Alcohol Awareness Month

All around us and across the United States, it is estimated that 23 million people are in recovery from addiction, including alcoholism. You may not see them or know them, but they are contributing to our businesses, connecting with their families, and giving back to the community. They have struggled with their own personal nightmares and have set their feet solidly on a path toward hope. Yet, for others to join them and be a part of building a stronger, healthier community, we need to take action—now. By working together, we can make a difference in the life of someone in need and help fulfill the promise of a more hopeful tomorrow for generations to come.

Alcoholism does not discriminate—it affects people of all ages, ethnicities, genders, geographic regions, and socioeconomic levels. And too many people are still unaware that alcoholism is a disease that can be treated, just like we treat other health disorders such as diabetes and hypertension. An estimated eight-thousand people entered treatment last year in OASAS based facilities in New York State and we need to address this real issue.

Here at Steuben Council on Addictions, we have seen firsthand the benefits of recovery. Individuals who embrace recovery achieve improved mental and physical health, as well as stronger relationships and a sense of self-worth.

Alcohol is a drug—a powerful, mood-altering drug—and alcoholism is a chronic disease, from which people can and do recover. Over the past two decades, scientific research has revolutionized our understanding of how alcohol and drugs affect the body and the brain. We now know that prolonged, repeated alcohol and drug use can result in fundamental, long-lasting changes in the body including brain structure and functioning.

Alcoholism and alcohol-related problems touch all Americans, directly or indirectly, as our nation’s number one public health problem. Currently, nearly 15.1 million Americans have alcohol use disorder (AUD) or are alcoholic. People age 12 to 20 years drink 13 percent of all alcohol consumed in the U.S. and more than 90 percent is in the form of binge drinking. And, in purely economic terms, alcohol-use problems cost society more than $249 billion per year due to lost productivity, health care costs, business and criminal justice costs.

Research indicates that alcohol use during the teenage years could interfere with normal adolescent brain development and increase the risk of developing alcohol use disorder. In addition, underage drinking contributes to a range of acute consequences, such as injuries, sexual assaults, and even deaths—including those from car crashes. Alcohol and drug use is a very risky business for young people and parents can make a difference. The longer children delay drinking and drug use, the less likely they are to develop problems associated with it. It’s important to help your child make smart decisions about alcohol and drug use.

We all have an investment in reducing the devastating impact that alcohol has on us as individuals, family members and members of our communities. We need to educate ourselves—as parents, teachers, clergy, employers, counselors, friends and neighbors—about the devastating power of alcohol misuse and the healing power of recovery.

The good news is that we are making progress, and it is now estimated that more than 20 million Americans are living lives in recovery.

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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. We are capable of customizing presentations to the area of interest, timeframe requested and makeup of the audience.

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.

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.
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These individuals have achieved healthy lifestyles, both physically and emotionally, and contribute in positive ways to their communities. To this end, every April, people across America celebrate Alcohol Awareness Month, an initiative sponsored by Facing Addiction with NCADD. The theme of this year’s celebration is “Help for Today, Hope for Tomorrow.”

During Alcohol Awareness Month, we recognize the damaging effects of alcohol and alcoholism and renew our support for individuals battling to overcome addiction. “Help for Today, Hope for Tomorrow” urges all Americans to promote treatment and recovery options and to support all those whose lives have been affected.

Steuben Council on Addictions is celebrating Alcohol Awareness Month by holding a variety of informational and educational events to raise public awareness and to reduce the stigma often associated with alcoholism — stigma that prevents millions of individuals and families from seeking help. A huge turn-out at these events will send a signal that Steuben County embraces recovery and wants to provide much-needed support. I urge local businesses, community organizations, colleges, schools, administrators, and government agencies to get involved in these activities. These are small and easy steps to take, and they can make a tremendous difference in the lives of many in our community. We must continue our efforts to reach out to those who are suffering and to help our next generation avoid the many problems associated with alcohol use disorder.

It’s our kids we’re talking about.

“Listen earnestly to anything your children want to tell you, no matter what. If you don’t listen eagerly to the little stuff when they are little, they won’t tell you the big stuff when they are big, because to them all of it has always been big stuff.” ~Catherine M. Wallace
What is the purpose of alcohol awareness month?

Founded and sponsored by the National Council on Alcoholism and Drug Dependence (now Facing Addiction with NCADD), Alcohol Awareness Month was established in 1987 to help reduce the stigma so often associated with alcoholism by encouraging communities to reach out to the American public each April with information about alcohol, alcoholism and recovery. Alcoholism, or alcohol use disorder, is a chronic, progressive disease, genetically predisposed and fatal if untreated. However people can and do recover. In fact, it is estimated that as many as 20 million individuals and family members are living lives in recovery!

An integral part of Alcohol Awareness Month is Alcohol-Free Weekend, which takes place on the first weekend of April (April 5-7, 2019) to raise public awareness about the use of alcohol and how it may be affecting individuals, families, businesses and our communities. During Alcohol-Free Weekend, Facing Addiction with NCADD extends an open invitation to all Americans to engage in three alcohol-free days. Those individuals or families who experience difficulty or discomfort in this 72-hour experiment are urged to contact local Facing Addiction with NCADD Affiliates, Alcoholics Anonymous (AA) or AlAnon to learn more about alcoholism and its early symptoms.

The 2019 theme, “Help for Today, Hope for Tomorrow,” is designed to draw attention to the pervasive impact that alcohol, alcoholism and alcohol-related problems have on young people, their friends, families and communities -- and to highlight the reality that help is available and recovery is possible. Facing Addiction with NCADD is often the first call people make when difficulties with alcoholism and drug dependence strike. Uniquely positioned in communities across the country, Facing Addiction with NCADD and its network of local affiliates provide direct help and assistance to millions of individuals and families through education, prevention, intervention, information/referral, treatment and recovery support services. Facing Addiction with NCADD’s Network of Affiliates and other Alcohol Awareness Month-supporting organizations across the country will use this theme as a way of addressing the Nation’s #1 public health problem through a broad range of media strategies, awareness campaigns, programs and events in their local communities.

At the Council we are thrilled with the collaborations we receive each year from the City of Hornell (pictured below, Mayor John Buckley, right and Prevention Director, Jim Bassage, left), The Steuben County Legislature and the City of Corning as each signs a proclamation designating their municipalities participation in Alcohol Awareness.

Hosting a party in your home with underage drinking doesn’t make it safer. It makes it illegal.

Steuben Council on Addictions

SOCIAL HOST LAW

TIP LINE 1-844-378-4847 • STEUBEN COUNTY, NEW YORK

STEUBEN PREVENTION COALITION • STEUBEN POLICE DEPT'S ASSOCIATION

STOP DWI New York
It is safe to say, that NOT vaping is better for you than vaping.

Sources of Information:
stillblowingsmoke.org/#health
US Surgeon General’s Report
University of Louisville
University of California at San Francisco
European Respiratory Society
Food and Drug Administration (FDA)
Washington Post Consumer Reports
California Department of Health
N. Dakota State University, Science Daily Journal
Truthinitiative.org