

S P R I N G 2 0 1 6

Prevention for Putnam

Putnam Communities That Care Coalition

Putnam CTC Elevator Speech

Have you ever been in a situation when someone asks you what is Putnam Communities That Care and you draw a blank or ramble on trying to tell that person everything we do. Well here is an “elevator speech” designed to be concise and get the message across.

Putnam CTC Coalition is a county-wide organization with sub coalitions in all parts of the County. Our focus is on the risk taking behaviors of the County's young people. Our goal is to provide the community at large with information, resources and initiatives to deal with those issues.

We do compliance checks with local law enforcement, provide MedReturn boxes throughout the County, hold Pre-Prom presentations for parents, conduct SIDNE (Simulated Impaired Driving Experience) for teens and assisted in the drafting of the social host liability law in all towns and villages in the County.

As a result of our efforts we have seen a significant decrease in 30 day alcohol use and binge drinking as well as a reduction in marijuana use but we still have a long way to go.

What makes us unique is our ability to tackle County wide problems while at the same time addressing the particular needs of each community we serve.



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A PARENTS' GUIDE TO TEENAGE PARTIES

As parents, we know the importance of our teen's social life and that parties are a way to socialize and relax. But an unsupervised or poorly planned party can result in unwanted or even tragic consequences. Parent accountability is the key. Today, many teens drink alcohol to "ease stress", while others use alcohol because they "enjoy the feeling of being drunk". As parents, one of the most important things we can do is to be a positive role model for our children. Communication and honesty practiced in your home is a positive step to your child's safety. It cannot be stressed enough that teens whose parents talk to them regularly about drugs & alcohol are 42% less likely to use those substances than those students whose parents don't!

As parents of teenagers attending a party...

- Know where your teen will be and for how long he/she will be there.
- Contact the parent of the party-giver. Confirm that a parent/adult will be home and supervising the party. Make certain that no alcohol will be served. Offer assistance.
- Know how your teen will be getting to and from the party.
- Discuss how your teen would handle a situation where alcohol was available at a party.
- Make sure your teen knows what time he/she is expected home.
- If your teen is staying overnight at a friend's house after the party, verify with the friend's parents that your child will be staying over and that they will be home.

As parents who are hosting a party for your teen...

- Set ground rules before the party.
- Decide what part of the house will be used for the party.
- Limit party attendance and times.
- Have plenty of food and non-alcoholic drinks available.
- Make sure at least one and preferably several parents-adults are present.
- Do not allow party guests to come and go.
- Avoid easy access to alcohol in your home. If necessary, lock up your liquor.
- Notify the parent of any teen who arrives drunk.

REMEMBER, the #1 place teens say they get their alcohol from is their home and the #1 place they drink alcohol is at other people's homes.

Social Host Liability – What Every Parent Should Know!

As the warm weather will soon be upon us, house parties will not be far behind. As parents we must understand that although our teens may be graduating and going off to college or moving out, they still are under 21 years old and it is illegal for them to drink alcohol. Some may say it's a rite of passage but that doesn't make it any more legal to drink.

What is a parent's liability for hosting a teenage party where alcohol is present?

CRIMINAL: If a parent hosting a party allows a teen to bring alcohol into their home or provides alcohol to a teen, that parent has committed the crime of unlawfully dealing with a child, a class A misdemeanor. If convicted, the sentence ranges from one year in county jail to a three-year probationary sentence, fines and/or conditional release.

That parent can also be charged with the Social Host Law, which has been enacted in every town and village in the County. This law only requires that the parent know of the party and that teens are drinking alcohol. This, too, is a class A misdemeanor and can result in a fine plus response recovery costs (a parent is liable for the expense of the response by a public agency or agencies to the incident; which can run into thousands of dollars)

CIVIL: A criminal conviction can place restrictions on your freedom and give you a permanent record. But the consequences of your actions do not end there. Your civil liability of hosting an underage drinking party can be costly. Under civil law, you can be held liable for any damage caused by a teen who has become intoxicated at the party you are hosting, if you know alcohol is being served, or if you provide alcohol at the party. If an individual dies as a result of an intoxicated minor, you could face a wrongful death cause of action.

SIMPLY PUT, YOU COULD LOSE EVERYTHING!



**Hosting a party with
underage drinking
doesn't make it safer.
It makes it illegal.**

PRESCRIPTION TAKE BACK

DO **NOT** THROW MEDICINE AWAY IN THE TRASH OR FLUSH THEM DOWN THE TOILET!

