

The Council's Mission Statement:

It is the mission of the *Mohawk Valley Council on Alcoholism/Addictions* to be the community resource that helps reduce the disease of alcoholism and other addictions by increasing public awareness through prevention programs, education, information and referral services.

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Community Connections Your Link to Addictions Resources

Graduation Dangers

Graduation is an exciting time of the year for both students and their parents. With graduation soon approaching, it's important to talk to your child about the dangers of underage drinking, and drinking and driving. According to a recent press release sent out by OASAS Commissioner, Karen Carpenter-Palumbo and DMV Commissioner, David Swarts:

Motor vehicle crashes are the number one cause of death in young people ages 16-24. In NY state alone in 2007, almost 600 drivers



between the ages of 16-20 were injured or killed in alcohol-related crashes. Carpenter-Palumbo reminds parents that underage drinking is ille-

gal and there is no safe place to serve alcohol to those under 21.

Parents are reminded to not serve minors at graduation parties. Several counties in N.Y. state are holding adults responsible for serving alcohol or drugs to minors in their homes. The penalties associated with serving underage youth are severe, including fines and jail time. Parents are also encouraged to make sure they know which graduation party their child will be attending, and to encourage their child to be responsible. Communication is key!

There are great resources available to handle issues surrounding underage drinking and graduation. You can call the Council at 315-733-1709 for help, or visit one of the links below for more information.

www.mvcaa.org
www.oasas.state.ny.us
www.Safeny.com
www.Cadca.org

MVCA/A Welcomes New Staff!

MVCA/A Welcomes New Community Education and Prevention Programs Manager and Prevention Specialist!

Samantha McCarthy has signed on as the new Community Education and Prevention Programs Manager. Samantha comes to us with plenty of prevention experience and is excited about bringing a new

energy into the prevention programs in the county!

Marion Brenon, CASAC, has worked in substance abuse treatment programs for the past 20 years and is joining our agency out of retirement. She is eager to return to classrooms and the community in her new position as Prevention Specialist!

Please join us in welcoming them to the Council! They are currently setting up their programming for the rest of year and 2010. To find out more about the Council's prevention programming and opportunities, contact Samantha McCarthy at 315-733-1709, or email her at samantha@mvcaa.org!



The Council's Staff and Board Members:

- Cassandra Sheets, Executive Director
- Linda Buck- Business Manager
- Maria Panko- EAP Manager
- Miranda Nieto– DDP Manager
- Samantha McCarthy—Community Education Program Manager
- Marion Brennan—Prevention Specialist
- Siobhan Budine– Community Outreach
- Luanne Miner– EAP Counselor
- Gail Allen– EAP Counselor
- Liz Korrie—EAP Trainer
- Beverly Allen– Receptionist

Board of Directors:

- Becky W. Eisenhut, President
- Morris Pearson, 1st V.P.
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Tips For a Safe Graduation Party

Planning parties for your graduate can be exhausting – sending invitations, preparing food, ordering cakes, streamers, bottles of water, cans of soda, and how much beer. Even though it is a time to celebrate your teen, it is important to remember that allowing people to help themselves to alcohol in a cooler might be a dangerous situation. Underage youths using alcohol on your property is illegal – and you can

be held liable for damages or injuries if they leave your home intoxicated... Even if you aren't aware that the teen had been drinking!

To help alleviate the stress of potential alcohol problems at your graduation party, try some of the following tips:

-Talk to your graduate ahead of time and make it clear that they and their friends are not allowed to drink.

-Buy lots of non-alcoholic beverages to choose from.

-Keep any alcohol away from the other drinks – in a highly visible area for easy monitoring.

-Plan activities to give the teens something to focus on: Music, Games, Etc.

-Frequently check in on the young people at the party.



Employee Assistance Programs (EAP)

Resolving Conflicts with Co-Workers

By Luanne Miner, LCSW, EAP Counselor

Resolving conflict is a skill that can be worked on and improved upon through out life. The better a person becomes at resolving conflict the more enjoyable their careers/jobs and relationships become, resulting in a better quality of life. The foundation of resolving conflict is based on the following principles:

1. Keeping yourself cool. Finds ways to keep your self-control when confronted with a conflict. Some people count to ten; others repeat a phrase to themselves for instance “This too shall pass” or “Stay calm.” Others may keep something in there hands like a paper clip or a pen to hold tightly or squeeze. Still others may take deep breaths.
2. Although no one can totally control another person, the next principle is to attempt to cool down the other person in

the conflict. An example of this is to tell the person this is not worth fighting over. Or, “I have nothing against you.”

