



Council Connection

News from Chautauqua Alcohol & Substance Abuse Council

Spring Edition

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Give Big CHQ

Save the Date for June 14th for GiveBigCHQ. Give Big CHQ is a 24-hour online fundraising event designed to raise as many dollars as possible for local nonprofits across our region. This extraordinary event inspires people to come together, show pride in their communities and support local organizations and causes they care about. Together we can make a difference! Together we can Give Big! For the GiveBigCHQ we are asking the community to help us raise funds to purchase a microphone system for our Awareness Theatre groups. Awareness Theatre is funded by the Office of Family & Child Services and the Chautauqua County Youth Bureau. The program is a Peer to Peer Support Group that provides presentations to youth within the area on various social struggles that adolescents may experience. Presentations could be on alcohol and other substances, bullying, dysfunction in the home, self-image, or any other topic or concern that youth may be experiencing. The Awareness Theatre groups are in need of a Microphone system to help project the presentations/skits

Greetings!

The end of the school year is approaching soon and it's a time for our Prevention Educators to reflect on what worked well, adaptations to be made, and generate discussions on how else we can collaborate in an effort to get our messages out to the community. CASAC has worked diligently providing evidenced-based programming to multiple classrooms throughout Chautauqua County, provided various media campaigns and environmental approaches to help increase awareness surrounding Alcohol and Other Drug Prevention. National Prevention Week was observed May 13th - 19th, an annual health observance, dedicated to increasing public awareness of, and action around, mental and/or substance use disorders. This year's theme was "Dear Future Me!" CASAC's Prevention Educators were out in the community in several different school districts and community organizations providing evidence-based prevention programming, including the Too Good program. The Awareness Theatre program in Dunkirk also provided youth at the Boys & Girls Club of Northern Chautauqua County some messages surrounding medication safety and bullying prevention. Dunkirk's Awareness Theatre group meets on Tuesdays from 6:00-8:00 pm at the Dunkirk High School in the cafeteria. The Jamestown Awareness Theatre group meets on Mondays from 4:00-6:00 pm at the Reg Lenna. There were also several Health and Wellness events that CASAC's Prevention Educators took part in to help encourage healthy behaviors. Prevention Educators are gearing up for the summer, planning and prepping to provide programs for summer-run programs including camps, recreation groups and youth-based programs. Although the school-year is ending, our prevention messages will continue on throughout the summer.

Melanie Witkowski
Executive Director

Project Sticker Shock Targets Underage Drinking

that are implemented across Chautauqua County. CASAC Staff and Board, as well as the Awareness Theatre students thank you for your support!

Chiavetta's Chicken BBQ Scheduled to Benefit CASAC

Mark your calendars for our two Chiavetta chicken BBQ's. The Jamestown event will be held on Saturday, June 23rd from 5 - 7 pm at the Jamestown Jammers field. The North County chicken BBQ dinner will be held on Monday, July 2nd at the Falcons Club in Dunkirk. All tickets are \$10.00 and will be available through any CASAC Board or staff member, or by calling 366-4623 or 664-3608.

Narcan Training

Free Opioid Overdose Response Trainings are held every month at both CASAC locations. Narcan trainings in Jamestown are held on the second Tuesday of each month and on the second Wednesday of each month in Dunkirk.

Upon completion of this one-hour training, you will receive a certificate and a free naloxone kit. This training is offered free of charge, but registration is required. Please call 664-3608 or 366-4623 to register.



Free Parenting Classes Offered at Mental Health Association

The First Five Years, Active Parenting (for parenting children ages 5 - 12), and Active Parenting of Teens, CASAC's newest parenting class, will continue to be offered at the Mental Health Association in



"Project Sticker Shock" is a community working together to create a safer, healthier lifestyle, to reduce underage drinking and its related problems, and to enforce the underage drinking laws. It is an environmental approach designed to reduce youth access to alcohol. This project permits youth to have a voice in addressing the problem of availability of alcohol to minors and to be active in providing a service that is one piece of the puzzle of solutions. Communities here and throughout New York want to attack the social availability of alcohol to minors that is provided by parents and other adults by placing a warning sticker on cases of beer. The sticker warns that it is illegal to purchase or provide alcohol to anyone under 21.