THEY CAN HARM OUR ENVIRONMENT AND RUIN OUR WATER SUPPLY

BRING YOUR OLD, UNUSED OR EXPIRED MEDICATIONS TO THE DROP BOX LOCATED IN THE FOLLOWING LOCATIONS:

- KENT POLICE DEPT.
- CARMEL POLICE DEPT.
- PUTNAM SHERIFF'S OFFICE
- * PHILLIPSTOWN TOWN HALL
- ** PUTNAM VALLEY TOWN HALL



24 / 7
 AVAILABLE HOURS DAYS A WEEK
 NO QUESTIONS ASKED!
 * M-F 8:30AM-4:00PM
 ** M-F 8:00AM-4:00PM

NOT:
Accepted

- NEEDLES (SHARPS)
- HYDROGEN PEROXIDE
- AEROSOL CANS
- LOTION
- LIQUIDS
- IV BAGS

YES:
Accepted

- PRESCRIPTION MEDICATIONS
- OVER-THE-COUNTER MEDICINE
- PRESCRIPTION OINTMENTS
- PET MEDICATION
- VITAMINS

National and Federal Organizations Step-Up Efforts to Combat the Opioid Epidemic

In unprecedented moves the American Medical Society, the American Society of Addiction Medicine, the Center for Disease Control, the Federal Drug Administration, New York State, and President Barak Obama have announced steps that will be taken to battle the ever present opioid epidemic.

- The American Medical Association has publically supported enhanced education for physicians and patients regarding proper prescribing practices; including the use of prescription monitoring program. In NYS the use of the prescription monitoring program is now mandatory.
- The American Society of Addiction Medicine is now formally recognized as new subspecialty by the American Board of Medical Specialties and American Board of Preventive Medicine. This recognizes addiction as a preventable and treatable disease and will help shed the stigma related to alcohol and substance use disorders.
- The Center for Disease Control has issued Prevention Guidelines for Prescribing Opioids for Chronic Pain. Sixty medical schools in the United States have announced that beginning in the Fall of 2016 medical student will be required to take prescriber education coursework in order to graduate.
- The Food and Drug Administration (FDA) recently announced that it will require immediate release opioid painkillers to carry a "black box" warning about the risk of misuse, abuse, addiction, overdose and death.
- Pharmacies in NYS may now distribute naloxone over the counter without a prescription
- NYS OASAS has launched the second round of Combat Heroin education tools and a bed availability link on their website at www.oasas.ny.gov
- On March 29th President Obama spoke at the 2016 National Rx Drug Abuse and Heroin Summit and announced the following actions to address the opioid epidemic:
 1. Expand access to treatment by working with the Department of Health and Human Services to increase the current patient limit for physicians who prescribe buprenorphine;
 2. Fund 271 new Community Health Centers across the county;
 3. The Substance Abuse and Mental Health Administration (SAMHSA) will be releasing a new \$11 million funding opportunity for up to 11 states to expand their medication assisted treatment (MAT) services;
 4. The administration is creating a Mental Health and Substance Use Disorder Parity Task to advance access to mental health and substance abuse treatment and promote compliance with best practices for mental health and substance abuse parity implementation;
 5. SAMSHA will also be releasing a new \$11 million in funding opportunities for states to purchase and distribute the overdose reversal medication, naloxone;
 6. The Office of National Drug Control Policy expanding High Intensity Drug Trafficking areas;
 7. The Department of Justice's COPS program will have \$7 million to advance public safety and investigate the distribution of heroin and unlawful distribution of prescription opioids. These funds will be available to law enforcement agencies;
 8. The Department of Health and Human Service will be issuing guidance for HHS funded the implementation and expansion of needle exchange programs.

Coalition Member Spotlight: Davia Bugge – Student Assistance Counselor



Mahopac High School's Student Assistance Counselor Davia Bugge is our Coalition Spotlight Member for Spring of 2016. Davia is new to Mahopac High School this year after working in Westchester County for Student Assistance Services in the Yorktown School District for 12 years. She wasted no time getting involved with the CTC on the County level and on the Mahopac CTC. Davia was instrumental in recruiting the digital video production class of Mahopac High School to work with the coalition to produce a video public service announcement on marijuana impaired driving which will be aired later this Spring on Comcast and in the local movie theaters. In addition, She has assisted the coalition with our Family Meals campaign, pre-prom presentations and will be assisting Coalition Coordinator Bruce Kelly on "The pHARMING Effects" a youth-led prevention collaborative that has high school students do presentations in the middle schools on the dangers of prescription drugs.

