

## New Report Highlights Early and Widespread Gambling Exposure Among Adolescent Boys *by Delia Gallmeyer, M.S., MHC*

**B**etting on Boys: Understanding Gambling Among Adolescent Boys, a Common Sense Media report released in January 2026, finds that gambling is common at surprisingly young ages with video games serving as the most frequent entry point for gambling-like activities.

Based on a national survey of more than 1,000 boys aged 11 to 17, the study found that 36 percent of boys reported gambling within the past year. Rates increased steadily with age, ranging from nearly one-third of 11-year-olds to almost half of 17-year-olds. The findings indicate that gambling exposure is often embedded in boys' everyday digital experiences rather than occurring through traditional gambling venues.

According to the report, video games, social media algorithms, and peer influence are closely linked to gambling behaviors. Many games incorporate chance-based systems that resemble gambling and social media platforms frequently surface gambling-related content through algorithmic recommendations.

"Boys are gambling from a very early age," said James P. Steyer, Founder and CEO of Common Sense Media. "Through the games they play, the social media platforms they use every day, and their friends, gambling has become a part of many boys' daily lives—often in ways parents may not recognize. Without safeguards and support, boys may be forming risky relationships with gambling before they fully understand the consequences."

The report emphasizes that adolescence is a critical developmental period marked

by heightened sensitivity to rewards and peer influence, making early exposure to gambling particularly concerning. Common Sense Media urges parents, educators, policymakers, and industry leaders to address this issue with urgency and to implement stronger protections for youth.

### Key findings from the report include:

- Online gaming is the most common context in which boys encounter gambling-like systems, with nearly one in four participating in game-based activities that mimic gambling. Most boys who engage in these activities report spending real money.
- Nearly one in eight boys reported betting on sports.
- Nearly one in eight participated in traditional forms of gambling, such as card games, with significantly higher participation among boys aged 14 to 17.
- Six in ten boys reported seeing gambling advertisements on YouTube or social media, though most said the ads did not directly prompt them to gamble.
- Peer influence plays a major role. More than 80 percent of boys whose friends gamble reported gambling themselves, compared to fewer than 20 percent of boys whose friends do not gamble.
- More than one in four boys who gamble reported experiencing stress or conflict related to gambling, particularly those who gamble frequently or whose friends also gamble.
- One-third of boys reported gambling with family members.

The report also found that algorithmic recommendations are a significant source



of gambling exposure in digital spaces. Nearly half of boys who gamble reported seeing online content that promotes gambling, much of it delivered through automated feeds. Boys exposed to this content tend to spend more money on gambling than those who are not.

While boys who gamble reported spending an average of \$54 per year, the report notes a sharp divide between lower-loss and higher-loss gamblers. Higher-loss gamblers demonstrated riskier patterns, including increased spending, stronger motivations to gamble, and, in some cases, using parents' credit cards without permission.

Common Sense Media recommends that parents begin having open, ongoing conversations about gambling early in adolescence and revisit the topic as children grow. Monitoring social media feeds, setting clear rules around online spending, and increasing awareness of gambling-like features in games are also recommended strategies to reduce risk.

Read the full report by scanning the QR code above or visiting [commonsensemedia.org/research/betting-on-boys-understanding-gambling-among-adolescent-boys](https://commonsensemedia.org/research/betting-on-boys-understanding-gambling-among-adolescent-boys).

Source: Robb, M. B., & Mann, S. (2026). *Betting on boys: Understanding gambling among adolescent boys*. San Francisco, CA: Common Sense Media.

# Vaping: Understanding the Risks, Just the Facts

by Jennifer Faringer, M.S.ED., CPP-G

**N**CADD-RA is launching a new community awareness campaign that, along with our evidence and research-based education, will shine a spotlight on the health risks of vaping.

In the most recent National Survey on Drug Use and Health (NSDUH) released in 2025, nicotine vaping among those aged 12 and older ranks highest in use, above alcohol for the first time ever. Initiation of use before age 21 was at 34.5 percent, while initiation of use for those 21 or older was at 65.5 percent.

