

In The Know

A monthly newsletter keeping you current on topics related to the Prevention of Substance Abuse

Steuben Council on Addictions

A program of Substance Free Living

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November 15—Great American Smokeout

What is the Great American Smokeout?

For more than 40 years, the American Cancer Society has hosted the Great American Smokeout on the third Thursday of November. The Great American Smokeout is an opportunity for people who smoke to commit to healthy, smoke-free lives – not just for a day, but year-round. The Great American Smokeout provides an opportunity for individuals, community groups, businesses, health care providers, and others to encourage people to use the date to make a plan to quit, or plan in advance and initiate a smoking cessation plan on the day of the event. The Great American Smokeout event challenges people to stop smoking and helps people learn about the many tools they can use to help them quit and stay quit.

How the Great American Smokeout began

The Great American Smokeout event has helped dramatically change Americans' attitudes about smoking. These changes have led to community programs and smoke-free laws that are now saving lives across the country. Annual Great American Smokeout events began in the 1970s, when smoking and secondhand smoke were common.

The idea for the Great American Smokeout grew from a 1970 event in Randolph, Massachusetts, at which Arthur P. Mullaney asked people to give up cigarettes for a day and donate the money they would have spent on cigarettes to a high school scholarship fund.

Then in 1974, Lynn R. Smith, editor of the *Monticello Times* in Minnesota, spearheaded the state's first D-Day, or Don't Smoke Day. The idea caught on, and on November 18, 1976, the California Division of the American Cancer Society got nearly 1 million people who smoke to quit for the day. That California event marked the first official Smokeout, and the American Cancer Society took it nationwide in 1977. Since then, there have been dramatic changes in the way the public views tobacco advertising and tobacco use. Many public places and work areas are now smoke-free – this protects non-smokers and supports people who smoke who want to quit.

The Great American Smokeout event helps fuel new laws and save lives

Each year, the Great American Smokeout event draws attention to preventing the deaths and chronic illnesses caused by smoking. Throughout the late 1980s and 1990s, many state and local governments responded by banning smoking in workplaces and restaurants, raising taxes on cigarettes, limiting cigarette promotions, discouraging teen cigarette use, and taking further action to counter smoking. These efforts continue today.

Because of the many individuals and groups that have led smoke-free advocacy efforts, there have been significant landmarks in the areas of research, policy, and the environment.

While cigarette smoking rates have dropped, about 37.8 million Americans smoke cigarettes. About half of all Americans who keep smoking will die because of their smoking. Each year more than 480,000 people in the United States die from illnesses caused by smoking. This means each year smoking causes about 1 out of 5 deaths in the US

Cigarette smoking is the leading cause of cancer death in the United States, accounting for 29% of all cancer deaths. Lung cancer is the leading cause of cancer death for men and women. Smoking also causes cancers of the larynx (voice box), mouth, sinuses, pharynx (throat), esophagus (swallowing tube), and bladder. It also has been linked to the development of cancers of the pancreas, cervix, ovary (mucinous), colon/rectum, kidney, stomach, and some types of leukemia. Cigars and pipes cause cancers, too.

Fortunately, the past few decades have seen great strides in changing attitudes about smoking, understanding nicotine addiction, and learning how to help people quit. Today, the American Cancer Society Great American Smokeout event is celebrated with rallies, parades, stunts, quitting information, and even "cold turkey" menu items in schools, workplaces, Main streets, and legislative halls throughout the US.

Visit www.cancer.org to learn more about quitting smoking, improving your health, or getting involved with the Great American Smokeout in your community. Or simply call the American Cancer Society any time at 1-800-227-2345.

Knowledge is Power—Let us help you 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 Educator Stacey O'Dell at Stacey.O'Dell@dor.org or (607) 776-6441 x205.

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 abuse and employment, Impact of substance use on children and education, etc.

Prevention happenings



Far left: Students from Addison Middle School show off their Red Ribbon Week posters.

Top Center: Staff surprised Prevention Director Jim Bassage on Boss' Day with his own banner.

Center bottom: JSYRC set up a station at the Bath trunk-or-treat event for Halloween.

Top Right: Educator Stephanie addresses the group alongside keynote speaker Susan Broderick at the NYS DARE Officer's Assoc. conference.

Find help and hope
for alcoholism, drug abuse or problem gambling

Call or Text
1-877-8-HOPENY
1-877-846-7369

Available 24 hours / 7 days

 Office of Alcoholism and Substance Abuse Services

 **Substance Free Living**
A service priority for Catholic Charities of Steuben

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Bath Hope for Youth Counselors:
Sherry Sutton—Campbell-Savona
Tara Chapman—Hammondsport
Jennifer Beaty—Haverling

PARENTS WHO HOST LOSE THE MOST!

