Parents are the key to prevention

We do not live in a perfect world; drugs, alcohol and sex are a reality that youth face almost daily. Schools and agencies do a great job addressing teen issues, but the fact remains that prevention starts at home. All too often parents and caring adults don’t talk early or often enough to their children about these issues.

With the current trends we are seeing in our county and across the US regarding the numbers of teens using drugs and alcohol and becoming sexually active at younger ages parents must become the key players in prevention. Talking early and often does not encourage children to want to try substances, but does set a standard and a boundary that tells children that you are being honest and upfront and that you care about what is going on in their world.

According to the National Crime Prevention Council “Research shows that the main reason that kids don’t use alcohol, tobacco, or drugs is because of their parents -- because of their positive influence and because they know it would disappoint them. That’s why it is so important that parents build a strong relationship with their kids and talk to them about substance abuse -- the earlier the better!”

Many times there is an apprehension about bringing up such topics, but there are people and agencies with information that can help to make them easier and factual. Combined with what teens learn in classrooms and from the guidelines they receive at home, they are better equipped to make positive choices when situations arise.

Here are some tips for parents:

♦ Establish and maintain good communication with your children.
♦ Get involved in your children’s lives.
♦ Make clear rules and enforce them consistently.
♦ Be a positive role model.
♦ Help your children choose friends wisely.
♦ Talk to your children about drugs and relationships.
♦ Make family time a priority.

Parents and caring adults can not be apprehensive regarding these issues as young lives are at risk and these risks increase with age. Drugs, alcohol and teen pregnancy are real and we cannot pretend they are not; become equipped with information to share and help prepare our children as their futures depend on it. For more information, please contact us at (607) 776-6441.

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.
Health Class Connections

Class Action is the high-school component to Project Northland, Hazelden’s evidence-based alcohol prevention program.

Class Action looks at the real-world social and legal consequences involving teens and alcohol. Teens are divided into six to eight Class Action legal teams to prepare and present hypothetical civil cases in which someone has been harmed as a result of underage drinking. Each team is given a casebook that contains the facts of their case, affidavits and depositions, and all legal and other information needed to argue their case. The cases that our students in the Avoca health classes focused on were:

- Drinking and Driving on Trial
- Drinking and Violence on Trial
- Date Rape on Trial
- School Alcohol Policies on Trial
- Binge-Drinking on Trial

Students researched their topics including state and local laws and scientific information to support their civil case. Once completed students had to present to the “jury” which consisted of the other students as well as Educator Stacey O’Dell and Health Teacher, Connie Terry.

This curriculum helps students work together, present to others but importantly helps them to examine many crucial issues that surrounds underage drinking that could potentially affect them.

If you are interested in learning more about this project, please contact Stacey at Stacey.O’Dell@dor.org.

DID YOU KNOW?

⇒ It is illegal to provide minors with alcohol or a place to party with alcohol.
⇒ If you serve alcohol to minors you could face serious legal consequences.
⇒ It is NEVER legal for any adult to provide alcohol to someone else’s child even with the permission of that child’s parent.

Substance Free Living
A service priority for Catholic Charities of Steuben

8 East Morris Street, Bath, NY 14810
Phone: (607) 776-6441 Fax: (607) 776-6664
Prevention Director: Jim Bassage
Prevention Educators:
Barb McCollumn, Stacey O’Dell,
Stephanie Wilcox, Julie Camacho
Administrative Assistant: Amanda Azar-Wheeler
Drug Free Communities Coordinator:
Colleen Banik
Bath Hope for Youth Counselors:
Sherry Sutton—Campbell-Savona
Tara Chapman—Hammondsport
Jennifer Beatty—Haverling

Steuben Council on Addictions is a program of Substance Free Living, which is 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.
Council Corner

Much continues to happen at the Council as our educators keep busy not only in schools but in facilities and within the communities promoting health, wellness and safety.

We are excited to have expanded programming in the Prattsburgh School district and within the Elementary schools in the Corning area. Educators continue to be present in Addison, Avoca, Campbell-Savona, Haverling, Bradford, Corning Painted-Post, GST BOCES as well as Corning Community College. Our staff is also presenting at the afterschool programs of the Friends of the Addison Youth Center (Valley Advantage, Tuscarora Advantage, Addison Youth Center and the Addison Teen Center), enrichment programs at Hornell and Bradford afterschool, Avoca and Haverling Girls Groups.

Please contact us for more information on programming.

Educator Stacey O’Dell (far left) talks to students about prevention and it’s importance at a recent School Safety Day event for the Middle and High School student at Addison.

If you are organizing a community event, please keep us in mind! We would love to set up an informational table to help spread the word about numerous substance abuse and health related topics.

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.

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

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.