



# Ounce of Prevention Newsletter

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## Message to Coalition Members:



Wishing everyone a very Happy Thanksgiving!



Please offer a warm welcome to Daniel Chapman of Bath Credit Services as our newest member to the Steuben Prevention Coalition.

### COALITION WEBSITE & FACEBOOK PAGE

Don't forget to visit our Website and our Facebook Page and invite your friends to view and like our page as well.

[www.steubenpreventioncoalition.org](http://www.steubenpreventioncoalition.org)

**Steuben Prevention Coalition**  
8 East Morris Street  
Bath, NY 14810  
(607) 776-6441

**Website:**  
[www.steubenpreventioncoalition.org](http://www.steubenpreventioncoalition.org)

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[steubenpreventioncoalition2017@gmail.com](mailto:steubenpreventioncoalition2017@gmail.com)

**Staff:**  
Colleen Banik  
Program Coordinator  
[cbanik@dor.org](mailto:cbanik@dor.org)



We are asking all Coalition Members and Community Partners to let us know of any upcoming events, activities, public meetings, etc. that are or will be happening in your communities. Please contact us at the information provided.

[cbanik@dor.org](mailto:cbanik@dor.org)

### DISPOSE OF MEDICATION SAFELY

Steuben County Medication Drop Box Locations

- Hammondsport Village PD
- Park Pharmacy - Hammondsport
- Bath Police Department
- Steuben County Sheriff's Office
- Steuben County Office Building
- Walgreens – Bath
- TOPS – Bath
- Canisteo Village Hall
- Hornell City PD
- Corning Police Department
- Corning Hospital
- Gerould's Pharmacy - Corning
- Market Street Apothecary - Corning
- Addison Apothecary
- Weaver Pharmacy - Bath
- Quinlan's - Wayland
- Dansville Village PD
- CVS – Wayland

Each day, more than 1,600 teenagers begin abusing prescription drugs.

EVERY PRESCRIPTION LEFT IN YOUR MEDICINE CABINET - WHETHER XANAX, ADDERALL, VICODIN OR PERCOCET, PUTS YOUR TEEN AND HIS FRIENDS AT RISK.

**Monitor:** Check your medications regularly.

**Secure:** Lock up any medications you don't want anyone to access.

**Dispose:** Dispose of any unwanted or expired medications.

### 2020 Drug Take Back Day Event in Steuben County



**PRESCRIPTION DRUG TAKE BACK DAY**

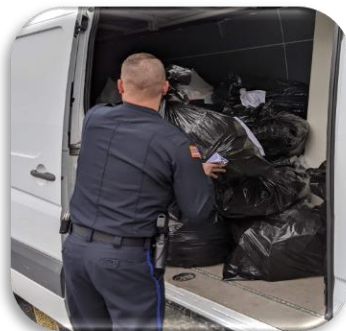
**OCTOBER 24, 2020**

**OPIOID COMMITTEE**  
STEUBEN PREVENTION COALITION

**PUBLIC SAFETY BUILDING**  
7007 RUMSEY ST EXT  
BATH, NY

Masks required

In recognition of National Drug Prescription Take Back Day, the Steuben County Sheriff's Department and the Steuben Prevention Coalition Opioid Committee hosted the annual "Prescription Drug Take Back" collection day on Saturday, October 24, 2020 at the County Public Safety Building. Thank you to all those involved and congratulations on a successful day.



[https://www.dea diversion.usdoj.gov/drug\\_disposal/takeback/#:~:text=DEA's%20National%20Prescription%20Drug%20Take,potential%20for%20abuse%20of%20medications.](https://www.dea diversion.usdoj.gov/drug_disposal/takeback/#:~:text=DEA's%20National%20Prescription%20Drug%20Take,potential%20for%20abuse%20of%20medications.)

## Steer Kids Away from Alcohol and Towards More Healthy Risk Taking

*Partnership to End Addiction*  
September 2020

Teenagers and college-age kids engage in risk-taking behaviors to find out who they are.

Some parents may think that teenagers do risky things to be rebellious or intentionally disobey their parents, but much of the time it's just them trying to discover the world and their place in it.

Most parents are terrified at the thought of their teenagers taking risks, but that's because many parents think of teen risk-taking as binge drinking, using drugs, or other potentially dangerous behaviors. But healthy risk taking can actually build confidence and help strengthen leadership skills among teens.

