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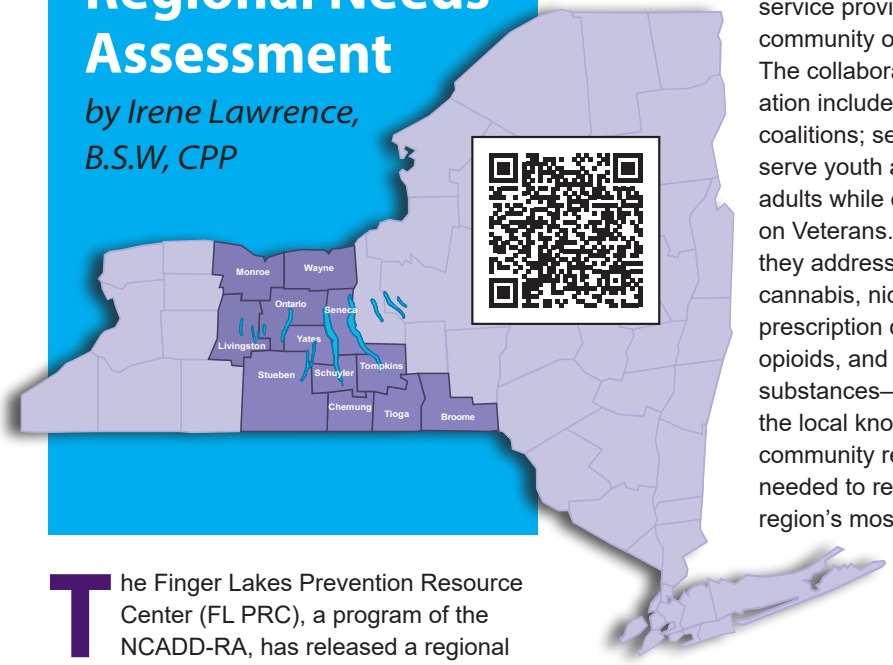
National Council on Alcoholism and Drug Dependence - *Rochester Area*

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**Fall 2026 *Newsletter***

# Finger Lakes Prevention Resource Center Releases 2026 Regional Needs Assessment

*by Irene Lawrence, B.S.W, CPP*




The Finger Lakes Prevention Resource Center (FL PRC), a program of the NCADD-RA, has released a regional needs assessment examining substance use trends, risk and protective factors, and prevention priorities across the 12-county Finger Lakes Region.

Developed with Catalyst Research, LLC and input from community coalitions, the assessment combines youth and adult surveys, public health dashboards, county reports, and other regional data. The findings support coalition and prevention partners by helping them make informed decisions and direct resources toward the communities and populations with the greatest needs.

## A Diverse Region with Shared Challenges

Spanning twelve counties, the Finger Lakes Region is home to more than 1.6 million people. The communities range from urban centers and rural towns to affluent lakeside areas, creating both shared priorities and distinct local needs.

Across this varied landscape, transportation limitations, poverty, language access, and the needs of an aging population can make services difficult to reach, especially in rural communities. Yet the region also has a major strength: deep collaboration among prevention coalitions, health networks, service providers, and community organizations. The collaborative foundation includes 18 active coalitions; seventeen serve youth and young adults while one focuses on Veterans. Together, they address alcohol, cannabis, nicotine, vaping prescription drug misuse, opioids, and other substances—providing the local knowledge and community resources needed to respond to the region's most pressing prevention needs.

## Youth Use Data by Grade

The assessment found that recent alcohol and cannabis use rises substantially as students progress through school, with the highest reported rates among twelfth graders.

For alcohol, past 30-day use ranged from 1.7 percent to 6.6 percent among eighth graders, 4.5 percent to 16.4 percent among tenth graders, and 10.6 percent to 29.5 percent among twelfth graders across counties with available data.

For cannabis, past 30-day use ranged from 1.5 percent to 6.7 percent among eighth graders, 3.2 percent to 10.1 percent among tenth graders, and 8.1 percent to 21.8 percent among twelfth graders across counties with comparable data.

