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Trinity PRIDE

Prevention Resource Information on Drug Education

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VOLUME 5, ISSUE 9

SEPTEMBER 2014

F.A.S.D. Awareness Month

September 9th is Fetal Alcohol Spectrum Disorder Day!
This day was chosen so that on the ninth day, of the ninth month, of each year, the world will remember that during the nine months of pregnancy a women should abstain from alcohol.

F.A.S.D is 100% preventable. It is caused by alcohol consumption during pregnancy. There is *no* safe time to drink *any* alcohol during *any* trimester. It is estimated that 30% of pregnant women report using alcohol while pregnant. Of those, for every 1,000 babies born, *two* will have an FASD. Every day is a good day to raise awareness of the importance for your health and your babies health.

Trinity will be distributing over 1000 postcards to participating doctor's offices in the community. Each postcard contains lifesaving information about the effects of FASD and what you can do to keep your child safe from this disorder. Attached to each card is a "lifesaver" candy as a reminder that drinking alcohol while pregnant risks the health of every unborn child.



- Signs & Symptoms of F.A.S.D**
- * Very Small Eyes & Chin
 - * Learning Disabilities * Behavioral Problems
 - * Heart, Kidney and, Liver Defects * Impaired Eye & Ear Function
 - * Skeletal Defects



Upcoming Events:

- 9/9 FASD
- 9/13 Walk for Recovery
- 9/15 DDP Chemung County
- 9/17 DDP Schuyler Co.
- 9/24 PROUD Meeting
- 10/23 Red Ribbon Week



We will see you there!!!



Walk for Recovery

September 13, 2014

10am at Eldridge Park, Elmira



Registration forms can be found on our Facebook page, our website, and at our office location.

Or register the day of the event between 9am and 9:45am. Everyone is welcome to attend the event with or without registering.

1K Walk or 5K Run

Raffles, Prizes, Games, Entertainment, and Fun!!



P.R.O.U.D. Coalition

Our next meeting will be held on Sept. 24, 2014 @10am. All community members are welcome!

www.ProudCoalition.wyilsite.com



Our Summer at Wisner Market

Trinity of Chemung County would like to thank all the families and children who stopped by to do our Drug and Bullying Prevention Crafts!



Many children also participated in our celebrating recovery coloring contest. The contest was created to inform families about our Walk for Recovery and the importance of celebrating life's achievements. The Coloring Contest Winners were Collin and Anthony!!!!



Chemung County Strong Kids Safe Kids

Trinity had a great time at the Annual Strong Kids Safe Kids event! We were able to work with over 300 children and educate their families. The kids also had fun making paper plate Frisbees and learning to be drug free!

September is Recovery Month!

In its 25th year, *Recovery Month* promotes the societal benefits of prevention, treatment, and recovery for mental and substance use disorders. This year's theme, "Join the Voices for Recovery: Speak Up, Reach Out," encourages people to openly speak up about mental and substance use disorders and the reality of recovery, and promotes ways individuals can use to recognize behavioral health issues and reach out for help. *Recovery Month* spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and people can and do recover.

SAMHSA

Prevention Report

- The Educators are in for a busy school year. Three more elementary schools in Chemung County are requesting our services. We are also implementing Bullying Prevention Classes in all the elementary schools in Elmira.
- Erin and Chelsae will be attending the Prime for Life training in late September, this will allow them to become DDP instructors.
- Christine, Janet, and Julie will be attending a training on Substance Abuse Prevention.
- Staff will also be attending a training on strengthening families in preventing alcohol and other drug abuse.

In The News....

SAMHSA's "KnowBullying" App Provides Support To Prevent Bullying



Statistics show that almost one-fifth of all students in grades 9 to 12 have been bullied on school property. In addition, almost 15 percent of students in these grades have experienced cyberbullying (Centers for Disease Control and Prevention). Bullying has serious consequences with long-term impact on mental health, substance use, violence, criminal convictions, and suicidal ideation.

Research shows that as little as 15 minutes a day of focused conversation with a child about issues related to bullying can help build self-esteem and prevent bullying. With this in mind, the KnowBullying app was developed to provide resources to empower parents and caregivers to help protect our children from the unnecessary harm and long-term consequences of bullying. It is designed to address the various needs of children in specific age groups and provides strategies to communicate with our children.

The **KnowBullying** app is now available for iPhone and Android smartphones. For additional information visit: <http://store.samhsa.gov/app/bullying>