

INTRODUCING NEW STAFF

ROSS AMICO

Ross Amico is NCADD-RA's new Community Education Coordinator. He is a retired junior and senior high school health educator who started teaching 30 years ago at North Rose-Wolcott Central School in Wolcott, NY. He taught there for eight years and finished the last 22 years at Oakfield-Alabama Central School in Oakfield, NY when he retired this past June. Amico has an undergraduate degree from SUNY Brockport and a master's of education degree from Plymouth State College in New Hampshire. While at the Oakfield-Alabama school district, he coached cross-country, wrestling and track, and was an advisor to numerous student groups. Amico was recognized with the Oakfield-Alabama School District Teacher of the Year Award in 2009. He was an active member of the Genesee County New York Drug and Alcohol Coalition in Batavia, NY. Amico resides in Churchville, NY with his wife Karen.

ROB K. LEVY

Rob Levy's work in the field of prevention began in the 1980s with the completion of a master's degree in Community Health from the University of Rochester. While teaching in the Rochester City Schools, he introduced the Community Intervention Model and facilitated prevention-related groups for students. Since 1996, he has worked throughout the U.S. as a school prevention consultant, program and curriculum developer, and prevention education trainer.

Levy is very excited about working with community coalitions here in the 12-county Finger Lakes region as the Community Training Specialist.

JERRY BENNETT

During his senior year at St. John Fisher College, in Pittsford, NY, Jerry Bennett spent the month of January living with a family in the mountains of the Cumberland Gap in Virginia. This experience, along with volunteer work in Orleans County with migrants and seasonal working families, convinced Bennett to continue his community development work. Subsequent employment included VISTA volunteer, Youth Director at the Red Cross, Youth to Youth Program Specialist at Prevention Partners and Director of Prevention at Huther-Doyle.

In 2009, Bennett was recognized as the Monroe County Assets Award Winner.

As the Community Development Specialist with the Finger Lakes Prevention Resource Center at NCADD-RA, he finds himself falling back on many of his past employment and volunteer experiences. His family includes his wife, three married kids scattered along the East Coast, two granddaughters and two "grand pugs."

NCADD-RA Services...

- Total Approach Family Program
- Hispanic Prevention/ Education Program
- Community Education and Advocacy
- Problem Gambling Prevention Program
- Addictions Counselor Credential Training
- Resources and Referrals
- NEW Finger Lakes Prevention Resource Center

AN AFFILIATE OF



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NCADD-RA Staff...

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FL PRC Project Coordinator
(585) 719-3482

Bridget DeRollo, B.S., CPP
Family Program Coordinator
(585) 719-3483

Rob K. Levy, M.S.
FL PRC Community Training Specialist
(585) 719-3487



Front row: Aracelis Ramos, Ross Amico and Bridget DeRollo.
Back row: Elaine Alvarado, David Young, Jennifer Faringer, Milagros Rodriguez-Vazquez, Rob Levy, Barb Christensen, and Jerry Bennett.

Aracelis Ramos
Bilingual Secretary
(585) 719-3484

Milagros Rodriguez-Vazquez, A.A.S.
Hispanic Prevention/Education Coordinator
(585) 719-3486

David Young, A.S.
Problem Gambling Prevention Coordinator
(585) 719-3485

Gambling: The Temptation Grows as Venues Increase

by David Young

In New York state, gambling venues are growing, thus increasing the community risks associated with problem gambling especially during difficult economic times. As the numbers of casinos and Internet gambling venues grow and the mega lotteries expand, gamblers are taking bigger risks with their money and losing! Problem gamblers lose more than money... homes, cars, college and other family savings, families and quality of life are all jeopardized.

New York ranks number nine out of 46 states in numbers of casinos and has a total of 39 casinos and pari-mutuel facilities. Casinos / betting facilities exist in 20 different locations throughout the state.

The New York State Lottery is also

growing with the 2010 addition of Powerball.

Additionally, Lotto, Mega Millions, Daily Numbers, Pick 10, Take 5 and Quick Draw and a wide variety of scratch-offs continue to be offered at multiple locations – over 16,400 lottery retailers in New York state alone. The largest percentage of New Yorkers buying lottery tickets, typically making \$35,000 a year or less, have 16,400 lottery retailers to lure them with just a dollar and a dream.

One of the fastest growing ways to gamble is through the Internet offering 24-hour access. With increasing availability, the underage problem gambler can easily gain illegal access online and gamble away their future. There are unique risks when gambling on the Internet. Unlike other

licensed and regulated gambling activities, Internet gamblers have no idea who is operating the gambling site. Are the games honest? Will winnings be paid? When money is wagered will it be used for criminal purposes? Online gamblers often have no recourse if they are not paid. Players put themselves at risk of credit card fraud, identity theft, or other financial crimes by disclosing information that should be kept secure. Internet gambling creates an uncontrolled risky environment for those with gambling problems, adults and minors alike.