Marketing has played a large role in normalizing nicotine use once again and in making it trendy and attractive to young people. A common myth is that it's just "harmless water vapor" when in reality 42 toxic chemicals have been identified.



## Research has found:

- Vaping is not harmless nor proven to be safe and it also poses secondhand risks. The particles in the vapor are 50 times smaller than the width of a human hair. They stay airborne for a long time and can easily penetrate the deepest part of the lungs.
- Vapor exposes children not only to nicotine but also to other toxins.
- Vapes are not proven to be effective Nicotine Replacement Therapy.
- Vape devices are also being used to smoke or vape marijuana concentrates (waxes and oils).
- For every adult who may have quit smoking using vapes, there are 80 adolescents who had never smoked and who were introduced to smoking through vapes.
- Vaping is not quitting. Vapes may carry 50+ milligrams of nicotine, which is comparable to an entire pack of cigarettes, making vaping more potent and addictive.

To view a full list of chemicals, a downloadable poster, parent tips and strategies, safe disposal information and more, scan the QR code above or visit: [ncadd-ra.org/resources/awareness-campaigns/vaping-electronic-nicotine-devices/](https://ncadd-ra.org/resources/awareness-campaigns/vaping-electronic-nicotine-devices/).  
To request a presentation, please contact Jennifer Faringer at [jfaringer@depaul.org](mailto:jfaringer@depaul.org).

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## NCADD-RA Services

- Addictions Counselor Credential Training
- Community Education and Advocacy
- Finger Lakes Addiction Resource Center (FLARC)
- Finger Lakes Prevention Resource Center (FL PRC)
- Hispanic Prevention Education Program
- Individualized Alcohol/Other Drug Education
- Resources and Referrals
- Team Awareness Workplace Wellness (TAWW)
- Total Approach Family Program

# Strengthening Workforce Stability Through Wellness

by Kara Cloud, B.A.



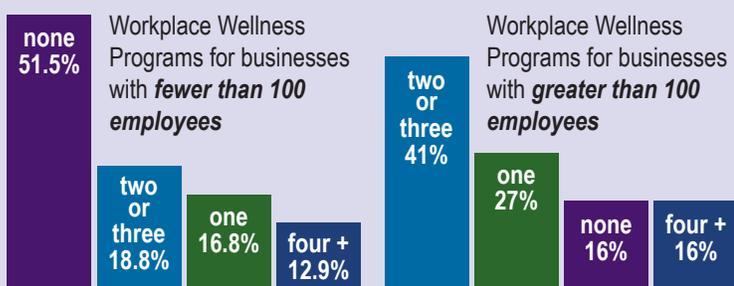
If you're feeling burned out from hearing the term "burnout," you're not alone. While awareness surrounding mental health and substance use concerns have increased, many employers are searching for practical ways to translate awareness into day-to-day workplace stability. Popular images of workplace wellness options such as sprawling employee fitness centers and extended paid time off are often the examples set by large, fast-growing companies but rarely are feasible for most employers. With 98 percent of New York businesses having fewer than 100 employees, the issue of talent attraction and retention becomes pivotal to sustainable success (*Empire State Development 2024 Annual Report on Small Business*).

Effective workplace wellness focuses on strengthening the systems that organizations already rely on such as supervision, communication, policies, and training, by giving staff and leaders shared language, realistic tools, and clear boundaries. When employees know what support looks like and leaders know how to respond appropriately, issues are more likely to be addressed early before they escalate into crises that disrupt teams and operations. The NCADD-RA's Team Awareness Workplace Wellness (TAWW) program has supported managers in fostering connection among diverse teams, empowered staff with streamlined access to community-based wellness resources, and even centering office holiday parties around wellness workshops.