## Attitudes, Access, and Early Initiation Remain Concerns

The assessment identifies attitudes and social norms as major areas of concern. Parental monitoring, community views of youth substance use, and peer attitudes all influence young people's decisions.

Some students reported obtaining alcohol or cannabis at home with parental permission. Many underestimated the potential consequences of substance use, particularly regular cannabis use. Students reported riding in vehicles with drivers who had been drinking or using cannabis, further highlighting the importance of accurate risk awareness.

Early initiation is another concern. Among students who reported substance use, the average age of first alcohol or cannabis use was approximately 13. Cigarette use sometimes began at age 12 or 13. Delaying first use remains an important prevention goal because early initiation is associated with a greater likelihood of later developing substance-related problems.

## Mental Health and Adverse Childhood Experiences

Seven of the region's 12 counties (Broome, Chemung, Livingston, Monroe, Ontario, Schuyler, Seneca, Steuben, Tioga, Tompkins, Wayne, and Yates) reported rates of three or more adverse childhood experiences above the New York State rate. Exposure to childhood trauma is associated with substance use and poorer long-term health outcomes.

Youth also reported high levels of mental health distress. These findings reinforce the need for prevention strategies that are trauma-informed, strengthen resilience, and connect young people with supportive adults, schools, families, and community activities.

The assessment also identified important protective factors including parental involvement and opportunities for positive social engagement with families and schools.

*continued on page 2*

# Finger Lakes Prevention Resource Center Releases 2026 Regional Needs Assessment

*(continued from page 1)*

## Adult Substance Use and Opioid Trends

Excessive drinking remains a significant regional concern. Eleven of 12 counties reported rates of excessive or binge drinking above the statewide rate, with county estimates ranging from 19 to 25 percent.

Cigarette smoking rates were also higher than the New York State rate in 10 of 12 counties, ranging from 8.9 to 24 percent.

Opioid overdose deaths increased dramatically between 2010 and 2022. More recent data suggest that overdose deaths are beginning to decline regionally and statewide, reflecting a broader national trend, however, 11 of the 12 counties continue to have opioid analgesic prescription rates above the state average.

## Turning Data into Prevention Action

**The findings point to several priorities for community prevention efforts:**

- Strengthen parental monitoring and family communication.
- Increase awareness of the health, academic, social, and legal consequences of substance use.
- Reduce youth access to alcohol, cannabis, nicotine, and other drugs.
- Delay the age of first substance use.
- Expand positive school, family, and community involvement.
- Address transportation and service-access barriers in rural communities.
- Integrate mental health, resilience, and trauma-informed approaches into prevention.
- Improve coordination and consistency in regional data collection.

The assessment also notes important data limitations including differences among six youth survey instruments, limited qualitative information, older opioid data, and a lack of reliable consequence data related to cannabis use. These gaps demonstrate the need for continued collaboration and more consistent data collection across the region.

## Supporting Strong, Sustainable Coalitions

Since 2009, the FL PRC has provided training and technical assistance to community coalitions using the Substance Abuse and Mental Health Services Administration's Strategic Prevention Framework. By combining reliable data with strong community partnerships, the Finger Lakes Region can continue building healthy, supportive, and substance-free environments.

The 2026 Regional Needs Assessment provides a valuable roadmap for this work. While declining youth substance use is a positive sign, the findings show that continued attention is needed to address social norms, risk perception, early initiation, mental health, adult substance use, and access to services. To view this report, go to **ncadd-ra.org/services/finger-lakes-prevention-resource-center/**.

For more information, contact Irene Lawrence at **ilawrence@depaul.org**.

## 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

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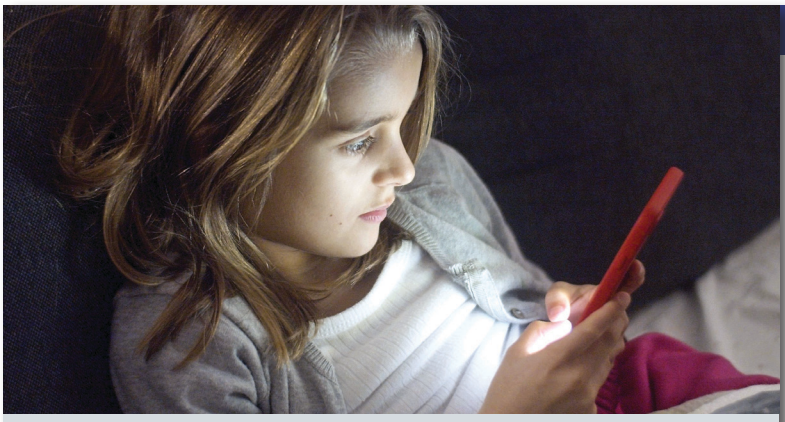
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# Settlement Reached in Child Safety Trial Against Meta

