

# 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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### Impaired driving and the holidays

December is a month to focus on preventing impaired driving and practice safe behaviors when behind the wheel. Impaired driving includes drunk, drugged, and distracted driving. During this month traffic fatalities are significantly high due to the holiday season. Preventing distracted driving and reducing the number of traffic accidents is a community effort. Remember to talk to your friends and family about making smart decisions after holiday celebrations. The Steuben Council on Addictions and the Steuben Prevention Coalition are dedicated to raising awareness and saving lives by eliminating drunk, drugged, and distracted driving.

The Centers for Disease Control and Prevention reported that "every day, almost 30 people in the United States die in motor vehicle crashes that involve an alcohol-impaired driver, which accounts for over 10,000 deaths a year in the United States. One-third of all motor vehicle deaths a year are caused by impaired driving.

When attending holiday festivities Steuben Council on Addictions encourages everyone to follow these guidelines:

- Plan ahead for a sober driver

### Prevention is key

Drunk and drugged driving is one of the leading causes of preventable death in the United States. Many do not realize that after they have had a substance, whether legal or illegal, that it is extremely dangerous to operate a thousand pound machine, which is driving a vehicle! Here are some tips to help you and others stay safe on the road:

- Have a designated driver. Even if you only plan on having one drink, have a DD just in case!
- Stay educated. The more you know about drunk and drugged driving, the less likely you are to do it.
- Make a plan. If you know you are going somewhere that will have alcohol, identify ahead of time how much you plan on having to drink, and who will be driving your vehicle home.

- Make arrangements to stay with family and friends before consuming alcohol
- Never serve alcohol to minors
- Provide snacks and non-alcoholic drinks to guests when hosting.



Cell phone use while driving accounts for a large number of distracted driving accidents. Here are some tips to keep your hands off your phone and your eyes on the road. Make sure to put your phone out of sight where you are not tempting to look at it, and turn your volume off until you have reached your destination. In 2014 the

Department of Transportation reported 1.6 million automobile related accidents a year from cell phone usage. In 2014 there were over 500,000 automobile accidents and over 6,000 deaths recorded from cell phone usage while driving.

Remember that everyone's participation is critical in making the holiday season safe in Steuben County. If you have any questions or concerns please call a prevention educator at 607-776-6441.



- As a parent, know where your children are, what they are doing, and who they are driving with. Your teen may be mad at you for not letting them drive with someone, but better safe than sorry! Over one third of teens admitted to getting in the car with a drunk driver in Steuben County in 2010.
- Keep your alcohol and prescription drugs away from your children. Make sure you know how much you have so that they cannot take any.
- Set clear rules with your children about alcohol and drugs, make sure they are educated as well about the dangers of using various substances.
- You do not have to drink to have a good time!

**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.**

# The Council Corner

"Red Ribbon Week is a chance to be visible and vocal in our desire for a drug-free community," said Stacey O'Dell, Prevention Educator for Steuben Council on Addictions.

"Research shows that children are less likely to use alcohol and other drugs when parents and other role models are clear and consistent in their opposition to substance use and abuse."

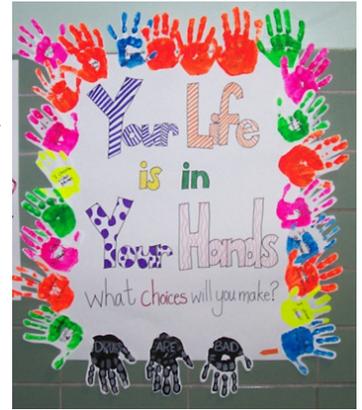
For several years the Council has worked with the Haverling Middle School Guidance Office Staff to provide activities and learning opportunities for students about drugs and living drug free. This is a big task to take on and without the generous continual financial support from Five Star Bank in Bath, this week would not be a success. Haverling's week included door/hallway decorating, student pledges, quizzes, theme days and lots of interaction between students and staff. The classrooms that won the door decorating contest received a pizza party and the winners of the quiz contest received gift cards.

