



Council Connection

News from Chautauqua Alcohol & Substance Abuse Council

Spring Edition

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CASAC's Fiscal Assistant Retires

After 24 years of service, Jeff Grodecki retired from CASAC on March 29th.



His hard work, commitment and dedication are worthy of admiration. Although we celebrate in the excitement of his retirement, he will be missed. Congratulations, Jeff!

Jamison Jaffray Joins CASAC Staff

Greetings!

CASAC is proud to announce that we received a \$165,000 OASAS grant to help select schools across Chautauqua County to implement the evidence-based PAX Good Behavior Game (GBG). PAX GBG is a trauma-informed approach, PBIS and tiered-intervention will be implemented to improve student self-regulation and social and emotional learning. PAX GBG has been subjected to multiple randomized control trials and several peer reviewed studies. Numerous short term and lifetime benefits include: 1) Higher Statewide Standardized Math and Reading Test Scores; 2) Reduced needs for Special Education Services; 3) Higher Graduation Rates; 4) Fewer problematic behaviors; 5) Reduced risks for mental, emotional, and behavioral disorders; 6) Fewer symptoms of depression; 7) Reduced rates of bullying; 8) Decreased suicide ideation and fewer attempts; 8) Decreased Tobacco Use; 9) Reduced Alcohol Use; 10) Decreased illicit drug use, including opioid abuse.

CASAC Prevention Educators will be trained in July for the PAX Partner Training, followed by future Teacher and Administration trainings that will occur during the summer, prior to the 2019-2020 school year. We are excited to pilot the Mental Emotional Behavior practice and have high expectations and are eager to see the future outcomes.

Melanie Witkowski
Executive Director

CASAC Staff Attend ASAP Conference

The New York Association of Alcoholism and Substance Abuse (ASAP) held its first conference in over 10 years on April 8th and 9th in Albany. The theme of this year's conference was "Prevention Changes Lives and Changes Communities". Melanie Witkowski, Executive Director, Laurie Reynolds, Associate Director, and Kelley Potter, HOPE Chautauqua Coalition Coordinator, attended, along with CASAC Prevention Educators, Trish Whetstone, Tracy Jespersen, Alex Rodriguez, Eric Williams and Amy Beato.

The conference offered incredible speakers providing the prevention field with encouragement, knowledge and experience. The information on current drug trends, substance abuse policies and updates from the New York Office of Alcoholism and Substance Abuse Services (OASAS) will be used to provide the most effective programming and services to our Chautauqua County communities and schools. It was a great networking experience for our staff, with over 400 people in attendance.

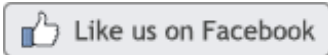


CASAC has been blessed with a number of great staff members, and Jamison is no exception! Jamison came on board in March and is the receptionist in our Jamestown Office. Her warm personality, positive attitude, organizational ability, and an added bonus of creativity, will be a great asset to CASAC. Welcome Jamison!

You can be part of the solution!

DONATE NOW

CASAC offices are located at:
 501 W. Third Street
 Suites 3 & 4 Sprinchorn Bldg.
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 Suite 2
 Dunkirk, NY 14048
 (716) 366-4623
 Fax (716) 366-4624
www.casacweb.org



CASAC Staff

- Melanie Witkowski, Executive Director
- Amy Beato, Prevention Educator
- Kathleen Colby,

Chiavetta's Chicken Barbecues Successful

Chautauqua Alcohol & Substance Abuse Council has held two successful Chiavetta's Chicken Barbecues already this year with proceeds going towards Chautauqua County youth prevention services and increasing our outreach with youth in the community.

Thank you to all of our friends, families, and community partners who helped us make this year's fundraisers a great success! A special thank you goes out to our 2019 sponsors:

- Masonic Forest Lodge,
- Raymour & Flanigan Furniture and Mattress Store, Basil Chevrolet Buick Cadillac - Fredonia,
- CASAC Board Members,
- Century 21 Turner Brokers, Chautauqua Patrons Insurance Company, Eagle Systems of Jamestown, Inc., Falconer Printing & Design Inc., Geer-Dunn Company Inc., Lind Funeral Home, Support Enterprises, Inc., Summit Wealth Management (Luke Buehler), Rhoe B. Henderson Insurance Agency, Nolloth Thompson Agency, Inc.
- Tops Friendly Markets,
- Walmart, and Wegmans.

