

Chautauqua Alcohol & Substance Abuse Council

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www.casacweb.org



CASAC's mission is to build
a safe and healthy environment
by effectively educating the community
on positive life choices.

PREVENTION WORKS!

CASAC's vision is a united community
that encourages and supports healthy behaviors
through prevention efforts.

Find us on Facebook at
[www.facebook.com/
CASACweb.org](http://www.facebook.com/CASACweb.org)

CASAC Staff

Melanie Witkowski, Executive Director
Naaman Azad, Part-Time Prevention Educator
Kathleen Colby, Director of Training Services
Julie Franco, Coalition Coordinator
Jeff Grodecki, Fiscal Assistant
Tracy Jespersen, Prevention Educator
Susan Lepley, Jamestown Office Manager
Kelley Potter, Coordinator/Educator
Laurie Reynolds, Director of Program Services
Afroula Snell, Administrative & Support Services Coordinator
Kathleen Stornes, Director of Impaired Driver Program
Trish Whetstone, Prevention Educator
Eric Williams, Prevention Educator

CASAC Board of Directors

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COUNCIL

Council Connection

NEWS FROM CASAC

SUMMER EDITION, 2017

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Dear Friend of CASAC,

Governor Cuomo announced on September 14th distribution of \$25 million in federal funding to address the opioid crisis in New York State. CASAC was one of the award recipients and will receive \$100,000 to provide evidence-based prevention programs to underserved, hard-to-reach youth, and other at-risk populations in the City of Dunkirk.

A collaboration has been established with the Boys & Girls Club of Northern Chautauqua County and the Salvation Army's After School Programs. Youth and adults will have the opportunity to engage in the "Too Good" evidence-based after school program. This program focuses on prevention education through social and emotional learning, empowering youth and teens with skills needed for academic, social and life successes. Elementary and middle school students will engage in positive, engaging, age appropriate activities including games, stories and songs. The program reinforces basic prevention concepts, including decision-making, self-esteem building, coping skills, goal setting, assertiveness skills and conflict resolution. The high school curriculum involves interactive games and activities that provide practical guidance on dating and relationships, building healthy friendships, and refusing negative peer influence. The lessons foster analysis and discussion on the effects of alcohol, tobacco, other drug use, including prescription and over the counter drugs and various nicotine delivery devices.

In addition to providing prevention programs for youth, family engagement is also a key component of this initiative. CASAC will be offering the Active Parenting program to the Boys & Girls Club of Northern Chautauqua County and the Salvation Army. Active Parenting focuses on the following topics: Active Parenting, Cooperation & Communication, Responsibility & Discipline, Building Courage and Self-Esteem, Understanding and Redirecting Misbehavior, and Active Parenting for School Success.

The last component of this initiative will involve providing intervention services for individual's ages 12 and up that are using mildly to moderately. CASAC will also work with families that have a concern about a loved one with a substance use order. A Prevention Educator will be available to meet with families one on one for education, information and referral to other agencies, and resources available in Chautauqua County and Western New York.

Funding for this project is made possible by the State Targeted Response to the Opioid Crisis Grants through the Substance Abuse and Mental Health Services Administration (SAMHSA). This new funding stream is anticipated to impact approximately 300 participants. CASAC's Board of Directors and staff are excited about this opportunity and are pleased to provide additional services for the City of Dunkirk.

Melanie Witkowski

Executive Director

An Ounce of Prevention is
Worth a Pound of Cure
- Benjamin Franklin -

Fall Training Schedule:

Mindfulness Practice: Enhancing Self-Care & Client Outcomes

Presenter: Elaine Hammond, LMSW Friday, September 29, 2017 9:00 AM—12:00 PM First Presbyterian Church, 219 Central Avenue, Fredonia, NY 14063

Teen Relationships in the Digital Age

Presenter: Lisa McLaughlin, Community Educator, YWCA CAPP Friday, October 20, 2017 9:30am—11:00am Lakewood Baptist Church, 150 Erie Street, Lakewood, NY 14750

Visit casacweb.org or call 664-3608 to register.

BECOME A CASAC MEMBER... THE BENEFITS ARE GREAT!

Free Parenting Classes at MHA

Learn the skills to achieve a full and satisfying family life at CASAC's free parenting classes. The First Five Years and Active Parenting Now classes continue to be offered at the Mental Health Association in Jamestown.

The Active Parenting Now class is six 2-hour sessions and will meet on Wednesday's, August 30th through October 4th from 12:00 - 2:00 p.m. This parenting class is for parents of children ages 6 and up.

