

In The Know

A monthly newsletter to keep you current and In The Know on topics related to the Prevention of Substance Abuse

National Impaired Driving Prevention Month

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
- Make arrangements to stay with family and friends before consuming alcohol

Having a Happy Holiday Season

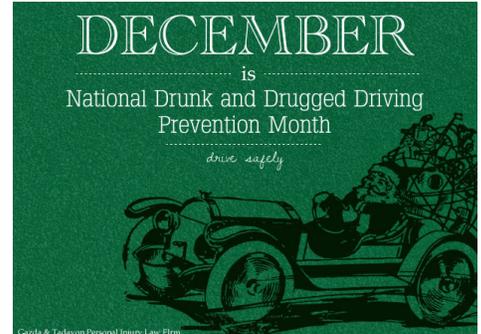
December is here and for a lot of us it's one of the busiest and craziest months of the year. We have holiday shopping, baking, decorating and socializing to accomplish in a short window of time, and our stress levels can skyrocket. With that in mind, when we do get the chance to relax it's easy to have a drink or two too many. As Drunk, Drugged and Distracted Driving Month, December is also a time to remember to keep our families and selves safe on the road. As the weather changes for the worse and daylight hours diminish, driving becomes more hazardous. Adding the effects of alcohol and drugs to this equa-



- 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.



tion can be a fatal decision. Making arrangements for a designated driver is always a winning bet, and staying home when possible if the weather is not agreeable is also the best decision. December should be a happy time to celebrate with family and friends, but if that celebration compromises our safety we have to remember it is just not worth it. Try to get adequate sleep, enjoy the season's treats in moderation, try not to overschedule yourself and don't let guilt sneak in if you can't get it all done. So with that being said, all of us here at the Steuben Council on Addictions wish everyone safe travels and a happy holiday!

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.

In The Know and By The Numbers

A look at facts and figures relating to Drunk, Drugged and Distracted 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.
- 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.safeteendiving.org/resources/statistics.php>

The Council Corner

Happy Holidays from all of us at the Council, Bath Hope for Youth and Drug Free Communities/ Steuben Prevention Coalition!

2014 has again been a banner year for prevention and we want to take the time to thank all of our partners who have helped to make prevention more readily accessible in our schools and communities. We would like to thank the Kinship Community Residence, the Mercy Care Addictions Treatment Center of Hornell (MATCH), The Steuben County Jail, Arbor Development, Jennie Mose Resource Center, A3 programs, Addison Youth Center Advantage programs, Corning Youth Center Advantage Program. Also thank all of the schools that we are able to partner with and share prevention with. We are looking forward to a wonderful 2015 with all of you.

Thank you again to Five-Star Bank of Bath for their continued support of Red Ribbon Week at Haverling Middle School!



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.

Steuben 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

Catholic Charities Steuben Prevention Services

8 East Morris Street

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Phone: (607) 776-6441

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Prevention Director: Jim Bassage

Prevention Educators:

Barb McCollum, Stacey O'Dell, Erin Fleming, Michele Sexsmith

Administrative Assistant & DDP Coordinator: Diana McIntosh

Clerical Assistant: Peggy Wurzer

Drug Free Communities Coordinator: Norm McCumiskey

Drug Free Communities Program Assistant: Pam Aini

Bath Hope for Youth Counselors:
Sherry Sutton—Campbell-Savona
Bridgette Lanphere—Hammondsport
Jennifer Beaty—Haverling

Catholic Charities
Steuben County

Steuben Council on Addictions is a division of Catholic Charities 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.