*by Delia Gallmeyer, M.S., MHC-LP*

Meta, the parent company of Facebook and Instagram, has settled a significant lawsuit brought by state attorneys across the nation. The lawsuit accused Meta of designing its applications to be addictive to young people and misleading the public about safety risks for youth. As part of the settlement, Meta did not admit to any wrongdoing.

Meta is expected to pay over $17 billion in penalties for public health initiatives which will include funding for crisis intervention, afterschool programs, and outdoor activities for youth. In addition to the financial payout, Meta is required to implement crucial changes to its platforms to enhance safety for minors. These changes include:

- **Fewer Notifications:** Notifications will be disabled overnight and during school hours.
- **Access to Apps Overnight:** Access will be blocked from midnight to 6:00 a.m.
- **Screen Time Limits:** Youth under 18 will be restricted to spending a maximum of two hours a day on Meta's social media platforms.
- **Harmful Default Features:** The display of the number of "likes" or reactions to posts by minors will be turned off, along with a ban on cosmetic surgery image filters for minors.
- **More Stringent Age Checks:** Accounts belonging to children under 13 will be actively flagged.
- **Choice of Feed Type:** Youth will have the option to switch from algorithmic feed to chronological feed.

For parents, educators, and youth professionals, the agreement emphasizes the importance of digital well-being which includes fostering healthy technology habits, protecting privacy, managing notifications, recognizing unhealthy online behaviors, and establishing technology-free times. Ultimately, ensuring online safety involves shared responsibility, ongoing research, and vigilance.

**Sources:** *Ruwitch, J. (2026, August 26). Meta, states agree to $17 billion settlement in child safety trial. NPR.* **npr.org/2026/08/26/nx-s1-5944781/meta-settlement-child-safety-lawsuit**

*Meta Agrees to New Facebook, Instagram Limits for Teens in $18 Billion Settlement. (2026). AllSides.* **allsides.com/story/technology-meta-agrees-new-facebook-instagram-limits-teens-18-million-settlement**

# Empowering Youth to Lead the Future of Prevention

*by Jules Denning, B.S., CPP*

Effective community transformation begins by recognizing young people as active partners in building healthier communities. When youth are engaged in prevention efforts, they expand their knowledge, build confidence, and strengthen the leadership skills needed to influence not only their peers but also the policies, systems, and environments that support healthy choices.

Youth engagement extends far beyond delivering substance use prevention messages. Through prevention initiatives, young people take a deeper dive into exploring the factors that contribute to substance use, identify protective factors that strengthen resilience, and advocate for sustainable actions that improve community well-being. This process encourages youth to think beyond individual behavior and consider how community partnerships, environmental strategies, and policy change can create lasting impact.

Participation in prevention initiatives also helps youth develop valuable lifelong skills including communication, teamwork, problem-solving, public speaking, and civic engagement. Equally important, it connects them with trusted adults who provide mentorship, guidance, and opportunities to build meaningful relationships. These connections foster a strong sense of belonging - one of the most powerful protective factors for positive youth development and reducing the risk of substance use.

This year's Community Anti-Drug Coalitions of America's (CADCA) Mid-Year Training Institute demonstrated the value of authentic youth engagement. Uplift Irondequoit, a prevention coalition in Monroe County, brought twelve youth leaders to the national conference where they participated in leadership development, prevention education, and networking with peers from across the country. The experience sparked continued conversations upon their return, inspiring participants to identify substance use prevention priorities and explore practical, achievable strategies to strengthen their schools and community. Their experience demonstrates what can happen when young people are trusted, supported, and given meaningful opportunities to shape prevention efforts.