Well-designed programs also recognize the interconnected nature of stress, mental health, physical health, and substance use. Addressing these factors together reflects how people actually function at work and helps organizations reduce lost time, improve engagement, and support retention without overextending internal resources. TAWW workshops are facilitated by behavioral health professionals who model active listening and motivational interviewing and share embedded principles of prevention with participating teams.

Viewed this way, workplace wellness becomes less about expensive perks and time-intensive renovations and instead about continuity and value capture. By focusing on prevention, role clarity, and practical application, organizations can support their workforce while maintaining productivity and accountability, two key ingredients for stability in any industry.

For more information about the TAWW program, scan the QR code above, or contact Kara Cloud at [kcloud@depaul.org](mailto:kcloud@depaul.org) or Jennifer Faringer at [jfaringer@depaul.org](mailto:jfaringer@depaul.org).



Over 50% of small businesses have no workplace wellness intervention in place.

Source: 2021 survey of 188 business leaders from 22 NYS counties completed by NCADD-RA in partnership with OWLS (Bennet, et al 2022).

# How Stress Can Lead to Addiction

by David Young, A.S.

Stress is a common experience that touches all of us at different points in our lives. While a manageable level of stress can sometimes motivate us and help us grow, chronic stress can have lasting negative effects on our mental and physical health, including its impact on addiction.

## Understanding the relationship between stress and addiction is both complex and deeply personal.

For many, stress can be a significant factor in the development of substance use disorders. In times of distress, it's not uncommon for individuals to seek relief in substances like alcohol or other drugs, or even in behaviors such as gambling, as a way to cope with their overwhelming emotions.

When we experience stress, our bodies respond by releasing hormones like cortisol which prepare us for a "fight or flight" response. While this reaction can be helpful in short bursts, ongoing stress keeps these hormones elevated and can lead to serious health issues.

Many people find that substances offer temporary relief from stress by changing their brain chemistry which can create a challenging cycle of reliance that raises the risk of addiction. Recognizing the importance of healthy coping mechanisms is essential in overcoming these challenges. Here are some meaningful strategies:

- **Techniques like mindfulness and meditation** can be invaluable tools for managing stress, helping individuals ground themselves in the present moment, reducing anxiety and building resilience.
- **Engaging in physical activity** can serve as a powerful antidote to stress, releasing endorphins which can lift your spirits and enhance overall mental health.
- **Connecting with a social supportive network** of friends or family members is vital. Sharing experiences and emotions can provide comfort and encouragement, helping one navigate difficult times together.

## Your support can make a world of difference.

If a loved one is struggling with stress-related addiction, here are some thoughtful ways to offer your help:

- **Take the time to educate yourself** and understand both addiction and stress. Knowledge can empower you to give informed support.
- **Encourage your loved one to communicate openly** and share their feelings and experiences. Creating a safe space for honesty can foster stronger connections.
- **Encourage professional help** as your loved one seeks treatment and/or therapy. Your support can play a critical role in their healing journey.
- **Remember to practice self-care** for your own mental and physical well-being. By looking after yourself, you can provide the best support possible to your loved one.

# Mobile Sports Betting's Impact on New Yorkers

by Jennifer Faringer, MS. ED., CPP-G



**P**roblem Gambling Awareness Month in March was an opportunity to ensure our communities understand the risks and impact of problem gambling on individuals and their families. This message is more important now with the legalization of mobile sports betting in 2022 which has drastically increased the availability and access.

In 2025, New Yorkers wagered \$26.3 billion which represents a 15.8 percent increase from each prior year. While the focus has been on the amount wagered and the corresponding tax revenue generated, often overlooked is the tremendous cost to individuals, their families, and the community. Last year, New Yorkers lost approximately \$2.5 billion on mobile sports betting alone. This represents devastating financial losses, often for families who can least afford it.

Approximately 85 percent of adults in the United States have gambled at least once in their lives; 60 percent in the past year. Approximately one percent or two million adults meet the criteria for a problem gambling disorder, while another two to three percent or four to six million would be considered problem gamblers. About a third may not gamble at all, and many gamble infrequently.

