

# 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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## Global Youth Traffic Safety

The National Organization for Youth Safety (NOYS) partnered with the National Highway Traffic Safety Administration in 2007 to support the United Nation's Global Road Safety Week. It has continued ever since and has encouraged youth groups across the world to become a part of traffic safety projects in their communities.

Each May youth unite during Global Youth Traffic Safety Month™ to focus on the leading cause of death for them and their peers: traffic related crashes. Global Youth Traffic Safety Month™ empowers youth to develop and lead traffic safety education projects and support law enforcement and affect legislation to protect teen drivers.

The goals of Global Youth Traffic Safety Month is to empower and engage youth to promote traffic safety awareness to their peers at the beginning of the deadliest season for teens on the roads, summer. Some of the deadly habits that are being targeted are distracted driving/texting while driving and drinking and driving. Communities and their teens are trying to get the message out by organizing community rallies, speaking events, videos/media events, contests and more. The Allstate Foundation License to Save

Report found that novice drivers are the most likely drivers on the road to have car accidents. 16 year

old drivers have crash rates two times greater than 18 to 19 year old drivers and four times that of older drivers. In response to this, the Allstate Foundation has developed programs that specifically address teen driving and safety. The Parent-Teen Driving Agreement and the Act Out Loud program are two initiatives by the Allstate Foundation. More information on the Parent-Teen Driving Agreement can be found at [www.allstatefoundation.org/parent-teen-agreement](http://www.allstatefoundation.org/parent-teen-agreement). The Act Out Loud program is a national contest sponsored by the Allstate Foundation that encourages teens to plan a safe teen driving rally. The contest focuses on educating teens on speeding, seatbelt usage and distracted driving. Grand prize is \$10,000! More information on this program can be found at [www.actoutloud.org](http://www.actoutloud.org). Prom, graduation and summer are quickly approaching, let's keep our teens safe on the road!



Global Youth  
Traffic Safety Month™

# PROMise

That you will not provide alcohol  
to minors this prom season.

## 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 anonymous.

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

**1-844-378-4847**

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 and referrals.

# Looking at Mental Health and Addiction

There is a link between mental health and addictions that often go unnoticed. According to Stephen Gilman, MD, an addiction psychiatrist at New York University in New York City, "Alcoholism and drug abuse addictions and other psychiatric disorders often occur at the same time. However, they are distinct disorders that must be treated as such in order to get a good outcome for the patient." Addiction changes the brain and can disturb a person's priorities and override control impulses, similar to symptoms of a mental health illness. This link is called a co-occurring disorder or dual diagnosis.

Many people who suffer with mental disorders also suffer with regular abuse of drugs and alcohol. Since the 1980's the link between these two has been documented in multiple national survey's, showing individuals with anxiety or mood disorders to be twice as likely to suffer from drug use or dependence. In a dual diagnosis, both issues are present but one might be noticeable worse. In many instances, untreated mental health problems increase the substance abuse problem. This causes the mental health problem and substance abuse program to become worse. Alcohol or drugs are often used as self-medication of mental illness, which only makes the issues worse. This increases the underlying risk for mental disorders and worsens long term symptoms. Substance abuse may trigger new symptoms

May is **Mental Health Awareness Month**

1 in 4 people will suffer from some form of mental illness in any given year

Break the Silence  
Break the Stigma

Not all pain is physical and not all wounds are visible

Out of the Ashes / FB

that were not there before.

It's important to spot the signs and symptoms if you or your loved ones are suffering from mental illness. Mental illness can affect emotions and behaviors, varying depending on the disorder. The signs and symptoms of mental health disorders include: Feeling sad, extreme mood changes, withdrawal of activities, reduced concentration, inability to cope, alcohol or drug abuse, excessive anger, and suicidal thoughts.

**COMBAT HEROIN**  
& Prescription Drug Abuse

addiction can happen to anyone,  
any family, at any time

there is **HOPE**

1-877-8-HOPENY  
(1-877-846-7369)

**PARENTS WHO HOST LOSE 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.

**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 McCollum, Stacey O'Dell, Stephanie Wilcox, Julie Camacho  
*Administrative Assistant & DDP Coordinator:* Diana McIntosh  
*Clerical Assistant:* Jessica Allison  
*Drug Free Communities Coordinator:* Norman McCumiskey  
*Drug Free Communities Program Assistant:* Colleen Banik  
**Bath Hope for Youth Counselors:**  
Sherry Sutton—Campbell-Savona  
Tara Chapman—Hammondsport  
Jennifer Beaty—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.

Find us on **Facebook**

# Drug Use and Underage Drinking Prevention Efforts Specifically Targeted at Students from 18 to 24 Years Old

Governor Andrew M. Cuomo announced on May 1st that \$2.5 million has been awarded to 20 SUNY and CUNY Colleges in 17 counties across New York to help prevent and reduce underage drinking and drug use. The funding will support the development of campus community coalitions and foster community partnerships to help strengthen local prevention efforts and will be specifically targeted at students from 18 to 24 years of age.

