



## Ounce of Prevention Newsletter

### Inside this Issue:

- Message to Coalition Members
- Featured Member Statement
- Red Ribbon Awareness
- Strong Kids Safe Kids of Steuben County Event
- Recognition – Krystle Blencowe
- Article – Marijuana
- Article – Alcohol
- Upcoming Events

**Steuben Prevention Coalition**  
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### Message to Coalition Members:

On September 27, 2017, our Coalition held a successful Underage Drinking Town Hall Meeting "A Community Conversation" at the Bath-Haverling High School. We would like to extend a huge "thank you" to the Bath-Haverling School District, for hosting the event and for all the services that they provided to allow for this event to take place (particularly Superintendent Joe Rumsey and Guidance Counselor, Mark Recktenwald). A thank you also goes out to University of Rochester's, Kamy Wakim for her presentation on "The Effects of Alcohol on the Developing Brain". While we did not have the participation from our community members that we had hoped for, we did get the attention of several federal, state and local elected officials as well as several media outlets. Please stay tuned for an upcoming interview on WETM relative to Underage Drinking in Steuben County.

We are also in the planning stages for a Marijuana Town Hall Meeting in February of 2018 and will provide information as it develops.

As always, if you would like to become involved with the Coalition, please contact us for further information.

#### 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>

### Featured Member Statement:

*(Harmony Ayers-Friedlander, Executive Director, Family Service Society, Inc.)*

As the Executive Director of a non-profit agency that provides counseling and community based services, I have seen the consequences of substance use and addiction. The Coalition's work in preventing substance use has been successful in ensuring a better future for the families and children of Steuben County. By continuing to work together we will be able to better address the current epidemic and make a positive difference in the lives of our children and our community.

### Red Ribbon Week – October 23<sup>rd</sup> – 31<sup>st</sup>

Red Ribbon Week is an alcohol, tobacco, and other drug and violence prevention awareness campaign observed annually in October in the United States.

The three components of Red Ribbon Week established by the National Family Partnership (NFP) are:

**AWARENESS** – NFP provides drug awareness by sponsoring the annual National Red Ribbon Campaign™. Since its beginning in 1985, the Red Ribbon has touched the lives of millions of people around the world. In response to the murder of DEA Agent Enrique Camarena, angered parents and youth in communities across the country began wearing Red Ribbons as a symbol of their commitment to raise awareness of the killing and destruction cause by drugs in America. In 1988, NFP sponsored the first National Red Ribbon Celebration. Today, the Red Ribbon serves as a catalyst to mobilize communities to educate youth and encourage participation in drug prevention activities.

**ADVOCACY** – NFP is active in bringing the concerns and agenda of America’s parents and families to policy makers on a local, state, and national level. Joining NFP enables parents and coalitions to have direct access to our nation’s leaders and decision makers.

**RESOURCES** – Our organization acts as a national clearinghouse of prevention literature. NFP has developed a series of prevention brochures to help educate our Partners with all the latest information on our Universal Campaigns such as: Red Ribbon Campaign, Red Ribbon Certified Schools, Lock Your Meds, and Safe Homes / Safe Parties.

**Wear Red Day  
Monday  
October 23, 2017**



### Strong Kids Safe Kids of Steuben County



The Steuben Prevention Coalition participated in the Strong Kids Safe Kids of Steuben County event held on September 16, 2017. This event was sponsored by the following:

**Prevent Child Abuse Steuben  
Steuben County Youth Bureau  
Tyrtle Beach**

The Strong Kids Safe Kids of Steuben County is a collaborative effort of concerned businesses, agencies and individuals who want to make sure that kids simply get the chance to be kids. The 7<sup>th</sup> Annual Event was held at the Bath-Haverling High School and was a fun and information filled day for children and their families with educational activities and family entertainment all geared to promote awareness of children’s health and safety.

Each year the participation consists of over 300 children and their families with 80 plus volunteers to pull off the event. This year was no different with a participation of over 500.