CASAC is collaborating with RoBo Enterprise owner, Kim Carlson, also from "A Fresh Start", Arthur R. Gren Co., Inc. and students from a variety of Chautauqua County School Districts to create a safer, healthier lifestyle in an effort to combat the growing problems of underage drinking. Students participating include: JHS Health Class, "Justice for All" JHS Empathy Class, Falconer Impact Group, and Maple Grove Honor Society. Students will be placing stickers on all cases of beer at all RoBo locations throughout the County.

Alcohol has been identified as the #1 drug of choice among youth ages 12 - 18 years old, and according to our youth, one of the easiest to get. Together, we are joining forces in "Project Sticker Shock," a state-wide youth initiative to educate the public and change attitudes about selling and serving alcohol to anyone under 21.

Some adults do not perceive youth consumption of alcohol as a danger. Some even feel a sense of relief that "it's only alcohol" and not a "real" drug, and as long as the parents have the keys they feel it's ok for them to drink. But, alcohol remains the drug most abused by our adolescent population. Many youth begin drinking at early ages, putting themselves at great risk for alcohol problems later in life.

A 2016 survey conducted by the HOPE Chautauqua Coalition, revealed that almost one-third of Chautauqua County teenagers report having had their first drink (more than a sip or two once or twice a month) before their thirteenth birthday. Youth that drink before age 15 are four times more likely to develop alcohol dependence than those who begin drinking at age 21. For each year's delay in initiation of drinking, the likelihood of later alcohol-abuse problems decreases markedly.

Teenagers know how to get alcohol. Whether they obtain it from friends, siblings, unlocked liquor cabinets or licensed alcohol beverage establishments, nearly 90 percent say it is easy to get. When they first start drinking, most youth get alcohol from home, their friends and other adults, with or without their parents' permission.

Did you know that an adult who buys alcohol for anyone under 21-even their own children-may receive a monetary fine of \$1,000.00 for the first offense and \$2,500.00 for each additional offense? Did you know that an adult who supplies minors with alcohol may also be liable for any resulting injuries and/or property

Jamestown.

The First Five Years class will begin on Wednesdays, September 19, 26, October 3 & 10 from 12:00 pm - 2:00 pm at the Mental Health Association. These classes are for parents of children ages birth - 5.

The Active Parenting class is six 2-hour sessions and will meet on Wednesday's beginning June 6th through July 18th from 12:00 pm - 2:00 p.m. This parenting class is for parents of children ages 5 - 12.

CASAC is proud to introduce its newest Active Parenting program, Active Parenting of Teens. Some of the topics covered in this program include: teens and technology, teen drug use prevention, bullying, brain development in teens, teen decision making, discipline, communication, and teen sexuality issues.

These classes will begin on August 8th and run through September 12th.

CASAC's parenting classes are offered free of charge. For registration or additional information, contact Kathleen Colby at 716-664-3608.

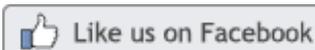


You can be part of the solution!

DONATE NOW

CASAC offices are located at:
501 W. Third Street
Suites 3 & 4 Sprinchorn Bldg.
Jamestown, NY 14701
(716) 664-3608
Fax (716) 664-3661

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Suite 2
Dunkirk, NY 14048
(716) 366-4623
Fax (716) 366-4624
www.casacweb.org



damage caused by the minor?