Don't be a party to teenage drinking.
It's against the law.

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.

Steuben County Underage Party & Drug Information Tip Line

Anyone with information relating to underage drinking such as parties, underage sales, etc. or information relating to illegal drugs, such as sales, dealers, or other suspicious activities are encouraged to use the tip line.

The tip line will be monitored seven days a week, 24 hours a day, all calls are kept anonymous.

Do your part to help make our communities safe for everyone!

1-844-378-4847

NYS OASAS announces name change

NYS OASAS recently announced a name change from the New York State Office of Alcoholism and Substance Abuse Services to the Office of Addiction Services and Supports (OASAS), which along with other notable changes will address the replacement of stigmatizing language in the system of addiction care in New York State. The name change is effective immediately. The new name also coincides with the launch of a new OASAS website. The redesigned website will ensure that information and resources related to addiction prevention, treatment and recovery are easily accessible to the public. The address of the website remains at <https://oasas.ny.gov/>.

"I have been proud to spearhead our aggressive efforts to combat the opioid epidemic in partnership with OASAS as Co-Chair of the NYS Heroin and Opioid Task Force," said Lieutenant Governor Kathy Hochul. "The renaming of OASAS to the Office of Addiction Services and Supports is part of our ongoing efforts to reduce the stigma of addiction and better highlight the services and support offered to individuals and families across the state. We want to make sure we are continuing to raise awareness and are committed to advancing investments in treatment and recovery centers to address the crisis and help save lives." "Addiction services have changed over the years, and we need to continue to adapt to these changes," OASAS Commissioner Arlene González-Sánchez said. "This is a major step towards aligning state law with our mission, with a new name that is much more reflective of the recovery-centered goals of our agency. In addition, our new state-of-the-art website will help people in need better access to information and services related to addiction. Through these steps, we are helping to ensure that New York State continues to lead the nation in providing a recovery-friendly environment for those affected by this disease."

In addition to updating the name of the agency, other language changes include changing terms such as "alcoholism," "alcoholic," "alcoholic beverage," "recovered alcoholic," "alcohol abuse," variations on the use of "substance" or "chemical dependence," and gambling disorder as an "impulse control disorder."

The OASAS website has also been redesigned to meet the specific needs of everyday New Yorkers and the OASAS provider population. The new website replaces both Talk2Prevent.ny.gov and CombatAddiction.ny.gov to create a one-stop-shop for help and information related to addiction, prevention, treatment and recovery services. The new website addresses the needs of both providers, and the general public, is easy to navigate, mobile responsive, and fully accessible.

Senator Pete Harckham said, "Residents of New York battling substance use disorders need support, not shame and blame. So, I am pleased that Governor Cuomo has signed legislation, which I sponsored, that renames, and modifies, the state agency that offers

proper assistance for those seeking treatment—and those offering help. Because the New York State Office of Addiction Services and Supports (OASAS) serves as such a comprehensive information hub, it is best to ensure that access to its vital resources be as constructive and beneficial as possible."

Assemblymember Linda Rosenthal said "Removing the stigma that surrounds addiction is an important step in getting more people into treatment. OASAS' name change isn't just representative of a shift in the way we view addictive disorders, it also reflects a reimagining of our approach to treatment and recovery efforts here in New York State. Building on this new approach, the State must make a significant commitment of resources to help OASAS combat addiction and overdose, with evidence-based approaches to prevention, treatment and recovery."

New Yorkers struggling with an addiction, or whose loved ones are struggling, can find help and hope by calling the state's toll-free, 24-hour, 7-day-a-week HOPEline at 1-877-8-HOPENY (1-877-846-7369) or by texting HOPENY (Short Code 467369). Available addiction treatment including crisis/detox, inpatient, community residence, or outpatient care can be found using the NYS OASAS Treatment Availability Dashboard at FindAddictionTreatment.ny.gov or through the NYS OASAS website.

**Effective
November 13, 2019**

SALE of
**cigarettes, cigars, chewing tobacco,
powdered tobacco, shisha
or other tobacco products,
herbal cigarettes, liquid nicotine,
electronic cigarettes, rolling papers
or smoking paraphernalia,
to persons UNDER 21 years of
age is PROHIBITED BY LAW.**

Steuben Council on Addictions (SCA) is a program of Substance Free Living, a service priority for Catholic Charities of 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 please contact Stacey O'Dell, Prevention Educator at sodell@dor.org or (607) 776-6441, ext. 205.

