National Recovery Month 2015

September is National Recovery Month to educate Americans on the treatment of substance abuse and mental illness. There are many services that help people overcome their addictions to live a happier, healthier life. During the month of September, we honor the individuals who have progressed in recovery. Through prevention, treatment, and a positive attitude, many Americans are recovering from addiction problems. This is also a month to thank all the supporters who have helped make these individuals successful.

Awareness is an important aspect of recovery. In order for people to be successful, they need the knowledge, skills, and education to sustain recovery. Millions of Americans have improved their quality of life through recovery. During this month, many people speak out and share their stories to increase awareness of mental and substance abuse disorders.

Recovery Month celebrates the gains made by those in recovery, just as we celebrate health improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. The observance reinforces the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

According to SAMHSA, alcohol, tobacco, and illicit drug use among youth aged 12-17 have declined steadily from 2002. “Something important is happening with American teens. They are getting the message that using drugs limits their futures, and they are beginning to turn away from the destructive patterns and cruelly misinformed perceptions about substance abuse that has so damaged previous generations.”

If you or a love one is suffering, we invite you to reach out and seek for help. There are many local resources available. For more information, contact the Steuben Council on Addictions (607) 776-6441.

Kinship Community Residence celebrates milestone

On September 18, 1995, Kinship Community Residence opened their doors; this year marks the 20th anniversary! Kinship Community Residence operates an 18-bed facility for the general population with chemical dependency needs. A total of 3,000 referrals have been made since opening.

Kim Robards-Smith, CASAC, has been the Program Director since the very beginning. She shared that they receive an average of 12 referrals each month while only 3 or 4 admissions can be made per month due to the size of the facility.

Some nonprofits are struggling to fill volunteer positions to serve our community. Residents from the Community Residence are the unsung heroes in the community filling these gaps and making a difference in our community. The gentlemen take pride in volunteering at the Turning Point food pantry, the Finger Lakes SPCA, other nonprofits and at community events. Collectively, they volunteer over 100 hours per week. They are truly making a positive impact on the local society.

Case managers take a holistic recovery approach to encourage a successful future by assisting with job readiness, technical training, college applications, community connections, as well as continuing hobbies and interests. Each participant has individualized care with a personalized treatment plan.

When asked what she loves most about her job, Kim responded, “I love intakes; I get to know them, get to listen to their hopes and dreams. I get to see the transformation: people can physically change their appearance.”

We would like to congratulate Kim Robards-Smith and the Kinship Community Residence on this wonderful achievement!
Our Prevention Educators are scheduling their programs for the upcoming school year, if you or someone you know would like to have programs please call us at (607) 776-6441. Educators are able to provide evidence based programs on bullying or drug prevention, set up resource tables at lunch, or provide programs for Red Ribbon Week.

Meet your Prevention Educators:

Barbara McCollumn (back left) has been with the Council for 8 years. Her favorite part of her job is helping to inspire people to make positive changes in their lives. Barb can be reached at ext. 204 or bmccollumn@dor.org.

Stacey O’Dell (back right) has been with the Council for 8 years. Her favorite part of her job is that no day is ever the same and that she gets to work with all ages and stages of life. Stacey can be reached at ext. 205 or sodell@dor.org.

Michele Sexsmith (front right) has been with Council for 1.5 years. Michele enjoys working with our youth and doing programming with them. Michele can be reached at ext. 206 or msexsmith@dor.org.

Erin Fleming (front left) has been with the Council for 1 year. Erin enjoys working with the creative minds of kids and giving them knowledge on healthy behaviors. Erin can be reached at ext. 203 or efleming@dor.org.

A look at facts and figures relating to recovery.

- In 2013, adults aged 21 or older who had first used alcohol at age 14 or younger were more likely to be classified with alcohol dependence or abuse in the past year compared to adults who had their first drink at age 21 or older (14.8% versus 2.3%).
- By 2020, mental and substance use disorders will surpass all physical diseases as a major cause of disability worldwide.
- According to research that tracks individuals in treatment over extended periods, most people who get into and remain in treatment stop using drugs, decrease their criminal activity, and improve their occupational, social, and psychological functioning.
- Two-thirds of Americans believe that treatment and support can help people with mental illnesses lead normal lives.
- Research shows that family supports play a major role in helping prevent mental and/or substance use disorders, identifying when someone has a problem, and connecting those in need with treatment resources and services they need to begin and stay on their recovery journey.
- In studies of clinical populations, completion of addiction treatment and participation in peer recovery groups are more predictive of long-term recovery than either activity alone.
- Several studies have concluded that helping others improves one’s own prognosis for recovery.
Youth who drink alcohol are more likely to experience: School problems, such as higher absence and poor or failing grades. Social problems, such as fighting and lack of participation in youth activities. Legal problems, such as arrest for driving or physically hurting someone while drunk.

Classroom Speakers on Addictions and Sober Living

**What:** Steuben Council on Addictions in conjunction with the Kinship Community Residence works together to have available for schools speakers that are currently working on living their lives in sobriety.

**Why:** It is important and proven that when students are able to engage with people that have lived in addiction and are on the path of rebuilding, many are able to connect and are given an opportunity to listen, ask questions and have open honest discussions that they can relate to.

**Who:** This program is available to any school, teacher, community organization, etc. that is interested in the County of Steuben.

**How:** Gentlemen working with the community residence and Steuben Council “interview” with Prevention Educators as a screening process. After this, anyone chosen may now (only when accompanied by an educator) go into classrooms and share their life story with students on an age appropriate level with the educator providing backup information and trouble shooting (tough questions, risky subjects, etc.)

If you are interested in taking advantage of either of these programs (available in Steuben County only) or for more information please contact Stacey O’Dell, Prevention Educator at (607) 776-6441 ext. 205 or email at sodell@dor.org.

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**Social Host Law**

Prohibiting the consumption of alcoholic beverages and/or illegal drugs by minors on private premises in Steuben County.

1st Offense a violation
- $250 fine & up to 15 days in jail

2nd Offense a misdemeanor
- $500 fine & up to 60 days in jail

3rd / subsequent offenses misdemeanor
- $1,000 fine & up to 1 year in jail

For every offense completion of a court-approved alcohol and drug awareness program is required.

It is NEVER legal for any adult to provide alcohol to someone else’s child even with the permission of that child’s parent.