Britta Watkins Named Poster Contest Grand Prize Winner



With nearly 200 entries, Chautauqua County students did their part to raise alcohol awareness this year. Students in grades 3-12 created posters with the theme, "The Choices You Make Are What Make You". As students designed their posters with this theme in mind, they had the opportunity to be creative in depicting positive alternatives to underage drinking.

New York State Assemblyman Andrew Goodell spoke at the ceremony about the importance of this year's theme and congratulated all of the students for participating in the contest. He also thanked them for providing posters to hang in the hallways of his Albany office.

Britta Watkins was named the Grand Prize Winner for the 18th annual Chautauqua Alcohol and Substance Abuse Council Alcohol Awareness Month Poster Contest. The Maple-Grove eighth-grader beat out 12 fellow finalists and 187 total entrants to win the prize. Congratulations, Britta!

Chautauqua County Sheriff James Quattrone, Amy Rohler, Executive Director of the United Way of Southern Chautauqua County, Jose Quinones-Visot, Chautauqua Tapestry, and Lydia Thompson, CASAC Youth Board Member judged the finalists' posters based on the impact of their messages, integration of the theme, originality and design.

First-place prize winners were:

Emery Watkins, Grade 4, Bemus Point Elementary School

Director of Training Services

- Jessica Falco, Prevention Educator
- Jamison Jaffray, Jamestown Receptionist
- Tracy Jespersen, Prevention Educator
- Natasha Juma, Prevention Educator
- Susan Lepley, Fiscal Assistant & Media Coordinator
- Kelley Potter, Coalition Coordinator
- Laurie Reynolds, Associate Director
- Alex Rodriguez, Prevention Educator
- Afroula Snell, Administrative & Support Services Coordinator
- Kathleen J. Stornes, Director of Impaired Driver Program
- Trish Whetstone, Prevention Educator Coordinator
- Eric Williams, Prevention Educator

CASAC Board of Directors

- Gary Olson, President
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- Rebecca H. Haines
- Lois Lindell
- Michele Starwalt
- Frann Wilson
- Arnold Zdrojewski
- Lydia Thompson

Emilee Ramirez, Grade 7, Dunkirk Middle School

Raylynn Digirolamo, Grade 11, Southwestern High School.

With a tie in the second place category, the second-place prize winners were:

Anderson Francisco Felipe, Dunkirk School #5

Owyn Darrell-Sterbak, Grade 7, Fredonia Middle School

Alaina Perrin, Grade 11, Sherman Central School

Marcus Fredrick, Grade 10, Chautauqua Lake Central School

Winners taking third-place were:

Lucy Brown, Grade 5, Southwestern Elementary

Mika Walters, Grade 11, Southwestern High School

Honorable Mentions were awarded to:

Reese Trippy, Grade 4, Dunkirk School #7, and

Arehlyn Pattison, Grade 6, Panama Central School.

Each of the 12 finalists received t-shirts, ribbons, cash prizes, and the grand prize poster will be framed courtesy of Jamestown Frame and Glass. Thanks to everyone who participated in CASAC's 18th annual poster contest!

Free Parenting Classes Offered

It's time to embrace the joy of parenting!

Many parents who have attended CASAC's parenting classes have achieved success and you can too!

You will learn discipline techniques, effective communication, encouragement skills to build a solid foundation, and how to raise responsible children who are able to resist negative peer pressure.

Call today to register for one of our three parenting classes: The First Five Years (for parents of children ages birth - 5), Active Parenting (for parenting children ages 5 - 12), and Active Parenting of Teens.

CASAC's parenting classes are offered free of charge and are held at the Mental Health Association in Jamestown. For registration or additional information, please contact Kathleen Colby at 716-664-3608.

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.

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