The First Five Years class will be held on Wednesdays, October 11th through November 1st. These classes are for parents of children ages 1 - 5.

For registration and any additional information, contact Kathleen Colby at 716-664-3608. Embrace the JOY of parenting!



Take advantage of this free opportunity.

CASAC Welcomes New Staff to Dunkirk Office

CASAC is growing!!! We are excited to introduce three new CASAC staff members who are based out of the Dunkirk office.

Eric Williams is a recent graduate of SUNY Fredonia and received his Bachelor's degree in Social Work and Sociology this past spring. As a full-time Prevention Educator, Eric will be providing school-based programs throughout the county and will be based out of our Dunkirk office.

Naaman Azad, a marketing major with a minor in philosophy at SUNY Fredonia, has been hired as a part-time Prevention Educator. Naaman began working at CASAC as an intern earlier this year and will be providing after school programs in Brocton and Westfield this fall.

Kelley Potter joins our staff as Coordinator/Educator of a new initiative with the Boys & Girls Club and The Salvation Army. Kelley Potter previously worked for Chautauqua County Health Network.

All three employees are extremely personable, talented, and will be a great addition to CASAC's team. Welcome Eric, Naaman and Kelley!

CASAC Membership Launched

CASAC takes great pride in educating individuals throughout our local communities on positive life choices, encouraging and supporting healthy behaviors through prevention efforts. As CASAC continues to expand its programs and offerings in the area, we are pleased to announce a new membership program.

There are four membership options available: Individual \$50, Family \$100, Small Business \$500, and Corporate \$1000.

All membership benefits offer an affordable option for trainings and recertification credits, with 50% off all CASAC trainings. Other benefits include access to DVD's, books, free webinars, monthly e-bulletins and three newsletters each year. Two free presentations are available each year to businesses who join and any of their employees can receive the same reduced rate on any trainings offered.

A CASAC membership is a great way to learn, stay informed and become part of a larger network across Chautauqua County.

CASAC Recognizes Chautauqua Lake Teacher

CASAC would like to recognize Rachael Swan, Middle and High School Health and Physical Education teacher at Chautauqua Lake Central School. She has a long history of welcoming CASAC into her classroom to present several of our evidence-based programs to her students. Throughout the course of this school year, CASAC will be presenting "Life Skills Training" to each of her 7th grade students and the "Alcohol Literacy Challenge" to each of her 8th graders. New this year, Mrs. Swan has welcomed CASAC into her high school health class to present the "Too Good For Drugs" program, reaching students in grades 9-12. Mrs. Swan actively participates alongside her students during these presentations offering wise insight on the various topics.



Mrs. Swan is very supportive of CASAC and has developed a great rapport with the CASAC staff she works with. She is friendly, welcoming and dedicated to her work. Mrs. Swan is currently working alongside CASAC staff and the Hope Chautauqua coalition to develop a peer-led and adult-guided youth group that will work toward bringing positive change to our communities on the subject of substance abuse. She is also actively participating in the coalition's effort to bring the "Youth 2 Youth" team from New Hampshire to Chautauqua Lake Central School for a very exciting presentation.

This is not the first time that Mrs. Swan has gone above and beyond her title as teacher. Last year, she transported several students to a youth summit in the North County geared toward youth and positive community change. She has a great rapport with her students and has been observed offering extra help, both academically and personally, to students when they need it. It is not uncommon for students to stop by her room between classes just to say hi or to ask for help.

For all of these reasons, and many more, CASAC is pleased to recognize Rachael Swan as one of CASAC greatest allies in this journey to building a safe and healthy environment in Chautauqua County.

Take It To THE BOX Campaign

HOPE Chautauqua's Take It To THE BOX campaign focuses on safe use, safe storage and safe disposal of dangerous prescription drugs that can lead to misuse and abuse. The campaign aims to provide awareness and information regarding safe, convenient, and responsible ways to monitor and dispose of prescription drugs. It also educates the public about medication safety and the potential for abuse.

Unused or expired prescription medications are a public safety issue and can lead to accidental poisoning, abuse, overdose, and death.

Medication Destruction Collaborative (MDC) is the newest effort to increase prescription drug misuse prevention in Chautauqua County. HOPE Chautauqua has partnered with caring local entities to share information to community members about prevention. It also offers specific opportunities to properly dispose of unused and expired medications to keep them from being misused in any way.

You can help to prevent prescription drug & heroin abuse. For more information on prevention strategies, home lock boxes, drug deactivation bags, permanent drug disposal sites, safe sharps disposal or how you can get involved, contact Julie at 664-3608 or visit HOPE Chautauqua's website at www.hopechautauqua.org.

