

In The Know

A monthly newsletter to keep you current and In The Know on topics related to the Prevention of Substance Abuse

Steuben Council on Addictions

A program of Substance Free Living

Volume 9, Issue 4

July 2017

Historic number of travelers for Independence Day Weekend

AAA, June 23, 2017—44.2 Million People Expected to Travel Independence Day Weekend

This Independence Day, a record-breaking 44.2 million Americans will travel 50 miles or more away from home to honor the red, white and blue. With 1.25 million more travelers than last year, 2017 will be marked as the most traveled Independence Day holiday weekend ever.

“Combined, strong employment, rising incomes and higher consumer confidence bode well for the travel industry, in particular this Independence Day weekend,” said Carol DiOrio, vice president of travel at AAA Western and Central New York. “A historic 44.2 million Americans will travel to celebrate our nation’s freedom this year, adding to an already bustling summer travel season.”

The Independence Day holiday travel period is defined as Friday, June 30 to Tuesday, July 4.

- 3.44 million people are taking to the skies, increasing air travel by 4.6 percent over last year.
- 3.27 million travelers, an increase of 1.4 percent from 2016, will look to other modes of transportation, including cruises, trains and buses.

More people will drive, fly and use other modes of travel

The vast majority of travelers—37.5 million Americans—will drive to their Independence Day destinations, an increase of 2.9 percent over last year. Air travel is expected to increase 4.6 percent over last year, with 3.44 million Americans taking to the skies this Independence Day. Travel by other modes of transportation, including cruises, trains and buses, will increase 1.4 percent, to 3.27 million travelers.

By the Numbers: Independence Day Travel Forecast

- Overall, 44.2 million travelers are expected to travel this Independence Day, a 2.9 percent increase over 2016.
- 37.5 million Americans will drive to their destinations, an increase of 2.9 percent over last year.

<https://westerncentralny.aaa.com/news-room/releases/2017-06/historic-number-travelers-independence-day-weekend>

STOP DWI New York Community Focused. Saving Lives. www.stopdwi.org

Local law enforcement is cracking down on DWI offenders this July 4th weekend.
Walk. Ride. Carpool. Call a cab.
Have a Plan. Don't Drive. Get a Ride.

Do you or someone you care about need help because of Drugs, Alcohol or Gambling call:

1-877-8HOPENY (1-877-846-7369)

24 hours a day, 7 days a week * Free & confidential information and referrals.

Council Corner

We would like to extend a sincere "Thank You" to the employees from Corning Inc., that came to our agency as part of the United Way Day of Action. These gentlemen came and tackled projects for us that would otherwise not get taken care of. They cleaned around the front and site of our office, raking leaves, cleaning out weeds, painting and then they also resealed our driveway. Again, thank you to United Way for sponsoring the Day of Action and to the employees from Corning Inc, for spending the day helping out our agency. Your time and effort is greatly appreciated!



On June 22, 2017 Steuben Council on Addictions Prevention Educators completed the Substance Abuse and Mental Health Services Administration's (SAMHSA) Substance Abuse Prevention Skills Training. This was an intensive look at all aspects of prevention and the prevention framework. The Educators, pictured below, all received 31 clock hours of training which not only included four days of classroom training but a 5 hour on-line training. During this training educators took more involved looks at prevention framework, environmental strategies, prevention needs, looking at and developing strategic plans, implementing evidence-based programming and practices, enhancement of capacity building and better evaluating the effectiveness of prevention strategies already in place.



Prevention Educators Pictured L-R: Julie Camacho, Stacey O'Dell, Barbara McCollum and Stephanie Wilcox

PARENTS WHO HOST LOSE THE MOST™

Don't be a party to teenage drinking.
It's against the law.

Youth who drink alcohol are more likely to experience: School problems, such as higher absence and poor or failing grades. Social problems, such as fighting and lack of participation in youth activities. Legal problems, such as arrest for driving or physically hurting someone while drunk.

