

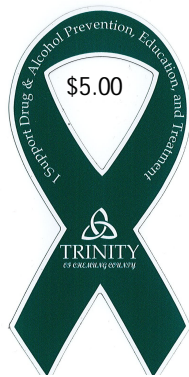


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Support our mission

Trinity PRIDE

Prevention Resource Information on Drug Education

571 St. Joseph's Blvd., Suite 204 Elmira, NY 14901 T: (607) 737-5218 F: (607) 846-3239

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Birth Defects Prevention Month

Not all birth defects can be prevented, but some can. It is important for a woman to know what to do in order to decrease her risk of having a baby with a birth defect. Many birth defects happen very early in pregnancy, sometimes before a woman even knows she is pregnant. Here are some steps a woman can take to get ready for a healthy pregnancy:

- Consume 400 micrograms of folic acid daily
- Manage chronic illnesses such as diabetes, seizure disorders, or phenylketonuria (PKU)
- Make sure that prescription and over-the-counter medications and herbal supplements are safe if taken around the time of conception and during early pregnancy
- Avoid alcohol, smoking, and illicit drugs
- Complete a check-up from a health care provider prior to conception
- Avoid harmful occupational and environmental exposures
- Ensure protection against domestic violence
- Know their family history and seek reproductive genetic counseling, if appropriate

To learn more, please visit www.cdc.gov/ncbddd



It's Only a Pill.. BUT it CAN Kill!

It is that time of year when people are getting colds, the flu, and pneumonia. Often times illnesses do not require medication but when they do, it is important to take your medication as directed.

Prescription drug abuse means taking a prescription medication that is not prescribed to you or taking it for reasons or in doses other than prescribed. According to the National Survey on Drug Use and Health, in 2009, 16 million Americans age 12 and older had taken a prescription pain reliever, tranquilizer, stimulant, or sedative for nonmedical purposes at least once in the year prior to being surveyed (SAMHSA).

In addition to the hype about prescription medication, certain over-the-counter medications can be just as harmful or addictive. Dextromethorphan (DXM) is the active ingredient found in many over-the-counter cough and cold medicines. Taking higher than recommended doses of these medications can be very dangerous. Effects of DXM abuse include impaired motor function, numbness, nausea/vomiting, increased heart rate and blood pressure, and brain damage (NIDA).

Taking more medicine than prescribed can make you sick. Think of it this way.. If you eat one cheeseburger and you feel satisfied– if you eat two or three cheeseburgers, will you feel more satisfied? No, you will more likely feel overstuffed and sick.



Just because a medication is legal, does not mean that it is safe!



**Adolescent
Chemical
Dependency
Coalition**

Striving to promote positive change in our community.
Chemung County, New York

ART CONTEST ALERT!

Art for Awareness entries are **due THIS FRIDAY (January 13th)!! GRAND PRIZE IS AN IPOD!!** There are numerous other prizes as well! This contest is open to any student in Chemung County, all schools public and private, grades 6 through 12. Please go to www.trinityofchemungcounty.org for a comprehensive list of rules and contest details. This year's theme is: "The Dangers of Drinking and Drugged Driving and Destructive Decisions."



www.AdolescentChemicalDependencyCoalition.yolasite.com



Would you like to advertise with us in the Trinity PRIDE? \$50 can get you **3 months** worth of ads! Contact us for more information!



407 S. Franklin Street
Watkins Glen, NY 14891



Happy New Year



January kicks off the start of a new year. What are your new year resolutions? Maybe this year, you or someone you know really wants to take the pledge to become healthy? Or maybe you have not decided on a resolution yet? Whatever the case may be, here are some ideas to help keep you healthy:



- Join a gym! Did you know you can often-times negotiate the fees?
- Walk your dog! Just be sure to bundle up!
- Eat more fruits and vegetables! This can keep you away from the Dr.!
- Eat dinner as a family! Studies show that eating at your dining room table, away from the TV, prevents you from over-eating.



Parenting Wisely



Trinity of Chemung County will be offering Parenting Wisely, a parenting skills program proven to reduce problem behaviors and increase communication and family unity. Trinity is seeking participants to partner with Trinity to implement this program. Similar to the Drinking Driver Program (DDP), this program is evidence-based and shown to improve problem solving as well as decrease child behavior problems. Judges and Magistrates have been referring participants to the Drinking Driver Program and it is our goal to gain the same referrals through the Parenting Wisely program. If this is a program that you would be interested in, or interested in participating in, please contact (607) 737-5218 with any questions.



The next DDP class in Chemung County begins on 1/9/12 and the next DDP class in Schuyler County begins on 1/11/12. To enroll in DDP, participants must sign up at their local DMV. DDP brochures can be accessed at www.trinityofchemungcounty.org

For questions regarding DDP, please call (607) 425-0554. Please fax DS449 forms to (607) 846-3239. ALL DDP information should go to this fax number!! Thank you!

