

In The Know

A monthly newsletter to keep you current and In The Know on topics related to the Prevention of Substance Abuse

75 Years of Alcoholics Anonymous (AA)

Seventy-five years ago Bill Wilson and Dr. Bob Smith co-founded Alcoholics Anonymous, a self-help "fellowship" for those struggling with alcoholism. Alcoholics themselves, Bill and Bob started one of the most important movements for those dealing with alcoholism. Before this time alcoholism was seen as



a moral flaw rather than the disease that it is.

In 1939, AA received its

formal name of Alcoholics Anonymous after the first book was published as a guide book or tool for sobriety. Also by 1939, the co-founders were able to count approximately 100 people that were able to get sober by using the

methods of AA.

Although AA is not a cure from alcoholism, it brings together a group of people with a common goal of sobriety, where they can safely and without blame work through and discuss issues around their alcoholism.

Since 1935 other groups have formed under the same principles of recovery, group discussion, principles and ideas. Today there are self-help groups for other addictions such as Gamblers Anonymous (GA), Narcotics Anonymous (NA), Overeaters Anonymous (OA) and more. These groups are all designed as a tool to help a person face their addiction and move towards changed thinking, guidance and support.

Lois Wilson, the wife of AA co-founder Bill Wilson, lived for many

years in the shadow of her husband's alcoholism. After the beginning of AA, Lois realized that there is a whole other side of alcoholism. With the help of Ann Smith, she and Lois appealed to others like themselves and started a movement towards "family groups" that followed the same ideas and principles of AA. From here other groups came about. Alateen was organized around 1957 by a 17 year old trying to function in a world that was turned upside down by an alcoholic parent. Starting with an initial five teens, today there are over 24,000 Al-Anon/Alateen groups in over 130 countries. Self-help was designed as a tool to aid in addiction, it is also important to seek treatment and help. For more information or to find a local self-help group please call Steuben Council on Addictions at (607) 776-6441.

(www.al-anon.alateen.org & www.aa.org)

Steuben Council on Addictions Services

Steuben Council on Addictions offers free prescreening assessments to individuals who are interested. We offer a confidential session with an individual that would like to discuss substance use. The process involves two to three sessions with referral to other agencies and/or self help groups.

Prevention Educators refer people to self-help meetings that fit their needs. Steuben County has Alcoholics Anonymous (AA), Narcotics Anonymous (NA), Gambler's

Anonymous (GA), Overeaters Anonymous (OA), and Al-Anon/Alateen. Regular meeting attendance increases chance for maintained sobriety. It is recommended that a person new to a self-help meeting attend at least two per week. Attending more than one meeting per week increases the chances of a successful recovery.

Prevention programming is conducted in several different settings across the county. Character educa-

tion, bullying prevention and coping skills are developed in numerous Steuben County schools throughout the school year. It is our goal that prevention lessons will decrease violence and substance abuse later in life.

Relapse prevention and health promotion programs are offered at MATCH Inpatient and Outpatient, Kinship Community Residence, Aquinas Center, and Maple Leaf House. Stress Management, Healthy Life Styles, Gambling Aware-

ness, and Tobacco Cessation are a few of the programs we present. We hope to enrich our participants to make healthier choices.

In addition to our outreach services, we loan out educational displays for alcohol, tobacco and other drugs. Our video library holds about 200 videos with a vast variety of topics. If you are interested in borrowing materials or talking to a Prevention Educator about programs, referrals, or assessments, please call (607) 776-6441.

Do you or someone you care about need help because of Drugs, Alcohol or Gambling call:

1-877-8HOPENY (1-877-846-7369)

24 hours a day, 7 days a week * Free & confidential information and referrals.

In The Know and By The Numbers

A brief look at current statistics and figures relating to the topic of Self-Help Groups.

- 1939 Alcoholics Anonymous had about 100 members. Today there are over 2,000,000 active AA members in over 116,000 active AA groups worldwide
- 2001—Fourth Edition of *The Big Book* released with an estimated 2,000,000 or more members in 100,800 groups meeting in approximately 150 countries around the world
- There are 55,244 AA groups in the United States
- Nearly 17.6 million people in the US are alcoholics or have alcohol problems.
(www.nlm.nih.gov/medlineplus/alcoholism.html)
- Of the 17.9 million illicit drug users aged 18 or older in 2006, 13.4 million (74.9%) were employed either full or part time.
- About 22.6 million Americans aged 12 or older in 2006 were classified with past year substance dependence or abuse (9.2% of the population).
- 3.2 million were classified with dependence on or abuse of both alcohol and illicit drugs
- 3.8 million were dependent on or abused illicit drugs but not alcohol
- 15.6 million were dependent on or abused alcohol but not illicit drugs.
(The National Survey on Drug Use and Health, SAMHSA 2006)

Steuben County Underage Party Tip Line

Anyone with information about anything related to underage drinking - such as parties or underage sales - in Steuben County are urged to call the toll-free line at (877) 862-4847. The tip line will be monitored seven days a week, 24 hours a day. All calls remain anonymous.

1-877-862-4847

It is illegal to provide anyone under 21 with alcohol, even if they are your own child!



Steuben Council SCA on Addictions

Information, Assessments & Referrals

**8 East Morris Street
Bath, NY 14810**

Phone: (607) 776-6441

Fax: (607) 776-6664

Prevention Director: Jim Bassage

Prevention Educators:

Barb McCollum, Tess McKinley
& Stacey O'Dell

Administrative Assistant &

DDP Coordinator: Diana McIntosh

Drug Free Communities Grant

Coordinator: Norm McCumiskey

Clerical Assistant: Peggy Wurzer



www.catholiccharitiessteuben.org

The Council Corner

A look at Steuben Council on Addictions and the projects they are working on

Summer has begun and so has the JSYRC's summer recreation program! The program is funded by the Village of Bath and is a part of Bath Area Hope for Youth. The summer recreation program sponsors free field trips, arts and crafts for children ages 5-15. Children can sign up for field trips that go to places such as the Seneca Lake State Park, Seabreeze, the Ithaca Science Center and many other places.

Children may also sign up for arts and crafts to

make neat projects. Tennis is offered for kids to learn about the game of tennis while having fun.

The summer program currently has 172 children registered. Lacey



Lown and Nathan McDowell are the new co-coordinators of the summer program, they are in charge of field trips and arts and crafts. Tess McKinley and Na-

than McDowell facilitate the tennis program. The director of the JSYRC summer program is Barbara McCollum.

The John Southard Youth Recreation Commission is also responsible for the Halloween Parade and the Easter Egg Hunt in Bath, which are free of charge and are attended by many Bath residents.

For more information on any of the programs, please call Lacey or Nathan at (607) 776-6441 ext. 302 during the summer. Please call Barbara McCollum throughout the rest of the year at extension 203.

Steuben Council on Addictions is a division of Catholic Charities Steuben. In The Know is a regular monthly update about alcohol, tobacco and other drugs to help in the prevention of substance use and abuse. For more information on In The Know contact Stacey O'Dell, Prevention Educator at (607) 776-6441, x. 205 or sodell@dor.org.