

PREVENTION

WORKS

Educate ■ Collaborate ■ Motivate

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

November, 2019

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

At a glance...

Counting your blessings is often a tradition you may associate with Thanksgiving. Gratitude, thankfulness, and appreciation - paying attention to the positive things happening to you, is an important part of a healthy life. Simple expressions of thankfulness can be a blessing to you and the person receiving them. Think about gratitude and what it does:

*It magnifies positive emotions,
blocks toxic negative emotions,
fosters resiliency, and
promotes self-worth.*

If you choose to live with a grateful heart, your physical and mental health will benefit, and you will feel blessed all year long.



November Events:

Daylight Saving Time Ends
November 3

The Vulnerable Child & Family

Monthly Media Campaign:

VAPING & MARIJUANA...NOT THE NORM

A 2019 survey given to Chautauqua County teens indicates that the **majority** of our teens do not use. 85% of Chautauqua County teens have **never vaped** marijuana, and 71% have **never used** marijuana at all.

Continue to be informed, learn the facts, and make healthy choices!



(716) 664-3608

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www.preventionwork.us



(716) 366-4623

Relatively Harmless? Think Again

This month's media campaign focuses on marijuana. Since today's teens have come to view marijuana as less dangerous than before, in part, because of the mixed messages being conveyed by the passage of medical marijuana laws and calls for legalization in many states, it isn't always easy to talk to our children about it, but it is crucial.

Far too many parents describe it as "just pot" until they experience firsthand a child who is dependent upon this drug.

Marijuana dependency is the No. 1 reason youth in the United States are admitted for substance-abuse treatment.

It's important for parents and youth to be well educated about marijuana because of its rise in popularity and the common myth that it is relatively harmless compared to alcohol and tobacco. On the contrary, recent research shows that marijuana is more harmful to brain development than previously thought. In fact, THC,

Community Event
Dr. Ira Chasnoff
Chautauqua Harbor Hotel
10 Dunham Avenue
Celeron, NY
November 4
8:30 am - 4:00 pm

Election Day
November 5

Adolescent Sensitivity Awareness
First Presbyterian Church
(Near the College)
219 Central Avenue
Fredonia, NY
November 7, 2019
9:00 - 12:00 pm

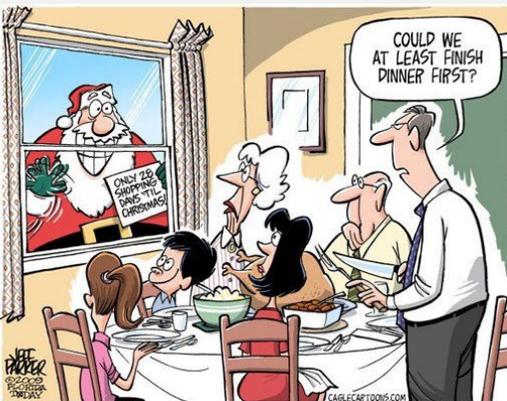
Youth Mental Health
First Aid Training
First Presbyterian Church
(Near the College)
219 Central Avenue
Fredonia, NY
November 8, 2019
8:30 am - 5:00 pm

Veterans Day
November 11

Prevention Works Board Meeting
November 13
4:15 pm

Adolescent Sensitivity Awareness
Levant Wesleyan Church
1670 Lindquist Dr.
Falconer, NY
9:00 am - 12:00 pm

Thanksgiving Holiday
November 28-29
Prevention Works Offices Closed



the active ingredient of marijuana that produces the euphoric high users experience, binds to the very receptor that helps control adolescent brain development. Loss of brain function and intelligence can result — and may be permanent.

It is even tougher for parents and youth to understand the potential dangers of THC because of the various forms the drug takes. It is infused into — and masked by — cookies and brownies, candies, cereals, sodas, lip balms and lotions, and a wide array of other products that appeal to kids, often having a higher concentration of THC.

We hope you will continue to make healthy choices for yourself and share this information with your peers, parents, teachers, and others. For more information or if you would like further support, contact Laurie Reynolds, Associate Director, at 664-3608.

Source: Dr. Christian Thurstone

Parenting Classes:

First Five Years

(Parenting children from birth - 5)

Dates: Wednesdays,

Nov. 1, 2019

Time: 12:00 pm - 2 pm

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

**First Five
Years Registration Form**

Active Parenting (of children 5-12)

Dates: Wednesdays,

Nov. 6, 13, 20, & 27, 2019

Time: 12:00 pm - 2 pm

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

**Active Parenting
Registration Form**

Sponsored by United Way of Southern
Chautauqua County

We are thankful for a community that values prevention!

About Us

Since 1974, Prevention Works, formerly known as Chautauqua Alcohol & Substance Abuse Council (CASAC), a not-for-profit United Way supported agency, has provided services to prevent the abuse of alcohol, other drugs and gambling to the residents of Chautauqua County. Prevention Works 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. Prevention Works is one of 40 community-based councils across New York State and one of over 200 nationwide. Prevention Works mission is to build a safe and healthy environment by effectively educating the community on positive life choices.

Donate to keep our community thriving.

[Visit our website](#)

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