April is 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 alcohol addiction by encouraging communities to reach out to the American public each April with information about alcohol, alcohol addiction, and recovery. Alcohol addiction 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 from alcohol use!

According to the NCADD, “Alcohol is the most commonly used addictive substance in the United States. 17.6 million people, or one in every 12 adults, suffer from alcohol abuse or dependence along with several million more who engage in risky, binge drinking patterns that could lead to alcohol problems. More than half of all adults have a family history of alcoholism or problem drinking, and more than 7 million children live in a household where at least one parent is dependent on or has abused alcohol.” Warning signs of alcohol abuse include:

- Drinking to calm nerves, forget worries or boost a sad mood
- Guilt about drinking
- Unsuccessful attempts to cut down or stop drinking
- Lying about or hiding drinking habits
- Causing harm to oneself or someone else as a result of drinking
- Needing to drink increasingly greater amounts in order to achieve desired effects
- Feeling irritable, resentful or unreasonable when not drinking
- Medical, social, family or financial problems caused by drink-

National Prescription Drug Take Back Day—April 24th

(The following information comes from https://takebackday.dea.gov/)

The National Prescription Drug Take Back Day addresses a crucial public safety and public health issue. According to the 2020 National Survey on Drug Use and Health, 9.7 million people misused prescription pain relievers, 4.9 million people misused prescription stimulants, and 5.9 million people misused prescription tranquilizers or sedatives in 2019. The survey also showed that a majority of misused prescription drugs were obtained from family and friends, often from the home medicine cabinet.

The DEA’s Take Back Day events provide an opportunity for Americans to prevent drug addiction and overdose deaths.

Results: October 2020 19th National Take Back

- Total Law Enforcement Participation: 4,153
- Total Collection Sites: 4,587
- Total Weight* Collected: 985,392 lbs. (492.7 Tons)

- 31,917 pounds of were collected in New York State
- 130 sites open across the state.

*Collection results may include materials other than prescription drugs.

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@ddor.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.
Clean Out Your Medicine Cabinet Day—April 16th

National Clean Out Your Medicine Cabinet Day occurs annually on the third Friday in April. The day aims to raise awareness and effectively rid homes of unused or expired prescription and over-the-counter medications sitting in medicine cabinets, nightstands, or kitchen cabinets that have the potential for diversion or abuse by family members, friends or visitors to your home.

Many medicine cabinets are ticking time-bombs. You never know which drug, when it will happen or who might be affected. You can do your part to dispose of those leftover and unused medications that can lead to misuse, addiction, poisoning or death.

Today, the country is in a pitched battle in the war against opioid addiction. Seventy percent of opioid dependence, overdoses, and deaths begin with unused drugs in the medicine cabinet. It’s a startling statistic speaking directly to the danger of leftover, unused pain prescriptions. But, opioids are just one of the dangerous drugs found lying around our homes. Others, such as antidepressants, muscle-relaxers, ADHD medications, and sleep aids remaining in medicine cabinets may result in misuse, diversion, poisoning, abuse, and death. Additionally, some expired medications may become toxic. For instance, studies indicate the commonly prescribed drug tetracycline may degrade to the point of becoming toxic to the kidneys.

How to Do it Right
How you dispose of your expired or unused medications is just as important as why. Environmental studies show that flushed medications flow into our water supply. They negatively impact the fish we eat and the water we drink. When discarded in the trash, medications leach into and contaminate the soil.

Site-of-use or at-home drug disposal solutions offer a safe, effective, and eco-friendly way of ridding your home of medications we no longer need or have expired. As a supplement to site-of-use drug disposal on April 19, you may also consider participating in the Drug Enforcement Agency’s (DEA’s) National Drug Take-back Day on April 24th.


Steuben Council on Addictions
A service priority of Catholic Charities Steuben/Livingston

23 Liberty Street, Bath, NY 14810
Phone: (607) 776-6441 * Fax: (607) 776-6664
Prevention Director: Jim Bassage x2207
IDP Coordinator & Administrative Assistant: Amanda Azar-Wheeler x2209
Steuben Council on Addictions Prevention Educators:
Barb McCollum x2216, Stacey O’Dell x2226,
Julie Camacho x2208, Stephanie Wilcox x2206
Steuben Prevention Coalition:
DFC Program Coordinator: Colleen Banik x2212
Prog. Asst. Opioid Committee: Connie Terry x2225
Bath Hope for Youth Counselors:
Jennifer Beaty—Haverling
Tara Chapman—Hammondsport
JSYRC: x2228

Steuben Council on Addictions (SCA) is a program of Substance Free Living, a service priority for 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 O’Dell, Prevention Educator at sodell@dor.org, (607) 968-4123.
Alcohol and adolescent development

According to the Partnership to End Addiction (formerly the Partnership for Drug-Free Kids), the average age for a teen’s first drink is age 14. Based on this information, there is more that we need to do to help protect our teens from dangerous and destructive behaviors. There are numerous reasons as to why teens choose to drink, these may include things like: boredom, curiosity, peers behaviors, self-medicating, lax parental attitudes and others. No matter the reason, research shows us time and again that the dangers to the developing brain are great and that we must do what we can to delay alcohol consumption to allow the brain to continue to grow and develop correctly.

