

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

Prom Season Tips

With graduation and prom season right around the corner, there is no better time like the present to talk to your teen about drinking and other high-risk behaviors. With the school year almost over, teens at this stage are tempted to relax and engage in risky behaviors.



Alcohol is often viewed as an integral part of a celebration, a "rite of passage", such as prom after-parties, or graduation parties. These celebrations can quickly turn dangerous.

Ideally, discussions with teens about drinking alcohol began in early adolescence. This is a great time to revisit this discussion as teens may be reluctant, but are still usually receptive to parental advice if it is delivered discreetly.

Studies have shown that parents who express their views on underage drinking can be powerful influences on their teens. Teens who consistently receive a "no-use" message from their parents regarding alcohol use have been associated with less alcohol use, better refusal skills, and stronger resistance skills (health alliance 2009).

Consequences of underage drinking include: alcohol poisoning, sexual assaults, verbal and physical fights, unprotected sex and STI's, and drinking and driving fatalities.

In 2005, during Prom and Graduation Season (April, May, June), 676 students under the age of 21 were killed in alcohol-related traffic crashes, according to the National Highway Traffic Safety Administration.

Please talk to your teens about the consequences of underage drinking. To learn more, call the Council at 315-733-1709 or visit us at www.mvcaa.org. Also, visit the links below:

www.healthallianceonalcohol.com
www.buzzfreeprom.com
www.sadd.org

Drinking and Driving Statistics

Drinking and driving is becoming far too common in the United States. Though national rates of drinking and driving have declined slightly, there are still far too many victims of alcohol-related crashes locally and nationally. Recent statistics show:

- In New York, 384 people were killed in 2007 due to alcohol impaired driving crashes.

- Nationally, 13,000 people were

killed in 2007 due to alcohol impaired driving crashes.

- Drunk Driving fatalities accounted for 32% of all traffic deaths in 2007.

- Motor vehicle crashes are the leading cause of death for 15-20 year olds.

- On average, someone is killed in an alcohol-impaired driving crash

every 40 minutes.

These statistics are frightening and very preventable. Please, if you or someone you know have been drinking, call a cab, or choose a designated driver. For more information on statistics and drinking and driving, visit:

www.centurycouncil.org
www.alcoholalert.com
www.madd.org



**The Council's
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- Maria Panko- EAP Manager
- Miranda Nieto- DDP Manager
- Siobhan Budine- Community Outreach
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- Elyza Cavallo- EAP Counselor
- Liz Korrie- EAP Trainer
- Beverly Allen- Receptionist

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World No Tobacco Day

World No Tobacco Day is observed every year on May 31. It was created by the World Health Organization in 1987 in an effort to draw global awareness to the tobacco epidemic and the preventable death and disease it causes.

The annual celebration seeks to inform the public on the risks of using tobacco products, the business practices of tobacco companies, what WHO is doing to combat the tobacco epidemic, and what

people around the world can do to claim their right to health and healthy living.

The focus of this year's World No Tobacco Day is 'tobacco health warnings'. In previous years themes such as tobacco-free youth, smoke free inside, and second-hand smoke kills have been used

According to the WHO, most people are unaware of the extent of the harm that tobacco causes, even if they have some idea that it is a health risk.

In response to the demand from countries for action, the World No Tobacco Day campaign calls for policymakers and the public alike to fight back by requiring tobacco packages to graphically show the harms of tobacco use.

Placing picture warnings on tobacco products is one of the most cost-effective ways to increase awareness of the serious health risks of tobacco use and to reduce tobacco consumption, states the WHO.



Employee Assistance Programs (EAP)

*The Employee Assistance Society of North America, of which MVCA is a member, completed a survey which shows an **Increase in Employee Assistance Program Utilization in this Declining Economy ...***

A survey of members of the EASNA, the leading trade association for EAP providers in North America, shows that the current economic situation has fostered an increase in the utilization of EAP services. The EAP services increasingly in demand address financial, legal and stress issues.