Approximately ten percent of gamblers account for 65 to 80 percent of all wagers. Aware of these dynamics, the gambling industry focuses on the high-risk ten percent of the population, those who are the high intensity and high frequency betters. It is this segment of the population that generates most of the gambling revenue

and who also experience the greatest amount of personal financial loss as well as suffer the consequences of those losses.

Mobile sports betting makes it possible for an individual to gamble anywhere and at any time of the day by simply using their mobile device. This increased and easy access led to high intensity, high frequency betting, but it comes at a steep price, often impacting individuals who are at the greatest risk for developing a problem gambling disorder.

## Know the Warning Signs of Developing Problem Gambling:

- Do you experience mood swings based on winnings and losses?
- Do you neglect other responsibilities to concentrate on gambling activities?
- Do you experience impatience with loved ones because they are interrupting your gambling activities?
- Are you willing to eat less or go without food so that you can gamble?
- Do you gamble with money that is needed for necessary expenses such as household supplies, groceries, medication, electricity, and rent or mortgage?
- Have you ever thought about cashing in your insurance policy for gambling money?
- Are you spending your retirement funds to gamble?
- Do you fantasize about big winnings and believe you will win back all your losses?

If you answered "yes" to any of these warning signs, please know that help is available! For more information on problem gambling, scan the QR code above or visit [ncadd-ra.org/services/finger-lakes-addiction-resource-center/](https://ncadd-ra.org/services/finger-lakes-addiction-resource-center/) to find resources including the Problem Gambling Services Directory and a flyer with the active Gamblers Anonymous (GA) meetings in Monroe County.

## The Emergence of Predictability Markets and Related Concerns

**R**elatively new on the scene are various "predictability markets" which allow users to essentially gamble on future events such as election results and sports outcomes by turning them into "tradeable contracts." Currently two of the most popular predictability markets are Kalshi and Polymarket, with Kalshi at 60 percent of the market. The price of tradable contracts is determined by the crowd implied probability, or in other words, their collective opinion.

In traditional gambling, the gambler is betting against the house and the house rarely loses. Income or revenue is generated by the players' losses. In contrast, there is no brick-and-mortar house (such as a casino or sports bookmaker) with the predictability market, instead income or revenue is generated whether or not the player wins or loses. For example, if a tradeable event is posted at \$0.75, that indicates the market thinks there's a 75 percent chance that the predicted outcome of an event occurs. If you buy at \$0.75, the event actually happens, and you receive \$1, you've earned \$0.25 profit. If the predicted event doesn't happen, you lose the principal.

While both Kalshi and Polymarket have experienced a range of legal barriers in the last several years, a recent report comparing and reviewing both described Kalshi as "better for users who prefer a federally regulated platform" because it allows for direct U.S. dollar deposits. Polymarket is described as ideal for those who prefer to trade and bet in cryptocurrency.

