



*Building a safe and healthy environment  
by effectively educating the community  
on positive life choices.*

## "PREVENTION WORKS"



2017 Poster Contest Winner  
**Maximus Campbell**  
Falconer Central School

Greetings!

The people hurt most by drugs and alcohol don't even use them: they are the CHILDREN of loved ones struggling with a substance use disorder. Raising awareness of children affected by parental alcohol problems, we want you to know that you are not alone and help and support is available.

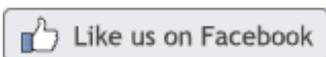
One child out of every four lives are in a family touched by addiction. Alcoholism tends to run in families. Children of alcoholics (COA's) are four times more likely than non-COA'S to develop alcoholism or drug dependencies.

COA's are also at a higher risk than others for depression, anxiety disorders, and problems with cognitive and verbal skills. They are significantly more likely than other children to be abused or neglected by their parents or guardians and are more likely to enter foster care. These children suffer in silence, pretending that everything is fine, afraid someone will "find out their secret".

COA's can be helped, whether or not the alcohol-dependent family members are receiving help. Sometimes these children are the first members of their families to receive help.

Children who cope effectively with alcoholism in their families often rely on support from a non-alcoholic parent, grandparent, teacher, or other caring adult. Support groups, faith communities, and trained professionals also are available to help.

Caring adults can change the course of a child's life. Sometimes all a child or teenager needs to know is that you are available, that you care, that help is waiting. No child of an alcoholic should have to grow up in isolation or without support. Simple acts of kindness and compassion can make a difference for children of alcoholics (COA's). By making yourself available to listen, discuss feelings, share interests, and support their efforts to make friends, you can help COA's cope with their present situations and develop the resilience and skills necessary for their futures.



**CASAC Offices  
are located at:**

501 W. Third Street  
Suites 3 & 4 Sprinchorn Building  
Jamestown, NY 14701  
(716) 664-3608  
Fax (716) 664-3661

51 E. Third Street  
Suite 2  
Dunkirk, NY 14048  
(716) 366-4623  
Fax (716) 366-4624

**Visit our website.**

I didn't **CAUSE** it.

I can't **CONTROL** it.

I can't **CURE** it.

**But**

I can take **CARE** of myself

by **COMMUNICATING** my  
feelings,

making good **CHOICES** and

**CELEBRATING** myself

Tell them they are not alone, that responsible adults are available to help them, and that millions of others have had similar experiences and have grown up to lead healthy, satisfying lives.

Remind them that their families' problems are not their fault and is not their responsibility to solve. Their jobs are to be children and help take good care of themselves, learn the facts about alcohol, tobacco, and other drugs, recognize their risks, and learn how to avoid repeating their families alcohol use patterns.

Encourage them to ask for help. Assure them that getting help is a sign of strength. Offer your own examples and be prepared to help them connect with acting, trustworthy adults and with student assistance programs and other services designed to provide them with further skill-building and support.

## About Us

Since 1974, Chautauqua Alcohol & Substance Abuse Council (CASAC), a United Way partner agency, has provided prevention education and community awareness regarding alcohol and other drugs. 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. For further information about CASAC's programs and services, call the Jamestown office at 664-3608, the Dunkirk office at 366-4623, or go to CASAC's website, [www.casacweb.org](http://www.casacweb.org). With the goals of lifetime prevention, lifetime wellness, Know! is a program of Drug Free Action Alliance. Their information can be accessed at [www.drugfreeactionalliance.org](http://www.drugfreeactionalliance.org).

