

# PREVENTION

# WORKS

Educate ■ Collaborate ■ Motivate

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

## PREVENTION CONNECTION

OCTOBER, 2019

### TEACHER SPOTLIGHT

Meet our 2019-2020 shining stars.

### RESOURCES

Explore our help resources.

### INSPIRATION

We get inspired when we hear good things.

See what others are saying about our programs and services.

### PREVENTION WORKS

Video Highlight

## BACK TO SCHOOL

We're here to guide you through the best year yet



Prevention Works has partnered with New York State and the PAXIS Institute to implement strategies that focus on building learning environments that prevent problem behaviors in students. Our Prevention Educators are excited about this expansion and will include teacher coaching in Dunkirk, Clymer, Sherman and Jamestown Central School Districts.

## IT'S TIME TO START TALKING



Since the foundation for all healthy habits — from nutrition to tooth brushing— is laid down during the preschool years, this is a great time to set the stage for a drug-free life.

Explain the importance of taking good care of our bodies — eating right, exercising and getting a good night's sleep. Discuss how good you feel when you take care of yourself — how you can run, jump, play and work for many hours.

Celebrate your child's decision-making skills. Whenever possible, let your child choose what to wear. Even if the clothes don't quite match, you are reinforcing your child's ability to make decisions.

Turn chores like brushing teeth, putting away toys, wiping up spills, and caring for pets into fun

experiences that your child will enjoy. Break the activities down into manageable steps so that your child learns to develop plans.

Help your child steer clear of dangerous substances that exist in their immediate world. Point out poisonous and harmful chemicals commonly found in homes, such as bleach, kitchen cleansers and furniture polish. Explain that they should only eat or smell food or take medicine from a doctor that you, a relative or other known caregivers give to them. Also, explain that drugs from the doctor helps the person the doctor gives them to, but that they can harm someone else.

Help your child understand the difference between make-believe and real life. Ask your child what he thinks about a TV program or story. Let your child know about your likes and dislikes. Discuss how violence or bad decisions can hurt people.

Turn frustration into a learning opportunity. If a tower of blocks keeps collapsing during a play session, work with your child to find possible solutions to the problem.

Find additional tools and tips for talking to children of all ages at [\*\*Talk2Prevent\*\*](#).

## CALLING ALL PARENTS AND COMMUNITY MEMBERS

HOPE Chautauqua is a great community-based coalition that we hope you will agree, needs to continue!

Each and every one of us can play a significant role in keeping our children and communities drug and alcohol free. As we enter into a new school year, we need parents and community members to help keep the coalition *relevant* and *connected*.

The coalition currently offers 5 committees: Prevention Awareness, Youth Advisory, Medication Destruction, Bright Spots, and Hope and Healing.

Whether you join a committee or attend a few coalition meetings throughout the year, there are a number of ways to get involved.

For more information, contact Kelley Potter at [\*\*kelly@casacweb.org\*\*](mailto:kelly@casacweb.org) or call our Dunkirk Office at 366-4623.



## PREVENTION WORKS UPCOMING TRAINING OFFERINGS

### Stress Management (Free Online Training)

Available through October 14, 2019

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.

### Adolescent Sensitivity Awareness:

#### A Practice Used to Heighten Communication and Self-Awareness

Presented by Kimberly Earle

Discover the power of words, the importance of focus, perception, negative emotions, and positive creativity! Join us at either location:

**NORTH COUNTY:** Thursday, November 7, 2019, from 9:00 am - 12:00 pm, at the First Presbyterian Church, 219 Central Avenue, Fredonia, NY.

Registration Fee: \$50.00

Deadline to register: October 31st

**SOUTH COUNTY:** Thursday, November 14, 2019, from 9:00 am - 12:00 pm, at the Levant Wesleyan Church, 1670 Lindquist Drive, Falconer, NY.

Registration Fee: \$50.00

Deadline to register: November 7th

### Youth Mental Health First Aid Training (Free)

Presented by Jose Quinones-Visot and Eric Williams

This training is designed for adults who regularly interact with young people. The course will introduce common mental health challenges for youth, review typical adolescent development, and teach a 5-step action plan for helping young people in both crisis and non-crisis situations.

November 8, 2019

8:30 am - 5:00 pm

First Presbyterian Church, 219 Central Avenue, Fredonia, NY

This is a *FREE* training, so sign up today!

### **CASAC Staff**

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Amy Beato, Prevention Educator  
Kathleen Colby, Director of Training Services  
Jamison Jaffray, Jamestown Receptionist  
Tracy Jespersen, PAX Coordinator  
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Jose Quinones-Visot, PAX Prevention Educator  
Alex Rodriguez, Prevention Educator  
Afroula Snell, Administrative & Support Services Coordinator  
Kathleen J. Stornes, Director of Impaired Driver Program  
Trish Whetstone, Prevention Education Coordinator  
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**PREVENTION WORKS**

(716) 664-3608 or (716) 366-4623

