

SUMMER
2008



Prevention Network has been making CNY a healthier community since 1949 by providing proven and measurable programs to prevent addictions and address other problem behaviors

PREVENTION PERSPECTIVE

Prevention Network Selected to Develop Regional Prevention Resource Center

Prevention Network was selected to receive an award from New York State's OASAS (Office of Alcoholism and Substance Abuse Services) to develop a regional Prevention Resource Center. The agency will receive up to \$250,000 in funding to create the regional resource center. Once established, the center will develop, implement and evaluate coalitions that will address alcohol and other drug and problem gambling behaviors in the community. Executive Director Brad Finn expressed his comments upon notification from OASAS Commissioner Karen Carpenter Palumbo, "We are thrilled to be offered the opportunity to strengthen the environments of our children, parents, neighborhoods and businesses." In addition, the center will assist existing coalitions and help build new ones to address alcohol and other drug prevention efforts. He noted that funding was secured with the unanimous support from prevention councils and county governments across the central region.

Prevention Network will oversee the new center from its current office in Syracuse. It will coordinate efforts for a 13-county region, including St. Lawrence, Jefferson, Lewis, Cayuga, Onondaga, Cortland, Madison, Oneida, Herkimer, Oswego, Chenango, Otsego, and Delaware Counties. The agency is interviewing candidates to fill a professional position to coordinate the center. The center's coordinator will provide training and technical assistance to local community coalitions in preventing alcoholism, drug abuse, and problem gambling behavior. For more information on the regional Prevention Resource Center or for technical assistance for ongoing prevention efforts, contact Brad Finn at 471-1359 or bfinn@PreventionNetwork.info

Congratulations CIT Graduates!

Prevention Network congratulates the June 2008 CASAC- In-Training graduates: Tere-sita Mann, William Mahyna, Pamela McKenzie, Tony Rowser, and Anne Stringer. They have completed our 350 Clock Hour Program over the course of two years. These students worked diligently attending trainings, doing home study courses, reading outside homework assignments on a regular basis, and successfully completing their exams. Pamela and Teresita are newly employed by the Syracuse Model Neighborhood Corporation in the FACES Program. Tony is employed at Crouse Chemical Dependency Treatment Services and Anne is employed at Tully Hill. William is looking for a position.

We would also like to take the opportunity to welcome Angela Heerkins and Joseph De-Gonzague into our program this fall. We all look forward to working with them.

Prevention Network's CASAC-In-Training Program offers a 350 Clock Hour course over two years which allows students to obtain their CASAC-In-Training certificate from the New York State Office of Alcoholism and Substance Abuse Services (OASAS). We currently have ten students enrolled in the program. If you have any questions regarding this program or would like to enroll, please contact Denise Hatch at (315) 471-1359 or dhatch@Preventionnetwork.info

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Did you know?

For the second consecutive year, the United States Senate passed a resolution naming *August as National Medicine Abuse Awareness Month*. The measure calls for community involvement and participation in efforts to educate parents about the dangers of prescription and over-the-counter medicine abuse among teens. Parents can access helpful materials at www.DoseofPrevention.org

Reflections

I would like to thank Credo for giving me this opportunity to tell some of my story. I was 16 and started my drug use with alcohol and marijuana which led me to drop out of school. Then at 18 I started using meth that lasted for three years while I was using meth I was arrested twice for having the drug. I was desperate to stop meth so I turned to pills for a substitute. After a year of using pills I turned to heroin and while I was using heroin I ended up in prison for selling coke. I was selling cocaine to support my habit of heroin, so at age 21 I was in prison and a high school drop out with waiting job or anything to look forward to besides seeing my family. I wasn't sure if I could go back home when I got out of prison. Now I get out of prison and my parole officer suggests I try a new drug suboxine. Suboxine is for heroin addicts who need or want to stop the cravings of heroin. So I went to the doctor and told him I was interested in the suboxine program and I start on it. When I was on it for about two weeks I was so impressed I described to everyone how it's a miracle cure for us. No longer was I thinking about the fun times or so called fun times I had with heroin. I was feeling awesome and didn't think what it would be like using again just once or twice which when I used to always led to everyday use again. My family was starting to trust me again. I had a job for the first time. I was healthy and feeling good. My parole officer started to let me know how good I was going after about seven months which made me feel real good. Even at Credo where I've been going for years and always lying. They could see this time something was different. They even told me how good I was doing. I started being more involved in group discussion because I was no longer worried I might slip up. I kept my job and still doing good on parole and in Credo. I still tell everyone without suboxine a very lot of people would still be using and ruining their lives or maybe even dead. I would 100% be one of them if not for the suboxine. This medication helped me realize I was letting life pass me by. It helps me realize there were a lot of things I was letting go just to get high. My life is better in all aspects and the only reason is suboxine. It got me to focus on life, family, work, school, and my freedom, I really can't put it in words but those who are on suboxine know exactly what I mean. I can't express enough how this medication not only saved my life but made it so much better in all aspects. I am exactly where I should be in life and focused and happy in treatment and recovery. So if everyone who reads this wants long term sobriety and has been through enough to really want it suboxine works miracles if it got me clean and happy it is a miracle.