In Addison, the Middle School kicked off their inaugural Red Ribbon week with door decorating contests, theme days, contests and an interactive informational table for students during lunches. This even was well received not only by students, but by the staff as well and one that will continue to grow over the next few years.

Hammondsport Central School joined in on the Red Ribbon celebrations as well. October 23<sup>rd</sup> an assembly was held for the entire elementary school that focused on healthy living, good/safe choices and our Lakers motto which is Learn, Attitude, Kindness, Enjoy Yourself, Responsibility and Safety. Younger elementary students were giving coloring pages and a poster contest was held for the older students. Winners were picked from the younger students and the older elementary and they received a book from the PTO and a special place to display their work. All of the pages were displayed in the hallways for the week. The entire school (HS and elementary) wore red on the 23<sup>rd</sup>.



The Council would like to thank all who participated in Red Ribbon Week and we look forward to next year as this event and its message continue to grow.



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***Bath Hope for Youth Counselors:***

*Sherry Sutton—Campbell-Savona  
Bridgette Lanphere—Hammondsport  
Jennifer Beaty—Haverling*

## Steuben County Underage Party Tip Line

Anyone with information about anything related to underage drinking -

such as parties or underage sales - in Steuben County are urged to call the toll-free line.

The tip line will be monitored seven days a week, 24 hours a day. All calls are anonymous.

**1-877-862-4847**

*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](mailto:sodell@dor.org).*

# By the Numbers...

A look at facts and figures relating to impaired driving.

- Car crashes are the #1 cause of death among American teenagers.
- The per-mile fatality rate for 16- to 19-year-olds is four times that of adults.
- Teenagers make up only 10% of the U.S. population, but suffer 14% of all vehicular fatalities and 20% of all reported crashes.
- In 2002, the estimated economic cost of police-reported crashes (both fatal and non-fatal) involving drivers ages 15 to 20 was \$40.8 billion.
- Nearly half of all fatal car crashes involving teen drivers are single-car crashes. Teens are more likely than any other age group to be involved in a single-car crash.
- The accident rate among teen drivers doubles when the number of passengers in the car increases from two to three.
- The under-20 age group had the greatest proportion of distracted drivers. Of all drivers younger than 20 involved in fatal crashes, 16% were reported to have been distracted while driving.
- Of all people injured in crashes in 2009, one in five was involved in a crash with distraction reported as a cause.
- In 2009, an estimated 24,000 people were injured in crashes involving cell phones as the distraction.

## Going out? So are we.



### Have a Plan.

## Don't Drive. Get a Ride.

[www.stopdwi.org](http://www.stopdwi.org)

**STOP DWI** New York  
Community Focused. Saving Lives.

- Of those killed in crashes related to distracted driving, 18% of fatalities involved reports of cell phone use as a distraction.
- In 2009, 5,474 people were killed in motor vehicle crashes that were reported to have involved distracted driving. <http://www.safeteendriving.org/resources/statistics.php>
- 5 seconds, the average amount of time that your eyes are off the road while receiving a text. In this amount of time at 55 MPH you could cover the length of a football field and not know it.
- Teens that text while driving spend at least 10% of their driving time outside of the proper lane.
- Your chances of a crash are 23x higher if you are texting and driving.

**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.



**Prohibiting the consumption of alcoholic beverages and/or illegal drugs by minors on private premises in Steuben County.**

**1st Offense a violation**

\$250 fine & up to 15 days in jail

**2nd Offense a misdemeanor**

\$500 fine & up to 60 days in jail

**3rd / subsequent offenses misdemeanor**

\$1,000 fine & up to 1 year in jail

For every offense completion of a court-approved alcohol and drug awareness program is required.

**It is NEVER legal for any adult to provide alcohol to someone else's child even with the permission of that child's parent.**