Register Now!

Save the Date!
6th Annual
Walk for Recovery
5K Run or 1K Walk

September 19, 2015
10 am-12 pm
at Eldridge Park, Elmira

(Pre-Registration guarantee’s you a t-shirt, water bottle, and back pack)

1K Walk: $15 per person, for families of 4 or more $10 per person
5K Run/Walk: $20 per person, for teams of 10 or more $15 per person

Register the Day of the Event at 9am!
1K Walk starts at 10am
5k Run (NON-COMPETITIVE) starts at 10:30am
Awards and Raffles– Immediately following the Run/Walk at 11:30am
Leashed pets are welcome!

Upcoming Events:
9/9 FASD
9/19 Walk for Recovery
9/14 DDP Chemung County
9/18 DDP Chemung County
9/24 PROUD Meeting
10/23 Red Ribbon Week

F.A.S.D. Awareness Month
September 9th

Is Fetal Alcohol Spectrum Disorder Day!

This day was chosen so that on the ninth day, of the ninth month, of each year, the world will remember that during the nine months of pregnancy a woman should abstain from alcohol.

F.A.S.D is 100% preventable. It is caused by alcohol consumption during pregnancy. There is no safe time to drink any alcohol during any trimester. It is estimated that 30% of pregnant women report using alcohol while pregnant. Of those, for every 1,000 babies born, two will have an FASD. Every day is a good day to raise awareness of the importance for your health and your babies health.

Trinity will be distributing over 1000 postcards to participating doctor’s offices in the community.

Signs & Symptoms of F.A.S.D
Very Small Eyes & Chin * Learning Disabilities
*Behavioral Problems * Heart, Kidney and, Liver
Defects * Impaired Eye & Ear Function * Skeletal

Each postcard contains lifesaving information about the effects of FASD and what you can do to keep your child safe from this disorder. Attached to each card is a “lifesaver” candy as a reminder that drinking alcohol while pregnant risks the health of every unborn child.

Prevention Resource Information on Drug Education

Board of Directors:
Marcia Miller
Christopher Rider
Jim Rose
Charles Tyo
Bonnie Tyo
Debra Fitch
Keely Rosica
Michael Hopkins

Prevention staff:
Katie Serio,
Senior Director of Treatment and Prevention Services
Christine Nightingale,
Prevention Supervisor
Erin Doyle,
Education Specialist
Larry Parker II,
Education Specialist
Laura Jessup,
Education Specialist
Janet LaRue,
Community Specialist
Franceslyne Lowmaster,
Prevention Assistant

150 Lake Street, 2nd Floor Elmira, NY 14901
T: (607) 737-5218
F: (607) 846-3239

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Not a Single Drop®

OASAS
Improving Lives.
Drug Free Community Coalition of Chemung County

Our next Coalition meeting will be on Wednesday September 24th at 10am, in the Trinity Conference Room. Meetings are open to the community and we welcome new members. We value your input. Hope to see you there!

Prevention News

Our Educators are gearing up for the school year, but first we would like to thank those programs that we attended this summer. It was a very busy and successful summer with activities at Wisner Market, Horseheads Family Day, Strong Kids Safe Kids and the Twin Tier Comic Con. We also conducted classes at Summer Cohesion, Spot, Gove House, the Southside Community Center, and New Day programs.

If you are interested in a Prevention Program for your school, agency, business or community event, please contact us at (607)737-5218. We would be happy to help.

Be a STAR!

S - Spend time with your kids by having dinner together.
T - Talk to them about their friends, interests and the dangers of nicotine, alcohol, and other drugs.
A - Answers their questions and listen to what they say.
R - Recognize that YOU have the power to help keep YOUR kids substance-free!

Be Involved *** Stay Involved

Parents have the greatest power to influence their children- even their teens. Parents have more power than any law, peer, teacher, coach, or family member to empower their children to make sensible, healthy choices throughout adolescence. The key is being engaged in your children’s lives.

Family Day is a national initiative. www.casafamilyday.org

Sept, 28th!

Setting Limits For Your Teen

- Balanced limits build trust between parents and teens.
- Every teen is different. Figure out where you need limits.
- Let your teen help create the rules.
- Work together on consequences, too.

Tips

1 in 10 U.S Teens Has Tried Hashish

Hashish is a more powerful cousin of marijuana and it can be smoked, vaporized or cooked into foods. It has a greater concentration of THC, the psychoactive component in marijuana, sometimes up to 50% greater. Between 2007 and 2011, a survey was conducted from more than 10,500 students across the U.S. Researchers found that the "risk factors for regular marijuana use were often much stronger risk factors for using hashish." Teens who feel they are "hooked" on marijuana are more likely to use hashish. They also found that regular cigarette smoking as well as frequent alcohol use increased teens risk for using hashish.

(http://health.usnews.com)