3. If both parties in the conflict achieve the cooling down principle, the third principle is to attempt to understand through listening. Paraphrasing or repeating what the other person is attempting to communicate and asking if you are clear or getting what they are communicating is one way to come to understand one another. Let the other person know that you see their point. Keep your tone of voice calm and watch your distance. Don't get too close to the person.

4. Most likely when the other person feels heard and understood they become open to the fourth principle which allows you to state your position and reasons regarding the conflict.

5. Throughout this process always try to respect the other person by not demeaning them and sticking to the spe-

cific issue at hand, rather than bringing up issues from the past, will help resolve the conflict.

6. The previous five principles surely leads to the final principle which is problem solving. By keeping cool and having understanding and respect, the problem at hand can be resolved easier by asking problem solving questions such as why?, why not?, and what if?.

At times the parties involved in a conflict are unable to apply the principles of resolving conflicts on their own in which case it is wise to go to a third party. The third party could be a person that both people agree on, a boss or a mediator. Notwithstanding, whoever the third party is, their role serves to guide the conflict according to the principles above in order to accomplish a conclusion to the conflict.

Admittedly, there are circumstances in which a conflict is unable to be resolved. In this case the employees must focus on the tasks they need to work together on and during the times they are not working together they need to stay separated from each other and always maintain professionalism by not gossiping about the other person or attempting to get other employees on your side.

The 411 on Coalitions:

“It is better to prevent bad habits than to break them” Ben Franklin

The National Center on Addiction and Substance Abuse at Columbia University reported that effects and consequences of substance abuse and addiction cost federal, state and local governments no less than \$467.7 billion. Regardless of this reality, **less than 2%** of funding went towards preventive efforts. In his fiscal year 2010 budget request, President Obama recommended eliminating the entire State Grants portion of the Safe and Drug– Free Schools and Communities (SDFSC) program. His budget also proposes adding \$100 million to the National Programs portion of SDFSC for competitive grants to LEAs. This new program would result in a limited number of Local Education Agencies (LEAs) being funded.

According to Washington State Institute for Public Policy Report: Benefits and Costs of Prevention and Early Intervention Programs for Youth, September 2004, evidence-based prevention programs are cost effective ways to diminish the prevalence of unhealthy behaviors and choices, not just in our youth but our communities as a whole. Estimates on the dollars saved for every dollar spent for Model programs in New York State range from \$7.82 to \$55.84.

Multi-strategy approaches that include environmental, cultural, and community competences have proven to be most successful in reducing alcohol and drug use in our youth. Coalitions serve as a voice of the community that is heard best through their actions. Community coalitions invoke the passion, energy, intelligence, resources, and mutual investment of all members of a community.

Your community could be your street, your school, your town or your county. No community or group is too small to make a difference. Coalitions work to decrease an area’s risk factors while increasing the protective factors by addressing environmental and cultural needs.

Coalitions:

- Build a voice for the community
- Require diverse ideas and skills
- Focus on changing policies, practices, and systems

“A community systems approach influences the community population rather than the individual.”

-National Coalition Institute’s Research Into Action

Tai Chi Class– For Recovery:

When: Tues., Fri., and Sun., **Time:** 6:30 P.M. **Where:** Proctor Park on Rutger St.

For more information call 315-733-1709 or email siobhan@mvcaa.org

Community

Events:

- **June 1st**
National Cancer Survivor’s Day
- **June 20th**
Utica Safe Schools Build A Bike Day
- **June 21st**
Father’s Day
- **June 26th**
10th Annual Paul F. Vitagliano Sr. Memorial Golf Tournament
- **June 27th**
National HIV Testing Day

June 2009						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	*	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	*
*	22	23	24	25	*	*
28	29	30				



**Mohawk Valley Council on
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Community Connections



*Mohawk Valley Council on Alcoholism/Addictions
502 Court Street, Suite 401
Utica, NY 13502*

Recipient's address