Organizations interested in strengthening youth engagement or learning more about attending the 2027 CADCA Mid-Year Training Institute in Grapevine, Texas, are encouraged to connect with the Finger Lakes Prevention Resource Center for planning support and resources to help communities build meaningful youth-adult partnerships and expand youth leadership opportunities. For more information, visit **ncadd-ra.org/services/finger-lakes-prevention-resource-center/.**

The future of prevention is strongest when youth are not simply included - they are empowered to lead.

# Back to School: Risk and Support During Transition *by Bridget DeRollo, B.S., CPP-G*

The end of summer marks a time of transition as students returning to school encounter exciting opportunities for growth as well as stress moving from what is familiar to what is not. This can be a vulnerable time as youth charter new experiences.

Transition is an identified risk factor within the Risk and Protection Framework Model of Prevention. Youth and young adults are uniquely vulnerable because the adolescent brain is still maturing until approximately age 25. Development of self-regulation and hormonal changes are occurring, a shift in reward sensitivity may increase risk-taking and impulsivity, and social interactions and life experience are under construction. Stress may lead to substance use and statistics reveal an increase in the use of mind-altering drugs across the board for adolescents.

**Recent findings from the National Survey on Drug Use and Health (NSDUH 2025 - released in 2026) revealed that past month usage ...**

- Alcohol use was approximately 6 percent for ages 12-17 and 46 percent for 18–25-year-olds.
- Binge drinking rates were 3 percent for 12–17-year-olds and more than 26 percent for 18–25-year-olds (4+ drinks in a sitting for females; 5+ for males).
- Illicit drug use was more than 7 percent for 12–17-year-olds; 24 percent for 18–25-year-olds.
- Marijuana use was at 6 percent for 12–17-year-olds; 23 percent for 18–25-year-olds.
- Misuse of prescription psychotherapeutics was at 0.5 percent for 12–17-year-olds; one percent for 18–25-year-olds.

The American College Health Association-National College Health Assessment (ACHA-NCHA) Spring 2025 data indicated that 54 percent of college students used alcohol in the past month and 20 percent used cannabis. Alcohol is a significant factor in college-campus violence. The term “The Red Zone” is recognized as the beginning of the fall semester through Thanksgiving and refers to the heightened risk for sexual assault and other alcohol-related harms among college students.

The Substance Abuse and Mental Health Services Administration (SAMHSA) 2024 Report to Congress on the Prevention and Reduction of Underage Drinking Reports discovered that approximately 696,000 college students aged 18-24 are assaulted or hit by another student who has been drinking each year with approximately half of all reported/unreported sexual assaults involving alcohol consumption by the perpetrator, the victim, or both.

Alcohol use among college students is associated with poor grades, absenteeism, and higher rates of school dropout. The secondhand effects of alcohol include interrupted sleep or study time, time spent caring for the person who has been drinking, unwelcome comments, being the victim of property damage, and exposure to violence or crime.

Prevention evolves on a continuum which must start early. It is most effective when multiple systems are involved and promotion of healthy behaviors is critical. Equally important to note is that studies on adolescents have found that youth expect and are open to discussing alcohol and other drug use (Steiner, 1996; Stern 2006). Parents are encouraged to be involved and stay in touch with their children, set clear and consistent expectations, and keep the lines of communication open.

Let this time of the year be greeted with the heightened awareness of how change and transition can be a stressful time, but with support, can be an amazing time for a person’s life to expand and grow.

For more information, contact Bridget DeRollo at **bderollo@depaul.org**.

# Buyer Beware! Cannabis Dispensaries May Be Minimizing Risks

*by Jennifer Faringer, M.S.Ed., CPP-G*

With the rise in cannabis use as a result of increased access through legalization and the expansion of dispensaries across the state comes a corresponding need for increased oversight of marketing practices. Recent surveys conducted in Denver, Las Vegas, Los Angeles, Portland, and Seattle included a range of point of sale-related risks. Prior surveys focused on ID verification, restricting sales to 21 and older.