Leroy D.

Reflections was reprinted with permission from the author, an opioid-dependent patient from Upstate New York who was willing to share his personal life story. It was written in the author's own words and has not been edited. It is the second in a series about Suboxone (buprenorphine), the only FDA-approved controlled medication to treat opioid dependence in a physician's office. The first Suboxone article was published in the Winter 2007 issue of Prevention Perspectives.

Resources to treat opioid dependence:

Free resource kits: turntohelp.com

General information and physician locator:

Crouse Chemical Dependency Treatment Services Opiate Treatment Program: (315) 470-8334

turntohelp.com; suboxone.com;
naabt.orgbuprenorphine.samhsa.gov

Spring Gala Recap

More than 250 guests gathered at Prevention Network's annual fundraiser on Friday, May 9th in the Oncenter Complex Ballroom. The beautifully renovated ballroom was decorated for the "Spring Gala" theme with huge colorful hanging banners hand painted by local children and tables topped with potted spring flowers from Hafners Farmer's Market. One winning guest at each table won a centerpiece to take home.

Dinner guests enjoyed a delicious sit-down dinner and dessert, silent and live auction and the fabulous musical entertainment of Andy Taylor. Dan Cummings of WSYR Newschannel 9, and frequent on-air advocate for Prevention Network's community services, served as Master of Ceremonies. Honorary Chair Joanie Mahoney surprised attendees with an announcement of a grant award from the Stop DWI program for the production of an agency video on underage drinking scheduled for distribution in area schools this fall. A special thank you goes out to auctioneer Bernie Brzostek who led the bidding for our live auction.

Congratulations to Chris Harris, who won the weekend package for two to Toronto, Ontario, including theatre tickets to a show of his choice while enjoying his visit there!

Lastly, we extend our heartfelt appreciation to our chair, Allison Stevens, and the entire annual dinner committee who worked tirelessly to make this event successful.



Parent Pointers

Transitioning to college is very difficult...for *parents*. Parents often have their own ideas about what is best for their child and expect their young adult to just go along with it. As you have most likely figured out already, this just doesn't work, no matter how we package it. As parents, we need to allow our college-bound young adults to make as many personal decisions as they can. We need to stand back, but stay ready to offer guidance and support. There are definitely times when we must let them go and hope we have taught them well to make healthy decisions. Will they always make the right ones? Probably not. The best we can do is support them in taking responsibility for and learning from the mistakes they make.

The first few months away at college can become an outlet to break loose, as these young adults are free from the fear of parental disapproval and begin to respond solely to their own rules. Initially, this is an absolutely thrilling experience; the feeling of total independence! During this time, young adults often make high risk choices involving alcohol and other drugs.

As parents, there are steps we can take to support our newly independent child:

1. Be aware of the campus alcohol and other drug policy, as well as campus resources available for student intervention.
2. Maintain an open channel of communication with your young adult. Help them feel comfortable to come to you and not be afraid of potential repercussions for bringing up certain subjects, including alcohol and other drugs. We need to give our young adults the message that they can operate with significantly more independence, but that we will be there when needed.
3. Encourage your young adult to identify with a group of students that share similar interests.
4. Support your young adult's pursuit of their passion--not something that *you* want them to love.
5. Encourage your young adult to get involved with college sponsored events and activities and then incorporate their involvement in these things into your conversations with them.

