

In The Know

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

Prevention Makes a Difference

In this ever changing and demanding world, prevention education is as important as ever. Children and teens are in a world with more expectations and more challenges than in the past. As adults it is important and vital to provide them with the most current and helpful information to help them make wise decisions for their futures.

What then is prevention? Prevention literally means stopping something before it happens. Prevention is a proactive and vital necessity for helping to shape the lives of our children, by providing them with accurate information on current trends, positive problem solving and enhanced decision making skills.

Latin Philosopher Henry de Bracton said it best when he said "It is easier to

forestall disaster than to have to deal with it later." Prevention enables people to have the information necessary here and now therefore lessening the need for as much reactive address.

At Steuben Council on Addictions and numerous other Prevention agencies we strive to provide current information on all gametes to children, teens and adults to increase their own knowledge to make better choices.

There are numerous options available to aid in prevention. A couple that we use are LifeSkills training which fo-

cuses on decision making and apply situations to real life. Another is Second Step which is a curriculum that focuses on basic character education and violence prevention by addressing coping skills and recognizing feelings.



The list does not end there, as there are many more programs available to parents, teachers and churches to aid in the prevention of drug, alcohol and tobacco use. Prevention messages need to be heard early and often for them to be truly

effective. If you would like more information please contact Steuben Council on Addictions at (607) 776-6441.

Perspectives from a Retired Health Teacher

By Tess McKinley, Prevention Educator

Steuben Council on Addictions Drug Free Communities Coordinator, Norm McCumiskey, worked for Hornell High School as a health teacher for 34 years. Since his current and prior occupations are both prevention related, we wanted to get his perspective on the importance of prevention education.

Tess: "How have students changed since you first started teaching over 30 years ago?"

Norm: "Kids have a lot more issues nowadays. There is a

great need for social work in schools to address various issues such as bullying and dysfunctional families. Teachers are playing the parent more than ever."

Tess: "Do you feel like you had enough time to talk about prevention as a health teacher?"

Norm: "No! There should be more prevention and it should be done every year. Students only have to take half year of health as a middle schooler and again in high school. There should be at least a full year of it."

Tess: "What have you found

from the DFC Survey that you had Steuben County students take this year? Did the results surprise you?"

Norm: "The major problems in the county are alcohol, tobacco (cigarettes and chewing), marijuana, and prescription drugs. Heroin is on the rise as well. I knew there were problems in Steuben County, but I was surprised about the increase in prescription drug abuse."

Tess: "What suggestions do you have for parents?"

Norm: "Parents need to be engaged with their kids. They need to know where they are at and who they are

with. Parents need to set rules, routines and curfews, be good role models and they need to put their kids first. Unfortunately due to increased stress from society, parents are struggling to cope with financial stresses and are worn down.

I really think that kids' needs are increasing because they need more good role models, especially nowadays as they are bombarded with bad media messages. Fortunately most kids, I like to call the '90% group', are great kids. They come from strong families and do amazing things."

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 Prevention.

- In New York, considerable progress has been made in the fight against tobacco. The adult smoking rate is about 17 percent, nearly four percentage points below the national average. (Health Life)
- By 2008, this smoking rate in New York was reduced to 13.8 percent, while the national average remained at 20 percent. More smokers are quitting and utilizing Quitline and Quitsite services. Most of those who do continue to smoke are smoking fewer cigarettes per day, down by an average of 3.5 cigarettes per day. (Health Life)
- The American Academy of Family Physicians reports that interventions can reduce alcohol abuse to acceptable levels in up to 40 percent of cases.
- A 2002 study by the Substance Abuse and Mental Health Services Administration showed that substance screening saved \$33.7 billion in social medicine costs and lost productivity.
- Studies have proven that when families eat dinner together and have conversations children feel more comfortable and more open to talk about tougher topics.

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. The tip line is monitored 7 days a week, 24 hours a day. All calls are 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

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*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

The ARC of Steuben has helped SCA immensely over the last few years.

Volunteers have spent time labeling hundreds of brochures for distribution. The volunteers were recognized with an ice cream social on August 24. Without volunteers this would not be possible. Thank you to everyone who has helped with this project. The information and brochures can be found at

local banks, libraries and other community settings at our display tables.



For the second consecutive year, Five Star Bank is securing funding for Red Ribbon Week festivities that SCA will be carrying out. We appreciate the continued support. More than 250 students at Dana Lyons Middle School benefit each year from the drug prevention assembly pre-

sented by SCA staff. A generous donation of \$500 pays for the materials and prizes at the assembly that will be held on October 25th. Five Star Bank has been supportive of our mission to reach youth to encourage them to make healthy choices.

The John Southard Youth Recreation Commission (JSYRC) was awarded a check for \$500 at a reception on September 16 from Five Star Bank. These funds will help pay for t-shirts for the summer program. Thank you Five Star Bank for awarding this money to the program!

Steuben Council on Addictions is a division of Catholic Charities Steuben. In The Know is a regular monthly update about all topics that can 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.