While 88 percent of dispensaries and cannabis retailers verify customer age at point of sale, it was found that questionable health advice was given as well as minimization of use-related risks. Prior studies found retailers used misleading health claims.

For example, 50 percent of retail websites and 30 percent of brick-and-mortar retailers emphasize health benefits related to pain, sleep, and anxiety. A prior audit found that 90 percent of retail staff verbally endorsed cannabis use for anxiety and insomnia when research points to increasing evidence to the contrary. Retailers either avoided, minimized, or contradicted required risk related information for products.

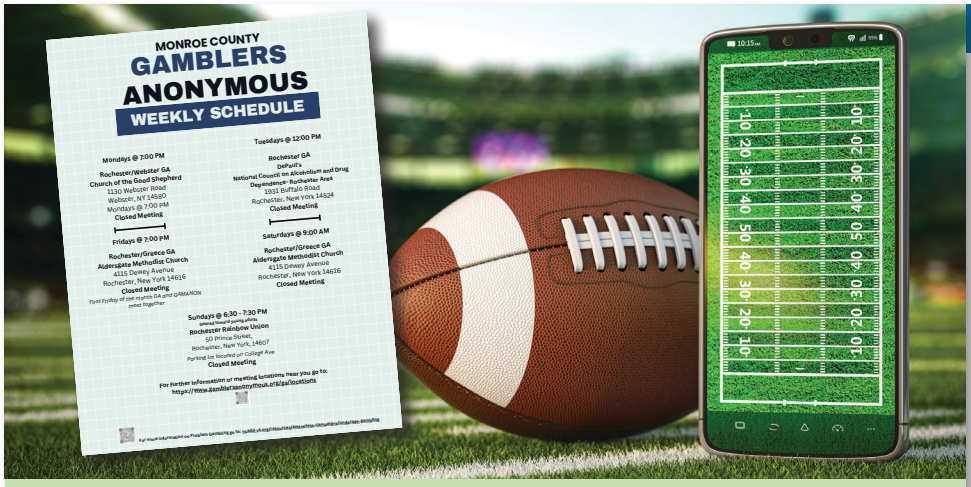
While 58.5 percent warned of the risks of endangering the safety of others on the road while under the influence of cannabis, 50 percent said that it was the responsibility of the individual user to be aware of the potential risks. When it comes to the risks associated with using marijuana during pregnancy, 40.8 percent warned of the risks, 36.2 percent suggested cannabis helps, and 24.6 percent said it was individual and/or situation dependent.

Cannabis retailers were found to make misleading health claims, minimize health risks, and jeopardize public health and safety. The study and prior audits point to the need for stronger regulatory oversight and enforcement. Just the Facts. Know the Risks. Legal Does Not Equal Safe!

For further information, visit **ncadd-ra.org**. To request a presentation, contact Jennifer Faringer at **jfaringer@depaul.org**.

**Sources:** *Cannabis retailer marketing strategies and regulatory compliance: A surveillance study of retailers in 5 US cities. Science Director/Addictive Behaviors August 2023.*

*Cannabis Retailer Communication About Cannabis Products, Health Benefits, and Risks: A Mystery Shopper Study of Licensed Retailers in Five US Cities. Romm KF, Berg C. Et alJournal of Studies on Alcohol and Drugs. Vol 85. 2024.*




# Problem Gambling Prevention Returns to Rochester and Monroe County!

*by Jennifer Faringer, M.S.Ed., CPP-G*

The National Council on Alcohol and Drug Dependence - Rochester Area (NCADD-RA) is excited to announce it is the recipient of the New York State Office of Addiction Services and Supports (OASAS) Prevention and Mitigation of Harms Associated with Gambling Grant, announced in September. This funding will allow the NCADD-RA to expand prevention services aimed at reducing the negative impacts of gambling on youth, families, and the community. These services and resources are more critical than ever as the legalization of online sports gambling and emergence of prediction markets has resulted in a dramatic rise in problem gambling.

The NCADD-RA ran a successful problem gambling prevention program nearly two decades ago funded by NYS OASAS. In the interim, the NCADD-RA has continued advocacy work by hosting Gamblers Anonymous meetings, providing continuing education, and referring individuals to counselors specializing in problem gambling.