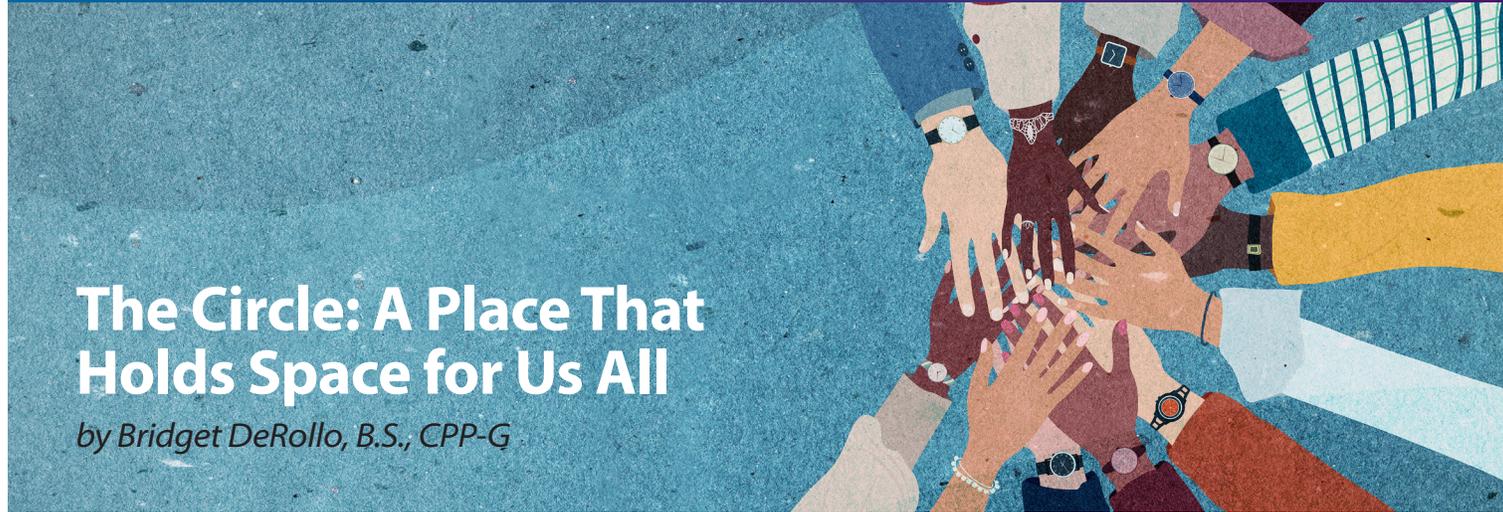
Some states' regulations have issued cease and desist orders claiming Kalshi's sports contracts violate gambling laws. Polymarket was fined in 2022 for running an unregistered exchange. To comply, they created a regulated pathway to operate in the U.S. Initially, Polymarket was seen as a leader in this world of predictability markets. Since 2025, Kalshi has overtaken it in sheer volume.

For more information on Problem Gambling resources and local Gamblers Anonymous meetings, visit [ncadd-ra.org/services/finger-lakes-addiction-resource-center/](https://ncadd-ra.org/services/finger-lakes-addiction-resource-center/).

by Jennifer Faringer, MS. ED., CPP-G

# The Circle: A Place That Holds Space for Us All

by Bridget DeRollo, B.S., CPP-G



The philosophy of the Lakota Native Americans teaches that “in the circle, we are all equal,” yet we commonly find ourselves asking questions like “am I good enough, do I belong, do I matter, will I be protected?” Research suggests experiencing a sense of belonging, support, safety and value can provide an individual with validity and comfort and a sense that we are a part of something bigger than ourselves. Although all humans yearn for this, why is it that we don’t all end up in harmony with one another?

We can easily be manipulated within seconds as to who counts and who doesn’t, creating a dividing mindset of “Us” and “Them.” These two distinct groups often find themselves in opposition and can be driven further apart by the escalation of mistrust and conflict. The natural outcome can be that each group perceives the other as a threat on some level.

The example below illustrates the concept of, ‘Them vs. Us.’

*Best of Enemies*, a true story of the unlikely relationship between civil rights activist Ann Atwater and Ku Klux Klan leader C.P. Ellis, shows a remarkable transformation of human beliefs. Forced to co-chair a community summit on school desegregation in 1971 in Durham, North Carolina, their polarized relationship shifted to a profound transformation from bitter enemies to a remarkable friendship that lasted a lifetime. Despite social pressures and challenging their personal beliefs, they discovered common ground, the gift of understanding and the divinity of connection.

Another example is Jane Elliott, a third-grade teacher in a small, all-white Iowa town, who had her students participate in an experiment about discrimination and prejudice back in 1970. She divided her class into blue and brown-eyed groups. One group was deemed ‘the special students.’ They were told they were smart, given special privileges and were applauded for their positive attributes.

to experience both sides.

