

# In The Know

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

## National Safety Month

June is a month to take the time to pay close attention to key safety issues, all with the theme of "Safety: It takes all of us". During this month, each week focuses on a separate health and safety issue. Each of these weeks highlights the need to practice safe behaviors day or night. The first week focuses on preventing prescription drug abuse, the second week is all about slips, trips and falls, the third week is about being aware of your surroundings, and the last week is putting an end to distracted driving. There is also a bonus week this June, which focuses on summer

safety. Unintentional deaths and injuries in the United States are still far too high, with it being the leading cause of death for Americans aged 1-44 years old. There are many ways that you can get involved and help prevent these injuries.

- Prescription Drug Use: Prescription painkiller overdoses are still a growing problem in the United States, especially among women. Know what you are taking, the appropriate amount to take, and keep it out of reach of children and teens. In addition, talk to your teens about the

dangers of abusing prescription drugs.

- Slips, trips and falls: One in three older adults fall each year, with many leading to broken bones and other health problems. Make an effort to check on your loved ones and have a plan of what to do if a fall does occur
- Being aware of your Surroundings: This involves both being aware of who is around you at all times; this provides you with some defense if something were to occur. One way to practice becoming aware is to describe in your head the cars or people that you



pass in normal, everyday situations, such as shopping or driving.

- Distracted Driving: Doing other activities while driving (such as texting or eating) does increase your chance of crashing. Make sure to put all distractions in the backseat so you are not tempted while you are driving.

For more information go to [NationalSafetyCouncil.org](http://NationalSafetyCouncil.org) or contact Steuben Council on Addictions, (607) 776-6441.

## Importance of male figures in the life of a child

Healthy family activities are abundant in the summer months. Use the beautiful weather to your advantage and get outside and move more! Playing outdoor family sports such as Frisbee, soccer and catch encourages exercise and creates fun families memories. Families can embark on hiking, swimming and picnicking in the area. Our local parks are a great resource.

Male figures play an important role. Research shows that male role models positively impact a child as they grow up. In light of Father's Day on June 15<sup>th</sup> remember to thank your male

loved ones and other positive male role models in your life.

Fatherhood is important and valued. The following is provided by The U.S. Department of Health and Human Services for the National Responsible Fatherhood Clearinghouse:

Enjoy and make the most of the time that you spend with your children. It will benefit you both.

Did you know that:

- Changing diapers helps dad to bond with the baby



and provides moms with a welcomed break.

- Holding, gazing, smiling, kissing, singing

and laughing all cause positive activities in a baby's brain.

- Children with actively involved fathers display less behavior problems in school.
- The amount of time that fathers spend with his children is less important than what they do with that time.

Here are some tips to help

you bond with your child:

- Read to your baby early and often.
- Remember you are their role model - they hear everything you say and watch everything you do.
- Treat your child as you would like others to treat them - continually affirm their worth as a person.
- Hug your teen because as they change, they need to know that you are still the same.
- Ask your child questions and volunteer at his/her school.
- Say "I love you" often.

Do you or someone you care about need help because of Drugs, Alcohol or Gambling call:

**1-877-8HOPENY (1-877-846-7369)**

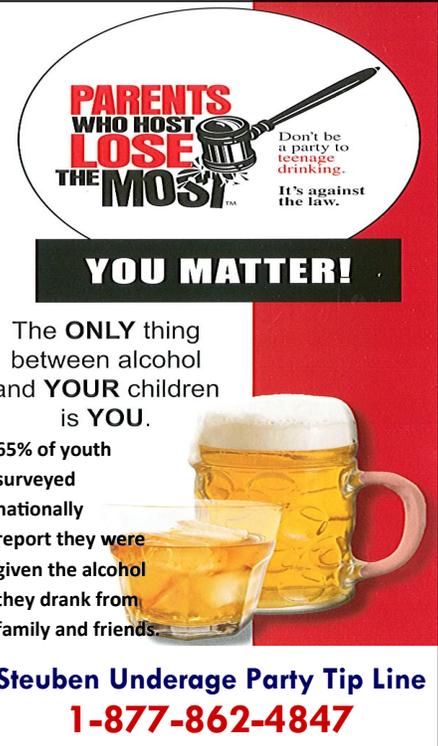
24 hours a day, 7 days a week \* Free & confidential information and referrals.

# In The Know and By The Numbers

A look at current statistics and figures relating to the importance of fathers.

- Roughly 1 in 5 fathers who live apart from their children say they visit with them more than once a week, while 1 in 4 fathers do not see their children at all.
- Involved fathers can help encourage a child's healthy physical, emotional, and social development.
- Research finds that positive father involvement promotes children's early language and cognitive development.
- Involved fathers also improve their children's academic performance.
- A 2010 report by the Future of Children, which highlights that "a high proportion of all unmarried fathers say that they want to be involved in raising their child, and the mothers say they want the father's involvement."
- 18% of custodial parents are fathers.
- Fathers who live with their children are spending more time with them and taking part in a wider range of activities.

*(Office of Child Support Enforcement, Administration for Children and Families, U.S. Department of Health & Human Services, 2010)*



**PARENTS WHO HOST LOSE THE MOST**  
Don't be a party to teenage drinking. It's against the law.

**YOU MATTER!**

The **ONLY** thing between alcohol and **YOUR** children is **YOU**.

65% of youth surveyed nationally report they were given the alcohol they drank from family and friends.

**Steuben Underage Party Tip Line**  
**1-877-862-4847**

## Catholic Charities Steuben Prevention Services

8 East Morris Street  
Bath, NY 14810

Phone: (607) 776-6441

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Prevention Director: Jim Bassage

Prevention Educators:

Barb McCollum, Stacey O'Dell,  
Nicole Jordan, 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

## The Council Corner

The Steuben Council on Addictions is gearing up for summer! The John Southard Youth Recreation Commission is organizing another fun summer program this year. The annual summer program will run from Monday, July 7<sup>th</sup> until Thursday, August 7<sup>th</sup>. Many field trips are planned and will be held on Mondays and Wednesdays. **This program is open to all children ages 5-15 that are residents of the Village and Town of Bath.** Registration for this program will be held at the Bath Community Day Care (36 E. Morris Street, Bath, NY) on June 18<sup>th</sup> from 5:30-6:30 pm. A dollar deposit for each field trip is required at registration. Come early to register with exact change to make sure your child does not miss these exciting trips! For more information, you can contact Nicole at (607) 776-6441 x203.

In addition to the JSYRC program, the SCA prevention educators will be presenting the LifeSkills program to the Summer Learning Experience children. LifeSkills is an evidenced-based, OASAS approved program that educates children on various issues such

as decision-making and tobacco use.

The Steuben County Task Force on Under Age Drinking is happy to announce the winners of our county-wide alcohol poster contest. First prize went to Elizabeth Wightman of Campbell-Savona, second prize went to Mellanique of Bath-Haverling and third prize went to Rebecca Caudill of Campbell-Savona. Elizabeth's design will be made into T-Shirts for her class. Mellanique and her class will be treated to a pizza party, and Rebecca and her classmates will be enjoying an ice cream social. Thank you to all that participated and congratulations to all the winners!



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](mailto:sodell@dor.org).

Catholic Charities  
Steuben County