All of us at the Communities That Care Coalition want to thank Davia for his dedication to the children and parents of Mahopac.



Talk Early, Talk Often

The need to provide meaningful education on the dangers of underage drinking and drug use here in Putnam County has never been greater. And it is important to know that parents can play a significant role. As kids get older and alcohol and drugs enter the picture, parents are faced with a unique set of challenges. They can simply sit back and hope their kids will “get through it,” or they can take an active role in learning about alcohol and drugs and helping their kids do the same.

It can be daunting to talk with your children about drinking and drug use, but it will be well worth the effort you put into it. In fact, research has shown that kids who have conversations with their parents and learn a lot about the dangers of alcohol and drug use are 50% less likely to use these substances than those who don't have such conversations.

As a parent you can be a primary source of positive and reliable information and it is important to take advantage of “teachable moments.” It's not so much about “the big talk,” but about being there for them when the issues come up -- on TV, at the movies, on the radio, about celebrities or sports figures, or about their friends. Don't miss your opportunity to teach your kids. If you do, they will get their information from the media, the internet or other sources that not only misrepresent the potential negative impact of alcohol and drugs but actually glorify their use!

You have more influence over your kids' attitudes and decisions about alcohol than you think. So start early! Children go through many different stages as they grow up and what's appropriate to tell an 18-year-old and a 9-year-old can vary quite a bit. Yet, it's never too early to begin the conversation. The more informed children are, the better off they'll be.

According to the National Council on Alcoholism and Drug Dependence, here are some basic guidelines to assist you:

Listen Before You Talk -- Encourage Conversation: As parents we want to have “all the answers.” And, sometimes we are so anxious to share our wisdom – or our opinion – that we don't take the time to listen. For kids, knowing that we are really listening is the most important thing we can do to help.

Talk to Your Child and Ask Open Ended Questions: Talk to your child regularly – about their feelings, their friends, their activities. As much as you can, and sometimes it's not easy, try to avoid questions that have a simple “yes” or “no” answer.

Be Involved: Get to know your child's friends and continue to educate your child about the importance of maintaining good health – psychological, emotional and physical.

Set Expectations, Limits and Consequences: Make it clear that you do not want your child drinking or using drugs and that you trust them not to. Talk about possible consequences, both legal and medical, and be clear about what you will do if the rules are broken.

Be Honest and Open: Care about what your child is going through as they face and make decisions that will affect their lives now and for the future.

Be Positive: Many parents have discovered that talking about these issues with their children has built bridges rather than walls between them and have proudly watched those children learn to make healthy, mature decisions on their own.

Family History: Both research and personal experience have clearly documented that addiction is a chronic, progressive disease that can be linked to family history and genetics. So, if you have a family history of problems with alcohol or drugs, be matter of fact about it, as you would any other chronic disease, such as heart disease, diabetes or cancer.

"Alcohol and drug use is a very risky business for young people," says Andrew Pucher, President and Chief Executive Officer of NCADD, "and parents can make a difference. The longer children delay drinking and drug use, the less likely they are to develop any problems associated with it. That's why it is so important to help your child make smart decisions about alcohol and drugs."

So, this April, the Putnam Communities That Cares Coalition, is celebrating Alcohol Awareness Month by holding a variety of informational and educational events to raise public awareness about underage drinking and encourage parents to speak to their kids early and often about alcohol and other drugs.

"I urge local businesses, community organizations, colleges, schools, administrators, and government agencies to get involved in these activities. It can make a tremendous difference in our community as we reach out to those who are most vulnerable and help our next generation avoid the many problems that underage alcohol and drug use can bring" Kristin McConnell, Executive Director of NCADD Putnam and Co-Chair of Putnam Communities That Care Coalition.



Upcoming Events

April 20th – Suicide Prevention Means Matters: A Conversation on Reducing Access to Lethal Means from 9am to 12:30pm

April 23rd – Medication Take Back Day at Putnam Hospital Center from 9am to 2pm

May 6th Mid-Hudson Substance Abuse Prevention Conference at Fishkill Ramada 8:30am to 3:30pm

May 20th – Free Narcan Training @ Arms Acres 12 noon to 1:30pm