

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

Volume 7, Issue 12

March 2016

March is Gambling Awareness Month

With the economy struggling there has been an increase in gambling across the country for many age groups. Economic hardships, such as a poor economy, loss of jobs, and stress all contribute to the increased incidence of gambling. There much to lose from risking money that is needed for bills and necessities; such as family, homes, furniture, credit, trust and good mental health.

To increase the knowledge and understanding of gambling addictions as a real and serious issue throughout the United States Gambling Awareness Month is observed each March.

The Office of Alcoholism and Substance Abuse Services (OASAS) characterizes problem gambling as a need to bet more and when trying to stop becomes restless and agitated. The more severe addiction is pathological gambling which involves a loss of control, irrational thinking, and the inability to stop despite negative consequences in one's



PROBLEM GAMBLING AWARENESS MONTH

→ **HAVE THE CONVERSATION**

life. When a person reaches that level of intensity, the Diagnostic and Statistical Manual of Mental Disorders (DSM) classifies it as a mental disorder. Gambling, like other addictions, results in the gambler getting "a high" off of winning and can be known for "chasing their losses." Problem gamblers will often continue try to win back their lost money and in rare cases where money is won, it is often quickly gambled away

Problem gambling is a serious issue that if not controlled or treated can lead to ruined relationships, economic downfalls, legal issues, loss of employment and more. It is often difficult for a problem gambler to stop gambling, you cannot make them, they must do it on their own.

If you or someone you know shows signs of a gambling problem, please visit the www.ncadd-ra.org website and click on the Gamblers Anonymous 20 Questions or call Steuben Council on Addictions at (607) 776-6441 for more information.

Governor launches video series to aid families in New York

Governor Andrew M. Cuomo today launched a new video series aimed at educating New Yorkers on the types of addiction treatment services available across the state, and assisting individuals and families with accessing care. The ten new videos are part of the Governor's ongoing efforts to provide New Yorkers with the tools they need to navigate the substance use disorder system of care.

"Addiction impacts more than one million New Yorkers across the state, and connecting individuals with the care and support they need during these times and getting them help is critically important," **Governor Cuomo said.**

"These new videos will direct substance users on a path to recovery and work to create a stronger, healthier New York for all."

The videos feature addiction treatment professionals, insurance experts, parents of young people who were treated for a substance use disorder, and NYS OASAS staff. Topics discussed include: how to get help for a family

member or loved one in need, explanations of the different levels of addiction treatment, understanding your insurance coverage, and how to recognize the signs of addiction and the need for treatment.

"These new videos will help individuals and families know where to start when they need to get help," **said NYS OASAS Commissioner Arlene González-Sánchez.**

"These videos offer easy-to-understand information so New Yorkers can better connect with the resources they, or a loved one, may need. Recovery is possible and these resources will help more New Yorkers take that first step to get treatment and set their sights on the reality of recovery."

To view the videos, visit the NYS OASAS Access Treatment web page at <https://www.oasas.ny.gov/treatment/index.cfm>.

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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

Over the last few months and even into the next few weeks you will be noticing some rebranding for the agencies of Catholic Charities. One of those recent changes has been a new sign in front of our office at 8 East Morris Street, Bath.



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

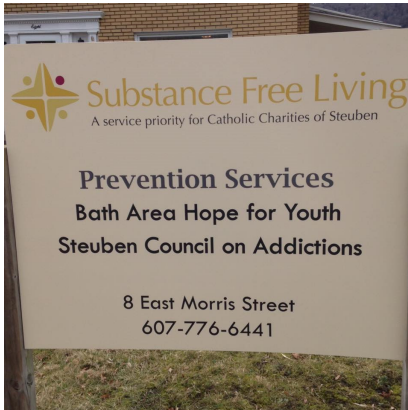
\$500 fine & up to 60 days in jail

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.



With this month focusing on Problem Gambling Awareness our prevention efforts will be in full swing through out the county. Be on the look out for our mobile displays in many areas including Five Star Banks in Bath, Hornell YMCA, St. James Mercy Hospital in Hornell, Steuben Trust Company, Corning Library,

Hornell Library and the Steuben County Office Building in Bath. Be looking for displays next month (April) as we recognize Alcohol Awareness Month.

Task Force Updates:

The Steuben County Task Force on Underage Drinking is holding an Under Age Drinking Countywide Poster Contest for students in 6th- 8th grades. Posters must be submitted by 4/25/16. Classroom prizes will be given for first, second, and third place. Topic must relate to underage drinking. Attached you will find a poster that you can distribute as well. For more information contact Jim Bassage at (607) 776-6441.