COMBAT HEROIN
& Prescription Drug Abuse

addiction can happen to anyone, any family, at any time

there is **HOPE**

1-877-8-HOPENY
(1-877-846-7369)

combatheroin.ny.gov

Substance Free Living
A service priority for Catholic Charities of Steuben

8 East Morris Street, Bath, NY 14810
Phone: (607) 776-6441 * Fax: (607) 776-6664

Prevention Director: Jim Bassage
Prevention Educators: Barb McCollum, Stacey O'Dell, Stephanie Wilcox, Julie Camacho
Administrative Assistant & DDP Coordinator: Diana McIntosh
Clerical Assistant: Jessica Allison
Drug Free Communities Coordinator: Norman McCumiskey
Drug Free Communities Program Assistant: Colleen Banik
Bath Hope for Youth Counselors: Sherry Sutton—Campbell-Savona, Tara Chapman—Hammondsport, Jennifer Beaty—Haverling

Steuben Council on Addictions is a program of Substance Free Living, which is a service priority for Catholic Charities of Steuben. In The Know is a regular monthly update about alcohol, tobacco and other drugs to help in the prevention of substance use and abuse. For more information please contact Stacey O'Dell, Prevention Educator at sodell@dor.org.



The impact of familial substance abuse on children

Substance abuse is a major issue in the United States today and one that affects society as a whole. Families and children are directly impacted in many ways when someone in a household has a substance abuse issue.

Children raised in homes where substances are abused face many potential issues related to their mental, emotional, academic and physical development. These children are at greater risk of being abused or neglected due to the substance abuse within the home.

The needs of children often take second to the needs and wants of the parent(s) or other adults in the household. This can leave children in dangerous situations or in situations where they must care for themselves and other siblings. These homes can often become chaotic as the normal roles within the family have been redefined.

“The search for drugs or alcohol, the use of scarce resources to pay for them, the time spent in illegal activities to raise money for them, or the time spent recovering from hangovers or withdrawal symptoms can leave parents with little time or energy to care properly for their children. These children frequently do not have their basic needs met and often do not receive appropriate supervision. In addition, rules about curfews and potentially dangerous

activities may not be enforced or are enforced haphazardly. As a result, substance use is often a factor in neglect cases.” (Office on Child Abuse and Neglect, Children’s Bureau., ICF International, 2009)

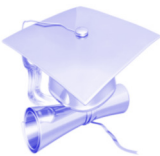
It is often hard for outsiders to see that substance abuse is an issue within a family. Families become used to covering for each other, making up excuses or lies to protect the family. Children become accustomed to their “adult” type roles within the household and will often do whatever they can to help the family stay together and this often leads to the protection of the parent that is using. These behaviors are unhealthy and will often lead to turmoil in adolescence and adulthood for children living in these households. Children of alcoholics and drug abusers are more likely to use in their futures and have unhealthy ideas about drugs and alcohol and skewed thinking about relationships and family roles.

There is help out there for families and children. For more information please call us at (607) 776-6441.

Graduation & Alcohol Don't Mix

Protect yourself, your graduate and everyone by making this year's party alcohol free.

“Don't be a party to teenage drinking.”



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 calls are kept anonymous.

Do your part to help make our communities safe for everyone!

1-844-378-4847



5 MYTHS

ABOUT DRUG ABUSE AND ADDICTION

1. “OVERCOMING ADDICTION IS A SIMPLY A MATTER OF WILLPOWER.”

Prolonged exposure to drugs alters the brain in ways that result in powerful cravings and a compulsion to use. These brain changes make it extremely difficult to quit by sheer force of will.

2. “ADDICTION IS A DISEASE; THERE'S NOTHING YOU CAN DO ABOUT IT.”

Most experts agree that addiction is a brain disease, but that doesn't mean you're helpless to it. The brain changes associated with addiction can be treated and reversed through therapy, medication, exercise, and other treatments.

3. “ADDICTS HAVE TO HIT ROCK BOTTOM BEFORE THEY CAN GET BETTER.”

Recovery can begin at any point in the addiction process and the earlier, the better. The longer drug abuse continues, the stronger the addiction becomes and the harder it is to treat. Don't wait to intervene until the addict has lost it all.

4. “YOU CAN'T FORCE SOMEONE INTO TREATMENT; THEY HAVE TO WANT HELP.”

Treatment doesn't have to be voluntary to be successful. People who are pressured into treatment by their family, employer, or the legal system are just as likely to benefit as those who choose to enter treatment on their own. As they sober up and their thinking clears, many formerly resistant addicts decide they want to change.

5. “TREATMENT DIDN'T WORK BEFORE, SO THERE'S NO POINT TRYING AGAIN.”

Recovery from drug addiction is a long process that often involves setbacks. Relapse doesn't mean that treatment has failed or that you're a lost cause. Rather, it's a signal to get back on track, either by going back to treatment or adjusting the treatment approach.