

In The Know

Keeping you current on topics related to the Prevention of Substance Abuse



Prevention Services

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March 2022

March is Problem Gambling Awareness Month

Catholic Charities Steuben/Livingston Prevention Services, in collaboration with the National Council on Problem Gambling (NCPG), dedicates March as Problem Gambling Awareness Month (PGAM). The 2022 campaign theme is "Awareness + Action". Groups across America hold conferences, air Public Service Announcements, provide counselor trainings, host health screening days, run social media campaigns and engage in other activities to increase public awareness of problem gambling and the availability of prevention, treatment, and recovery services.

Problem gambling is defined as all gambling behavior patterns that compromise, disrupt or damage personal, family, or vocational pursuits. Approximately 2 million U.S. adults (1% of the population) are estimated to meet criteria for severe problem gambling. Another 4-6 million (2-3%) meet the criteria for mild or moderate problem gambling.

"Across New York State this March during Problem Gambling Awareness Month, Catholic Charities Steuben/Livingston Prevention Services are committing to making sure the public understand what the signs of problem gambling are, and most importantly, the resources that are available to get help," said Stacey Wing, Prevention Services Supervisor.

The hashtag for the campaign this year is #PGAM2022, which participants are encouraged to use on the various social media platforms. PGAM brings together a wide range of stakeholders, including public health organizations, treatment providers, advocacy groups and gambling operators. They work collaboratively to let people know that hope and help exist. Our hope from this month is to bring awareness and understanding to the problems that can of-

ten accompany gambling for some.

If you or someone you know has a gambling problem, call or text the National Problem Gambling Helpline Network at 1-800-522-4700 or visit www.ncpg.org/chat for confidential help. You can also call the New York OASAS helpline at 1-877-8HOPENY or text 467369. For more information about problem gambling and how to increase awareness and action on problem gambling, go to www.ncpgambling.org/pgam and <https://oasas.ny.gov/problem-gambling>.

**Whether alcohol,
nicotine products
or marijuana;**

STATE ISSUED ID



**if they can't buy it,
then don't supply it!**

**Prevention Takes Everyone!
Contact us today to learn more.**

Steuben Council on Addictions is available to provide community presentations on a myriad of topics relating to substance abuse, prevention, parent information, information for schools and their employees, churches, youth groups and more within Steuben County. We are capable of customizing presentations to the area of interest, timeframe requested and makeup of the audience. For further information or to schedule a presentation, please contact Prevention Services Supervisor Stacey (O'Dell) Wing at Stacey.Wing@dor.org or (607) 968-4123.

Topics include but are not limited to: Current adolescent drug trends, Societal drug trends, Vaping and eCigs, The Opioid Epidemic, Underage Drinking; Gambling and its effect on families and society, Substance use and employment, Impact of substance use on children and education, bullying prevention, marijuana and legalization, etc. Contact us for a more complete list of services!

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These Prevention Services are programs of Catholic Charities Steuben/Livingston. 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 or to be removed from the mailing list please contact Stacey, Prevention Services Supervisor at Stacey.Wing@dor.org, (607) 968-4123.

Black Balloon Day—March 6th

On March 6, across the United States families and loved ones remember the lives lost to overdose. This day has become known as Black Balloon Day. This international event brings awareness to overdose deaths. The first event was started by Diane and Lauren Hurley in remembrance of Greg Tremblay. Tremblay, a father of four, died of an overdose when he was 38 years old on March 6, 2015.

Drug overdose is the leading cause of accidental death in the United States (National Institute of Health). Americans are more likely to die of an opioid overdose than they are from a car accident or by a gun. Black Balloon Day helps create awareness around the important issue of providing support to those struggling with substance use disorder and their loved ones.

In 2021, 15 lives were lost to overdoses in Steuben County. On March 6th we are remembering those lives lost and partnering with the Opioid Committee to host a Community Conversation about opioids and overdose deaths.

Substance use has many costs and it is important to remember that beyond finances is the loss of life. Children lose parents, parents lose children, friends lose loved ones and so much more. One of the best things that we can do is to talk openly and honestly about substance use and in those conversations remove stigmatizing language and counterproductive ideologies about decision making. Together we can all work to prevent substance use and in turn work together to save precious lives and keep families intact.



Impacts of Opioid Overdose: A Community Conversation

in honor of Black Balloon Day

Sunday, March 6, 2022

7:00pm-8:00pm



**BLACK
BALLOON** *Day* **MARCH 6, 2022**

Please join us using the link below to hear our guests speak about how the local opioid crises has impacted their lives.

