



# Ounce of Prevention Newsletter

### Inside this Issue:

- Message to Coalition Members
- Featured Member Statement
- Thank You & Survey Notice
- Drinking Dangers During the Summer
- Vaping & Juuling
- We Haven't Forgotten About Alcohol & Marijuana
- Medication Drop Boxes in Steuben County
- Upcoming Events

### Message to Coalition Members:



The Steuben Prevention Coalition has been very actively recruiting new members to help us with our mission, vision and goals for safe and healthy communities in Steuben County. We would like to take a moment to welcome some more new members.

Jesse Harper, Superintendent – Arkport Central School and John Buckley, Mayor of the City of Hornell. We thank you for your participation and look forward to what each of you bring to the table.

#### COALITION WEBSITE & FACEBOOK PAGE

Don't forget to visit our Website and our Facebook Page and invite your friends to view and like our page as well.

<http://www.steubenpreventioncoalition.org>

**Steuben Prevention Coalition**  
 8 East Morris Street  
 Bath, NY 14810  
 (607) 776-6441

**Website:**  
[www.steubenpreventioncoalition.org](http://www.steubenpreventioncoalition.org)

**Email:**  
[steubenpreventioncoalition2017@gmail.com](mailto:steubenpreventioncoalition2017@gmail.com)

**Staff:**  
**Norman McCumiskey**  
 Program Coordinator  
  
**Colleen Banik**  
 Assistant Program Coordinator



We are asking all Coalition Members and Community Partners to let us know of any upcoming events, activities, public meetings, etc. that are or will be happening in your communities. Please contact us at the information provided.



A special thank you goes out to Laura Vetter, Supervisor, Community Services – St. James Mercy Hospital and member of the Steuben Prevention Coalition for her letter to the editor “Tips To Help Parents Keep Teens Safe During Graduation Celebrations and Summer Parties” and also to Rick McNroy, Co-Chair of the Steuben Prevention Coalition Underage Drinking Task Force for his letter to the editor “A Unified Message for Safe Graduation Parties.

We appreciate everything you do!



## 2018 Adult Perception Survey

Please be on the look-out for the link to survey monkey for the 2018 Adult Perception Survey which will be released the week of July 16<sup>th</sup>.

Please take a few minutes to complete the 2018 Adult Perception Survey. We provide this survey in order to gain a better understanding of the picture adults see as issues and concerns in our communities. This is an anonymous survey and we encourage you to share this link with any other contacts you may have in Steuben County.



## Drinking Dangers During the Summer

Summer is a time when many of us want to celebrate. Winter is over with. With more daylight hours of bright sun, the beach beckons. There are graduation parties, Fourth of July barbecues, and any-reason-at-all parties to attend. It's a great time to get together with friends, enjoy the long days and have a good time. Unfortunately, a lot of these celebrations involve alcohol and all the dangers associated with it. Stay safe this summer and consider partying alcohol-free. If you are going to indulge, do so responsibly and safely.

### Alcohol and The Heat

Many of the best summer parties are outdoor barbecues and picnics. Being outside while temperatures are high and the sun is shining can be a health hazard even without alcohol. Without proper precautions you may suffer from heat stroke, sunburn or dehydration. Alcohol can worsen these conditions and speed their onset.

### Alcohol and The Water

What would a summer party be without a pool, lake or ocean-side beach? If you're drinking near or on the water, the risk of harm is great. In fact, [one out of every two deaths](#) that occurs during water recreation is related to alcohol. While many people take drinking and driving very seriously, not everyone considers drinking and boating to be an issue. An intoxicated boat operator can cause terrible damage from accidents. Passengers drinking on boats may lose balance and fall overboard. There are also the same hazards that involve drinking and being exposed to heat and the sun. On a boat it may not be possible to get drinkable water to stay hydrated, or to find relief from heat and sun. If you'll be out on a boat, it's best to refrain from drinking at all. If there will be drinking, bring along plenty of water, sunscreen and light clothing. Never let the operator of a boat drink.