Help your young adult set goals and then routinely ask about their progress. Remind your young adult to bear in mind who he or she ultimately wants to become.

Don't forget...your children always need you, regardless of how old they are. We all make some unwise decisions at times. Your young adult will respond more positively to negative situations with the assurance that they have your love and support. Let your young adult know that you may occasionally worry, but that this behavior is a natural parental response to loving our children unconditionally and wanting what is best for them. Most of all, remember to stay present and participate in your young adult's life, rather than watch it from the sidelines!

The following websites provide helpful information and parenting support:

www.theantidrug.com, or www.collegetipsforparents.org

Save the Date!

Prevention Network's Annual Dinner and Auction

Hotel Syracuse Imperial Ballroom

Friday, April 24, 2009

Catering by Pascale's

Save the Date! 3rd Annual Recovery Day Event at the Syracuse Inner Harbor is scheduled for **Saturday, September 13, 2008**. Enjoy a day filled with free fun, food and entertainment by country singing star Jeff Tuttle! For more information, visit our website at www.PreventionNetwork.info

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Reality Check Annual Recognition Dinner

On June 6th, the Cayuga County Tobacco Free Partnership and Reality Check of Cayuga and Onondaga Counties held the second annual Recognition Dinner at the Springside Inn in Auburn. Guest speaker State Senator Michael F. Nozzolio acknowledged the efforts of local youth and supporters of tobacco control work.

Over 25 young adults from Cayuga and Onondaga Counties were praised for their participation and achievements in Reality Check. Graduating seniors honored by Cayuga County Reality Check include: AshLee Conway of Auburn High School, who was involved in the program as a county leader for two years; Tara Wood of Auburn High School, who was a county leader for two years; and Sherri Olschewske of Southern Cayuga High School, who joined and became a local leader all in one year due to the departure of a county leader from Southern Cayuga.

Other students honored included: DJ Egan, Ashley Cifaratta, Angelica Tamayo, Tim Haskins and Niomi McNabb of Auburn High School; Jonathon Potter, Kelly Berry, Adrianna Greco, Megan Powers, and Holly Rice of Southern Cayuga Central School; Kristin Roberts, Erin Daino, Audrey LaPradd, and Danielle Schmitt of Cato-Meridian Central School; Lauren Chapman and Theodore Swan of Moravia High School; Ash Ley Gilfus of Weedsport Central School; Aaron Stone of Bishop Grimes High School, Greg Vaga of Henninger High School; Glenn Miles and Patrick Miles of Cicero North Syracuse High School, Bayley Walts of Fabius Pompey High School; and Ashley Russell, formerly of Southern Cayuga High School.

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Mission Statement

To implement and support strategies promoting healthy choices that prevent addictions and address related concerns.



Youth Guests at Annual Recognition Dinner

Reality Check Youth Summit

More than 300 teenagers descended upon the Capital Region for the New York State Reality Check Youth Summit from June 25-June 27. During the summit, students learned about street marketing and participated in rallies of community members to encourage magazine publishers and community events organizers to say *NO Thanks Big Tobacco*.

Following a half-hour news conference, the students — who came from all over New York State to take part — boarded seven coach buses to spread the *NO Thanks Big Tobacco* message in Schenectady, Scotia, Albany and Saratoga Springs through skits and short presentations.

Participants Glenn Miles, Patrick Miles, Greg Vaga, and Ryan MacNeil were chosen as summit youth staff members. In addition, the following students from Onondaga and Cayuga Counties were selected as youth participants; Adrianna Greco, Holly Rice, Ashley Brown, Kristin Roberts, Lauren Chapman, David Hamilton, Heather Brown, Bayley Walts, Tim Curtis, Aaron Stone, and Richard Goldthwaite. These students will serve as county leaders during the upcoming school year.

