



Council Connection

News from Chautauqua Alcohol & Substance Abuse Council

Winter Edition

In This Issue

- CASAC Adds New Staff Members
- Humor, Laughter & Well-Being Training
- Alcohol Awareness Month Poster Contest Underway
- Program Staff Receive Gold Key Award
- Free Parenting Classes

CASAC Adds New Staff Members

CASAC welcomes Natasha Juma and Jessica Falco as our two newest Prevention Educators. Jessica will be working part-time from our Dunkirk Office, while Natasha will be full-time working out of our Jamestown Office. Jamison Jaffray was welcomed to the CASAC team in January. Jamison has been interning in our Dunkirk Office on Tuesday's and Thursdays. She will begin by shadowing our Prevention Educators, and later will be introduced to the Impaired Driver Program and parenting programs. CASAC is happy to have Natasha, Jessica and Jamison on board with us. Welcome!

Greetings!

As we enter the 2019 year, CASAC reflects on the amount of work that staff, community partners, clients, volunteers and interns have accomplished over the past 12 months. Prevention can be such a powerful thing and we've had many opportunities to collaborate, educate and motivate others to join forces in our effort to prevent substance use and the risks associated in Chautauqua County.

CASAC staff and board would like to thank the school districts, youth-based agencies, community foundations, and other organizations for their continued support and partnership as we tackle the many struggles that our community endures. The amount of people reached in Chautauqua County has tripled since 2017. We continue to strive to be in every school, every classroom, and reach as many students as we can.

We still have a lot to do in our community, with the increased vaping and impending marijuana legislation that is looming over New York State it's imperative that we continue to be forthcoming with the accurate science-based information on how these substances can affect ones health. CASAC staff have worked with Chautauqua County Health Department, Roswell, BOCES-ICE 8, and Tobacco Reality Check to help bring a toolkit for school districts and will continue to get youth and families the correct information.

If you are interested in seeking help, partnering with us, volunteering or learning more about our services, please give us a call at 716-664-3608 Jamestown or 716-366-4623 Dunkirk.

Melanie Witkowski
Executive Director

"Humor, Laughter & Well-Being" Workshop

Jane Fischer, MA, CAS, Creative Change Facilitator, will be presenting a workshop entitled "Humor, Laughter & Well-Being" on Tuesday, March 19, 2019 from 9:00 a.m. - 12:00 p.m. at the Salvation Army. Resilience isn't about resisting stress and negativity in our work and life...it's about the ability to bounce back and move forward when these things happen. Self-care requires the ability and willingness to adapt to change, respond creatively and effectively under stress, and re-emerging from challenges may help us feel greater satisfaction, accomplishment and empowerment. We can boost our capacity to thrive when we make time for joy and laughter, focus on positive thinking and action, and use our imagination.

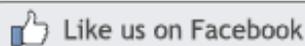
North & South County Chicken BBQ Announced

Mark your calendars for CASAC's two Chivatetta chicken BBQ's in 2019! The **North County** event will be held at the Masonic Lodge, 321 E. Main Street, Fredonia on Tuesday, April 30th from 3:30 - 6:30 p.m. The **South County** chicken BBQ will take place on Tuesday, May 7th from 11:00 - 1:30 p.m. in the Raymour & Flanigan parking lot on Fairmount Avenue, Jamestown. All tickets are \$10 and will only be available as pre-sale tickets! Call either CASAC office to get your tickets!

**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
and
51 E. Third Street
Suite 2
Dunkirk, NY 14048
(716) 366-4623
Fax (716) 366-4624
www.casacweb.org

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 Follow us on twitter



CASAC Staff

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

This training is designed for the helping professional to promote self-care and resilience. Expect a highly interactive, experiential workshop. You deserve the opportunity to boost your bounce-back through activities centered in play, laughter, connection, collaboration and celebration. There is a registration fee of \$55 and pre-registration is required.

CASAC's Alcohol Awareness Month Poster Contest

CASAC's 2019 Alcohol Awareness Month Poster Contest is now underway with "The Choices You Make Are What Make You" as the theme. To promote the contest, flyers featuring the top 12 posters from 2018 were sent to Chautauqua County Schools and youth organizations. All Chautauqua County students, grades 3 - 12 are invited to participate. The grand prize winner will be awarded \$100! Other prizes in each grade category include: 1st prize- \$50, 2nd prize- \$25 and 3rd prize- \$20. For contest rules and additional information, visit CASAC's website at www.casacweb.org.



ENTER TO WIN
CASAC'S ALCOHOL AWARENESS MONTH
POSTER CONTEST

DEADLINE TO SUBMIT POSTERS: March 8, 2019

The **CHOICES**
you make are what make you.

Find out more at www.casacweb.org or call 664-3608 or 366-4623.

CASAC Program Staff Receive Gold Key Award



At the WNY Chemical Dependency Consortium's 29th Annual Holiday Award Luncheon, CASAC's Program Staff team was the recipient of the Gold Key Community Achievement Award.

- Jessica Falco, Prevention Educator
- Jeff Grodecki, Fiscal Assistant
- Tracy Jespersen, Prevention Educator
- Natasha Juma, Prevention Educator
- Susan Lepley, Jamestown Office Manager
- 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

2018 CASAC Board of Directors

- Gary Olson, President
- Anthony J. Raffa, Sr., Vice President
- William Osmer, Secretary/Treasurer
- C. Berkeley Adams
- Dr. Mary Carney
- Carol Greco
- Rebecca H. Haines
- Lois Lindell
- Jose Quinones-Visot
- Michele Starwalt
- Frann Wilson
- Arnold Zdrojewski

Join Our Mailing List!

The WNY Chemical Dependency Consortium consists of 34 alcohol and substance abuse prevention, treatment and recovery service providers in 8 counties of Western New York. The Consortium provides a format to discuss current issues in the field of addiction and works together to help improve services in our communities and on a state level.

The Consortium's Gold Key Awards recognize exceptional substance abuse prevention and treatment efforts and are awarded to staff, providers, businesses, community groups or individuals. They showcase a range of programs from evidence-based substance abuse programs, innovative strategies and efforts that have enhanced outcomes in the western region of New York.

CASAC's Program Staff team was selected as the recipient of this award for their outstanding work and passion for prevention services in Chautauqua County.

Free Parenting Classes

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.

The First Five Years (for parents of children ages birth - 5), will begin on Wednesday, February 20th and will run for four consecutive weeks. Active Parenting (for parenting children ages 5 - 12), is scheduled to begin on March 20th and runs for six consecutive weeks. Active Parenting of Teens is a six week course and begins on January 9th.

All of these parenting classes are offered free of charge and will be 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.



Facing Addiction
with NCADD



Community Partner