



...preventing the abuse of alcohol and other drugs through Advocacy, Hope and Awareness.

Council Connections



August, 2010

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9/09 Joint TRC/ CASAC Press Conference for Fetal Alcohol Spectrum Disorders

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A new program— Choices & Consequences

Silver Creek Town Hall Meeting

Thanks for Bowlathon support!

Fetal Alcohol Spectrum Disorder Awareness Day September 9, 2009

“For every pregnant woman, one drink is too many.”

If pregnant, there is NO safe time, NO safe amount, and NO safe kind of alcohol.

Alcohol can harm a fetus at any point in its development, even before a woman knows she’s pregnant.

“Fetal Alcohol Spectrum Disorder” (FASD) is an umbrella term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy. These effects may include physical, mental, behavioral, and/or learning disabilities with lifelong implications.

FASD is the third leading cause of mental retardation and developmental disabilities in this country. And it is preventable- simply by a woman not drinking alcohol when they are pregnant.

CASAC and The Resource Center (TRC) are collaborating in a year long awareness campaign to alert our community, especially women of child-bearing age and their significant others, to act responsibly and safely for the sake of their unborn child. Simply don’t use alcohol in any amount when pregnant. CASAC and TRC also want to alert parents that there is help available if they think their child might have a disorder or disability from the inadvertent use of alcohol while pregnant.

To kick off the awareness campaign, TRC and CASAC will be hosting a joint press conference on September 9th, International FASD Day. Persons interested are invited to attend the press conference beginning at 1:00 PM,

What is Recovery Month?

Recovery Month is an annual observance that takes place during the month of September. The *Recovery Month* observance highlights the societal benefits of substance abuse treatment, lauds the contributions of treatment providers and promotes the message that recovery from substance abuse in all its forms is possible. The observance also encourages citizens to take action to help expand and improve the availability of effective substance abuse treatment for those in need.

Recovery Month provides a platform to celebrate people in recovery and those who serve them. Substance abuse treatment providers have made significant accomplishments, having transformed the lives of untold thousands of Americans. These successes often go unnoticed by the broader population; therefore, *Recovery Month* provides a vehicle to celebrate these successes.

Recovery Month also serves to educate the public on substance abuse as a national health crisis, that addiction is a treatable disease, and that recovery is possible. *Recovery Month* highlights the benefits of treatment for not only the affected individual, but for their family, friends, workplace, and society as a whole. Educating the public reduces the stigma associated with addiction and treatment. Accurate knowledge of the disease helps people to understand the



Take a confidential self-test to assess your drinking patterns and receive personalized feedback. You’ll find out whether your

feedback. You'll find out whether your alcohol consumption is likely to be within safe limits, or if it may be harmful to your health, either now or in the future.

whole. Educating the public reduces the stigma associated with addiction and treatment. Accurate knowledge of the disease helps people to understand the importance of supporting treatment programs, those who work within the treatment field, and those in need of treatment.

Current Training Opportunities at CASAC

Beginning Awareness Basic Educational Studies (BABES)

Presenter Certification Studies

Presenter: Kathleen Colby, Master Trainer

Thursday–Friday, September 9–10

8:30 am–5:00 pm

Motivational Interviewing: Engaging and Guiding

Presenter: Cheryl Lynn Martin, RN, CASAC

Monday, September 20

1:00 pm–4:00 pm

Learning Thursdays Webinars

[Click here for registration information.](#)

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Help wanted:

Students for Awareness Theatre!

Interested youth, ages 14-20 are encouraged to join Awareness Theatre. AT uses teen actors to develop and perform dramatic pieces about problems faced by youth. AT performs for schools, civic organizations, parent groups, church groups, or any group interested in youth.

AT troupe members say it is about more than acting. Amanda Martin from Dunkirk says "AT has been the most life changing program I've ever been part of. You can really see the difference you make in people." Her troupe-mate Lynne Wahlstrom from Jamestown agrees, "It helped me become more confident in who I am. If you had told me 3 years ago I'd be in an acting troupe, I'd have told you that your crystal ball was malfunctioning. Yet here I am!"

[Read more about Awareness Theatre and what Director John Blackman has to say...](#)

For more information on Awareness Theatre, contact John Blackman at **(716) 664-3608** or email john@casacweb.org.

Hopeless Desperation

Article written by Tony Bellanca, CASAC Gambling Prevention Specialist

Most people look at gambling as a harmless activity engaged in for fun, excitement, and the possibility of winning the "Big One." With the increased availability and accessibility of gambling opportunities, gambling seems to have become a way of life. In the State of New York, we have several casinos, a state lottery, many types of scratch-off tickets, Quick Draw, horse racing, pull tabs at local clubs and Bingo – all legal forms of gambling. In addition, New York State participates in the Power Ball and Mega Millions with several other states.

[Read more](#)

www.casacweb.org



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We're on the web!

On June 30, 2010, CASAC's website went online with a fresh new look. Originally developed by [Morgan Adams of Adams Immersive: Interactive Design and Games](#), along with assist from Billie Jean Hubert



Originally developed by **Morgan Adams of Adams Immersive: *Interactive Design and Games***, along with assist from Billie Jean Hubert of CASAC, the website was ready for a fresh look after ten years. The site had long outgrown it's intended use and needed an overhaul. Explore the site and let us know what you think. The site is full of information for anyone needing help on a personal level, who may be struggling with alcohol or other drug issues, and it offers resources for those seeking information or education. **For anyone who can read Spanish, the entire website will translate instantly from English to Spanish by clicking the word "espanol" at the bottom of every page on the site.**

The video, [*CASAC's Story: Advocacy, Hope and Awareness*](#), can also be viewed on the website. The powerful video was created by Kip Reynolds of AYERUS Productions.

