

# PREVENTION

# WORKS

Educate ■ Collaborate ■ Motivate

formerly known as Chautauqua Alcohol & Substance Abuse Council (CASAC)

## PREVENTION CONNECTION

FEBRUARY, 2020

### TEACHER SPOTLIGHT

Meet our 2019-2020 shining stars.

### RESOURCES

Explore local help resources.

### INSPIRATION

We get inspired when we hear good things.

See what local students are saying about our programs and services.

### PREVENTION WORKS

Video Highlight



## 20/20 VISION

Year after year, we continue to make New Year's Resolutions. While we have every intention to stick with our resolutions, within a couple of months (or even weeks), the resolutions have fallen by the wayside.

Even to those who choose not to make a New Year's resolution, January seems to feel like a new beginning.

2020 couldn't be a more appropriate year to dig a little deeper into our own lives and find a clear view of a happy and productive year (without breaking promises to ourselves or others).

# P R E V E N T I O N W O R K S

## H E A L T H Y B E H A V I O R S

### P O S I T I V E L I F E C H O I C E S

We often focus on eliminating the “bad” things from our lives, but what about the good things we can add? Contemplate on things that brings us joy and make our life worth living. It could be a long-lost hobby, more time with family or friends, or a more meaningful relationship.

On the contrary, think about what impact we have on others around us. Do we bring them joy? One of the best resolutions we can make in 2020 is to practice positivity. Let's make it a point to be optimistic. Positive thinking is a powerful tool that can result in a lot of benefits for you and those around you. Maybe if we changed our angle of vision, we could look at the bright side of every situation.

According to the experts at the Mayo Clinic, "positive thinking can increase our lifespan, reduce rates of depression and levels of distress, give us greater resistance to the common cold, improve our overall psychological and physical well-being, improve our cardiovascular health and protect us from cardiovascular disease, and help us

build coping skills to keep us afloat during challenging times."

Another simple, but effective, resolution is to practice stress-management. Relaxation, breathing exercises, gentle movement and positive visualization all help to build resilience, positivity, and balance.

For a list of actions we can use to develop a more positive mindset, try these 10 suggestions from Fulfillment Daily:

- Keep a gratitude journal.
- Reframe your challenges as opportunities for growth.
- Get good at being rejected—it happens to everyone!
- Use positive words to describe your life.
- Replace have with get (e.g., I have to go to work → I get to go to work).
- Don't let yourself get dragged down into other people's complaints.
- Breathe—consciously, purposefully, and mindfully.
- Notice the righteous and good in times of tragedy and violence.
- Have solutions ready when you point out problems.
- Make someone else smile.

Together we can develop a positive mindset...one day at a time!

## HOPE CHAUTAUQUA COALITION RECEIVES DFC GRANT

Hope Chautauqua was one of the DFC grant recipients to involve and engage our local community to prevent substance use among youth.

The Drug-Free Communities (DFC) Support Program, created by the Drug-Free Communities Act of 1997, is the Nation's leading effort to mobilize communities to prevent youth substance use. Directed by the White House Office of National Drug Control Policy (ONDCP), the DFC Program provides grants to community coalitions to strengthen the infrastructure among local partners to create and sustain a reduction in local youth substance use.

Recognizing that local problems need local solutions, DFC-funded coalitions engage multiple sectors of the community and employ a variety of environmental strategies to address local substance use problems. DFCs involve local communities in finding solutions and also helps youth at risk for substance use recognize the majority of our Nation's youth choose not to use substances.

DFC Coalitions are made up of community leaders representing twelve sectors that organize to meet

the local prevention needs of the youth and families in their communities. These twelve sectors are: youth (18 or younger), parents, businesses, media, schools, youth-serving organizations; law enforcement; religious/fraternal organizations, civic/volunteer groups, healthcare professionals, state and local government agencies with expertise in the field of substance abuse, other organizations involved in reducing substance abuse.

Hope Chautauqua is excited to have received this grant and will continue to implement effective, localized prevention programs to ensure the next generation understands the dangers of substance misuse. Our goal is to make Chautauqua County a safe and drug-free place for our youth,” said Kelley Potter. “Prevention is a powerful tool to counteract drug use in our community and we will use this funding to help youth in our local areas make healthy choices about substance use.”

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## **PAX UPDATE**

Prevention Works continues to partner with seven elementary schools throughout Chautauqua County in a combined effort to bring more peace, productivity, health and happiness. The PAX Good Behavior Game, developed by the PAXIS Institute, uses evidence-based activities to create a nurturing environment in the classroom.

Since September of 2019, several positive outcomes have been reported. In one elementary school, a young 1st grader expressed her feelings saying, “I love that we are doing PAX this year.” Another North County School Administrator has reported a 50% reduction in behavior-related office referrals from September to January. Some school administrators report teachers who were previously struggling with classroom management, now have their classrooms under control.

With PAX, students are learning to take ownership of their behaviors and teachers don't have to resort to using high emotions to manage behaviors. Another North County teacher reports an increase in self-regulation from her elementary students. Last year, one student was really struggling with behavioral issues, and today that student is a model PAX Leader! Current teachers would have never believed that behavioral issues were a previous issue for this student.

Students themselves are also reporting the positive results of PAX. One student thanked their PAX Partner for taking the time to teach PAX. Another said they are thankful for PAX because it makes the world a better place during classroom writing assignments. Others have seen an increase in kindness.

Across every school who is implementing PAX, students are recognizing the good in each other and have a desire to point out PAX leaders through a written note of thanks, called "Tootles". The many benefits we are seeing with PAX is encouraging! We are happy to see teachers have a complete turn-around with their students' behaviors and to see teachers, as well as students, thriving.

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## **PREVENTION WORKS UPCOMING TRAINING OFFERINGS**

### **Free Online Training**

#### **Stress Management**

This free online training is presented by two of Prevention Works Educators, Trish Whetstone and Alex Rodriguez. The training discusses life skills as they relate to stress management and growth mindset. You will learn the “flavors of stress”, how to identify causes of stress, and review coping skills. The instructors also define what a growth mindset is and skills needed to promote growth mindset in your environment.

### **Free Online Training**

#### **Marijuana & Adolescent Brain Development**

This free online training will review different components of marijuana and how it has changed. The instructors will discuss the neural and behavioral risks associated with adolescent use, and will summarize two types of addiction and its impact on adolescent brain development.

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#### **Prevention Works Staff**

Melanie Witkowski, Executive Director  
Laurie Reynolds, Associate Director  
Amy Beato, PAX Prevention Educator  
Kathleen Colby, Director of Training Services

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**PREVENTION WORKS**  
(716) 664-3608 or (716) 366-4623

