

In The Know

Keeping you current on topics related to the Prevention of Substance Abuse



Prevention Services

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April is Alcohol Awareness Month

Mark your calendars – All throughout April we will be recognizing Alcohol Awareness Month! Alcohol Awareness Month is an annual public initiative organized by the National Council on Alcoholism and Drug Dependence (NCADD). Since its inception in 1987, this event has cemented itself in the forefront of prevention services, serving as a massively effective platform from which we can try and dissuade misconceptions about alcohol use, as well as provide education on ways to avoid or treat alcohol abuse. In the United States, over 18 million people are afflicted with Alcohol Use Disorder – more than 6% of the population – and over 88,000 Americans die every year due to this disorder. During this month, we want to educate our community – particularly school-aged children – on what problem drinking is, the effects associated with it, ways to prevent it, and where / how to seek treatment when you realize drinking has become problematic. Our goal this month, as it has always been, is to educate and support, no more no less.

Let's bring the importance of this event closer to home. As per a 2021 Prevention Needs Assessment Survey in Steuben County, alcohol usage in middle and high schoolers has generally been trending downwards since 2017. Despite the percentage of high schoolers using alcohol increasing on the national stage, alcohol use and abuse in Steuben County has steadily dropped for 8th through 12th graders across the board. When considering if these students have 1) Ever

used alcohol in their lives, 2) Used alcohol within 30 days of the survey, and 3) Are considered to have a problem with their alcohol usage, ALL of these categories have seen decreases over the length of the survey, with the obvious exception of 2020. Positive changes are being made every day here, and this April we intend to celebrate those

achievements, and promote continued progress in quelling alcohol abuse in our community.

If you would like to participate in this event, there is absolutely no shortage of ways you can do your part in helping to prevent alcohol abuse. Firstly, this year Alcohol Awareness Month (AAM) is kicking off with the national "Alcohol Free Weekend" on April 1st and 2nd. NCADD is

encouraging all Americans to take the weekend off from any drinking in observance of this month. This year's AAM theme is *For the Health of It: Early Education on Alcoholism and Addiction*. So the best way to participate this year is to engage your kids in alcohol prevention education. The Substance Abuse and Mental Health Services Administration (SAMHSA) encourages parents to bring this education with children as young as 9 years old. To find out more on how to approach this education, as well as to find other resources on how to participate in your community this month, please visit [samhsa.gov/talk-they-hear-you](https://www.samhsa.gov/talk-they-hear-you). This campaign will go along perfectly with AAW this year and should provide you with all you need to start your journey into alcohol abuse prevention. We are greatly looking forward to this year's Alcohol Awareness Month, and we hope you are too!



Prevention Takes Everyone! Contact us today to learn more.

CCS/L Prevention Services is available to provide community presentations on a myriad of topics relating to substance abuse, prevention, parent information, information for schools and their employees, churches, youth groups and more within Steuben County. We are capable of customizing presentations to the area of interest, timeframe requested and makeup of the audience. For further information or to schedule a presentation, please contact Prevention Services Supervisor Stacey (O'Dell) Wing at Stacey.Wing@dor.org or (607) 968-4123.

Topics include but are not limited to: Current adolescent drug trends, Societal drug trends, Vaping and eCigs, The Opioid Epidemic, Underage Drinking; Gambling and its effect on families and society, Substance use and employment, Impact of substance use on children and education, bullying prevention, marijuana and legalization, etc. Contact us for a more complete list of services!

Youth and alcohol use

With April being Alcohol Awareness Month, we will dive into some important reasons youth should avoid alcohol consumption. If I were to ask you what you think is the main reason alcohol is dangerous for youth, what would you say? Some people could say that youths are more prone to aggressive acts, some people could say that youth are more impressionable, and some could argue that youth are more reckless and liable to make dangerous decisions like getting behind the wheel. The biggest concern lies with brain development. Teenage brains are still being developed, and alcohol use has been shown to severely impact adolescent brain development. A teenager could lose 10% of peak brain performance for the rest of their life with teenage alcohol consumption.

Have you ever heard the saying that coffee stunts your growth? This is a good analogy for brain development in teenagers while using alcohol. The hippocampus and the frontal lobe are the two most impacted zones for brain size reduction due to alcohol use in teens. The hippocampus controls your ability to learn and memorize things. Imagine cutting your capabilities to learn and remember by 10%!

The frontal lobe controls movement and other voluntary functions. Alcohol is a depressant, and introducing state-altering substances like depressants could inhibit the normal development of that part of the brain, limiting its functional capacity for the rest of a person's life. Is a drink at an early age worth a 10% loss of your potential? Voluntarily giving away your best self is something that needs to be considered carefully when the decision to consume alcohol is made at a young age.

