



# Ounce of Prevention Newsletter

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### Message to Coalition Members:



We would like to take a moment to welcome our newest members to the Steuben Prevention Coalition - **Allison O'Dell** from AIM Independent Living, **Justin Recktenwald** from Hornell Partners for Growth, and **Samantha White** from Realty Check/STTAC. Your addition to the Coalition and what each of you can bring to the table is greatly appreciated and we look forward to working with you to affect change in our communities.

#### COALITION WEBSITE & FACEBOOK PAGE

Don't forget to visit our Website and our Facebook Page and invite your friends to view and like our page as well.

<http://www.steubenpreventioncoalition.org>

**Steuben Prevention Coalition**  
 8 East Morris Street  
 Bath, NY 14810  
 (607) 776-6441

#### Website:

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

#### Email:

[steubenpreventioncoalition2017@gmail.com](mailto:steubenpreventioncoalition2017@gmail.com)

#### Staff:

**Norman McCumiskey**  
 Program Coordinator

**Colleen Banik**  
 Assistant Program Coordinator

### National Prevention Week – May 13 – 19, 2018



National Prevention Week is an annual health observance dedicated to increasing public awareness of, and action around, mental and/or substance use disorders.

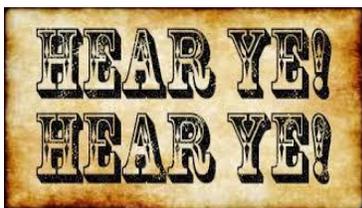
<https://www.samhsa.gov/prevention-week/about>



As we come to the end of May, we will be saying thank you and goodbye to our Intern from Keuka College – Lindsay Bushnell. I cannot tell you what a wonderful and pleasurable experience the Steuben Prevention Coalition has had with Lindsay Bushnell as our intern from February to May of 2018. We could not be more pleased with the outcome and her tremendous efforts.

Lindsay rose to every challenge that we provided her with and did so in a strong, professional and responsible manner. The projects that Lindsay worked on received very positive feedback and strong accolades for a job well done by Coalition staff, Steuben Council on Addictions staff and overall by many from Catholic Charities of Steuben County who had the pleasure of interacting with her.

As you can see from her multiple contributions to this month's edition of the "Ounce of Prevention", Lindsay will be greatly missed.



For the second year in a row, a special thank you goes out to Pamela Aini of STOP DWI NY, Sheriff Jim Allard, Deputy Dean Swan and all of the Sheriff Dept. Staff and NYS Police who participated in the planning and carrying out of the 2018 Prom/Graduation Safety Awareness Events which took place throughout Steuben County.

**See page 3 for a highlight of the activities.**

## **Addiction' ary SAY THIS – NOT THAT!! Changing the Language of Addiction**

*Research & Article prepared by  
Lindsay Bushnell – Keuka College Intern*

The Southern Tier Regional Addiction Resource Center held a conference for professionals working in the substance abuse field. This conference, The Language of Addiction, included a presentation by William Eggleston, Clinical Assistant Professor at Binghamton University's School of Pharmacy, an interactive piece by the 2-1-1 Helpline, and a webinar with Dr. Sarah Wakeman, Medical Director of the Substance Use Disorders Initiative. These programs were designed with the intention of educating and reducing stigma and stereotypes surrounding substance abuse disorders.

William Eggleston presented the work that his colleagues and he are doing to combat the opioid epidemic, focusing on prevention, treatment, and harm reduction. The 2-1-1 provides a variety of resources, information, and referral services for those struggling with substance use disorders. We worked in small groups to come up with new terms that could be utilized in order to create better access to information/services, and make what is being searched easier to understand by changing lengthy terms to more common phrases. Dr. Sarah Wakeman was the last presenter of the conference. Dr. Wakeman discussed changing language to change care; using person-first terminology, reducing stigma and stereotypes, and treating substance use disorders as a chronic illness.

While all presenters were knowledgeable and able to provide a lot of information, Dr. Wakeman really focused on the theme of the conference, The Language of Addiction.

The Addiction-ary, a tool to change the words that we use surrounding drug use to reduce stigma, displays alternative words for the 'red flag' words that create negative connotations for patients during treatment. Dr. Wakeman explained that looking at substance use disorders as a chronic illness, just like diabetes with insulin as treatment, will allow for individuals to be tested, treated, kept safe, and possibly cured in a long- term manner more often and more successfully. Part of this perspective includes changing the way in which we reference substance abuse. Instead of using the word 'abuser' or 'addict' choose instead to say 'he or she suffers from addiction or a substance-use disorder.' Rather than using the words clean and dirty to explain whether or not someone is using drugs, try using proper medical terminology such as positive or negative results. If an individual does relapse, instead consider saying that he or she 'resumed use' or 'experienced a reoccurrence of symptoms.' Dr. Wakeman explained that using these strategies, as professionals and members of society, we can work to decrease the stigma and negative connotations surrounding those that have a substance use disorder, as well, as provide better support and treatment. Get your own copy of the Addiction-ary at

[www.recoveryanswers.org/addiction-ary/](http://www.recoveryanswers.org/addiction-ary/)



**YOUR WORDS MATTER!!**

## Intern's Corner

**Lindsay Bushnell**  
Keuka College - Intern

Being a teenager isn't easy. The stresses of life, love, and school are seemingly too much to handle sometimes. The pressures to fit in, self-identify, and figure out what you should be doing with the rest of your life are often overwhelming. Instead of dealing with stressors, in a positive way, many adolescents chose to indulge in the fabricated pleasures of alcohol use or drug experimentation.