### Parties and Binge Drinking

Most people have lots of parties to attend over the summer, which gives ample opportunities to drink too much. When you're having fun at a party it can be easy to forget how much you have had. Women should not have more than four drinks at once, or men more than five. Drinking more is considered [binge drinking](#) and is particularly dangerous. Binging can lead to car accidents, assaults and fights, unplanned pregnancies, increased blood pressure, heart disease and other serious problems. Binge drinking can turn a fun party into a nightmare. Always keep track of what you are drinking at parties and set a limit. Drink one non-alcoholic beverage in between every alcoholic drink to keep yourself from getting out of control. It also helps to have a friend or partner monitor your intake and warn you if you are close to drinking too much.

### Have a Safe Summer

Summer is a season full of sun and fun, and plenty of parties. Make the most of your summer vacation without an alcohol-related tragedy. Be careful, be aware of how much you and others drink and stay hydrated so that you can expect to enjoy your summer safely.

An Elements Behavioral Health Guide to Drug Rehab  
[www.drugrehab.us](http://www.drugrehab.us)



## How to Know if Your Kid is Vaping Marijuana — and What to Do About It

Hardly a week goes by without another news article about vaping. In 2014, vaping was selected as Oxford Dictionary's word of the year, beating out other candidates like "Bae" and "Budtender". If they were picking a word today, it would more likely be JUUL or Juuling, the wildly popular "stealth vape" of adolescents.

Juuling kids are vaporizing flavored e-juices with nicotine, but what about vaping marijuana? According to Monitoring the Future, an annual survey of nearly 50,000 adolescents, 3 percent, 8 percent and 10 percent of 8th, 10th, and 12th graders respectively had vaped marijuana in 2017.

E-cigarette use may be a marker of risk-taking behaviors, and e-cigarette users are more likely to smoke cigarettes and drink alcohol, which are both also associated with marijuana use. There is also the concern that vaping nicotine, which is in Juuls and many other vaping devices, may pave the way to other substance use problems in the developing adolescent brain. Aggressive marketing in states where marijuana has been legalized may also contribute to increased curiosity about marijuana while at the same time reducing its perceived harm.

To read more on this article click on the link below:

[https://drugfree.org/parent-blog/know-kid-vaping-marijuana/?utm\\_source=email&utm\\_medium=parent&utm\\_campaign=vaping-marijuana#more](https://drugfree.org/parent-blog/know-kid-vaping-marijuana/?utm_source=email&utm_medium=parent&utm_campaign=vaping-marijuana#more)



## We Haven't Forgotten About Marijuana or Alcohol – Neither Should You

*Partnership for Drug Free Kids*  
May 9, 2018

Our country is in the depths of an [opioid epidemic](#), but a large number of calls to our [Parent Helpline](#) are from parents concerned about their son's or daughter's marijuana use. A timely reminder that while the landscape is constantly shifting, some substances — namely **marijuana** and **alcohol** — remain ones that parents should be vigilant about.

*"It's a rite of passage." - "He's just experimenting." - "It's a phase. She'll grow out of it."*

Our culture has a habit of justifying certain types of teen and young adult substance use as perfectly normal, but research indicates otherwise. Ninety percent of addictions begin during the teen years, while [the brain is still very much in development](#). Risk-taking and making mistakes may be normal teen behavior, but when it comes to substance use, there is reason to be concerned and [take action](#).

### Why Is Substance Use in the Teen Years Such a Big Deal?

In the same way we've come to recognize the negative consequences that a mother's drinking or smoking can have on a developing fetus, substance use poses distinct risks to the teen brain, which is in another key developmental phase. Adolescence is a time during which the brain increases efficiency and acquires skills to focus, prioritize and problem-solve. This period of development begins at puberty and lasts until one's mid-20's. Substance use can interrupt and interfere with brain development, which in turn, may adversely impact learning and raise the risks of developing anxiety, depression and substance use disorders into adulthood.

### Risk Factors Make Some Teens More Vulnerable

Some young people are more vulnerable to developing a substance use disorder than others. These teens typically have [certain risk factors](#), including:

- Family history of problems related to substance use
- Underlying mental health problems
- Trauma
- Bullying
- Impulse control problems

Even if these risk factors aren't present, teen substance use can result in car accidents, unsafe sex, violence, poorer academic performance or other serious issues.