Our ultimate goal is to change societal views of alcohol and youth. CASAC is proud to be a host for "Project Sticker Shock." This project is an environmental strategy that addresses the underage drinking concerns in our community. This is not an individual issue; this is not a family issue; and this is not a school issue. Underage drinking is a community concern and the most effective way to address it is through community involvement and everyone's participation. Local youth will be working with CASAC to spread "Sticker Shock" waves throughout the area by placing stickers on cases of beer. The sticker spells out a strong reminder: "DRINKING IS HARMFUL TO TEENS BECAUSE THEIR BRAINS ARE STILL DEVELOPING. PROVIDING ALCOHOL TO ANYONE UNDER 21 IS ILLEGAL, UNHEALTHY & UNACCEPTABLE". There is no better time to promote "Project Sticker Shock" than throughout the months of May and June - during prom and graduation season.

Opioid STR Grant

CASAC has secured funding for a second year from the Office of Alcohol & Substance Abuse Services. The \$100,000 will allow CASAC to continue providing evidence-based prevention programs and services in Chautauqua County. CASAC's Prevention Educators will provide the Too Good For Drugs and SPORT program for various youth-based organizations in Chautauqua County. CASAC will be adding two additional programs to the mix, including Keepin' It Real and Teen Intervene. Keepin' It Real is an evidence-based substance abuse prevention program proven to reduce the risks of alcohol, tobacco, and other drug use as well as promote social and emotional competence, including drug refusal efficacy among youth. Real Prevention, the developers of the program will be training CASAC's Prevention Educators in Keepin It Real in July. The Keepin It Real Drug Prevention curriculum is a ten-week program consisting of ten 45 minute lessons for 6th, 7th, and 8th grade youth. Using a "from kids, through kids, to kids," approach, the videos and interactive nature of lessons come from real kids' experiences. The second program that will be added is the Teen-Intervene evidence-based program for teenagers ages 12-19 years old suspected of experiencing mild or moderate problems associated with alcohol or other drug use and can include their parents or guardians. Teen-Intervene integrates stages of change theory, cognitive behavioral therapy, and motivational interviewing into the program. CASAC will be collaborating with the City of Dunkirk Recreation Department and Farmers Market, the Boys and Girls Club of Northern Chautauqua County, Salvation Army, YWCA of Westfield, Chautauqua Opportunities, Fredonia's Farmer's Market and the Dunkirk City School District.

Alcohol Awareness Month Poster Contest Winners

With 389 entries, Chautauqua County students did their part to raise alcohol awareness this year, and one walked away \$100 richer on April 11th with more recognition on the way.

Alexandria Davis won the 17th annual CASAC poster contest. The Falconer Central School 9th grader beat out 12 fellow finalists and 389 total entrants to win the prize.

Students in grades 3 - 12 created posters with the theme, "Be A Thinker Not A Drinker". As students designed their posters with this theme in mind they had they opportunity to be creative in depicting positive alternatives to underage drinking.

County Executive George Borrello, Eileen Goodling, Sara Harp and Michele Starwalt judged the finalists' posters based on the impact of message, integration of the theme, originality and design. Jamestown Community College art students and Professor Yu Kanazawa previously trimmed the field to twelve.

Raylynn Digirolamo, Grade 10, Southwestern High School, Addison Brassard, Grade 6, Southwestern Middle School, and Madilyn Lent, Grade 4, Southwestern Elementary School claimed **first-place** prizes in their respective categories.

Mika Walters, Grade 10, Southwestern High School, Joslyn Brown, Grade 6, Southwestern Middle School, and Arehlynn Pattison, Grade 5, Panama Central School won **second-place** prizes.



Join Our Mailing List!