Working with our community partners including a long-standing relationship with the New York State Council of Problem Gambling and the Finger Lakes Problem Gambling Resource Center, the NCADD-RA will seek additional partners to collectively strengthen the community's response to gambling and its associated harms, strengthen the capacity to refer, and expand collaborative networks, and community awareness and education. We will begin with a community needs assessment to identify both strengths and challenges, gathering data to provide a baseline of needs and gaps in services.

Leading up to the anticipated start date of January 1, 2027, NCADD-RA will continue to offer workshops as well as community presentations on gambling topics upon request.

Fall offerings include another session on Gambling Screening and Brief Intervention and Referral to Treatment (G-SBIRT) from 9:00 a.m. to 12:00 p.m. on Wednesday, November 18. Following will be a NEW workshop on Gaming Addiction: The Next Epidemic from 9:00 a.m. to 12:00 p.m. on Friday, December 11. These workshops provide CASAC, CPP/CPS hours and LMHC and LCSW hours. Registration flyers and additional information may be found on **ncadd-ra.org**. The NCADD-RA also hosts a Gamblers Anonymous meeting at noon every Tuesday at 1931 Buffalo Road in Rochester in Building B.

For more information, to request a presentation, or to be involved in our developing network focusing on gambling prevention, contact Jennifer Faringer at **jfaringer@depaul.org**.

# Supporting Individuals Facing Addiction

*by David Young, A.S.*

A sense of connection and belonging is something we all crave. It's human nature to seek community and surround ourselves with those who understand, support, and uplift us. For individuals recovering from substance use disorders, building a supportive community is not just important, it's essential.

The aim of community education and outreach is to enhance awareness of alcohol, marijuana, prescription drugs, inhalants, illicit drugs, and problem gambling. This includes educating the public about their effects and sharing the local resources available for individuals and families.

Addiction and overdose are not only tragic but are also preventable. Simple actions can make a difference: engaging with young people, friends, and family about substance use, ensuring the safe storage or disposal of prescription medications, and promoting awareness about opioid overdose prevention are all steps in the right direction.

Support networks are essential for the recovery journey. Having encouraging friends, family members, and healthcare providers can significantly enhance treatment effectiveness. These individuals offer emotional backing, provide accountability, and inspire motivation during difficult times. While family can be a vital support system for someone struggling with a substance use disorder, local Councils are best equipped to provide prevention education and prevent drug addiction from taking hold in the first place.

The NCADD-RA provides a wealth of resources accessible through our website, at our administrative office at 1931 Buffalo Road, or at a wide-range of community events. For more information, to request medication disposal pouches, medication lock boxes or bags, or to invite us to table at your community education events, contact, David Young at **dayoung@depaul.org**.

# Workplace Wellness Joins the Workforce Development Conversation

*by Kara Cloud, B.A.*

Economic uncertainty, rapid technological change, and strained labor relations have made workforce development an urgent priority — and workplace wellness is emerging as part of the answer. Traditional job training focuses on teaching individual essential skills. Workforce development prioritizes building community connections to support the larger talent pipeline.

Recently, the Team Awareness Workplace Wellness (TAWW) program connected with workforce development teams in Monroe County, including DePaul's WorkGuide, RochesterWorks Career Center, and the Rochester Area Employment Network. Conversations have ranged from equipping employment partners with trusted social services directories to what it takes to show up every day as a workforce development professional building one's own career while helping others build theirs.

As Desmond Jackson, Deputy Executive Director of Monroe Community Hospital, shared in his keynote address on Servant Leadership at Eleversity's Workplace Wellness Symposium this June, a servant leader is someone who "creates more leaders, not more followers." Workforce development professionals are leading the way in this work, creating more empowered professionals along the way.

Workplace wellness aligns with broader workforce development efforts by embracing the power of the workforce and maximizing opportunities through interactive facilitation of practical health, wellness, and communication exercises. TAWW workshops get teams thinking about relationships, sustainability, and personal stress management styles, helping build adaptable, resilient teams that work better together.

