

AwareNews

The Prevention Council of Erie County

Substance use prevention, education and intervention since 1948

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Winter 2020

Introducing the Prevention Council of Erie County

A new day and a fresh beginning. The Prevention Council, formerly known as The Erie County Council for the Prevention of Alcohol and Substance Abuse, ushers in a new look and a reenergized focus. The recently unveiled logo displays a sun rising on a new day, and it's the mission of the Prevention Council of Erie County to create a brighter tomorrow for all members of our community.

This year marks the 72nd anniversary of The Prevention Council's leadership in the fight against stigma associated with addiction.

Our journey began when The Western New York Committee for the Education on Alcoholism, Inc. opened its doors on May 18, 1948. Founded on several core principles The Council still upholds today, The WNY Committee quickly became a necessary resource for the community. The WNY Committee's growth continued on February 12, 1988 when their new name was unveiled and the Buffalo Area Council on Alcoholism Inc. (BACA) was born.

Constantly adapting and providing prevention services wherever needed, BACA began instituting awareness for other drug dependency disorders alongside that of alcohol misuse. The Buffalo Area Council also shifted their focus to early diagnosis and the importance of linking those suffering to treatment services. This focused effort emboldened our agency's mission to help identify individual and communal needs related to alcohol and other drug dependency.

On August 31, 1997 BACA merged with Community Prevention Network of Western New York, Inc. (CPN). This union led to the development of the Greater Buffalo Council on Alcoholism & Substance Abuse, Inc. Later that same year on December sixteenth, the agency underwent its penultimate name change, the Erie County Council for the Prevention of Alcohol and Substance Abuse (ECCPASA).

Since 1997, our agency has continued the important work of prevention throughout the WNY area. We have been a play maker in several campaigns and legislation that have led to immense positive change. Having a seat at the table hasn't always been easy, especially when rallying for prevention services, but our agency has, and always will fight for the health, safety, and culture of our community.

Alongside the name change and the new logo, The Council will begin rolling out a new website. If the current pandemic has taught us anything, it's that technology is an incredible resource and a powerful tool to reach those in need of information and services. Our new website will maintain the integrity of what has been successful for the agency in years past, but aims to be more user-friendly, accessible, and inclusive.

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Check Us Out



www.eccpasa.org



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Letter from the Executive Director

Robin Mann

Greetings,

This is a very special edition of AwareNEWS for me because it gives me the opportunity to share with our friends of ECCPASA that our name and logo have changed! Our new name is The Prevention Council of Erie County, Inc. The brainstorm for a name change had been in the works for a while, but we didn't want to rush the process, as we wanted to stay true to our roots, while keeping mainstream with the current environment. Although our name has changed, our commitment to providing quality, proven prevention education, programming and early interventions to the community has not!

This year has brought many challenges, changes and triumphs. As I reflect on 2020, I think of 20/20 vision. During the name change process, we evaluated how our programs and services aligned with our mission and its impact on the community. And now, our current state of existence has required us to reimagine and redesign how we connect and deliver those services. Through both experiences, it is clear that our prevention programs and services are needed to help maintain and improve the overall health and wellbeing of our children, families and the community as a whole.

We are excited about the new ways in which we will be connecting with you, our friends and the community. Our newsletters will have a space encouraging you to Pause for Prevention, which will have some useful tools and information for you to take a moment and breath, reflect or possibly try something new. We will also have live and recorded health and wellness chats/presentations, virtual family fun events and even story time for our youth. These are just a few of the new and exciting activities that you won't want to miss. Make sure you check out our website (www.thepreventioncouncilerie.org) and our social media pages for more information.

On behalf of your friends at The Prevention Council of Erie County, we wish you a very happy and healthy holiday season.

Be well,

Robin

Resource List

Community Resources

- coronavirus.health.ny.gov
- crisiservices.org
- 211wny.org
- feedmorewny.org
- justtellone.org
- oasas.ny.gov
- nawny.org (Narcotics Anonymous)
- buffaloaaany.org (Alcoholics Anonymous)
- nyproblemgamblinghelp.org/western

**DO NOT HESITATE
 IN CASE OF
 EMERGENCY
 DO NOT HESITATE
 TO CALL 911.**

Resources For Parents

- talkitover.org
- teens.drugabuse.gov/parents
- buffalosehools.org/coronavirus
- getsmartaboutdrugs.gov
- EPIC's Family Support line: 716-332-4111
- Spectrum Cares (18 years and older): 834-3131
- wnychildren.org

Resources for Teens

- teens.drugabuse.gov
- Spectrum Cares (youth under 18 years old): 716-882-4357



Introducing the Prevention Council of Erie County

(continued from page 1)

As part of the update, The Prevention Council's website will also incorporate new and exciting resource tabs and pages. One in particular that has caused excitement is the introduction of our new Pause for Prevention campaign. Over the past few years, mindfulness has proven to be a tremendous aid for prevention. Regularly updated by staff, Pause for Prevention will provide a wealth of information on mindfulness techniques, exercises, strategies and outcomes along with other health related information. Be sure to visit our website at www.thepreventioncouncil.ec.org for more information.

Our social media pages have also been revitalized to match these exciting changes. Be sure to follow us on Facebook @the preventioncouncil and on Twitter @ThePrevCouncil to stay up-to-date on current drug trends and happenings in the community.

The Prevention Council of Erie County promises to uphold excellence as we continue the push to provide leadership in the fight against stigma associated with addiction through public education, policy awareness, liaison with health professionals and recovering communities, and by providing objective information, referral, and linkages to those in need. Our programs will remain research-driven and support the health and wellness of individuals and families in our community by focusing on solutions to substance misuse, addiction, and unhealthy behaviors.