### What Can I Do As a Parent?

#### RELATED ARTICLES:

- [How to Talk About Marijuana](#)
- [How to Address Underage Drinking](#)

The older someone is before engaging in any drug or alcohol use, the better the outcome that he or she will not have a problem with substances. Given that alcohol, and in more and more states, marijuana, is legal for those of age, the refrain is one of *delay, delay, delay*. But what can you do in a culture where drinking and drug use is so pervasive?

- Teens are going to take risks, push boundaries and make mistakes. Help them find [healthy ways to try new things, push limits and fail](#).
- Help your teen develop [strong coping skills](#) for life's stressors.
- [Model healthy behaviors](#). After a stressful day, instead of reaching for a glass of wine or beer, try going for a walk, deep breathing or other healthy relaxation techniques.
- Acknowledge and positively reinforce decisions to not use drugs or alcohol.

If your child is "experimenting," it's time to [start talking](#). Have a conversation about what he or she sees as the benefits of using alcohol or other drugs. Reasons for use often include thrill seeking, escaping boredom, social pressure to fit in, escape from problems or easing anxiety. Finding healthy alternatives that address his or her reasons and compete with substance use can move a teen in the direction of lowered use or abstinence.

[https://drugfree.org/parent-blog/we-havent-forgotten-about-marijuana-or-alcohol-neither-should-you/?utm\\_source=june&utm\\_medium=enews](https://drugfree.org/parent-blog/we-havent-forgotten-about-marijuana-or-alcohol-neither-should-you/?utm_source=june&utm_medium=enews)

**Upcoming Events:**

**Next Coalition Meeting**  
July 11, 2018  
11:00 am – Steuben County Sheriff's Building – Bath, NY

DITEP Training  
July 9 & July 10  
Steuben Co. Sheriff's Building

Strong Kids – Safe Kids  
Countywide  
September 15, 2018  
Location – TBD

[www.steubenpreventioncoalition.org](http://www.steubenpreventioncoalition.org)



**For the Locations of Medication Drop Boxes in Steuben County visit:**

<http://www.steubenpreventioncoalition.org/medical-drop-box-locations.html>

**Steuben County Medication Drop Boxes**

<u>Hammondsport Village Hall</u> 18 Water Street, Hammondsport, NY	<u>Beavers Pharmacy</u> 7 Main Street Canisteo, NY
<u>Park Pharmacy of Hammondsport</u> 27 Shether St, Hammondsport, NY	<u>Hornell City Police Department</u> 110 Broadway, Hornell, NY
<u>Bath Police Department</u> 110 Liberty St, Bath, NY	<u>Corning Police Department</u> 500 Civic Center Plz, Corning, NY
<u>Steuben County Sheriff's Office</u> 7007 Rumsey St, Bath, NY	<u>Guthrie Corning Hospital</u> 1 Guthrie Drive, Corning, NY (Located in the Pharmacy)
<u>Steuben County Office Bldg.</u> 3 Pulteney Square , Bath, NY	<u>Gerould's Pharmacy and Healthcare Center</u> 98 West Pulteney Street - Corning, NY
<u>Tops Friendly Market</u> West Morris Street Bath, NY (Located in the Pharmacy)	<u>Market Street Apothecary LLC</u> 78 W. Market St Corning, NY
<u>Canisteo Village Hall</u> 8 Green St, Canisteo, NY	<u>Addison's Apothecary</u> 36 Main Street Addison, NY



**MISSION:**

To promote healthy and safe communities in Steuben County by reducing alcohol and drug use among our youth!

**VISION:**

To have a county where our youth are healthy and drug free!

**Steuben County Underage Party & Drug Information Tip Line**

Anyone with information relating to underage drinking such as parties, underage sales, etc. or information relating to illegal drugs, such as sales, dealers or other suspicious activities are encouraged to use the tip line.

**The Tip Line will be monitored seven days a week, 24 hours a day. All call are anonymous.**

**Do your part to help make our communities safe for everyone.**

**1-844-378-4847**