



Ounce of Prevention Newsletter

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Message to Coalition Members:

Welcome to our new and recently new members: Kevin Costello, Hilda Lando, Kyle Bower, Molly Share Marissa O'Neal, Kevin Grover and Mike Foster. Your addition to the Coalition and what each of you can bring to the table is greatly appreciated.

Congratulations to our Coalition Members who participated in our November 8th Annual Meeting. It was a great meeting packed with great news from our Evaluator Kelli Keck of Epiphany Community Services together with a very informative Coalition Capacity Training for our members.



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:

(Krystle Blencowe, Director, Steuben Rural Health Network)

As the Director of Steuben Rural Health Network at The Institute for Human Services, it is a great pleasure to be part of an amazing coalition. Underage drinking, and substance use by our youth can be especially hard to combat in rural communities due to limited resources, and limited awareness. However, the Steuben Prevention Coalition does a phenomenal job bringing awareness to the community through town meetings, events, educational efforts to both youth and their families, and so much more! I am proud to be part of this Coalition, and it has made an impact in the Steuben community. "An ounce of prevention is worth a pound of cure."

— Benjamin Franklin

3rd Community Drug Forum Held

A special thank you goes out to Theresa Haight, Addiction Awareness of Steuben County, Jack Wheeler, Steuben County Manager and all the volunteers made up of county government, substance abuse agencies, support groups, local businesses and community members who continue to get the word out through these Community Drug Forums.



Link to WETM Coverage of 3rd Community Forum

<http://www.mytwintiers.com/news/local-news/why-steuben-county-is-holding-its-third-drug-abuse-forum/825750097>

Link to WETM Interview which aired on October 26, 2017 following the Under-Age Drinking Town Hall Meeting

<http://www.mytwintiers.com/news/local-news/special-report-underage-drinking-outweighs-opioid-use-in-teens/845382618>

THANK YOU WETM

4th Annual Youth Action Forum Student Leaders Initiating Change



Sponsored by – Steuben Prevention Coalition
Bath-Haverling School District
The Main Place – John Carbone

On November 20th, we will be holding our 4th Annual Youth Action Forum at the Bath-Haverling High School.

The purpose of our Youth Action Forum 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. Networking with other students and leaders to identify available resources and practices that would aid in bringing about change.

Our goal is to encourage their use of skills so that students can 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.

Stay tuned for photos and details following this very educational youth event.

Our thanks go out to Amanda Chafee, Stephanie Gerych and Pam Aini for all of their dedication, planning and hard work to ensure that this program continues.

~ COALITION IN ACTION ~



STEUBEN PREVENTION COALITION

Recognition

At our November 8, 2017 Steuben Prevention Coalition Annual Meeting we had the pleasure of recognizing Joe Rumsey, Superintendent of the Bath-Haverling School District for his dedication and commitment to the Coalition through membership and facilitating activities for the Coalition at the school. We could not accomplish the many activities we plan without the aid and support of Joe and the school district.



Thank you, Joe, for your never-ending commitment to the Steuben Prevention Coalition.

Thank you

Congratulations to Krystle Blencowe on being named the Director of the Steuben Rural Health Network for the Institute of Human Services, Inc.

Well done Krystle!!



Article: Smoking Marijuana & Driving

CADCA Prevention Weekly
October 27, 2017

A new study conducted by Liberty Mutual Insurance and Students Against Destructive Decisions (SADD) found that a third of all teens surveyed think it is legal to drive under the influence of marijuana in states where it has been legalized for recreational use.

In the same study, 27 percent of parents surveyed believe it to be legal as well. The study found that while 93 percent of parents think driving under the influence of alcohol is dangerous, only 76 percent feel that driving under the influence of marijuana is dangerous.

The results indicate that teens are receiving mixed messages about the dangers of marijuana use and driving. This thinking puts themselves and fellow drivers at risk, particularly with 22 percent of teens admitting that driving under the influence of marijuana is common around their friends.

However, marijuana use has a direct impact on your body, similar to alcohol. According to the National Institute on Drug Abuse, effects include:

- altered senses (for example, seeing brighter colors)
- altered sense of time
- changes in mood
- impaired body movement
- difficulty with thinking and problem-solving
- impaired memory
- hallucinations (when taken in high doses)
- delusions (when taken in high doses)
- psychosis (when taken in high doses)

"Driving under the influence of marijuana significantly impairs motor coordination, judgment and reaction time," said Mike Sample, MS, CSP, Lead Driving Safety Expert and Technical Consultant at Liberty Mutual in a news release. "Parents and teens alike must appreciate the importance of not driving under the influence of marijuana to help keep everyone safe on the road."

25% of all drug-related
fatal car accidents in the
U.S. involve marijuana



Did You Know?

Upcoming Events:

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

Hammondspport Jr/Sr High School
 Health & Wellness Fair
 November 20, 2017

Youth Action Forum
 Bath-Haverling High School
 November 20, 2017

Marijuana Town Hall Meeting
 TBD – February 2018

**MISSION:**

To promote healthy and safe communities in Steuben County by reducing alcohol and drug use among our youth!

Article: NIAAA Alcohol Treatment Navigator helps find quality treatment of alcohol use disorder - Described as a “game-changer” by individuals in the alcohol treatment community

CADCA Prevention Weekly
October 12, 2017

An important new online resource is now available to help people recognize and find high quality treatment for alcohol use disorder (AUD), which affects more than 15 million adults in the United States. The NIAAA Alcohol Treatment Navigator helps individuals and their loved ones negotiate the often-complicated process of choosing treatment for alcohol misuse by telling them what they need to know, and what they need to do, to recognize and choose quality care.

In the US 15 million adults have AUD

The landmark Navigator website is comprehensive, yet easy-to-use -- guiding users through a step-by-step process to find highly-qualified treatment professionals. It helps create informed consumers by describing AUD and the various treatment options available, explaining the importance of “evidence-based” practices, providing tips on how to recognize five signs of quality care, and recommending specific steps to find quality treatment, including 10 questions to ask potential providers. It also features online directories of treatment providers, with instructions on how to use the directories, and a downloadable toolkit to help organize and simplify the search process.

In development for more than two years, the Navigator is based on decades of scientific research on clinical interventions and health services, with input from treatment providers, researchers, people seeking treatment, and their families. Individuals can use this comprehensive resource to better understand treatment options; families can get information that will empower them to help an adult loved one; and health professionals can use it as a tool to share with patients/clients who need a referral.

The NIAAA Alcohol Treatment Navigator:
<https://AlcoholTreatment.niaaa.nih.gov>

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