Substance use is something that tempts us all in our own time, seeking the approval of our peers or the certain well-known numbness to life. While not all teens choose to use, there are many that do, making it important to provide our teens with safe and responsible practices if they do choose to use alcohol or drugs, especially during prom and graduation season.

The following are some suggestions on how to be safe/responsible if choosing to indulge.

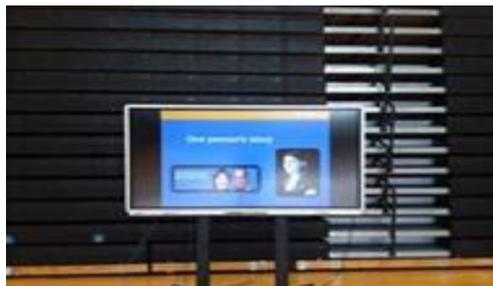
- ✓ You don't need to drink just because 'everyone' is; dare to be different.
- ✓ Have someone you can always trust to call for a ride to avoid drinking and driving or riding with an impaired driver.
- ✓ Don't drink too much and don't let your friends drink over their limit.
- ✓ If someone gets sick lay them on their side, monitor them, and call for assistance.
- ✓ If you get into trouble with authority be respectful and compliant.
- ✓ Be aware of why you are choosing to use, and express your concerns to someone you trust if you are struggling with alcohol or drugs.
- ✓ The seemingly positive effects of a substance never outweigh its negative impacts and consequences.

It is my intention that these suggestions encourage teens that choose to use alcohol to be safe and responsible. I also want to emphasize that even though drinking with your friends on the weekend, or stealing your parents' alcohol to mask the negativity of your day, is a tempting task, choosing to fill your time or nurture your hurt in a more positive way is much more challenging, take the challenge. Saying no is much more difficult, but more often than not, saying no is just what you will need. But if you do decide to drink... **Be smart. Be safe. Dare to be different.**

## 2018 Prom & Graduation Safety Awareness Events



For the second year in a row, the STOP DWI NY, the Steuben County Sheriff's Department and the NYS Police have participated in Prom & Graduation Safety Awareness Events held throughout Steuben County. This year the Hammondspoint Central School, Bath Haverling High School, Prattsburgh Central School, Corning-Painted Post High School and Addison High School participated in a 3.5 hour structured event offering the Amy Stock Memorial Trailer, the SIDNE Car (Simulated Impaired Driving Experience Vehicle), Mock Sobriety Testing, Peddle Cars and DWI/Victim Impact Speaker featuring Steuben County Deputy Josh VanSkiver. This is an opportunity to reach students and show them the importance of making smart decisions.



**Upcoming Events:**

**Next Coalition Meeting**  
**July 11, 2018**  
**11:00 am – Steuben County Sheriff's**  
**Buidling – Bath, NY**

Prom & Graduation Safety Awareness  
 Events  
 Throughout Steuben County  
 (March, April, May)  
 Participating Schools:  
 Hornell  
 Corning-Painted Post  
 Hammondspport  
 Bath-Haverling  
 Addison  
 Prattsburgh

National Prevention Week  
 May 13 – 19, 2018

Healthy Kids Day  
 May 19, 2018  
 Hornell High School  
 9:00 – 11:00



**MISSION:**

To promote healthy and safe communities in Steuben County by reducing alcohol and drug use among our youth!

**VISION:**

To have a county where our youth are healthy and drug free!

**National Highway Traffic Safety Administration (NHTSA) Initiative**

*Research & Article prepared by  
 Lindsay Bushnell – Keuka College Intern*

The National Highway Traffic Safety Administration (NHTSA) proposed an initiative that plans to combat impaired driving. This initiative was created in response to the legalization of marijuana in many states and the National opioid epidemic. The NHTSA plans to develop ways to create safer roads for drivers and reduce the number of deaths by focusing on preventing driving under the influence of drugs. The initiative began on March 15th, 2018 with the goal of “determining ways to take measurable steps to address the problem.” Topics that will be included during this initiative are testing and measuring driver impairment levels, data collection and tracking of DUIs, enforcing laws, and education for the public on the risk of impaired driving. Those in attendance include; law enforcement, criminal justice professionals, toxicologists, policy experts, state and local officials, and safety partners. The initiative intends to create a national dialogue surrounding the problem of impaired driving and in turn work together to create a positive change. Officer Jermaine Galloway, ‘Tall Cop’, NHTSA speaker, kicked off the initiative on the March 15th sharing his expertise on drug prevention, education, and policy enforcement.

Video recordings of this initiative can be accessed at <https://www.nhtsa.gov/events/drug-impaired-driving-call-action> for more information.



**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 call are anonymous.**

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

**1-844-378-4847**