This experiment, known today as “A Class Divided,” was a profound learning experience. It was a lesson on many levels and affirmed that all people matter. By immersing the children in a direct and personal encounter with discrimination, it revealed just how deeply prejudice can wound and divide. Yet through that discomfort, they arrived at a shared understanding. Connection is the soul of human existence. It’s the place where thoughts, ideas and beliefs meet. It is the place where understanding is possible.

### Total Approach Family Program

The NCADD-RA is committed to its work of creating community and connection. The Total Approach Family Program has recently rolled out an additional program for girls called Girls Circle, a flexible, multi-session support group for girls ages 9 to 18. Sessions are interactive with the goal of empowering participants through skill-building activities on topics such as values, self-expression, listening skills, coping with stress, choices and setting boundaries. The goal is to help girls strengthen confidence, encourage positive peer interactions, and develop mutual support and understanding through a deeper connection with themselves and their peers. The Circle rests on the Lakota philosophy that, “in the circle, we are all equal. There is no one in front of you and there’s nobody behind you. The circle is sacred because it is designed to create unity.”

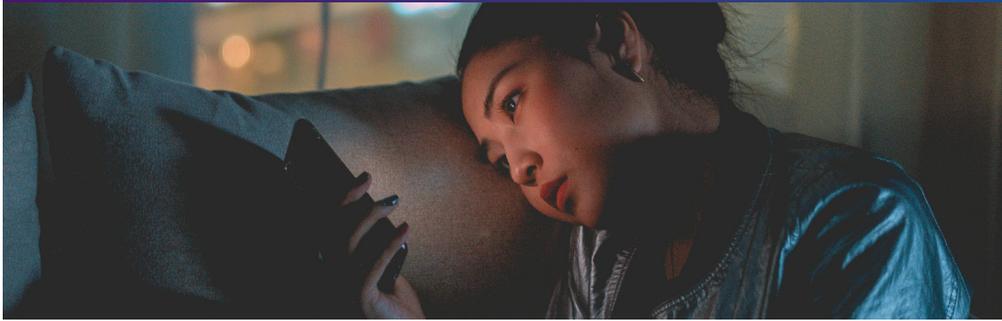
For more information contact Bridget DeRollo, TAFP Senior Coordinator at (585) 719-3483 or [bderollo@depaul.org](mailto:bderollo@depaul.org).

THEM	ATTRIBUTE	US
Unknown	<b>Beliefs</b>	Known
Based on stereotypes	<b>Perceptions</b>	Based on personal experiences
May be different from ours	<b>Behaviors</b>	May be similar to ours
Can be different	<b>Culture</b>	Can be similar
May speak a different language	<b>Language</b>	May speak the same language

### Real Life Examples

This mentality can lead to heightened defenses and a reluctance to engage with one another. But this division doesn’t have to be this way. The movie, *The*

Other group, the ‘not so special students’, were told they weren’t smart, weren’t able to share the same privileges and were told they had specific negative attributes. Both groups switched mid-week



## Supporting Adolescents in the Digital Age: How Parents Can Communicate About Social Media Issues *by Elaine Alvarado*

**A**s social media becomes deeply entwined with adolescents' social, emotional, and cognitive development, parents often find themselves navigating unfamiliar terrain. Research shows that social media can benefit teens by supporting social connection and identity exploration, but it can also pose risks including cyberbullying, exposure to harmful content, and disruptions to sleep and emotional well-being. Effective communication between parents and adolescents is one of the strongest protective factors. Evidence-based parenting programs like Triple P offer proven tools to enhance these conversations.

### Reducing Stress and Conflict Around Screens

The Triple P – Positive Parenting Program® is one of the world's most researched parenting programs based on more than 35 years of evidence and used internationally to support healthy family relationships.

Triple P's practical advice helps parents break cycles of stress, guilt, or overreactive rulemaking—common patterns triggered by social media conflict. It supports families in creating calmer routines and more balanced everyday habits.