(New York Casinos and Gambling Facts: World Casino Directory, Jan 15, 2010)

National Problem Gambling Awareness Week

March 7 - 13

NCADD-RA is entering the fifth year of providing problem gambling prevention education services which include community-based education and awareness as well as information and referral regarding the issue of problem gambling. Additionally, NCADD-RA has a family education program specifically designed to provide education, awareness, and support for adult and youth family members impacted by the problem gambling of a loved one.

In both recognition of National Problem Gambling Awareness Week and to further increase awareness to the risks of problem gambling, NCADD-RA launched a comprehensive community awareness

campaign with media placements in the Democrat and Chronicle, La Voz, Minority Report, and In Good Health newspapers. Additionally, NCADD-RA is expanding its reach in 2010 through billboard placements located in the Rochester and Monroe County area.

If you or your family, school, or community group would like further information or to request a presentation, please contact David Young at (585) 719-3485 or dyoung@depaul.org.

If you or a loved one is in need of treatment or counseling, please contact DePaul's Problem Gamblers Treatment Program at (585) 719-3432.



Teens learn from their parents.

What are you teaching your kids?

If your teen is gambling, you should know - there are risks. Fourteen percent of youth in New York are at risk of developing problem gambling habits.

Getting the facts is the first step toward improving your chances.

Contact DePaul's National Council on Alcoholism Drug Dependence-Rochester Area (NCADD-RA) or visit www.ncadd-ra.org

Call (585) 719-3485
toll-free at 1-877-8-HOPENY

 

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Chances are you won't get lucky on the next roll.

Get the facts.

 **DEPAUL** National Council on Alcoholism & Drug Dependence - Rochester Area

719-3485 www.ncadd-ra.org

The Connection: Parental Alcohol or Other Drug Problems and Child Maltreatment

Data compiled from multiple sources by Bridget DeRollo

- Approximately 17.6 million adults ages 18+ abuse or are dependent on alcohol
- The number of illicit drug users ages 26+ exceeds 11 million
- 8.3 million children under the age of 18 lived with at least one parent who was dependent on or abused alcohol or other drugs during the past year
- Of these, almost 7.3 million lived with a parent who was dependent on or abused alcohol; about 1.1 million lived with a parent who was dependent on or abused illicit drugs including the non-medical use of psychotherapeutics
- Studies indicate that children of addiction are about four times more likely to develop substance problems
- More than one million children are confirmed each year as victims of child abuse and neglect by state child protective service agencies
- Child welfare records indicate that substance abuse is one of the top two problems exhibited by families in 81 percent of the reported cases
- Every day at least three children die as a result of abuse and neglect
- U.S. data reveals that 510,000 children are living in foster care
- New York state data reveals that the total foster care population is 25,878 children (4.5 per 1,000 children)
- Children of addiction suffer from a variety of physical, mental, and emotional health problems at a greater rate than do children in the general population.
- Similar to maltreatment victims who believe that the abuse is their fault, children of addiction feel guilty and responsible for their parent's problem
- Both groups of children often have feelings of low self-esteem and failure, and suffer from depression and anxiety
- Prevention education for children of addiction increases the development of self-worth, interpersonal skills and a clearer understanding of how they have been affected

Sources

1. NIAAA National Epidemiologic Survey on Alcohol & Related Conditions (NESARC) 12-Month Prevalence 2001-2002
2. 2008 NSDUH, Substance Abuse and Mental Health Services Administration, US Department of Health and Human Services
3. "Children Living with Substance-Dependence or Substance-Abusing Parents" published 5/6/2009 SAMHSA, 2002-2007
4. NIAAA Publication "A Family History of Alcoholism- Are You At Risk?" 9/2005
5. Prevent Child Abuse America Article "The Relationship Between Parental Alcohol or Other Drug Problems and Child Maltreatment"
6. Banks & Boehm (2001, September) Child Welfare League of America, "Substance Abuse and Child Abuse"
7. Adoption/Foster Care Analysis & Reporting System (AFCARS) Report – USDHS, 2008
8. NYS Office of Children & Family Services, 2008



NCADD-RA Extends Congratulations to ACCT Alumni

As NCADD-RA continues its 16th consecutive Addictions Counselor Credential Training (ACCT) program in 2010, we proudly congratulate alumni who received their Certified Alcohol and Substance Abuse Counselor Credentials from the New York State Office of Alcoholism and Substance Abuse Services over the last several years.

