

PREVENTION

WORKS

Educate ■ Collaborate ■ Motivate

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

January, 2020

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

At a glance...

2019 was an exciting year for Prevention Works! While it was a time of celebration of providing 45 years of quality service to the communities of Chautauqua county, it was also a time of transformation. In August, our name was changed from Chautauqua Alcohol & Substance Abuse Council to Prevention Works to better represent our mission and vision. While we continue to work to prevent the misuse of alcohol and other drugs, we also work towards building healthy communities that support the resiliency of our youth and promote positive life choices and mental health wellness.

Thanks to our generous donors and supporters, Prevention Works continues to take new strides in prevention.

With collaboration at the cornerstone of Prevention Works, we could not succeed without key individuals in our schools and communities who open doors for us and work with us to promote effective and relevant prevention strategies that empower individuals to develop healthy behaviors.

Our 2019 data showed that hard work and passion does pay off. We are excited to continue that and achieve even more in 2020!

Monthly Media Campaign: 19th Annual Poster Contest Kickoff

2020 Alcohol Awareness Month Poster Contest
is open to all Chautauqua County students in grades 3–12.

Theme: "PREVENTION WORKS"

The deadline to submit posters is **Friday, March 13, 2020.**

Contest details can be found on our website,

www.preventionworks.us!

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Jamestown (716) 664-3608
Dunkirk (716) 366-4623

*Click here for additional
information, rules, and entry form
in English & Spanish.*

January Events:

New Year's Day
Prevention Works Offices Closed
January 1

Staff Planning & Development
Prevention Works Offices Closed
January 2 & 3

Prevention Works Board Meeting
January 8
4:15 pm

Martin Luther King Day
Prevention Works Offices Closed
January 20

Free Online Trainings:
Stress Management Training

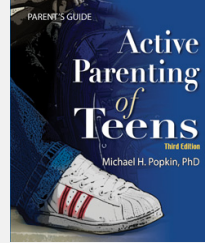
Parenting

(Ongoing)

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.

Marijuana & Adolescent Brain Development Training
(Ongoing)

This free online training will review different components of marijuana and how it has changed. It is presented by two of Prevention Works Educators, Trish Whetstone and Eric Williams. 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.



Classes:

Active Parenting of Teens

Dates:

Wednesdays,
January 8, 15,
22, 29, February
5 & 12, 2020

Time: 12:00 pm - 2 pm

Place: Mental Health Association,
31 Water Street, Door 14, Suite 7,
Gateway Center, Jamestown, NY

First Five Years

Dates: Wednesdays, February 19,
26, March 4 & 11

Time: 12:00 pm - 2 pm

Place: Mental Health Association,
31 Water Street, Door 14, Suite 7,
Gateway Center, Jamestown, NY

Sponsored by United Way of Southern
Chautauqua County



Parenting Classes sponsored by United
Way of Southern Chautauqua County

2020 Prevention Works Poster Contest Announced

Theme: “Prevention Works”

Now accepting entries for our 2020 Alcohol Awareness Poster Contest!

Submission deadline: March 13, 2020

Prevention Works' Alcohol Awareness Poster Contest is an artwork competition focusing on the prevention of underage drinking and healthy alternatives to alcohol use. In an on-going effort to continue the dialogue about the dangers of underage drinking, Prevention Works is inviting students from Chautauqua County to participate in its **19th annual Alcohol Awareness Poster Contest**. The contest is open to all students in 3rd through 12th grade, including those who are home-schooled or in private or parochial schools. Students may enter through their school, clubs, youth groups, or individually.

Entries must feature a clear no-use message about underage drinking. The contest provides a creative and fun way for students to depict positive alternatives to underage drinking, such as getting involved in sports, playing games or volunteering in the community, to name a few. By designing posters, students send an important message to their peers.

The contest is divided into three categories: A (grades 3, 4 & 5); B (grades 6, 7 & 8); and C (grades 9, 10, 11 & 12). All posters submitted will be entered in a preliminary judging process that will eliminate all but four posters in each category. The final twelve posters will then compete in a final judging at an award ceremony scheduled for April 2020, which is Alcohol Awareness Month. Besides the Grand Prize of \$100.00, 1st prize- \$50, 2nd prize- \$25, and 3rd prize- \$20, the twelve finalists will be featured on our website and the top 12 posters will be used on flyers to announce the 2021 contest the following year.

Contest entry information is being sent to all county schools. Additional information about the contest, including submission dates, rules and guidelines, prizes, and an entry form is available on our website, www.preventionworks.us, or by calling our Jamestown or Dunkirk office at 664-3608 or 366-4623. Posters must be received by

Friday, March 13, 2020.

About Us

Since 1974, Prevention Works, formerly known as CASAC, a United Way partner agency, has provided social emotional learning and the prevention of risky behaviors in Chautauqua County School Districts and our local community. Prevention Works is the only New York State Office of Addiction Services & Supports (OASAS) approved and supported alcohol and other drug prevention agency in Chautauqua County. For further information about Prevention Works programs and services, call the Jamestown office at 664-3608, or the Dunkirk office at 366-4623, or go to Prevention Works' website, www.preventionworks.us.

[Visit our website](#)

Donate to keep our community thriving.

716-664-3608
716-366-4623
email: info@casacweb.org
website: www.preventionworks.us

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