Update on 3rd Annual Underage Drinking Summit

The third annual *Underage Drinking Summit, What's it going to take? Preventing Underage Drinking—A Pro-active Approach*, scheduled to take place on Thursday, October 23, 2008, at Drivers Village Conference Center, is becoming a high impact event. Two national speakers—Toren and Chris Volkman, best-selling authors of *Binge to Blackout*, will lead off the agenda. The authors will also be presenting throughout Central New York at local schools during the week of the Summit. Conference attendees will be offered a series of 12 workshops for professionals and community leaders from which to choose. In addition, for the first time, a youth leadership session will be offered in preparation for a larger youth summit planned for November. Prevention Network is collaborating with New York State OASAS (Office of Alcoholism and Substance Abuse Services) and the Syracuse/Onondaga Drug and Alcohol Abuse Commission to make this happen. For more information, contact Phil Rose, Program Coordinator of Underage Drinking Initiative, at 471-1359 or prose@PreventionNetwork.info

Squad Members Present at National Leadership Conference

Two members of Prevention Network's SQUAD—Students Questioning Underage Drinking—have been invited to speak at a national conference in Nashville, Tennessee, this month. Calvin Mitchell, a senior at Fowler High School, and Malondra Jefferson, a sophomore at Corcoran High School this fall, will present during a youth session at the Underage Drinking Enforcement Training Center's 10th annual leadership conference entitled, *A Notable History: Forging the Future*. The two Syracuse teens will travel with Prevention Network staff Faith Mary Gault and Phil Rose for a three-day educational experience at the Gaylord Opryland Hotel and Convention Center, August 21-23. They have been asked to share their SQUAD experiences during a youth strand of the conference, which is sponsored by the Office of Juvenile Justice and Delinquency Prevention, the Underage Drinking Enforcement Training Center and the National Liquor Law Enforcement Association.



SQUAD members Malondra Jefferson and Calvin Mitchell seated next to Phil Rose of Prevention Network

Parenting Video To Be Distributed in Schools this Fall



Video project producer Larry Good sight of WCNY conducted interviews at Prevention Network's Library

Phil Rose, Barry Weiss and Marianne Angelillo met with regional school superintendents in June to announce the video project, *Parents—You Can't Afford to Be Clueless*, designed to raise awareness among parents and guardians about underage drinking and drug use. The response of the school administrators was extremely positive and as a result of this meeting project leaders were invited to introduce the project to middle school principals in September. Meanwhile, interviews of parents and teens were conducted over several days during July. Project producer Larry Good sight is nearly finished with editing and narration at the WCNY studios. The project is on schedule for distribution in schools this fall.

The video will also be previewed before a national audience during the Underage Drinking Enforcement Training Conference in Nashville, Tennessee this month. The conference is being attended by Phil Rose, Faith Mary Gault and two members of the SQUAD. (See article on SQUAD members above.) For more information on how to obtain the video, contact Phil Rose, Program Coordinator of Underage Drinking Initiative, at 471-1359 or prose@PreventionNetwork.info



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2008-2009 Teen Institute Youth Staff

Save the date! *Prevention Network's 2008 Teen Institute conference will be held November 13th-16th, at Camp Long Point Retreat Center in Penn Yan, New York.* For more information about Teen Institute, contact Nicole Smith, Program Coordinator, at 471-1359 or nsmith@PreventionNetwork.info

Teen Institute Youth Staff Selected

Teen Institute is a comprehensive prevention education program designed to train, mobilize and empower youth to prevent the illegal use of alcohol, tobacco and other drugs and self-destructive behaviors in themselves and their peers. The program, which emphasizes peer leadership and positive life skills development, has been in existence in Onondaga County since 1986 and nationally since 1965.

The 2008-2009 Teen Institute Youth Staff was selected in June following an application and interview process. This year's youth staff is an outstanding group of young high school leaders who have already begun to enrich the TI program and their communities through their efforts to reach out to their peers and by sharing their passions. They include (pictured in photo at left): Owen Hutchinson (Tully); Rebecca Bailey (Bishop Grimes); Justin Kimber (Bishop Ludden); Elise Tarolli (Marcellus); Devon Knapp, Nicholas Lamson and Caroline Myrdek (LaFayette); Gina Tantillo (Liverpool); DeAnna Wasiewski (Skaneateles); Laurel Vanderveer (Baker); and (not pictured in photo) Dave Armstrong (Cicero North Syracuse) and Kevin Guenther (Marcellus).