



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

Council Connections



December, 2010



Pasta for Prevention

“Helping Keep Kids Off Drugs”

Spaghetti Dinner

Homemade sauce & meatballs!

Thursday

December 9, 2010

5:00 to 7:00



First Covenant Church

520 Spring Street
Jamestown, NY

Adults: \$7.00
Children 12 & under: \$3.50
Tickets—CASAC-664-3608, or at the door.

Take-out available!

Supported by:
Thrivent Financial for Lutherans
and
Support Enterprises of TRC



Current Training Opportunities at CASAC

Learning Thursdays Webinars

Descriptions and dates are listed on our website:

www.casacweb.org

For training details and registration information, call [Kathy Colby](mailto:Kathy.Colby) at 716-664-3608.

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- 2010 CASAC Board of Directors**
- President
Arnold Zdrojewski
 - Vice President
Janel Subjack
 - Sec./Treasurer
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 - Mary Carney
 - Gary Greenwood
 - Rebecca H. Haines
 - Larry M. Hoard
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 - Anthony J. Raffa
 - Rev. Kenneth Soderquist
 - Paul L. Stage
 - Frann Wilson



CASAC is an affiliate of





CASAC Receives Grant from Sheldon Foundation

A grant was recently awarded to CASAC by the Ralph C. Sheldon Foundation for purchase of a computer network system server. The new equipment will replace an outdated system which will enable CASAC staff easier access to research and communication needs that they face in their program and service delivery as well as to provide online access for help to the general public.

25 Percent of Teens and Young Adults Report Binge Drinking

Recent data released indicates a serious public health problem. According to new statistics published by the Centers for Disease Control (CDC), one-quarter of American teens and young adults engage in binge drinking. Although binge drinking was also widespread among adults, the CDC said the findings for young people are particularly troubling, since their brains may be more susceptible to damage from heavy drinking than those of older drinkers. Among all alcohol consumers, one out of three adults and two out of three high school students reported binge drinking in the past month. The practice was most common in men, adults aged 18 to 34, and people with household incomes of \$75,000 or more. Approximately 79,000 deaths in the U.S. each year are attributable to alcohol, and of these, roughly half are related to binge drinking. Binging increases the risk of other health problems as well, including unplanned pregnancy, violence, STD transmission, and car crashes. The rate of binge drinking has not declined in the U.S. in over 15 years. One reason the binge drinking rates have stayed steady may be because the public does not see binge drinking as a major public health concern.

Hazelden: New 'Sober24' Online Community for People in Recovery

Hazelden announced that it has launched a newly enhanced Sober24, the online social media site that helps people throughout the world maintain their recovery from addiction and compulsive behaviors. The site, at www.sober24.com, offers online membership as a free service to everyone in recovery, providing members with easy access to the recovery community, as well as experts, resources and services in addiction treatment. [Sober24](#) is an important resource and Twelve Step peer meeting ground for family members and loved ones of people in recovery. Sober24 now includes: Regular peer Twelve Step meetings moderated by members of the Sober24 and Hazelden communities; A monthly book club; "Diary of an Alcoholic Housewife" blog by Brenda Wilhelmso; "Pep Talk with Earnie Larsen"; and a "tell us your story" section where site members are invited to submit personal stories of their recovery. With a membership base of approximately 11,000 and growing, Sober24 currently experiences an average of 350 site visits a day from individuals in the United States and 52 other countries.

OASAS Statewide Comprehensive Plan Now on Website

The [Statewide Comprehensive Plan 2010-2014](#) provides information about the NYS Office of Alcoholism and Substance Abuse Services' strategic directions, current initiatives and recent achievements. It also has information about the nature and extent of substance use and gambling disorders; the network of prevention, treatment and recovery programs that addresses these disorders; and the outcomes achieved by these programs. The foundation for the strategic directions and initiatives outlined in the Plan continues to be a person-centered approach to service delivery. Visit the site for an update on these issues as they impact upon residents throughout all New York State.

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"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.

Serving the residents of Chautauqua County since 1974, CASAC's mission is to prevent the abuse of alcohol, other drugs and gambling related problems through Advocacy, Hope and Awareness.

CASAC

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Room 308
Dunkirk, NY 14048
Phone: 716-366-4623
Fax: 716-366-4624

CASAC

2-6 East Second Street
Suite 405 Fenton Building
Jamestown, NY 14701
Phone: 716-664-3608
Fax: 716-664-3661

Council Connections



December, 2010

A letter from Patricia Z. Munson, CASAC Executive Director...

Dear CASAC Friend,

It is hard to believe 2011 will begin my 25th year as Executive Director of CASAC! It has truly been a privilege to serve CASAC, and as I reflect over those years, I have many reasons to be thankful.