"College is a formative time in young people's lives and it is critical that we provide our students with the necessary tools to avoid making bad decisions with potentially life-altering consequences," Governor Cuomo said. "Through campaigns aimed at combatting drug use and underage drinking, we can help set students on the right path by creating a campus environment that fosters education, awareness and growth for all."

The initiative further advances the Governor's goal of promoting strategies that prevent underage drinking and equip students and their families with essential knowledge, while continuing to make state campuses and communities safer.

New York State Office of Alcoholism and Substance Abuse Services Commissioner Arlene González-Sánchez said, "Experimenting with drugs and alcohol in college is not a harmless rite of passage: it can have serious lifelong consequences. This funding will help prevent needless tragedies and help to protect students and our communities from the harm caused by underage drinking and drug use."

To make the funding available, OASAS issued a request for applications in November 2016. The governor committed a total of \$2.5 million annually to fund drug and alcohol prevention programs targeted at college-age youth in the selected schools. Each college awarded funding will receive up to \$125,000 annually for five years. The first period will begin on July 1, 2017 and end on June 30, 2022.

The following college campus communities in New York State will receive funding:

- University of Buffalo, Erie County
- State University of New York at Buffalo State, Erie County
- State University of New York at New Paltz, Ulster County
- Stony Brook University, Suffolk County
- State University of New York at Albany, Albany County
- Purchase College SUNY, Westchester County
- College of Staten Island, Richmond County
- College at Brockport, Monroe County
- Tompkins Cortland Community College, Tompkins/Cortland Counties
- State University of New York College at Cortland, Cortland County
- Herkimer College, Herkimer County
- Binghamton University, Broome County
- Onondaga Community College, Onondaga County
- Suffolk Community College, Suffolk County
- Farmingdale State College, Suffolk County
- John Jay College, New York County
- Baruch College, New York County
- The City College of New York, New York County
- Lehman College, Bronx County
- State University of New York at Geneseo, Livingston County

The programs the colleges develop are expected to achieve an overall decrease in problems related to alcohol and drug use, such as academic difficulties, alcohol overdoses and injuries, and assaults. Other objectives include:

- Reducing alcohol and drug access and availability on the campus and in the surrounding community;
- Changing attitudes and norms that support college underage drinking and drug use, including prescription drug misuse;
- Providing Screening Brief Intervention and Referral to Treatment services to college students as appropriate.

SUNY Chancellor Nancy L. Zimpher said, "This funding will go a long way in providing a supportive environment both on and off campus to prevent underage drinking and drug use. We applaud the Governor for making such an important investment in the safety and wellbeing of SUNY students so that they have a best opportunity for a quality education."

James B. Milliken, the Chancellor of The City University of New York said, "A college education and a healthy college experience lay the foundation for personal and professional success and it opens the door to opportunity. Drug and alcohol abuse close those doors and are gateways to dependency and frustration. Governor Cuomo's initiative will be invaluable in providing students and their families with the essential knowledge they need to avoid those pitfalls, while helping to make our campuses and communities safer."

Senator George Amedore, Chair of the Senate Standing Committee on Alcoholism and Substance Abuse, said, "This investment will continue to build on our efforts to ensure access to prevention and awareness at all levels, and provide students on our college campuses with the resources they need to make smart choices and avoid the dangers of addiction."

Senator Ken LaValle, Chair of the Senate Higher Education Committee, said, "Far too many young adults across that state suffer from drug and alcohol addiction. Education and prevention are critically important tools in the fight against these devastating dependencies. This state funding will provide valuable resources for the SUNY and CUNY campuses in their work to combat drug use and underage drinking during the student's formative years."

Assemblymember Linda B. Rosenthal, Chair of the New York State Assembly Committee on Alcoholism and Drug Abuse, said, "Our colleges and universities must partner with us to help educate our young people about the dangers of alcohol and drug abuse. This funding, part of our broader efforts to take on the addiction crisis plaguing our state, will provide these 20 SUNY and CUNY colleges with needed to help prevent addiction and save some lives."

Assemblymember Deborah Glick, Chairperson of the Assembly Higher Education Committee, said, "For many young people, going to college is their first experience living away from home. This can be an exciting time full of new opportunities, but it can be easy for students to lose their way by using drugs and alcohol. This funding will assist these colleges in supporting young people through their college careers without having their education derailed by drug use and underage drinking."

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 HOPEline 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 new and improved NYS OASAS Treatment Availability Dashboard at [FindAddictionTreatment.ny.gov](https://www.oasas.ny.gov/FindAddictionTreatment) or through the [Access Treatment page](https://www.oasas.ny.gov/AccessTreatment) on the [NYS OASAS website](https://www.oasas.ny.gov). Visit the [#CombatAddiction](https://www.oasas.ny.gov/CombatAddiction) website at [oasas.ny.gov/CombatAddiction](https://www.oasas.ny.gov/CombatAddiction) to learn more about how you can help to [#CombatAddiction](https://www.oasas.ny.gov/CombatAddiction) in your community.