – 4:00  
Steuben County Fairgrounds

Youth Action Forum  
Bath-Haverling High School  
September 24, 2019

Youth Led Café Conversation  
Corning  
(TBD)

Underage Drinking Task Force  
Town Hall Meeting  
(Fall 2019 – TBD)



**More Teens are Using Marijuana,  
While Fewer are Smoking**

Marijuana use among teens is on the rise, while fewer teens are smoking cigarettes, according to a new study. Researchers at the University of Nebraska's College of Public Health looked at use of marijuana, alcohol and cigarettes among U.S. teens from 1991 to 2017. They found the number of teens who said they had used marijuana at least once over the past month rose 10-fold, from 0.6% in 1991 to 6.3% in 2017. The number of teens who said they used marijuana and alcohol together almost doubled, from 3.6% to 7.6%. **HealthDay** reports. Cigarette smoking rates dropped from 4.4% of high school students to 1.3% during that period, the researchers wrote in the **American Journal of Public Health**. Alcohol use fell from 24% of teens in 1991 to 12.5% in 2017.

**2017 Prevention Needs Assessment Survey**

**Table 4. Percentage of Students Who Used ATODs During Their Lifetime**

Substance	Grade 8				Grade 10				Grade 12			Total			
	2014	2015	2017	MTF †	2014	2015	2017	MTF †	2015	2017	MTF †	2014	2015	2017	MTF †
Alcohol	26.9	22.4	18.9	22.8	56.8	41.4	42.0	43.4	65.5	58.9	61.2	39.4	39.9	39.9	41.9
Cigarettes	16.4	14.8	9.5	9.8	27.8	20.0	21.9	17.5	29.0	26.4	28.3	21.3	20.2	19.3	18.2
E-Cigarettes	n/a	n/a	12.2	17.5	n/a	n/a	23.0	29.0	n/a	32.9	33.8	n/a	n/a	22.6	26.6
Chewing Tobacco	12.0	11.7	7.1	6.9	22.1	14.7	15.7	10.2	21.8	17.3	14.2	16.4	15.2	13.4	10.3
Marijuana	10.6	9.9	7.8	12.8	25.9	20.6	22.4	29.7	38.1	34.7	44.5	17.2	20.7	21.6	28.6

**Table 5. Percentage of Students Who Used ATODs During The Past 30 Days**

Substance	Grade 8				Grade 10				Grade 12			Total			
	2014	2015	2017	MTF †	2014	2015	2017	MTF †	2015	2017	MTF †	2014	2015	2017	MTF †
Alcohol	11.2	8.8	8.6	7.3	27.5	19.0	22.9	19.9	38.0	32.5	33.2	18.2	19.7	21.3	19.8
Cigarettes	4.2	5.3	3.1	2.6	10.8	7.0	7.6	4.9	10.8	8.9	10.5	7.1	7.3	6.6	5.9
E-Cigarettes	n/a	n/a	7.0	6.2	n/a	n/a	13.2	11.0	n/a	20.3	12.5	n/a	n/a	13.5	9.9
Chewing Tobacco	4.7	6.3	2.3	2.5	9.7	7.5	7.0	3.5	10.3	8.1	6.6	6.9	7.7	5.9	4.1
Marijuana	4.5	5.4	4.3	5.4	14.9	11.0	13.2	14.0	19.6	20.5	22.5	9.0	11.0	12.7	13.7



**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**

**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!