

PREVENTION

WORKS

Educate ■ Collaborate ■ Motivate

PREVENTION CONNECTION

FEBRUARY, 2021

Lately, life has been filled with many uncertainties due to COVID-19. With uncertainty can come an increase in anxiety, so it is ideal that we practice healthy coping strategies when dealing with our anxieties. Your mental health is so important! Check out our video on some healthy tips to managing your anxiety.

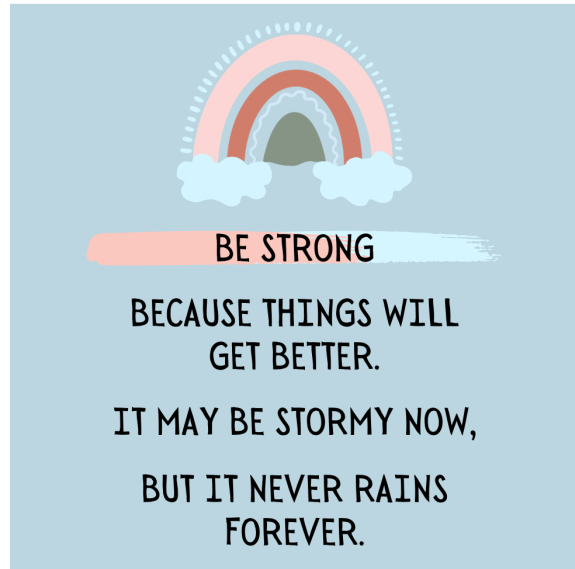
We will get through this pandemic together!

PREVENTION WORKS

Video Highlight (Anxiety)

RESOURCES

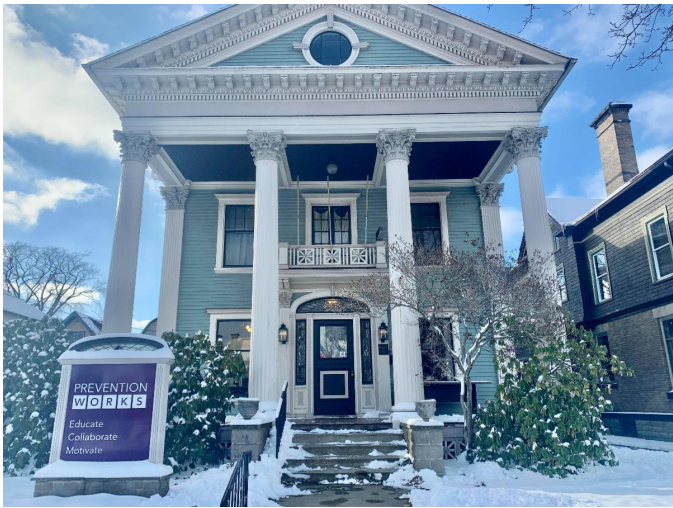
Explore local **help resources**.



PREVENTION WORKS OPENS NEW YEAR AT NEW LOCATIONS

A New Year and new beginnings are happening for Prevention Works, Inc. Both offices have relocated to a new site! Without support from the Chautauqua Regional Community Foundation (CRCF) and the Northern Chautauqua Community Foundation (NCCF), the moves would not have been possible. Prevention Works appreciates the continued support from both foundations in Chautauqua County.

The South County office has relocated to the Phoenix Rising Wellness Studio at 509 North Main Street, Jamestown, NY. The North County office has relocated to The Resource Center at 186 Lake Shore Drive West, Dunkirk, NY. Both offices are open Monday-Friday 8:30am-4:30pm.



PREVENTION WORKS PODCAST

Co-Hosts Alex Rodriguez and Trish Whetstone

Have you checked out our podcast?

Prevention Works' flagship podcast is PrevPod, bringing you education and awareness. Hosts and guests dissect a different question from the prevention world; and dive deep into the what, why and how of the Prevention field. Topics include: prevention science, life skills, and current drug trends. PrevPod can be listened to on Apple Podcasts, Google Podcasts, and more. Visit our page at anchor.fm/prevpod for a full list of platforms.



The Prevention Works Podcast



STAFF RECEIVE TRAINING FOR NEW PROGRAM - TRIPLE P

For questions or more information regarding Triple P and how to sign up, give us a call at (716) 664-3608 or email us at info@preventionworks.us

Thanks to the Chautauqua County Department of Mental Hygiene and the System of Care Expansion and Sustainability Grant, several Prevention Works staff have

recently become certified trainers in a new program called "Triple P - Discussion Groups". Staff completed an approved active skills training program and demonstrated their knowledge and competence in program delivery through a skills-based accreditation process.

Triple P includes parent discussion groups on commonly encountered problems such as disobedience, fighting and aggression, and managing situations such as shopping with children and bedtime. The discussion groups are designed to provide an overview of the positive parenting principles for any interested parent. Parents are actively involved throughout the 2-hour small group format discussions.

Triple P is designed for parents or caregivers with a specific concern about their child's behavior. They are most likely to benefit when their concerns are around a relatively discreet, mild to moderate behavioral issue and when parents can independently implement parenting plans that are generated during each session.

PREVENTION WORKS OFFERING PAX TOOLS TRAININGS

For more information regarding PAX you may email our Community Prevention Coordinator, Natasha Battle at natasha@preventionworks.us or call (716) 664-3608 Ext. 231



Prevention Works will be offering the PAX Tools Training FREE of charge to the community twice this February! PAX Tools is a collection of evidence-based, trauma-informed strategies to improve cooperation and self-regulation with youth. PAX Tools draws on decades of science to create strategies that support parents, youth workers, and other caring adults to create a nurturing environment that ultimately helps kids thrive!

PAX Tools is a two-part virtual training and there are two class date options:

February 8th & 10th from 10:00am-11:30am or

February 19th & 26th from 12:00pm-1:30pm.

Pre-registration is free & required for ZOOM link. Click one of the dates below to register!

February 8th & 10th - 10:00-11:30am

February 19th & 26th- 12:00-1:30pm

KEY STRATEGIES OF A MEDICATION SAFETY PROGRAM

For more information or questions regarding the Take It To The Box (TITTB) Initiative or other efforts thanks to our HOPE Chautauqua Coalition, you may reach out to our Coalition Coordinator, Kelley Potter at kelly@preventionworks.us or call (716) 366-4623 Ext. 105

SAFE USE:

- Read and follow directions on all medications
- Take the recommended dosage, not more, not less
- Take the medicine the number of times and the frequency recommended
- Do not share your prescription medicines with another person
- Do not take someone else's prescription medicine
- Know the names of your medications and their purpose

SAFE STORAGE:

- Keep medicine in a place away from children, teens and guests
- Lock up medicine, if necessary, especially narcotics or mood-altering medicine
- Keep medicine in their original bottle or package
- Keep medicine in a cool, dry place, and away from the light
- Follow storage directions on the medicine

SAFE DISPOSAL:

- Take expired or unneeded Rx drugs to a local medication drop box
- Leave the medicine in its original package or bottle
- Cross off your name and/or other personal information
- Do not cross off the name of the medicine
- Do NOT flush medications down the toilet



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