(Additional alumni listed in fall 2009 newsletter)

Shamsuddin A. Hakin	10/16/09	Luis Matos	10/16/09
Shannon McCormick	6/14/08	Pamela Annala	9/16/06
Luke Myer	6/14/08	Wayne Cleveland	12/15/07
Steven Carter	12/13/08		

Monroe County's Pharmaceutical Waste Collection Program

Submitted by Tom Sinclair (Monroe County Department of Environmental Services)

You may have seen a New York State Department of Environmental Conservation poster, "Don't Flush Your Drugs," posted at your local pharmacy, but what *should* you do with unused, unwanted, or expired medications if you can't safely put them in the garbage or flush them?

The release of a 2006 United States Geological Survey (USGS) study reported trace amounts of medications have been found in U.S. drinking waters and waterways validating that the practice of flushing medications down the drain was no longer the safest or the most desirable disposal method. At the time these studies were released, there were no procedures in place within New York state to facilitate the legal collection of residential pharmaceutical waste.

The Monroe County Department of Environmental Services



Rx/OTC medications collected and safely disposed!

(DES) assembled a team to assist in drafting a proposed plan for a pharmaceutical waste collection program. A plan was submitted and approved by the New York State Department of Environmental Conservation (NYSDEC) & the New York State Department of Health (NYSDOH). Monroe County's first successful pharmaceutical waste collection was held in April 2008.

Monroe County DES shared their experiences with other municipalities and offered guidance to sponsor pharmaceutical waste collection events. Due to these efforts, over 31

pharmaceutical waste collections were held in Upstate New York from April 2008 – December 2009 resulting in more than six tons of pharmaceutical waste collected and disposed of properly.

NCADD-RA Collaborating with Monroe County...

What's in your medicine cabinet?

Prescription drug abuse is on the rise.

Learn the facts.

DEPAUL National Council on Alcoholism & Drug Dependence - Rochester Area

719-3482 **www.ncadd-ra.org**

NCADD-RA is including the following on all 2010 print media campaigns:

To learn more about the program or where to drop off your unused, unwanted or expired medications go to the Monroe County Web site:

<http://www.monroecounty.gov/hhw>



Highlights from the 2009 Monroe County Youth Risk Behavior Survey Report

From the Monroe County Department of Public Health and summarized by Ross Amico

The Monroe County Youth Risk Behavior Survey (YRBS) has been conducted every two years in public high schools since 2000. This year a total of 1,820 surveys were completed. The YRBS survey covers many areas of risky behavior; included below are some of the highlights within the realm of alcohol, tobacco and other drugs:

- Between 1999 and 2009 there were significant declines in the percentages of youth who reported they tried smoking, they currently smoked and had smoked before age 13
- The percentages of youth who reported various alcohol use behaviors declined overall between 1999 and 2009
- The percentage of students who reported they rode in a car with someone who had been drinking declined between 2003 and 2009. There was a slight decline in the percentage who reported drinking and driving.
- The percentage of students who reported marijuana use declined between 2005 and 2007, however, rose slightly between 2007 and 2009
- Reported use of inhalants and methamphetamines declined overall since 1999
- Between 2003 and 2009, the percentage of students who reported they used other types of illegal drugs like LSD, PCP, or mushrooms fluctuated. Reported use of cocaine, heroin, ecstasy, steroids, over-the-counter drugs, prescription drugs and illegal injected drugs all have remained relatively stable.
- The percentage of students, who reported they were offered, sold or given drugs on school property, declined between 1999 and 2009 although there was a slight rise between 2007 and 2009
- The percentage of sexually-active students who reported they used alcohol or drugs prior to engaging in sexual intercourse declined overall since 2001 although there was a slight increase between 2007 and 2009

When asked about parental influences students responded as follows:

- 73.8 percent of students responded that their parents felt it would be very wrong or wrong for them to drink alcohol
- 92.5 percent of students responded that their parents felt it would be very wrong or wrong for them to smoke
- 90.1 percent of students responded that their parents felt it would be very wrong or wrong for them to smoke marijuana

Data in this survey is good news for Monroe County with overall trends showing decreases since 1999. Areas of concern include those where we have seen a slight increase in drug use since 2007, to include marijuana use, drug use on school property and students who have engaged in alcohol or drugs prior to sexual intercourse.

Bringing Bilingual Education to the Community

by Milagros Rodriguez-Vazquez

The Hispanic Prevention Education Program (HPEP) provides increased awareness about alcoholism and chemical dependency and its impact on the Hispanic community, utilizing both evidence-based and research-based education, support, information and referral. HPEP provides community presentations to adults and youth along with printed resources for parents and youth in both Spanish and English. Our programs include: Project Alert, The National Institute on Drug Abuse's Brain Power Club! and the Substance Abuse and Mental Health Services Administration's (SAMHSA) Vida en la Comunidad Para Todos.

