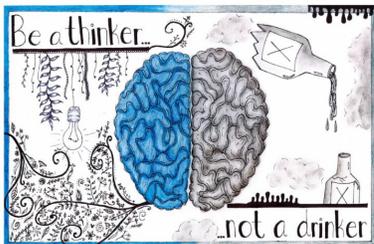


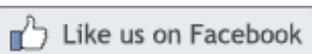


*Building a safe and healthy environment  
by effectively educating the community  
on positive life choices.*

## "PREVENTION WORKS"



2018 Poster Contest Winner  
**Alexandria Davis**  
Falconer Central School



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**Visit our website.**

Greetings!

While it is practically impossible to prevent everyone from using drugs, drug education and prevention efforts aimed at children and adolescents can be effective in reducing drug misuse. There are many things we can all do to avoid drug and alcohol abuse. Addiction is preventable and by sharing this information with your family and friends, you yourself may be able to prevent them from experimenting with drugs. Here are the top five ways to prevent drug abuse:

1. Learn to effectively deal with peer pressure. The biggest reason teens start using drugs is because their friends utilize peer pressure. No one likes to be left out, and teens (as well as some adults) find themselves doing things they normally wouldn't do, just to fit in. In these cases, you need to either find a better group of friends that won't pressure you into doing harmful things, or you need to find a good way to say no. Teens should prepare a reason ahead of time, to keep them from giving into tempting situations.
2. Learn to deal with pressures of life. People today are overworked and overwhelmed and often feel a reward is well-deserved. To prevent using alcohol and other drugs as a reward, find other ways to handle stress and to unwind. In the end, drugs only make life more stressful, and many of us all too often fail to recognize this in the moment. Exercising, reading, volunteering, or starting a new hobby are all positive ways to help take the mind off of using drugs and relieves stress.
3. Seek help for mental illness. Mental illness and substance abuse often go hand in hand. Those with a mental illness may turn to drugs as a way to ease the pain. Those suffering from some form of mental illness, such as anxiety, depression or post-traumatic stress disorder should seek the help of a trained professional for treatment before it leads to

**WARNING**  
*Drinking is harmful to teens  
 because their brains are still developing.*

 **abovetheinfluence**

*Providing alcohol to anyone under 21 is  
 illegal, unhealthy & unacceptable!*

**CASAC**  
 PREVENTION  
 WORKS

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substance abuse.

4. Examine the risk factors. If you are aware of the biological, environmental and physical risk factors you have, you are more likely to overcome them. A history of substance abuse in the family, aggressive behavior in childhood, poor social skills, availability of drugs, lack of parental supervision, drug experimentation and community poverty can all be risk factors.

5. Keep a well-balanced life. People take up drugs when something in their life is not working, or when they are unhappy about their lives or where their life is headed. Take a look at life's big picture and keep your priorities in order.

The responsibility for prevention belongs to many - the individual, parents, schools, churches, and our community.

## 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).



**Facing Addiction**  
 with NCADD