I'm thankful for...

- the work done by the many CASAC staff that have worked with me through the years. They have made a difference in our community!
- CASAC's current staff. You really are making a difference!
- the many CASAC friends who give generously of their resources to support the work of CASAC. Every dollar counts. Without you, CASAC couldn't do the work it does.
- the countless CASAC volunteers who donate their time to help. You stuff envelopes, make and serve meatballs, join CASAC's Bowlathon, attend advocacy events and meetings, answer the telephone, and even provide homemade cookies for our meetings. You do so many things that provide support to CASAC services.
- Board members who bring their talents to the table. You make decisions in a thoughtful, purposeful way and provide leadership to CASAC.
- for anyone seeking help for an alcohol, other drug or gambling related problem, I am thankful that CASAC is here to answer the call and to connect you with help when you need it.

Above all, I am thankful for the opportunity to continue as CASAC's Executive Director. I am proud of the prevention and intervention work that CASAC staff provide to our community.

I encourage you to make your own gratitude list, and when you do, consider a reason why you are thankful for CASAC. Perhaps CASAC services have affected you personally, or have helped a friend, neighbor or family member, whether through a CASAC school program, a community event, or through CASAC's intervention services. If you have a CASAC gratitude, please share it on the form below. We ask permission to share your gratitude anonymously in our next newsletter.

Along with your CASAC gratitude, please consider an end of year tax deductible gift to CASAC. Thank you for your on-going support of CASAC's efforts to prevent and intervene in alcohol, other drug, and gambling related problems through *Advocacy, Hope and Awareness*.

Sincerely,

Patricia Z. Munson
Executive Director

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My gratitude list includes CASAC because:

I wish to support CASAC with an end of year tax deductible gift.

Checks may be made payable to CASAC.

- _____ \$25.00
- _____ \$50.00
- _____ \$100.00
- _____ \$250.00
- _____ Other

Name: _____

Address: _____

City: _____

Email: _____

With a \$50.00 or more donation, you will receive a 2011 planning calendar as a thank you gift.

Please mail your donation to:

CASAC
2-6 East Second Street
Suite 405 fenton Building
Jamestown, NY 14701.





2010 CASAC Staff

Patricia Z. Munson,
Executive Director
Ardeth Alessi,
Drinking Driving Program
Director
Tony Bellanca– Gambling
Prevention Specialist
John Blackman–
Awareness Theatre Director
Kathleen Colby–
Director of Training Services
Julie Franco–
Director of Program Services
Jeff Grodecki– Fiscal
Assistant
Billie Jean Hubert–
Associate Executive Director
Afroula Snell–
Administrative & Support
Services Coordinator
Jeff Thomas–
Community Educator
Melanie Witkowski–
Prevention Coordinator of
School Based Programs
Kathy Stornes– DDP
Assistant
Bill Rivera– DDP Assistant
Newsletter Editor–
Billie Jean Hubert

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.**

HEAVY MARIJUANA USERS EXPERIENCE WITHDRAWAL,

RESEARCHER SAYS: A study of heavy marijuana users found that about one-third reported resuming use of the drug to relieve or avoid withdrawal symptoms, according to researcher David Gorelick, M.D., Ph.D., of the National Institute on Drug Abuse. "Heavy pot users should be aware that they may experience a withdrawal syndrome that will make them uncomfortable when they try to quit," he said. WebMD reported that Gorelick said at the annual meeting of the American Psychiatric Association that the study involving about 500 heavy, long-term marijuana users -- about a quarter of whom reported smoking marijuana more than 10,000 times during their lifetime -- found that 42.4 percent of those studied reported at least one symptom of withdrawal, such as cravings, irritability, boredom, anxiety, or sleep disturbances when they abstained from use. Not all of these users, however, resumed marijuana use as a result. Gorelick said he expects marijuana-withdrawal syndrome to be included as a psychiatric disorder in the next edition of the Diagnostic and Statistical Manual of Mental Disorders, due in 2012.



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.

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Talk2Prevent.com New York State Office of Alcoholism and Substance Abuse Services (OASAS) Commissioner Karen M. Carpenter-Palumbo announced a new state website, **Talk2Prevent.com**, to help parents talk to kids about the dangers of underage drinking.

www.casacweb.org "Where can I go for help?" CASAC's website contains helpful information for anyone struggling with alcohol, other drugs or gambling related problems, whether an individual or for a family member. The website is also an excellent resource for information and education about the issues. The video, **CASAC's Story: Advocacy, Hope and Awareness**, can also be viewed on the website.