Results from our project's discovery phase indicate that business leaders spend, on average, 30 percent of their time at work dealing with lost productivity associated with employee stress, burnout, mental health, sleep and fatigue, poor health, and substance use. While those costs are staggering, they also represent an opportunity to develop workforces by investing in wellness, prevention, and healthier teams.

TAWW workshops are available free of charge. For more information, contact Kara Cloud at **kcloud@depaul.org** or Jennifer Faringer at **jfaringer@depaul.org**.



# Nicotine Pouches: Lower Risk Does Not Mean Risk-Free *by Cody Salvatore*

Nicotine pouches are becoming an increasingly visible part of the tobacco and nicotine landscape, and recent developments from the U.S. Food and Drug Administration (FDA) makes it more important than ever for families, educators, and prevention professionals to understand what these products mean for public health.

In June 2026, the FDA authorized 20 ZYN nicotine pouch products to be marketed with a specific modified-risk claim stating that using ZYN instead of cigarettes puts users at a lower risk of several serious diseases, including certain cancers, heart disease, stroke, emphysema, and chronic bronchitis. This decision does not mean that ZYN is safe, FDA-approved as a health product, or recommended for people who do not already use tobacco.

The FDA continues to emphasize that there is no safe tobacco product and that nicotine is highly addictive. This distinction can be confusing for the public, especially young people. Hearing that a nicotine product is "lower risk" can easily be interpreted as "safe" or "healthy." For prevention professionals, clear messaging is critical: lower risk than cigarettes does not mean no risk. Nicotine is highly addictive and youth are particularly vulnerable.

The nicotine pouch market continues to expand. In August 2026, the FDA authorized four additional flavors for on! Nicotine Pouches: Rich Berry 2 mg, Cappuccino 2 mg, Cappuccino 4 mg, and Autumn Spice 2 mg. ZYN has also expanded its flavor lineup to include Peach, Black Cherry, and Dragonberry. The continual introduction of flavored products highlights the importance of prevention efforts focused on youth and the appeal of these products.

New York State is taking action. Beginning in September, New York's tobacco products tax will be extended to "alternative nicotine products," products that contain nicotine but not tobacco. The tax imposed will be 75 percent of the wholesale price, with distributors generally responsible for paying the tax.

For parents, educators, and community members, the takeaway is simple: FDA authorization does not equal safety. As nicotine products evolve, so must prevention messaging. Talking openly with young people about addiction, correcting misconceptions about "safer" nicotine products, and understanding how new products are marketed and targeted can help communities prevent nicotine use before it begins.

# Why Calm, Stress-Free Mealtimes Matter: A Triple P Perspective *by Elaine Alvarado*

According to the Positive Parenting Program (Triple P), mealtimes are about much more than food. They provide valuable opportunities for families to connect, communicate, and help children develop healthy eating habits and social skills. When mealtimes become stressful, children are more likely to resist eating, become disruptive, or associate meals with conflict rather than enjoyment.

**Triple P emphasizes that stress-free mealtimes are important and can:**

- Encourage healthy eating habits and a positive relationship with food
- Reduce power struggles and mealtime behavior problems
- Strengthen family relationships through positive interaction and conversation
- Help children develop social skills, table manners, and self-regulation
- Support children's emotional well-being by creating a safe and predictable family routine

Triple P notes that children are more likely to become restless and disruptive when mealtimes are too long, boring, or filled with conflict.

**Triple P Strategies for Calm Mealtimes**

**1. Establish a Consistent Routine** - Serve meals and snacks at regular times each day. Consistent routines help children know what to expect and reduce mealtime conflicts. Triple P recommends limiting food and snacks between scheduled eating times so children come to meals hungry and ready to eat.

**2. Prepare Children for Mealtime** - Give children advance notice before meals so they can finish what they are doing and transition smoothly to the table. For example, "Dinner will be ready in five minutes."

**3. Set Clear Expectations** - Create a few simple mealtime rules such as, when sitting at the table:

- Use respectful manners
- Stay seated until the meal is finished

Children are more likely to cooperate when expectations are clear and consistent.