*~ COALITION IN ACTION ~*



STEUBEN PREVENTION COALITION

### Recognition

At our September 13, 2017 Steuben Prevention Coalition meeting we had the pleasure of recognizing Krystle Blencowe, MSED Health Program Specialist, (Steuben Rural Health Network, Institute for Human Services, Inc.) for her outstanding commitment to the Coalition and for her efforts in facilitating the creation of a Public Service Announcement on Social Host Law Awareness with the students at Campbell-Savona School District. This PSA was played throughout the months of May and June at the Corning Palace Theater as well as at the Prom & Graduation Safety Awareness Event at the Addison Central School.



Thank you, Krystle, not only for your efforts in the creation of the Public Service Announcement but for your continued efforts and commitment to the Steuben Prevention Coalition.



### Article: The Marijuana Trend You Need to Worry About

*CADCA Prevention Weekly  
September 14, 2017*

A new [study](#) presented at the European College of Neuropsychopharmacology conference this week finds that chronic alcohol use affects the brain cells of young men and women differently. Participants of the preliminary study did not have alcohol use disorder, but were classified as heavy drinkers. All participants were also in their 20s, suggesting that alcohol-related brain changes may not take very long to develop.

The participants included 11 men and 16 women between the ages of 23 and 28 years, who all reported "heavy" drinking patterns over the previous 10 years. People who reported little or no alcohol use served as controls. Interestingly, the researchers found differences in the activity of receptors for the neurotransmitter GABA – which plays an important function in regulating anxiety and is thought to play a role in depression.

"Generally, our work showed that alcohol causes more pronounced changes in both electrical and chemical neurotransmission in men than women," said study author Outi Kaarre in [a news article](#). "There are two types of GABA receptors, A and B. Long-term alcohol use affects neurotransmission through both types in males, but only one type, GABA-A, is affected in females.

Previous studies on animals suggested that the GABA-A receptor may influence drinking patterns while GABA-B is connected to a desire for alcohol. The differences in brain response between men and women may help clinicians understand what drives each gender to heavy drinking, how they react to alcohol, and why they develop dependence.



**Upcoming Events:**

**Next Coalition Meeting  
November 8, 2017  
11:00 am – Steuben County Sheriff's  
Building  
(Annual Meeting)**

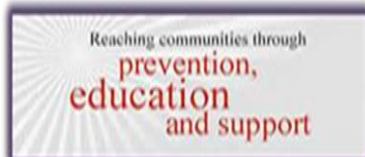
Community Drug Forum  
Corning-Painted Post High School  
201 Cantigney Street  
Corning, NY 14810  
October 24, 2017  
6:00 – 7:30 p.m.

Wayland-Cohocton MS Health Fair  
October 26, 2017  
6:00 – 7:30 p.m.

Youth Action Forum  
Bath-Haverling High School  
November 20, 2017

Marijuana Town Hall Meeting  
TBD – February 2018

VISIT OUR WEBSITE  
[www.steubenpreventioncoalition.org](http://www.steubenpreventioncoalition.org)



**MISSION:**

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

**Article: Study Finds Large Increase in Alcohol Use, High-Risk Drinking and Alcohol Use Disorders**

*Partnership for Drug Free Kids  
August 17, 2017*

The percentage of Americans who use alcohol, engage in high-risk drinking or have an alcohol use disorder has risen substantially, a new study finds.

The study, which included face-to-face interviews with 40,000 Americans, found alcohol use disorders increased 49 percent between 2001-2002 and 2012-2013, according to CNN.

Alcohol use has increased most among women, older adults, racial/ethnic minorities and the socioeconomically disadvantaged, the researchers report in JAMA Psychiatry. Alcohol use disorders rose 106.7 percent among individuals age 65 and older during the study period.

The researchers conclude that almost 30 million Americans are struggling with an alcohol use disorder.



**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**