

In The Know

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

Drugs in Rural America

Rural areas tend to be more remote and have less resources than urban areas. Less prevention and awareness allocations in small communities can have a negative impact on youth and adults. Steuben County is diligently trying to increase prevention programs and awareness. Steuben Council on Addictions and the Steuben County Sheriff are partners together through an Enforcement of Underage Drinking Laws (EUDL) grant. The grant encompasses a county wide media campaign promoting education and awareness to stop adults from providing alcohol to minors and address underage drinking.

Alcohol is a concern for our local youth as underage drinking occurs in fields and other isolated areas. Most students report that alcohol is easily accessible. According to the 2010 Steuben County Risk and Protective Factor Survey, 55.2% of tenth graders have used alcohol and 30.9% have consumed more than 5 drinks at least once in the past 30 days prior to the survey.

Methamphetamine has surpassed the urban areas and saturated rural areas. According to the Council of State Governments, meth is a great concern to rural areas due to wide open spaces, access to ingredi-

ents, and less funding for law enforcement. Also, meth labs can go unnoticed in secluded areas. In isolated areas the odors coming from a meth lab can go undetected.

In Steuben County, 32% of surveyed 10th graders reported using marijuana in the Steuben County Risk and Protective Factor Survey. Prescription and over-the-counter medications are a growing problem for our nation's youth. Adolescents in Steuben County are using alcohol and marijuana at a higher rate than prescription

and OTCs and other illicit drugs.

We can all do our part to help prevent alcohol poisoning, alcohol related accidents, and addiction by calling the Steuben County tip line to report underage drinking parties: 1-877-862-4847. Your call will be anonymous and can save a life. To report any

illegal activity or crime in Steuben County you can log onto steubencony.org/sheriff. This website is anonymous and helps let the authorities know about local crime. Help our community to be safer and healthier.



What can I do about drug use?

Substance abuse is an issue no matter where a person lives; whether you live in the middle of the city or the middle of no where, drugs are bound to be found. Living in a rural area makes us unique and makes "fighting" drugs harder than in cities because, in Steuben County we are so spread out and we are a very large county land wise. The second thing that poses a challenge in rural areas is the services and the numbers of people available to work on drug issues. This should be of no surprise that

the resources accessible are more limited to us than in urban areas.

How can we as everyday citizens help combat this problem? The first way is to be aware. Get to know those in your neighborhood and pay attention to what is going on around you, if something looks suspicious contact your local police agency or use the Sheriff's anonymous tipline to help make them aware of a situation and what you are seeing. Secondly, become involved in neighborhood watches,

citizen groups, PTO's and other groups where information can be shared about concerns.

Most importantly, stay informed. If you have young children or teens, don't miss the opportunity to talk to them about drugs and your expectations of them. If you don't talk to them you can be assured that someone else is, so take the opportunity to give them information. If you don't know what to say, please contact us and we will give you information on how to talk with your kids

and teens about the tough stuff. Educate yourself on the agencies right here in our communities that are here to help with issues you might encounter.

Don't think that our area is immune from these types of problems as it only allows them to become bigger. For more information check us out on Facebook; link to Steuben Council on Addictions and the Steuben Prevention Coalition for current information.

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 regarding summer safety.

According to the 2009 National Survey on Drug Use and Health, substance abuse dependence for persons 12 years or older varied by geographic area:

- Rates of substance dependence or abuse among nonmetropolitan counties was 8.5%, compared to 9.1% in small metropolitan counties and 9.0% in large metropolitan counties.
- Cigarette smoking rates in nonmetropolitan areas were 27.3%,

small metropolitan areas 24.1%, and large metropolitan areas 21.6%.

- Rates of binge alcohol use among youths aged 12 to 17 in nonmetropolitan areas were 8.6%, 9.0% in small metropolitan areas, and 8.8% in large metropolitan areas.
- Underage alcohol use rates in nonmetropolitan areas 26.2%, small metropolitan areas were 28.5%, and large metropolitan

areas 26.7%. The rate in completely rural nonmetropolitan areas was 24.6%.

- Although drug overdose deaths are historically associated with urban areas, the latest figures from the CDC show the greatest increases in rural areas between 1999 and 2004. This finding coincides with other research that shows prescription drug abuse, especially of painkillers, is increasing more rapidly in rural areas.



We Support

ALCOHOL FREE

Graduation Parties!



**Celebrate Safe.
Celebrate Sober.**

**Steuben Council
SCA
on Addictions**



8 E. Morris St.
Bath, NY 14810
607-776-6441

Sheriff Joel R. Ordway
Underage Party Tip Line
1-877-862-4847

**OASAS Enforcing Underage Drinking
Laws Grant**

Steuben Council SCA on Addictions

Information, Assessments & Referrals

**8 East Morris Street
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The Council Corner

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

The Council has had a busy year so far and it won't slow down with the school year coming to an end. We are collaborating with BOCES and extending programming into the local GED classes. The topics covered are general and range from tobacco cessation to stress management which is broken up into five weekly sessions at each location.

Through the Steuben Rural Health Network, one of our Prevention Educators has become a certified Peer Leader for the Chronic Disease Self-Management Program. Steuben Council on Addictions will assist in peer leading this evi-

dence-based program being presented at local senior living facilities. It is a six-week course that is offered to anyone with a chronic disease or someone who is a caregiver. Participation is very active during these classes and confidence in their ability to manage their health and maintain active and fulfilling lives is built among the participants through mutual support and success. If you are interested in please contact the SRHN at 776-9467 ext. 226.

We would like to thank the Five Star Bank team



for coming to SCA during the United Way's Day of Caring. With the help of Five Star employees, we were able to clean up the outside of our agency and get our driveway resealed. As always, we appreciate all the help, both in donations and volunteering Five Star Bank gives to the Steuben Council on Addictions!

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.