

# PREVENTION

# WORKS

Educate ■ Collaborate ■ Motivate

## PREVENTION CONNECTION

OCTOBER, 2020

### RESOURCES

Explore local **help resources**.

### PREVENTION WORKS **Video Highlight (Decision-Making)**

If you feel like you're  
losing everything,  
remember that trees lose  
their leaves every year and  
they still stand tall and wait  
for better days to come.



### OVER 39 YEARS OF COMMUNITY SERVICE

After serving on Prevention Works, Inc. Board since 1981, Anthony Raffa has announced his retirement. Formerly known as Chautauqua Alcohol & Substance Abuse Council, Tony served as Board President from 1983 through 1989. In 1994, he was honored as the South County United Way Agency Volunteer of the Year. He also served as a County Legislator for 12 years and for many years on the Jamestown City Council. Tony owned and operated Jamestown Rubber Stamp Company, as well as a consulting business providing industrial development coordination services.

Prevention Works, Inc. is extremely grateful for his dedication and many years of commitment serving on the Board. Tony is a very special community member and the Board and staff want to thank him for his service to Prevention Works, Inc. and the people we serve.



### THANK YOU CHICKEN BBQ SPONSORS

After being postponed several times due to COVID-19, Prevention Works two annual Chiavetta's Chicken Barbecue's were held in August. Funds raised from the dinners will be used towards youth substance use prevention services throughout Chautauqua County. Prevention Works would like to thank all of our 2020 sponsors:

***Basil Chevrolet Buick Cadillac***

***Bestway Container Services***

***Big Rick's One Stop***

***Burnin' Bugs***

***Dunkirk Falcon Club***

***Econo Lodge***

***Geer-Dunn Company, Inc.***

***Greenman-Peterson, Inc.***

***Gugino Plumbing, Heating & Air Conditioning***

***Hello Gorgeous Hair Salon***

***Jaroszynski Law Office***

**Kranky Plate Productions**  
**Lash Out Beauty Bar & Spa**  
**Lind Funeral Home, Inc.**  
**Midtown Realty Company**  
**Prevention Works Board of Directors**  
**Shults Resale Center**  
**Stuart Tool & Die, Inc.**  
**Summit Wealth Management**  
**Support Enterprises**  
**Turftenders, Inc.**  
**The Kosciuszko Polish Home Assoc.**  
**TOPS Friendly Market**  
**Valentine's Collision & Restoration**  
**Washington Prime Group/Chautauqua Mall**

Prevention Works would also like to extend a huge thank you to YOU, the community, for supporting both of our summer BBQ fundraisers. We look forward to next year's barbecue's and seeing you all again!

## **PREVENTION WORKS EDUCATORS FIND ALTERNATIVES TO WORK WITH LOCAL SCHOOLS THIS FALL**

by Trish Whetstone, Prevention Education Coordinator

Prevention Educators at Prevention Works implement evidence-based curriculum that promotes social emotional learning, and prevent substance use and other risky behaviors. These services are still being provided within local Chautauqua County schools, even with the many changes to school instruction this fall.

The majority of lessons will be carried out in a virtual format, through Zoom meetings and the use of digital educational tools, like Flippity and Google Documents. This allows for student engagement and participation, while the Prevention Educators provide enthusiastic presentations on-screen.

Additionally, lessons are being adapted to specifically address skills relevant to current times, with an emphasis on coping skills and healthy decision-making.

Prevention Works is also taking necessary precautions with lessons implemented within the classroom. This includes eliminating board games that require students to share materials, and subbing them with engaging group activities, such as role plays, that can be done while social distancing. Early elementary students will receive story time from fan favorite puppets, Tuggles, Carmen & Wagner. These furry friends promote happiness, health and safety by sporting their own masks!



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## **KEY STRATEGIES OF A MEDICATION SAFETY PROGRAM**

### **SAFE USE:**

- Read and follow directions on all medications
- Take the recommended dosage, not more, not less
- Take the medicine the number of times and the frequency recommended
- Do not share your prescription medicines with another person
- Do not take someone else's prescription medicine
- Know the names of your medications and their purpose

### **SAFE STORAGE:**

- Keep medicine in a place away from children, teens and guests
- Lock up medicine, if necessary, especially narcotics or mood-altering medicine
- Keep medicine in their original bottle or package
- Keep medicine in a cool, dry place, and away from the light
- Follow storage directions on the medicine

### **SAFE DISPOSAL:**

- Take expired or unneeded Rx drugs to a local medication drop box
- Leave the medicine in its original package or bottle
- Cross off your name and/or other personal information
- Do not cross off the name of the medicine
- Do NOT flush medications down the toilet



## CREATING SAFE SPACES IN SCHOOLS FOR LGBTQ+ YOUTH

LGBTQ+ students are disproportionately bullied compared to their heteronormative peers and the formation of Gender and Sexuality Alliances have proved to increase overall wellbeing for all students.

By: Emily Van Wey, Prevention Educator/LGBTQ Liaison

Chautauqua County schools are back in session and the rate of bullying in our community is on the rise. Today's technology has increased incidences of bullying drastically because peers are able to hide behind their screens and dodge the proper ramifications. With the start of in person schooling, students may leave the safe space created for them at home during quarantine. Interaction with peers at school may cause them to feel exposed and vulnerable, as if COVID-19 was not already a great worry. Due to isolation and lack of visible support, LGBTQ youth in Chautauqua County are disproportionately affected by bullying and the negative effects associated with it.

For LGBTQ students living in Chautauqua County, feelings of isolation can be overwhelming. Small class sizes and lack of LGBTQ visibility are just a couple reasons why students are being physically and mentally isolated. A recent study concluded a direct correlation between feelings of belonging within a school and victimization. This study reported 60% of LGBTQ students have faced discrimination based on their sexual orientation and/or gender identity in the past 5 years (Kosciw et al., 2018).

When we allow this behavior to occur in our schools we are exposing our students to higher risks of depression, suicidal ideation, misuse of drugs and alcohol and poorer academic performance (U.S. Department of Health and Human Services, 2017).

Gender and Sexuality Alliances, better known as a GSA, have shown significant benefits not only for LGBTQ students, but the entire school climate as well. According to the GSA Network, schools that have a visible GSA reported lower rates of bias-based bullying compared to schools without them (Guevara-Pozas, 2019).

GSAs are meant to be student led organizations with an adult advisor providing guidance. This allows students to come together, address the issues that their particular school is facing and create solutions to solve the problem all while educating their peers. At the end of the day, LGBTQ students are provided visible support and their peers are able to broaden their experience of diverse cultures through these types of programming.

Here at Prevention Works, we are continuing to work hard to ensure all LGBTQ youth are supported and validated. If your school is looking to start or expand your GSA, or if you would like other options on how to best support your LGBTQ youth, please reach out to Prevention Educator/LGBTQ Liaison Emily Van Wey at [emily@preventionworks.us](mailto:emily@preventionworks.us) or 716-664-3608.

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