CASAC has also joined the social media movement. Become a CASAC friend and look for CASAC news on [facebook](#) [CASACweb.org](#)

Choices & Consequences (C&C) is a

prevention program for youth at risk of problem behaviors such as substance abuse, gambling, delinquency, school drop-out, and violence. Designed by CASAC staff using evidenced based practices for intervention and education, C&C is an ideal program for referral by local courts, schools and treatment centers for youth, age 12 through age 20. C&C is a comprehensive alcohol and other drug awareness program that integrates small-group work and life skills training models. It is designed to modify known risk factors and enhance protective factors across multiple domains. Content areas include the harmful effects of alcohol and other drug use and abuse, the disease concept of addiction and related issues, and the risk and protection framework. Skill development topics include positive social competency skills (decision-making, communication, and interpersonal relationships), personal improvement skills (self-esteem building & goal setting) and mood management skills (stress and anger management, coping skills) and personal control skills (refusal/resistance, assertiveness, understanding peer influence, conflict resolution). C&C is implemented in six 2-hour sessions. Fees vary depending on circumstances. **Call CASAC at 716-664-3608 for more information.**



If you or someone close to you has a problem related to alcohol, other drugs or compulsive gambling. call CASAC at 664-3608, or email info@casacweb.org.

"Helping Keep Kids off Drugs" 2010 Bowlathon a striking success!

CASAC made a strike at the 2010 CASAC Bowlathon held in June! Funds raised from the bowlathon will be used to provide alcohol and other drug prevention education and intervention services for youth and their families in our community.

Thank you to all donors and supporters. Special thanks to the Thrivent Financial for Lutherans Chautauqua Chapter for support from their Care Abounds in Communities fund. As the current financial uncertainty has directly affected CASAC programs and services, the support of community is urgently needed and appreciated.



SILVER CREEK TOWN HALL MEETING



SILVER CREEK TOWN HALL MEETINGPreventing and reducing the number of children drinking alcohol

Silver Creek Central School hosted a Town Hall meeting on June 8th. to initiate the annual SAFE SUMMER campaign. Silver Creek Central School Superintendent David O'Rourke and a Chautauqua County Underage Drinking Task Force Member stated that with the start of summer, it is important for parents, youth and the community to understand the issues around alcohol use and its adverse effects on children.

Patricia Z. Munson, Executive Director of Chautauqua Alcoholism & Substance Abuse Council (CASAC), stated that childhood drinking between the ages of 9 and 15 is a problem for the entire community. It doesn't have a single solution. It must be addressed by many different segments of the community because solutions will depend on actions by parents, community members and organizations, and government. The first step in making decisions to address the issue is education and awareness.

As young children approach adolescence, there are additional factors that work against teens making healthy choices regarding alcohol use. It is essential for communities to look at alcohol issues prior to high school and develop a long range community response that includes children, adolescents and community norms.

There is emerging research that the negative effects of alcohol on a child's development are even greater than once thought. Physical consequences of underage alcohol use range from medical problems to death by alcohol poisoning, and alcohol plays a significant role in risky sexual behavior, physical and sexual assaults, various types of injuries and suicide. 73.6% of the deaths of young people ages 10 – 24 are alcohol related.

Paul Bogosian, a community resident and a member of the Chautauqua County Underage Drinking Task Force, did a presentation on "Alcohol & Brain Development". Mr. Bogosian is the lead presenter for "Alcohol & Brain Development" which is used yearly at the Sheriff's Academy for new law enforcement officers and for presentations to parent and community groups.

The Town Hall Meeting is part of a nationwide project coordinated by the Federal Substance Abuse and Mental Health Services Administration (SAMHSA) to increase community awareness of underage drinking. A mini-grant was provided by SAMHSA to CASAC for the project. A second Town Hall Meeting is being planned for the Chautauqua Lake School District at a later date.

This Town Hall meeting was a joint project between Silver Creek Central School, the Chautauqua County Underage Drinking Task Force and CASAC, which is a United Way agency.

For more information on the Silver Creek Town Hall meeting, contact the school at 934-2603 or CASAC at 664-3608. For information on hosting a Town Hall meeting in your community, contact Patricia Munson at 664-3608.

We're back! Repairs are completed at CASAC's Dunkirk office for wind and water damages resulting from a severe storm earlier this year. CASAC staff have completed the move back to 314 Central Avenue and are glad to be back "home!" CASAC's Dunkirk office can be reached at 716-366-4623.

CASAC Staff

Patricia Z. Munson, Executive Director
Ardeth Alessi, DDP Director
Tony Bellanca- Gambling Prevention Specialist
John Blackman- Awareness Theatre Director
Kathy Colby- Director of Training Services
Julie Franco- Director of Program Services
Jeff Grodecki- Fiscal Assistant
Billie Jean Hubert- Associate Direct
Afroula Snell- Office Manager
Jeff Thomas- Community Educator
Melanie Witkowski- Prevention Coordinator of School Based Programs
Kathy Stornes- DDP Assistant
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from our mailing list,
email
info@casacweb.org or
call 716-664-3608.

back "home!" CASAC's Dunkirk office can be reached at 716-366-4623.



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