**4. Avoid pressure to eat by not:**

- Forcing children to eat
- Threatening or punishing
- Constantly coaxing or negotiating
- Making separate meals to satisfy preferences

Pressure can make picky eating worse. Instead, provide healthy food choices and allow children to decide how much to eat. Appetite naturally varies from day to day.

**5. Focus on Positive Attention** - Notice and praise behaviors you want to encourage, such as:

- Sitting nicely at the table
- Trying a new food
- Using utensils appropriately
- Following family rules

Positive attention is often more effective than focusing on what children are doing wrong.

**6. Create a Calm Environment** - Turn off televisions, phones, and other distractions. Encourage conversation and make mealtimes a pleasant opportunity for family members to enjoy each other's company.

**7. Involve Children** - Allow children to participate in age-appropriate tasks such as setting the table, washing vegetables, or helping with simple food preparation. Children often become more interested in foods they help prepare.

**8. Keep Expectations Realistic** - Young children are still learning. Spills, messes, changing appetites, and food preferences are a normal part of development. Staying patient and calm helps children build confidence and independence.

**Triple P's message is simple** - Mealtimes should be a positive, stress-free family experience rather than a battle over food. By maintaining routines, setting clear expectations, minimizing pressure, and focusing on positive interactions, parents can help children develop healthy eating habits, stronger social skills, and positive family relationships.

NCADD-RA can offer Triple P to your parent group. For more information, contact Elaine Alvarado at **ealvarado@depaul.org**.



# Life on the Coalition Highway...

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

Over these past years we've gotten to meet and mingle with the community prevention coalitions in the Finger Lakes area that the Prevention Resource Center supports. But this highway has other prevention allies and advocacy groups as we traverse along.

Tobacco control coalitions are funded through the New York State Department of Health Bureau of Tobacco Control. Local grantees include American Lung Association, Roswell Park, Cornell Cooperative Extension, and various county health departments. Their efforts focus on reducing the impact of retail tobacco marketing on youth and adults at point of sale, increasing opportunities for tobacco-free outdoors, reducing second-hand smoke and aerosol exposure in multi-unit housing, and reducing the impact of tobacco product waste on the environment.

Each of these multi-county coalitions incorporates youth into their approaches. Reality Check is a youth-led initiative dedicated to safeguarding young individuals from tobacco advertising through various engagement, educational, and awareness endeavors. Smoking and Health Action Coalition (SHAC) covers Livingston and Monroe counties. Tobacco Action Coalition of the Finger Lakes (TACFL) works in Ontario, Seneca, Wayne, and Yates counties. Down south in Chemung, Schuyler, and Steuben counties, we meet up with Southern Tier Tobacco Action Coalition (STTAC). To the East is the Tobacco-Free Zone of Tompkins (with Chenango and Cortland) county; and to the Southeast we encounter Tobacco-Free Broome-Tioga.

These efforts are multi-county in nature with results being uniquely local. The Prevention Resource Center-supported community coalitions link up with these prevention allies. Partner development is the key to success. Way to go!

NCADD-RA
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# Community Presentations Available Upon Request...

NCADD-RA provides community presentations on a wide variety of addiction-related topics upon request. We customize presentations to fit the needs, interest, and available time of your school/university faculty, PTA/PTSA, or other school groups including classroom presentations, outreach and clinical staff, faith groups, or workplace organizations.

For further information or to schedule a presentation, please contact Jennifer Faringer at **jfaringer@depaul.org** or Delia Gallmeyer **dgallmeyer@depaul.org.**

**Topics include the following (as well as others):**

- Signs, Symptoms, Current Trends, and Community Resources
- Older Adults and Medication Safety
- Impact of Addiction on the Family
- Fetal Alcohol Spectrum Disorder: Strategies for Educators and Counselors
- Marijuana, Concentrates, and Vaping: What's the Connection?
- Health Implications of Marijuana on Youth, Family, and Community
- Underage and Binge Drinking



**If NCADD-RA has touched your life, and has made an impact on you, your family and your community, please consider making a donation.**

Your generous support will help NCADD-RA continue to provide quality education, support, resources, and referral and advocacy through our many programs and services! There are many ways you can make a difference in the lives of those served by the NCADD-RA.

**To donate, please visit ncadd-ra.org/donate.**