### What Triple P Offers

- **Practical communication strategies** that help parents talk with their adolescents in calm, respectful ways. These include active listening, empathy, and problem solving to reduce conflict around issues like screen time.
- **Skills for setting clear, consistent boundaries** which support teens' emotional regulation and encourage responsible social media use.
- **Tools to strengthen parent-teen relationships**, making it more likely that teens will share concerns about online experiences before problems escalate.
- **Modules specifically designed for parents of teens** including guidance on encouraging positive behavior, supporting resilience, and managing difficult conversations.

Triple P aligns with research showing that warm, supportive family environments reduce problematic social media use among adolescents.

### Putting It All Together:

#### When parents combine...

- Open, ongoing conversations
- Development of appropriate boundaries
- Empathy and active listening
- Skills taught through Triple P

...they create a home environment where adolescents feel safe discussing social media challenges. This integrated approach not only reduces conflict but promotes resilience, confidence, and healthier digital habits. Adolescent social media use isn't just a behavioral issue—it's a relationship issue. When parents build trust, communicate with empathy, and apply consistent positive parenting strategies, teens develop the skills they need to navigate social media safely and thoughtfully.

Programs like Triple P give parents concrete tools and evidence-based guidance to strengthen these conversations, reduce stress, and foster supportive family relationships. By working together, families can turn social media challenges into opportunities for connection, communication, and growth. For more information, contact Elaine Alvarado at [eaalvarado@depaul.org](mailto:eaalvarado@depaul.org) or (585) 719-3481.

## Substance Use Prevention, Whole Health, and Community Well-Being for College Students

*by Juliana Denning, B.S.*

**C**ollege is a time of exciting growth and real pressure. As students navigate new independence, academic demands, and evolving relationships, the choices they make can have a lasting impact on their health and success. Substance use prevention plays a vital role in supporting students' whole health by empowering them with the knowledge, skills, and support needed to make informed decisions and build lifelong well-being.

Substance use is closely linked to mental health, particularly when students experience stress, anxiety, social pressure, and/or feelings of isolation. Prevention efforts that promote healthy coping strategies, emotional awareness, a sense of belonging, and help-seeking behaviors foster resilience and reduce risk. These initiatives also strengthen relationships by encouraging open communication, boundary-setting, and inclusive social environments that don't revolve around substance use. When paired with stress-management skills—such as mindfulness, physical activity, and time management, prevention supports both academic success and personal wellness.

The impact of prevention grows even stronger through partnerships with the surrounding community. Collaborating with local health providers, non-profits, schools, and community organizations expands access to resources, reinforces consistent health messages, and promotes healthier lifestyles beyond campus. By working together, colleges and communities can create safer environments, stronger connections, and a culture of well-being that benefits everyone.

## New York Redefines Substance Use Prevention Amid a Changing Public Health Landscape *by Irene Lawrence, B.S.W., CPP*

**S**ubstance use prevention in New York is evolving as state leaders, local governments, and community organizations adapt and respond to shifting patterns of use and emerging public health challenges. Prevention efforts across the state are increasingly focused on early action, community engagement, and addressing the root causes that contribute to substance use. State agencies, including the Office of Addiction Services and Supports (OASAS), are advancing approaches that emphasize mental health, trauma-informed care, and the social conditions that influence risk. These efforts reflect a broader shift toward strengthening protective factors such as connection, stability, and access to supportive services.

Schools and youth programs across New York are playing a critical role in this transformation. Prevention initiatives are increasingly embedded into school settings through social-emotional learning, peer leadership, and family engagement. Rather than focusing solely on substance avoidance, programs are designed to help young people build coping skills, navigate stress, and make informed decisions in increasingly complex social environments.

Community-based prevention has also expanded statewide. Local prevention coalitions and providers are using regional data to identify trends related to opioids, alcohol misuse, vaping, and polysubstance use. These coalitions and provider networks bring together public health officials, educators, healthcare providers, law enforcement, and community leaders to develop coordinated, locally-driven responses that reflect the needs of their communities.