Survey respondents, which included EAP providers, for-profit and non-profit organizations, and government agencies, showed an 88.2% increase in request

for financial services, the highest single service area affected. Requests for help coping with stress were up 82.4%, while requests for legal services were up 41.2%. Requests involving domestic violence and those involving substance abuse were both up 11.8%.

A US Federal Occupational Health study of almost 60,000 EAP clients found that the number of people who reported having a lot of difficulty performing work before beginning the EAP was reduced significantly after concluding EAP sessions. Those who reported little or no difficulty performing work increased their performance greatly after using EAP. When beginning EAP counseling, clients reported an average of 2.37 days of unscheduled absences or tardiness in the

prior 30 days. After the end of EAP sessions, clients reported being unexpectedly absent or tardy an average of .91 days in the previous 30 days – a 62% drop in average lost time away from work.

According to EASNA President Barb Veder, "Research consistently shows that EAP services have a positive return on investment. EAP services are cost effective because they reduce absenteeism and improve productivity. Business leaders now consider mental health critical to business success, not just a health care benefit to be administered."

If you are a client company and are interested in utilizing EAP services, please contact MVCA at 315-733-1726.

If you are not a client company, and are interested in becoming one, please call us, or visit our website at www.mvcaa.org.

NYSED Awards Literacy Zone Grant to BOCES Consortium of Continuing Education

On May 8th the BOCES Consortium of Continuing Education held a press release at Kernan Elementary to celebrate their recent receipt of the WIA Title II Grant from the New York State Education Department. This grant awards them \$200,000 annually for three years.

BOCES Consortium of Continuing Education has been working hard with the help of 29 community partners to make this initiative a success. In addition these partners have offered \$480,000 in kind. These monies will help to provide Family Welcome Centers, delivery of programs for adult students and children in the targeted community of West Utica. Literacy Zone staff will include: One full-time Community Coordinator, three full-time Adult Literacy Teachers, one full-time Case Manager and one part-time Family Literacy Educator.

This grant seeks to assist adults and out of school youth in accessing pathways out of poverty, improve adults' basic education and literacy and strengthen family support for children's education.

An additional goal of this group is to develop a functional and sustainable coalition to help implement these efforts, with or without the presence of money.

We, at the Mohawk Valley Council on Alco-

holism/Additions, as advocates for the Central Region Prevention Resource Center are excited to share in this news. As discussed in the previous issue, the PRC's vision is to provide a network of prevention partners who support our communities in their efforts to provide and maintain healthy, safe environments across the central region.

Research over the past two decades has tried to determine how drug abuse begins and how it progresses. Identifying and understanding the risk and protective factors in your community provides a solid base from which to begin planning. Risk factors can increase a person's chances for drug abuse, while protective factors can reduce the risk. Most individuals at risk for drug abuse do not start using drugs or become addicted. The table below describes how risk and protective factors affect people in settings where interventions can take place.

Source: Excerpt from National Institute of Drug Abuse's Preventing Drug Use among Children and Adolescents

<u>Risk Factors</u>	<u>Domain</u>	<u>Protective Factors</u>
Early Aggressive Behavior	Individual	Self-Control
Lack of Parental Supervision	Family	Parental Monitoring
Substance Abuse	Peer Academic	Competence
Drug Availability	School	Anti-drug Use Policies
Poverty	Community	Strong Neighborhood

Identify red, focus on green.

Community

Events:

- **May 8th**
Youth Mental Health & Substance Abuse Issues 101 Program, 9-11 am
- **May 15th**
Current Trends in Adolescent Substance Abuse Training, 9-4pm
- **May 20th**
National Employee Health & Fitness Day
- **May 31st**
World No Tobacco Day

May 2009						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	*	9
10	11	12	13	14	*	16
17	18	19	*	21	22	23
24	25	26	27	28	29	30
*						



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Community Connections



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