<https://us06web.zoom.us/j/88208128983?pwd=OEFINGJrcFRIMEY2YUdlhnFELzHjdzO9>



Meeting ID: 882 0812 8983

Passcode: 825426

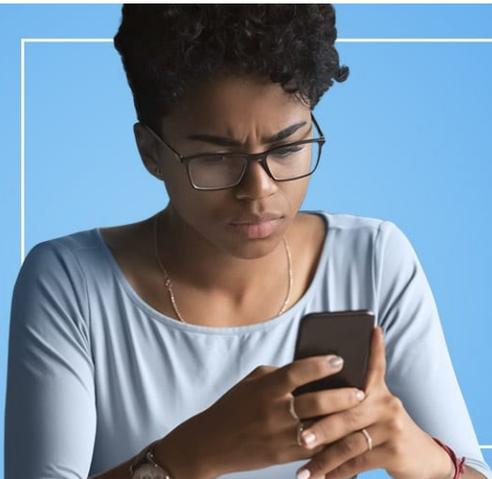
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26# US (New York)

Dial by your location

+1 646 558 8656 US (New York)





MARCH IS
PROBLEM GAMBLING AWARENESS MONTH

HELP IS AVAILABLE. REACH OUT.

#AwarenessPlusAction



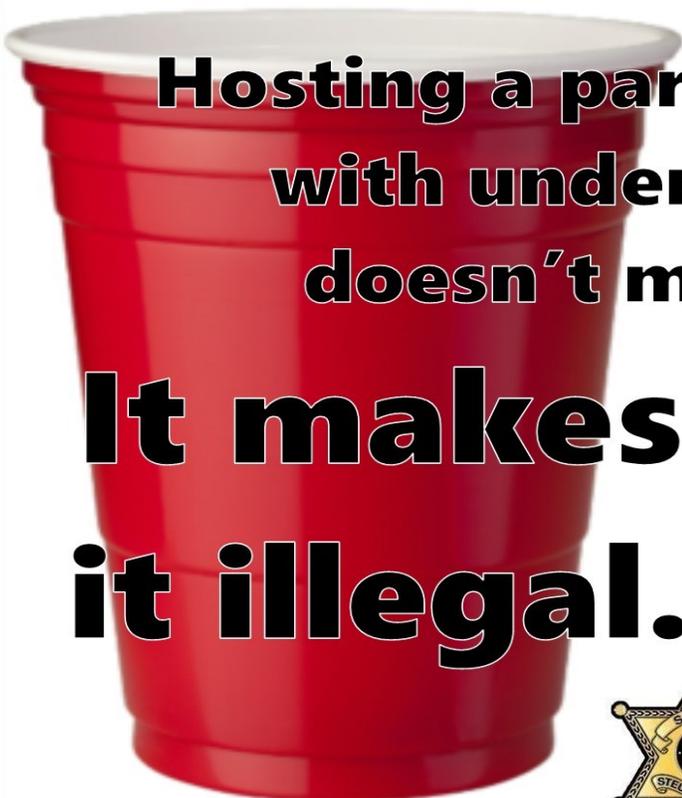
PROBLEM GAMBLING AWARENESS MONTH

→ AWARENESS • ACTION

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 & referrals.



Hosting a party in your home with underage drinking doesn't make it safer.

It makes it illegal.





Steuben County Task Force on Underage Drinking **Poster Contest 2022**

**We need your help to get the message out that
alcohol is not meant for anyone under 21 years old!**

Design a poster for your chance to win and have your poster used in our social media campaigns, community wide posters and more to help prevent underage drinking and to keep youth safe.

The poster must capture one of the following ideas:

- Anyone less than 21 years of age should not drink alcohol
- It is not legal, safe, or healthy for teens to drink alcohol
- Adults should not provide alcohol or a location for teens
- Prevention of injuries and death in youth as it relates to alcohol

RULES:

- Participants must be in 5th-8th grade.
- Posters can be designed on paper or in an electronic format (if emailing should be sent as a .jpg or .png) and should fit on an 8.5x11 piece of paper.
- All entries must be free from the use of copyrighted slogans, logos or branding.
- You may use black and white or color designs. It is best to use colored pencils, pens and markers when drawing on paper. Computer generated poster submissions are allowed.
- Do not put your name within the design, when submitting, your name should be on the back top left of page and include first and last name, school district, teacher and grade, if you are entering as a part of an afterschool program or youth center, please indicate which program.
- **All entries are due by Friday, March 25, 2022**
 - Mail: CCS/L Prevention Services, Attn: Stacey, 23 Liberty Street, Bath, NY 14810
 - Email: Stacey.Wing@dor.org (.jpg, .png files please).
 - Pickup: Teachers/Program collect all posters and contact Stacey at (607) 968-4123 to arrange pickup.



Deadline: March 25, 2022
Steuben County Task Force on Underage Drinking