

# 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 11, Issue 3

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### Caffeine control

Do you rely on that morning cup of coffee to wake you up, or the mid-day soda to keep you going? If so; you aren't alone. About 75% of the United States caffeine intake comes from coffee. It is clear to see that Americans enjoy coffee and for most adults, moderate doses of caffeine or about two to four cups of brewed coffee a day are not harmful. However, caffeine dependence can develop easily along with other unpleasant effects.

Caffeine is a central nervous system stimulant. It is found naturally in coffee beans, tea leaves, chocolate, and is a popular added ingredient in sodas and some over-the-counter medications. When stimulated by caffeine, the central nervous system blocks a neurotransmitter which releases adrenaline. Your muscles tighten up and glucose is released into the blood stream resulting in extra energy.

Some negative effects on the body one may experience after consuming caffeine would be:

- Insomnia
- Nervousness
- Restlessness
- Irritability
- Stomach upset
- Headache
- Muscle tremors
- Elevated heart rate and blood pressure.

Caffeine use can be connected with caffeine intoxication, caffeine withdrawal, and caffeine dependence. Caffeine intoxication can occur when a person consumes more than 600 mg of caffeine within a short amount of time. This amount varies due to the caffeine tolerance of a regular caffeine user compared to the occasional caffeine user. Common features of caffeine intoxication include nervousness, restlessness, excitement, insomnia, rambling flow of thought and speech, gastrointestinal upset, tremors, tachycardia, muscle twitching and more.

Make a code to help  
teens & young adults escape  
sticky social situations.

When peer pressure sets in, this is the way out.



Make a plan for your teen and young adult to text you 'X', or any other code, so that if they're in a bind, they have a safe escape.



If you receive the "X", you then will call and tell them that you need to pick them up or they need to come home immediately. This will be their excuse to swiftly leave the situation.



No questions asked.



Office of Alcoholism and  
Substance Abuse Services

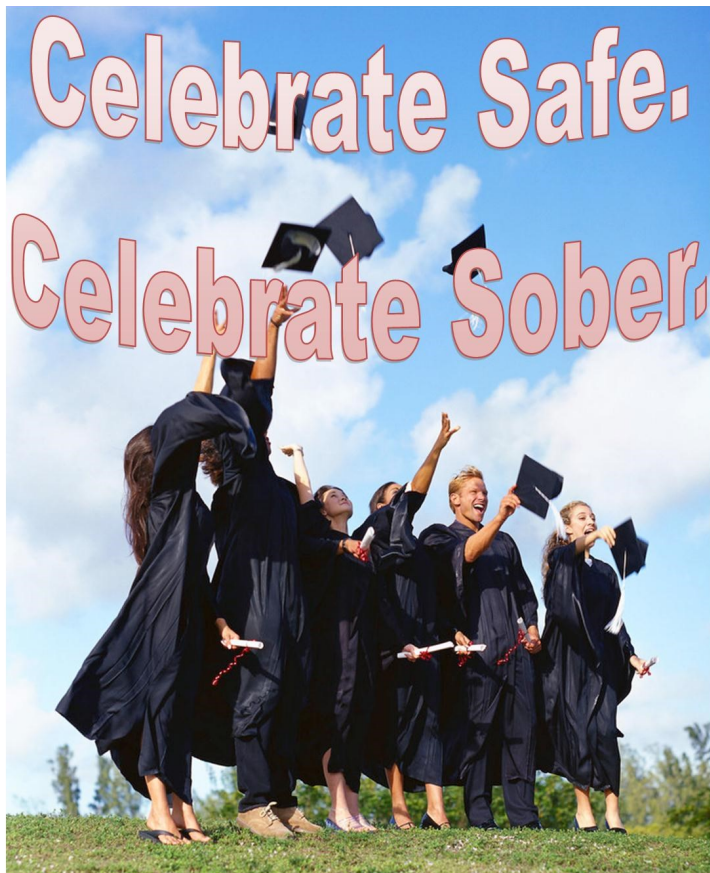
CombatAddiction.ny.gov

### Knowledge is Power—Let us help you learn more

Steuben Council on Addictions is available to provide community presentations on a myriad of topics relating to substance abuse, prevention, parent information, information for schools and their employees, churches, youth groups and more. We are capable of customizing presentations to the area of interest, timeframe requested and makeup of the audience.

**Topics include but are not limited to:** Current adolescent drug trends, Societal drug trends, Vaping and eCigs, The Opioid Epidemic, Underage Drinking; Gambling and its effect on families and society, Substance abuse and employment, Impact of substance use on children and education, etc.

For further information or to schedule a presentation, please contact Prevention Educator Stacey O'Dell at [Stacey.O'Dell@dor.org](mailto:Stacey.O'Dell@dor.org) or (607) 776-6441 x205.



**Congratulations to all area Graduates!  
Best wishes in your future endeavors.**

**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 McCollumn, Stacey O'Dell,  
Stephanie Wilcox, Julie Camacho

*Administrative Assistant: Amanda Azar-Wheeler*

*Drug Free Communities Coordinator:  
Colleen Banik*

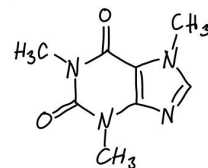
*Bath Hope for Youth Counselors:*

Sherry Sutton—Campbell-Savona  
Tara Chapman—Hammondsport  
Jennifer Beaty—Haverling

**Caffeine Continued from pg. 1**

Most adults need seven to eight hours of sleep each night but caffeine can interfere with this much-needed sleep. For many college students and new parents, caffeine is used to mask sleep deprivation but this can create an unwanted cycle.

**CAFFEINE**



**OVERLOAD**

When caffeine is consumed immediately before bedtime or continuously throughout the day, sleep onset may be delayed, total sleep time reduced and the quality of sleep decreased. Because of its ability to cause insomnia, caffeine-induced sleep disturbance is greatest among individuals who are not regular caffeine users (Mayo Clinic).

For more information on this topic or others, please contact Steuben Council on Addictions at (607) 776-6441.

**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.

**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**

*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.*



# Alcohol Awareness Month contest winners



**1st Place (at left):**

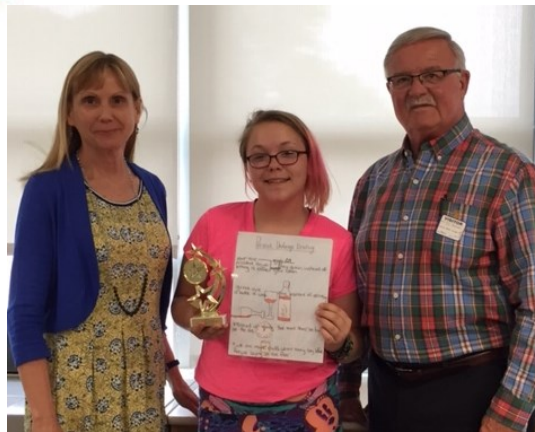
Tristen Carney  
JT 6<sup>th</sup> Grade

**2nd Place (at right):**

Kaitlin Dewert  
JT 6<sup>th</sup> Grade

**3rd Place (below):**

Alyssa Smith  
Haverling 7<sup>th</sup> Grade



**Thank You** to everyone that participated. Choosing these winners was not an easy decision as there were so many amazing entries. We look forward to the designs next year.



**Hosting a party in your home with underage drinking doesn't make it safer.**

**It makes it illegal.**