Here are some other facts about underage drinking: A key risk factor for poor mental health is substance use.

2019 Youth Risk Behavior Surveillance data shows that:

- High school adolescents currently drinking alcohol were 1.5 times more likely to feel sad or hopeless and 1.6 times more likely to seriously consider attempting suicide
- High school adolescents currently using marijuana were 1.5 times more likely to feel sad or hopeless and 2 times more likely to seriously consider attempting suicide
- High school adolescents currently vaping e-cigarettes were 1.6 times more likely to feel sad or hopeless and 1.9 times more likely to seriously consider attempting suicide.

It is important for everyone to give themselves the best chance possible to survive the tough world we live in. The outside world can be unkind to everyone and sad times and dark moments don't discriminate; they hurt and affect everyone. Make sure you are giving yourself the best possible chance at navigating the hardships of life, and helping others become aware of the risks for underage drinking.

**When it comes to alcohol, tobacco and marijuana
If they can't buy it,**



Then don't provide it!

**Steuben County Underage Party &
Drug Information Tip Line**

Anyone with information relating to underage drinking such as parties, 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 is monitored seven days a week, 24 hours a day, all calls are kept anonymous.

1-844-378-4847



**Driving High
IS
Impaired Driving!**

Catholic Charities
Steuben/Livingston
Stronger Together
Prevention Services

STEUBEN PREVENTION COALITION
DRUG FREE COMMUNITY

STOP DWI New York
STEUBEN COUNTY

Clean Out Your Medicine Cabinets and Take Back Day

National Clean Out Your Medicine Cabinet Day occurs annually on the third Friday in April. The goal is to raise awareness and rid homes of unused or expired prescription and over-the-counter medications that may be sitting in medicine cabinets, nightstands, kitchen cabinets or pantries.

Prescription opioid misuse is an ongoing and escalating epidemic, and 70% of opioid dependence, overdoses and deaths begin with leftover drugs in the medicine cabinet. Opioids are just one of the dangerous drugs found lying around our homes. Antidepressants, muscle-relaxers, sleep aids, and ADHD, blood pressure, heart and even pet medications may also be harmful.

Unintended Risks of Unused Medications Include:

- Drug diversion and misuse/abuse
- Accidental ingestions/poisonings
- Medication confusion – which especially affects our senior population
- Overdoses/suicides
- Antibiotic resistance

At-home drug disposal solutions offer a simple, convenient and effective way of ridding your home of medications that are no longer needed or have expired.

If patients or caregivers have large quantities of leftover medications, they should consider participating in the Drug Enforcement Administration's National Drug Takeback Day on April 22.

Catholic Charities Steuben/Livingston

Prevention Services

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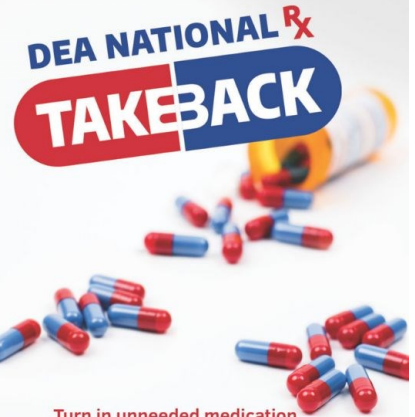
These Prevention Services are programs of Catholic Charities Steuben/Livingston. In The Know is a regular monthly update about alcohol, tobacco and other drugs to help in the prevention of substance use and abuse. For more information or to be removed from the mailing list please contact Stacey, Prevention Services Supervisor at Stacey.Wing@dor.org, (607) 968-4123.

Steuben County Public Safety Building

7007 Rumsey Street
Bath, NY



**OPIOID
COMMITTEE**
STEBUEN PREVENTION COALITION



Turn in unneeded medication
for safe disposal.

Saturday, April 22

10:00AM-2:00PM

Keep them safe. Clean them out. Take them back.
Visit DEATakeBack.com for a collection site near you.

Medication Drop Box Locations in Steuben County

- Hammondsport Village PD
- Park Pharmacy, Hammondsport
- Steuben County Public Safety Building
- Canisteo Police Department
- Hornell City PD
- Corning PD
- Guthrie Corning Hospital
- Gerould's Pharmacy, Corning
- Guthrie Corning Centerway
- Addison Apothecary
- Quinlan's, Wayland
- Walgreens, Bath
- TOPS, Bath
- IRA Davenport ER
- Rite Aid, Bath
- Bath Village PD

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COMMITTEE**
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