Taking risks is a natural part of teens' identity development and helps them figure out who they are, while they are exploring boundaries. In the process of taking healthy risks, they'll gain confidence, courage, and the ability to make plans and resist impulses — all important skills they'll need in life.

For more information visit:

<https://drugfree.org/article/healthy-risk-taking/>



## Healthy Connections That Can Help Prevent Substance Use

*Partnership to End Addiction*  
October 2020

In the past months and weeks, it seems as if a new challenge has popped up every day. For many families, these struggles are compounded by very personal concerns about addiction and substance use. Yet we have hope in the midst of this trying time. We see parents and professionals reaching out, checking in and making connections. We see them sharing knowledge, supporting each other and showing empathy to those struggling.

It's this type of healthy connection that can help prevent substance use and support sustained recovery for people who have struggled with substances in the past.

Preventing and/or addressing substance use in your family, workplace or community may seem daunting, but there's always an opportunity to make a connection. Below we offer four ways to promote human connection and healthy outcomes during this isolating time.

### WAYS TO CONNECT:

With your teen or young adult

Conversations with your child can happen whenever or wherever you're spending quality time together such as during meals, while taking a walk or during a car ride.

<https://drugfree.org/article/connecting-with-your-teen/>

With yourself

Taking care of your own emotional and physical health is important. For some, self-care may be as simple as taking a break from work, reading a chapter in a book or making a cup of tea. If you struggle with managing stress, engaging in therapy can help, too.

<https://drugfree.org/article/i-know-i-need-to-take-care-of-myself-too-but-how/>

With other local nonprofits

Our Community Partners Network is a national network of locally-based organizations that serve families struggling with substance use and/or mental health issues. By working together, we're able to share resources, foster communication and increase the bandwidth of small-but-mighty teams who are dedicated to helping families.

<https://drugfree.org/become-a-nonprofit-partner/>

With your representative

When a community is involved and empowered, we can accomplish needed change in our public policies and health care system. Send a letter to your Members of Congress urging them to cosponsor a grant program to provide support services for families struggling to help loved ones with substance use disorders.

<https://drugfree.org/article/tell-congress-to-pass-the-family-support-services-for-addiction-act/>

### Upcoming Events:

#### Next Coalition Meeting

January 13, 2021

11:00 am – Steuben County Sheriff's  
Bldg., Bath, NY

**Currently will be held via Video  
Conference**

**Conference link information  
will be distributed prior to the  
meeting**

#### Upcoming Coalition Meeting Presentations:

Current scheduled presentations will be postponed until September and a re-evaluation of NY on PAUSE. Thank you all for your patience as we navigate through COVID19



[www.steubenpreventioncoalition.org](http://www.steubenpreventioncoalition.org)



### MISSION:

To promote healthy and safe communities in Steuben County by reducing alcohol and drug use among our youth!

### VISION:

To have a county where our youth are healthy and drug free!

### Thankful for Recovery

*Report from the Opioid Committee*

*Connie Terry, Program Assistant*

November 2020



The Thanksgiving holiday conjures up mental images of happy families sitting around a smartly dressed dining room table, feasting, all while laughing and sharing memories and comical family stories. The expectations are not always the reality for people battling addiction. For some, the holidays can be stressful and isolating. For people in recovery, tempering holiday expectations and breaking with tradition may be necessary to ensure their commitment to recovery. Planning ahead may be the key to successfully surviving the holiday traditions.

It will be helpful to have a plan in place to avoid or cope with triggers should they occur. Consider inviting a supportive friend to attend the family gathering. Choose someone you can lean on during cravings. Have a plan in place for how you will spend your free time. It may mean avoiding old traditions and old friends. Find out where the local support meetings are held. Have a plan in place in the event you need to attend one.

Try to make some new traditions in keeping with your recovery efforts. Slow down and enjoy the moment. Take in the tastes and smells of the holiday. Savor them. Be proud of your accomplishments and celebrate them.

Be thankful for your seat at the table and your decision to become healthy. Be good to yourself.



Steuben Prevention Coalitions (SPC) is a federal Drug Free Communities (DFC) grant funded program in Steuben County. The "Ounce of Prevention" Newsletter is a regular monthly update of activities of the Coalition relative to alcohol, marijuana and other drug use and abuse prevention.

For more information or to be removed from the newsletter mailing list, please contact Colleen Banik, Program Coordinator at [cbanik@dor.org](mailto:cbanik@dor.org) or at (607) 76-6441 ext. 202.

### 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 call are anonymous.**

**Do your part to help make our communities safe for everyone.**

**1-844-378-4847**