Project Alert, an evidence-based model program piloted in 2006 with a faith-based partner, Ministros Ciudad de Refugio, was offered in 2009 to a new group of youth at Ministros Ciudad de Refugio and later to another faith-based community youth group at Centro Evangelistico Familiar. Additionally, Project Alert was provided in Spanish to youth in the bilingual programs at two Rochester City Schools, Franklin Global and North East College Prep, with plans

¿Qué hay en su botiquín?

El abuso de los medicamentos recetados entre los adolescentes va en aumento. Estar informado es su mejor defensa.

Consejos para los Padres

- Guarde bien todos los medicamentos en su hogar.
- Establezca reglas claras para todos los adolescentes sobre el uso de los medicamentos, incluyendo que no compartan con otros y que sigan la dosis indicada por el médico.
- Sea un modelo ejemplar y siga las mismas reglas con sus medicamentos.
- Cubra bien los medicamentos y elimine los que son viejos o que no se utilizan.
- Reconozca los signos y síntomas de abuso.

Para obtener más información o para planificar una presentación llame a **NCADD-RA** al (585) 719-3486.

Visite nuestra pagina web: www.ncadd-ra.org

to provide Project Alert at additional bilingual programs/schools in 2010. The goal of Project Alert is to reduce the use of substances by keeping non-users from trying them and by preventing experimenters from becoming regular users. Project Alert is an 11-session program covering the following topics: the consequences of drinking, smoking cigarettes, marijuana, and inhalants, an introduction to internal, external, and social pressures; practicing resistance skills, and reviewing and reinforcing the benefits of being drug-free.

Additionally, HPEP provides educational support groups for adults who are members of our faith-based partners utilizing Vida en la Comunidad Para Todos!, a program of SAMHSA. In early 2010, the men's group of Centro Evangelistico Familiar Church took part in a presentation of Vida en la Comunidad Para Todos on the topic of

communication as the first of several group sessions to follow this year.

For more information on the Hispanic Prevention Education Program, contact Milagros Rodriguez-Vazquez at (585) 719-3486.

2010 Addiction-Related Calendar of Events

January

National Birth Defects Prevention Month
www.nbdpn.org

February 14 - 20

National Children of Alcoholics Week
www.nacoa.net

March 7 - 13

National Problem Gambling Awareness Week
www.npgaw.org

March 15 - 20

National Inhalants and Poisons Awareness Week
www.inhalants.org

March 28

Kick Butt Day
www.stamp.org

April

National Alcohol Awareness Month
www.ncadd.org

May 9-15

National Alcohol and other Drug-Related Birth Defects Week
www.ncadd.org

May 31

World No Tobacco Day
www.who.int.tobacco

September

National Recovery Month
www.recoverymonth.gov

September 9

International Fetal Alcohol Syndrome Bell Concordance Day
www.nofas.org

October

National "Talk About Prescriptions" Month
www.talkaboutrx.org

October 23 - 31

National Red Ribbon Campaign
www.nfp.org

November 19

Great American Smokeout
www.cdc.gov/tobacco

December 1

World AIDS Day
www.unaids.org



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National Council on Alcoholism and Drug Dependence – *Rochester Area*

Annual Luncheon

Keynote Speaker – David Rosenbloom, Ph.D.



Dr. David Rosenbloom is one of the nation's leading experts in addiction policy and health care. His nearly 40-year career includes leadership positions in the academic, public, not-for-profit, and business arenas including being the founder and director of Join Together, the nation's leading source of information on addiction, and professor of public health at Boston University. He is the author of more than 45 articles, monographs and books on addiction, health care and American electoral politics.

For information please contact Elaine Alvarado at **(585) 719-3481**
 or ealvarado@depaul.org.

Save the Date

Friday, May 14, 2010

11:30 a.m. - 2:00 p.m.
 Mario's Italian Steakhouse
 2740 Monroe Avenue
 Rochester, NY 14618

Community Presentations Available Upon Request...

NCADD-RA provides community presentations on a wide variety of substance abuse related topics upon request. Presentations are customized to fit needs, interests, and timeframes and are available for school/university faculty, PTA/PTSA or other school groups, classrooms, outreach and clinical staff, youth and adult faith groups, or workplace organizations.

Topics Include:

- Fetal Alcohol Spectrum Disorders
- Signs, Symptoms and Current Trends of Substance Abuse
- Impact of Addiction on the Family
- Consequences of Teen Smoking
- Media Literacy
- Underage Drinking
- Problem Gambling: Impact on Youth and Families
- Methamphetamine: Individual and Community Impact
- Over-the-Counter/Prescription Drug Abuse
- Inhalants/herbals
- Marijuana



For further information or to schedule a customized presentation with one of our staff, please contact Ross Amico, NCADD-RA's Community Education Coordinator, at ramico@depaul.org or (585) 719-3489.