CASAC Staff

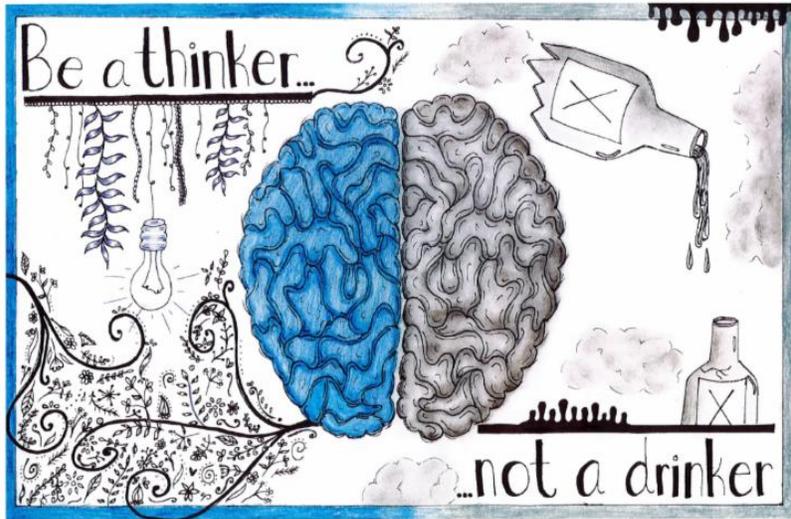
- Melanie Witkowski, Executive Director
- Leslie Bianco, Prevention Educator
- Kathleen Colby, Director of Training Services
- Jeff Grodecki, Fiscal Assistant
- Tracy Jespersen, Prevention Educator
- Susan Lepley, Jamestown Office Manager
- Jennifer Montanez, Prevention Educator
- Kelley Potter, Coalition Coordinator
- Laurie Reynolds, Director of Program Services
- Francine Rondenell, Opioid STR Coordinator
- Afroula Snell, Administrative & Support Services Coordinator
- Kathleen J. Stornes, Director of Impaired Driver Program
- Trish Whetstone, Prevention Educator
- Eric Williams, Prevention Educator

2017 CASAC Board of Directors

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- Anthony J. Raffa, Sr., Vice President
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- Devyn Agett
- Dr. Mary Carney
- Carol Greco
- Rebecca H. Haines
- Lois Lindell
- Michele Starwalt
- Frann Wilson
- Arnold Zdrojewski

Erika Russell, Grade 10, Falconer Central School, Britta Watkins, Grade 7, Maple Grove Jr./Sr. High School, Peyton Oakes, Grade 5, Southwestern Elementary School received **third-place** prizes, and Zachary Stofko, Grade 8, Falconer Central School and Charlotte Caserta, Grade 4, Fredonia Elementary School won honorable mentions.

Each of the twelve finalists received ribbons and cash prizes and the grand prize poster will be framed courtesy of Jamestown Frame and Glass and featured on a banner at the Jamestown Jammers field.



Grand Prize Winner, Alexandria Davis, 9th Grade, Falconer Central School

Congratulations, Alexandria!

Register for One of CASAC's Summer Trainings

The following training's are currently being offered by CASAC:

Saturday, June 23, 2018

9:00 am - 3:00 pm

Addiction Response Ministry Christ-Centered Recovery Program

Pastor Leecroft Clarke

Christian Workshop Center, 101 Eagle Street, Fredonia, NY 14063

Free of Charge

Pre-registration is required.

Tuesday, September 18, 2018

1:30 pm - 4:30 pm

Would You Pay \$900 for a Drink? How to Avoid a DWI

Kathleen J. Stornes, Impaired Driver Program Director

Lakewood Baptist Church, 150 Erie Street, Lakewood, NY 14750

Registration Fee: \$40

Pre-registration is required.

About Us

Since 1974, Chautauqua Alcohol & Substance Abuse Council (CASAC), a not-for-profit United Way supported agency, has provided services to prevent the abuse of alcohol, other drugs and gambling to the residents of Chautauqua County. CASAC is the only New York State Office of Alcoholism & Substance Abuse Services (OASAS) approved and supported alcohol and other drug prevention agency in Chautauqua County. CASAC is one of 40 community-based councils across New York State and one of over 200 nationwide. CASAC's mission is to build a safe and healthy environment by effectively educating the community on positive life choices.



Facing Addiction
with NCADD



Community Partner