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



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, Erin Fleming, Michele Sexsmith

Administrative Assistant & DDP Coordinator: Diana McIntosh

Clerical Assistant: Jessica Allison

Drug Free Communities Coordinator: Norm McCumiskey

Drug Free Communities Program Assistant:

Bath Hope for Youth Counselors:

Sherry Sutton—Campbell-Savona
Bridgette Lanphere—Hammondspont
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.

Video Series, Continued from page 1

The video series was developed by the Substance Use Disorder Treatment Insurance Workgroup which was formed as part of Governor Cuomo's historic legislation in 2014. The workgroup members include addiction treatment providers, insurance companies, and parents who have experienced the addiction treatment system while guiding their loved one through obtaining care.



New Yorkers can also find available addiction treatment beds by searching the OASAS Bed Availability Dashboard, another recently released web-based application that shows treatment availability at OASAS-certified substance use disorder treatment providers in real-time.

New Yorkers struggling with an addiction, or whose loved ones are struggling, can find help and hope by calling the State's HOPEline at 1-877-8-HOPENY (1-877-846-7369) or by texting HOPENY (Short Code 467369). New Yorkers can also find an OASAS-certified substance use disorder treatment provider by visiting the NYS OASAS Find Help web page. Visit www.combatheroin.ny.gov for more information on addressing heroin and prescription opioid abuse, including a Kitchen Table Tool Kit to help start the conversation about the warning signs of addiction and where to get help. For additional tools to use in talking to a young person about preventing underage drinking or drug use, visit the State's Talk2Prevent addiction website.

By the Numbers...

A look at facts and figures relating to gambling

- * 85percent of U.S. Adults have gambled at least one time in their lives.
- * Gambling occurs at a higher percentage (72%) in higher income households versus lower (55%)
- * According to statistics, in any given year, at least 2.9 percent of the adult population falls under either problem gamblers or pathological gamblers category
- * Approximately 2.5 million American adults suffer from compulsive gambling.
- * Over 3 million Americans are considered problem gamblers.
- * Approximately 4% of teenagers have a gambling problem.
- * Those participating in gambling are most likely to be aged over 35 although the largest growth in participation between 2012 and 2013 was among the 18-24 years group.
- * The most popular type of gambling activity is the National Lottery with over 47% participation.
- * It's estimated that in 2013 over \$2.04 billion in tickets went unclaimed in \$2-\$50 scratch off games.
- * The National Center on Addiction and Substance Abuse at Columbia University reports that the rate of drug or alcohol abuse is six times higher among those who gamble pathologically, when compared to people who don't gamble.

Verified by numerous gambling rehabilitation websites.



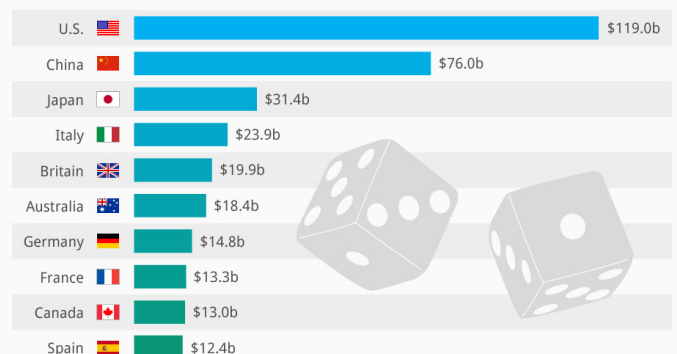
Check us out on Facebook as we highlight Problem Gambling Awareness Month all throughout March!



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.

Americans Lose 119 Billion Through Gambling

Biggest gambling losses by country in 2013 (in billion U.S. dollars)



Source: H2 Gambling Capital via The Economist

2016 Steuben County Task Force on Under Age Drinking Countywide Poster Contest



Rules:

Students in the 6th, 7th, and 8th grades

Submit design on an 8 1/2" x 11" sheet of paper

Colors, pencil, crayons, & paint are all acceptable.

On **back top left** of entry sheet, write in pencil the name(s) of designer(s), teacher name, grade, class room number and school district. **Entries may be an individual or class/group design and you may attach a paragraph describing what the poster means to the designer(s).**

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
- Parents should not provide alcohol or a location for teens to drink alcohol.
- Prevention of injuries and death in youth as it relates to alcohol

Entry Deadline (NO LATER THAN 4/25/16)

Steuben Council on Addictions

8 E. Morris Street, Bath, New York 14810 Attn: Jim Bassage, Prevention Director

Questions-call (607) 776-6441 ext. 207

Countywide Poster Contest- Classroom Prizes:



1st Prize



2nd Prize



3rd Prize

"T" shirt

Pizza Party

Ice Cream Party

UAD reserves the right to use the winning poster design in Task Force activities and publications