Policy and funding priorities in New York continue to reinforce prevention as a long-term investment. In response to the opioid crisis and rising concerns about stimulant-related harm, the state has worked to integrate prevention more closely with treatment, harm reduction, and recovery services. This continuum-based



approach recognizes prevention as a critical component of reducing substance-related harm and strengthening public health outcomes.

Equity remains a central focus of New York's prevention efforts. State and local leaders are increasingly tailoring programs to address disparities tied to geography, income, race, and access to care. Culturally-responsive prevention strategies are being prioritized to ensure initiatives are relevant, accessible, and effective across diverse communities, including rural areas, urban neighborhoods, and historically underserved populations.

As substance use trends continue to evolve, prevention leaders across New York emphasize the importance of adaptability. The state's changing prevention landscape reflects a move toward proactive, evidence-informed strategies that respond to emerging risks while strengthening communities over time. By investing in prevention early and consistently, New York aims to reduce substance-related harm and build a healthier, more resilient future for its residents.

## Volunteer Power Along the Coalition Highway

*by Jerry Bennett, B.A., CPP*

**O**ur coalition highway extends across the 12-county Finger Lakes region to include over 20 community and college coalitions whose vision and missions are to address various identified substance use issues while focusing on prevention, seeking to increase protective factors and reduce risk factors.

But what's the 'secret sauce'? Let's stir in a little: Si, Oui, Ja, Ndiyo, Tak — that's YES in several languages. Community coalitions rely on community members willing to volunteer. The word volunteer has many translations: Dobrovolnik (Czech), Frivillig (Danish), Bénévole (French), Freiwilliger (German).

### So, why volunteer?

Some of the reasons for and benefits of volunteering include opportunities to:

- Give back
- Learn or teach new skills
- Share lived experiences
- Build self-confidence
- Improve physical or mental health
- Feel a sense of purpose
- Sharpen personal skills
- Advocate for a person or a cause
- Build a resume
- Explore career opportunities
- Expand connections
- Make an impact

Do you feel challenged to act or are you pulled in a certain direction? Is anyone or anything inspiring you to say YES? You so often get more from the volunteer experience than you give! There are numerous opportunities to volunteer along the coalition highway. Slow down, seek, knock on coalition doors, and find the perfect fit. These communities need you.

The Finger Lakes Prevention Resource Center says: Gracias, Merci, Grazie, Danke, Dzieki, Mahalo, and THANKS! Let's add some sunshine to community and person.



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# NCADD-RA

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NCADD-RA's Annual Luncheon  
**Celebrating our**

**80<sup>TH</sup>**  
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**Friday, May 15, 2026**

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**Register  
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# NCADD-RA

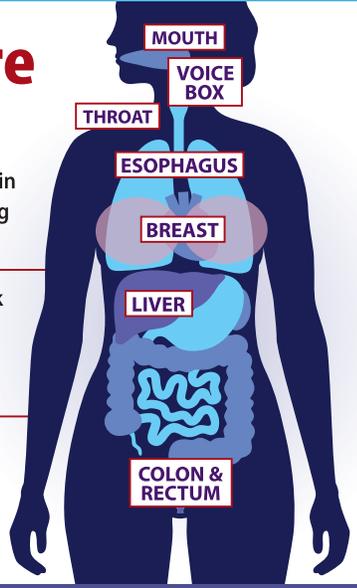
National Council on Alcoholism and Drug Dependence – Rochester Area

## Think Before You Drink!

Alcohol is the most misused drug in our society and the second leading cause of premature death.

Drinking alcohol increases the risk of developing seven types of cancer and weakens the body's immune system.

**Cutting back or eliminating alcohol can reduce the risks and dangers!**



**View more  
 resources at  
[ncadd-ra.org](http://ncadd-ra.org)**




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