Teen alcohol consumption rates are lower than those of adults, however, the Centers for Disease Control (CDC) notes that 11% of alcohol is consumed by those ages 12-20. When adolescents drink, they often are drinking to get drunk and they consume alcohol at rates consistent with binge drinking behaviors. The Substance Abuse and Mental Health Services Administration (SAMHSA) defines binge drinking as 5 or more alcoholic drinks for males or 4 or more alcoholic drinks for females on the same occasion (i.e., at the same time or within a couple of hours of each other) on at least 1 day in the past month.

When anyone consumes alcohol, they have the potential of impaired judgement. Impaired judgement can begin with small amounts of alcohol. According to the American Psychological Association (APA), impaired judgement leads to irrational actions and risk-taking behaviors. With the development of the teen brain incomplete, any introduction of alcohol increases the risk for impaired judgement. Teens are at great risk for impaired driving, risky sexual behaviors, violence and other risk-taking behaviors. Each year approximately 5,000 youth will die due to underage drinking1. Most of these deaths are in car crashes, the others are from alcohol poisoning, homicides, falls, drowning, burns and suicide. Impaired judgement plays a factor in all of these.

The adolescent brain is still under a great deal of construction and studies have shown that alcohol can alter and even stunt some of that development. By the age of 25 most all of the development has finished. This means that any substances used by adolescents can have negative effect. Some areas that we see this are in the Hippocampus region. This area of the brain helps with learning and memory. Alcohol is shown to decrease the matter associated with the Hippocampus and over time, the ability to retain and recall information may become limited. Our teens are in a critical time of brain change and development and the behaviors that they adopt during this time have the potential to stay with them and affect them for years to come. Teens that consume alcohol are at greater risk for developing alcohol issues in adulthood.

If you think your child is drinking just to “have a good time,” think again: many kids drink because of social pressure, to “fit in” with their peers. Other kids may drink alone because they are bored or depressed. This puts them at greater risk for developing alcohol-related problems later in life. So, talk to your kids and take an active role in teaching them about the dangers of alcohol use. For information on underage drinking, call Steuben Council on Addictions or the Steuben Prevention Coalition to learn more about what teens are doing in our area at (607) 776-6441. It’s worth it.

(Drugfree.org)

Parents are the ultimate role models for children. Every word, movement and action has an effect. No other person or outside force has a greater influence on a child than the parent.

- Bob Keeshan

Hosting an Underage Drinking Bash?

We’ll SEE You There
We want your help to get the message out that alcohol is not meant for teenagers!

Design a poster for your chance to win a gift card (3 winners will be chosen) and have your message used in our media campaigns to help prevent underage drinking.

**The poster should capture some 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
- Prevention of injuries and death in youth as it relates to alcohol
- Parents and adults should not provide alcohol or a location for teens to drink alcohol

**RULES:**
- Participants must be in 6th-8th grade.
- All entries should be free from the use of copyrighted slogans, logos or branding.
- Posters can be designed on paper or in an electronic format (if emailing, send as a .jpg, .png or PDF) and should fit on an 8.5x11 piece of paper.
- You may use black and white or color designs. It is best to use colored pencils, pens and markers when drawing on paper.
- Please 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, April 30, 2021.
  - Mail: Steuben Council on Addictions, Attn: Stacey, 23 Liberty Street, Bath, NY 14810
  - Email: sodell@dor.org (.jpg, .png or PDF files please).
  - Pickup: Teachers/Program collect all posters and contact Stacey at (607) 968-4123 to arrange pickup.

---

**enough secrets. enough shame. enough hurt. enough confusion. enough denial. enough child sexual abuse**

**THE Enough Abuse Campaign**

The Campaign is a grassroots movement that provides adults and communities with the knowledge and skills needed to put an end to child sexual abuse. **You** can prevent child sexual abuse. Discover a training topic that meets your needs. Appropriate for any adult, the workshop will teach you how to prevent, recognize, and react responsibly to child sexual abuse. Contact us to set up a free training for your group.

**Community Workshop via Zoom Schedule**

- **Our Little Secret:** video & discussion on abusers and grooming.
  - Monday April 12th 10 to 12pm
  - Monday April 12th 7-9pm

- **Enough Abuse:** strategies for your family and your community.
  - Tuesday April 13th 9-10:30am
  - Friday April 23rd 11am to 1pm
  - Tuesday April 27th 6pm to 7:30am

- **Child Sexual Abuse Impacts Everyone:** strategies for your community.
  - Monday April 19th 10am to 12pm

  **Understanding & Responding to Child Sexual Behaviors:** Early Childhood to Adolescents
  - Monday April 26th 11am to 1pm.

  **It’s Not Just Jenna:** documentary of survivor Jenna Quinn, video and discussion.
  - Monday April 26th 6pm-8:30pm

Register and Choose your workshop here:

[http://events.constantcontact.com/register/event?llr=7898z6iab&oeidk=a07ehrd2i7cc88d05e](http://events.constantcontact.com/register/event?llr=7898z6iab&oeidk=a07ehrd2i7cc88d05e)