

In The Know

A monthly newsletter to keep you current and In The Know on topics related to the Prevention of Substance Abuse

Steuben Council on Addictions

A program of Substance Free Living

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What's the big deal with gambling?

Gambling means to risk something of value on a game of chance in the hopes of a positive outcome. Many people gamble and do not have a problem. However, for some, gambling can become a real problem?

Problem gambling is when gambling causes problems in your life. Problem gambling can develop into a gambling disorder that can potentially damage relationships with friends and family and mimic other addictions. There aren't any outward warning signs to "test for" a gambling problem, so it can easily be covered up. This is why problem gambling has been nicknamed "the hidden addiction." Problem gambling can affect anyone at any point in their lives including youth, adults and seniors. It also affects the friends and families of those struggling with their gambling.

March is Problem Gambling Awareness Month (PGAM), and the Finger Lakes Problem Gambling Resource Center



(FL-PGRC) wants to share that we've started regional efforts to increase awareness of problem gambling and to connect those adversely affected by problem gambling to the care they need. The FL-PGRC provides education, training, referral and treatment options to individuals and families in need, as well as groups and organizations who want to learn more about this disorder. The FL-PGRC works with a network of qualified clinicians trained in problem gambling to provide treatment to anyone seeking assistance.

The big deal with gambling is that it can turn into a gambling problem, which brings with it damaged relationships, trouble at work, and possibly addiction.

If you or someone you care about is experiencing problems due to gambling, call the FL-PGRC at (585) 351-2262 or email us at FingerLakesPGRC@nyproblemgambling.org. We are here to help!

"Know the Facts" campaign to address myths

The New York State Office of Alcoholism and Substance Abuse Services recently announced the launch of the "Know the Facts" campaign. This multi-faceted PSA campaign will dispel myths, provide facts, and raise awareness about addiction services in New York State, and will help direct people to addiction services and help.

"Substance use disorder can be managed with the right treatment options," said Lieutenant Governor Kathy Hochul, co-chair of the NYS Heroin and Opioid Abuse Task Force. "The key is making sure people are aware of the resources available and that they have access to them.

Lives can be saved and returned to normal with help and support. With this campaign, we hope to encourage people to start their journey on the road to recovery."

"There are still misconceptions about addiction, which can be dangerous for people who are in need of care," OASAS Commissioner Arlene González-Sánchez said. "This campaign will help people learn the facts that they need to know when it comes to addiction, while at the same time helping direct them to the help they need to fight this disease."

"Facts" continued on page 2

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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The "Know the Facts" campaign will address facts related to topics that include the availability of treatment in New York State, insurance coverage and paying for treatment, and the support that is available for people in recovery. The campaign highlights that 23 million people are living in recovery, and there is hope for people who are suffering from addiction. The campaign will run statewide in English and Spanish, through March 25. It will consist of ads on the radio, New York City Subway, Staten Island Ferry, bus interiors, public billboards, and banner ads online and on social media. Campaign materials can be found at <https://combataddiction.ny.gov/resources>.

Addiction is a brain disease and needs to be managed like any other chronic disease.

Help is here.

CombatAddiction.ny.gov



New York State Office of Alcoholism and Substance Abuse Services

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 HOPE line 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. Visit CombatAddiction.ny.gov to learn more about the warning signs of addiction, review information on how to get help, and access resources on how to facilitate conversations

with loved ones and communities about addiction. For tools to use in talking to a young person about preventing alcohol or drug use, visit the state's Talk2Prevent website.

Senator Pete Harckham, 40th Senate District, Chairman of the Senate Alcoholism and Substance Abuse Committee, said, "The disease of addiction must be treated like any other chronic disease - with the appropriate inpatient medical treatment, counseling and outpatient care and support. The new OASAS 'Know the Facts' campaign will help addicted individuals, their families and communities better understand the resources available for treatment and recovery in New York State."

Assembly member Linda B. Rosenthal (D/WF- Manhattan), Chair of the Assembly Committee on Alcoholism and Drug Abuse, said, "The challenges New Yorkers statewide face in trying to break the grip of addiction are immense, yet they are too often needlessly compromised by stigma and misinformation. While New York desperately needs to continue expanding its harm reduction infrastructure, it is vital we take steps to better illuminate and promote the supports already in place."



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 McCollum, 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 Beaty—Haverling

PARENTS WHO HOST 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

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.



Steuben County medication disposal locations

- **Addison Apothecary**
36 Main Street
- **Bath PD/ Village Hall**
110 Liberty Street
- **Beavers Pharmacy**
7 Main Street, Canisteo
- **Canisteo Village Hall**
8 Green Street
- **Corning PD/City Hall**
Nasser Civic Center Plaza
- **Gerould's Pharmacy**
98 W. Pulteney St., Corning
- **Guthrie Corning Hospital**
1 Guthrie Drive (in Pharmacy)
- **Hammondsport Village Hall**
18 Water Street
- **Hornell Police Dept.**
110 Broadway
- **Market Street Apothecary, LLC**
78 W. Market St., Corning
- **Park Pharmacy of Hammondsport**
27 Shether Street
- **Steuben County Office Bldg.**
3 Pulteney Square
- **Steuben County Sheriffs Office**
7007 Rumsey Street
- **Tops Friendly Market of Bath**
West Morris Street (in Pharmacy)



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

Going out? So are we.



Have a Plan.

Don't Drive. Get a Ride.

www.stopdwi.org

**STOP
DWI** New York

Community
Focused.
Saving Lives.

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.

UNDERAGE
DRINKING

Not a **minor** problem