

PREVENTION

WORKS

Educate ■ Collaborate ■ Motivate

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

March, 2020

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

At a glance...

Prevention Works will be holding its' North County Chicken Barbecue on Tuesday, March 31st from 3:30 pm - 6:30 pm at the Masonic Lodge, 329 E. Main Street in Fredonia, NY. Tickets can be purchased from any staff member, at either Prevention Works office location, or online at [eventbrite.com](https://www.eventbrite.com).

We look forward to seeing you there!

Upcoming Training:

Motivational Interviewing - How to Negotiate Inner Change Within a Recoveree

Presenter: Gwendolyn Bjork
Participants will be trained on how to prepare, initiate, perform, and follow-up a motivational interview when interacting with potential clients or patients. Role playing

Free Online Trainings:

Stress Management Training (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.

Monthly Media Campaign: March is Problem Gambling Awareness Month!



Click here to read
"Gambling: A Hidden Addiction"

Parenting Classes:

First Five Years

Dates: Wednesdays, March 4 & 11

Time: 12:00 pm - 2 pm

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



Active Parenting Now

Dates: Wednesdays, March 18, 25,
April 1, 8, 15 & 22

Time: 12:00 pm - 2 pm

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

Active Parenting of Teens

Dates: Wednesdays, April 29,
May 6, 13, 20, 27, & June 10

Time: 12:00 pm - 2 pm

*Marijuana & Adolescent Brain
Development Training*
(Ongoing)

This free online training will review different components of marijuana and how it has changed. The instructors discuss the neural and behavioral risks associated with adolescent use, and will summarize two types of addiction and its impact on adolescent brain development.

*Electronic Nicotine Delivery
Systems (ENDS) Training*
(Ongoing)

Ken Dahlgren and Trish Whetstone review the dangers of nicotine and its implications on adolescent brain development and addiction. They will outline the different types of ENDS; highlight marketing techniques and aspects of the vaping subculture; and discuss the risks associated with use.

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

Parenting Classes sponsored by United Way
of Southern Chautauqua County

March Events:

Daylight Savings Time
March 8

Prevention Works Board Meeting
March 11
4:15 pm

Poster Contest Posters Due
March 13

First Day of Spring!
March 19

Chicken BBQ, Dunkirk
March 31
3:30 pm - 6:30 pm

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.

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