The Prevention Council would like to formally thank you for your continued support. We are proud to serve this wonderful community, and its community members like you that make our work meaningful. As we start this new journey together, let's be sure to make it the best one yet! Here's to a brighter, healthier, and safer tomorrow!

Physically Distant. Socially Connected.



You are not alone. We are all in this together.

The Prevention Council stands with you.

Sally Yageric

The Prevention Council of Erie County congratulates our very own, Sally Yageric on receiving the Lifetime Achievement Award during the annual WNY Chemical Dependency Consortium Gold Key Award Celebration. Sally has dedicated years of service to the Prevention Council of Erie County. Her role has expanded across the span of her career, but currently she serves as the Director of Community-Based Programs. A true leader and resource for information regarding drug trends and paraphernalia, Sally is a pillar in our community's prevention network and has gained recognition as WNY's local "drug lady." A pioneer in the field, her innovative and creative spirit has improved the culture of WNY's prevention, intervention, treatment and recovery systems.

*Thank you Sally for all you have done for
our agency and the community.
You are truly an inspiration!*



Congratulations

Dr. Davina Moss-King



The Prevention Council of Erie County congratulates friend of the board member Dr. Davina Moss-King on receiving the Lifetime Achievement Award during the annual WNY Chemical Dependency Consortium Gold Key Award Celebration. With nearly three decades of work in the field, Dr. Moss-King's devoted service has been an integral thread in the fabric of our community. She is currently the President and owner of Positive Directions and Associates (PDA), providing counseling, consulting and training in the area of substance use, Opioid Replacement Therapy, Neonatal Abstinence Syndrome, Group Counseling, Chemical Use, and the Family System. Her mission to ensure that all clients receive a continuum of care is reflected in her collaborative efforts with prevention, treatment and recovery agencies, OBGYN offices, and child welfare entities. Dr Moss-King is a true asset to our field and the community.

*Thank you Dr. Moss-King for all
you have done for our
agency and the community.*

The Prevention Council & Red Ribbon



October recently closed with another successful Red Ribbon Campaign in Erie County! This movement began in 1985 after the tragic murder of Enrique (Kiki) Camarena, a Drug Enforcement Administration Agent who dedicated his life to the battle against illegal drugs. Loved ones of Kiki began wearing red badges of satin as an act to remember both Kiki and his fight. The first country-wide Red Ribbon campaign was held in 1986, and annual Red Ribbon week celebrations began in 1988. Acting as a catalyst to promote drug education and awareness, the Red Ribbon Campaign has been able to reach millions of US families since its inception. This year's theme focused on the importance of living a healthy life, and encourages youth and families to engage in healthy positive activities. The current state of the pandemic makes this year's campaign even more important, as mental health concerns and substance use have been on the rise.

Several local buildings and landmarks lit up red during Red Ribbon Week! Niagara Falls, the Dome on City Hall, the Electric Tower, and the Curtis Hotel all participated in this wonderful campaign. Red Ribbon week proclamations were announced in Elma, Wales, Derby, and Amherst. The Red Ribbon print campaign included awareness articles in the Hamburg Sun, the Lake Shore Penny Saver, the Amherst Bee, East Aurora Bee, as well as the Lancaster and Depew Bees. The agency helped to distribute 350 lawn signs to Amherst, Lancaster, Depew, Hamburg, the Iroquois School District, and the Lake Shore area.

The Prevention Council congratulates all the agencies, coalitions, schools, and community members that took part in this year's festivities! With your help, one day we will have a drug free future!



TOMORROW'S LEADERS CAMP 2020

ECCPASA's Tomorrow's Leaders Camp (TLC) once again experienced a wonderful year. Although, this year's TLC was unlike any other! Due the pandemic, camp was completely virtual and lasted six weeks instead of our usual two weeks. At first, this abrupt change seemed like an impossible obstacle to overcome. The Prevention Council staff pulled together resources and worked diligently to find new and creative ways to successfully hold a virtual summer camp.

The theme of TLC 2020 was focused on maintaining self-care and having fun during COVID-19. The official theme of camp was titled "Wellness for the Body, Mind and Soul," and each day allowed campers the opportunity to connect virtually with our staff to play games, make crafts and learn new wellness strategies.

One of the main goals of this year's camp, besides having fun, was to emphasize that no matter how different the world may seem, we are all working through this pandemic together. Part of our TLC cheer states, "we take appropriate risks." In a funny way, each day of TLC was an appropriate risk. We were all trying something new, campers and staff alike. With newness comes a little bit of fear, but when we are forced outside of our comfort zone we are given the opportunity to grow. Witnessing and participating in this growth made TLC 2020 one of the most positive experiences in our camp's history.

As mentioned, campers learned about the seven aspects of wellness. On days that focused around environmental wellness, campers made terrariums, went on a virtual tour of the National Tiger Sanctuary, and even made bird houses. Some activities from our physical wellness themed days included virtual Zumba, karate, and yoga!



Campers had the opportunity to hear from the FBI and youth involved in the Buffalo Police Explorer program during our occupational wellness themed days. We discussed the importance of staying connected with loved ones, and shared silly stories while making s'mores in homemade solar ovens for social wellness themed days.

For themed days that covered intellectual, emotional, and spiritual wellness campers painted abstract works of art, traveled to islands created in their minds, and experienced several mindfulness exercises. We even made pizza together using Ms. Marie's famous recipe while celebrating the last day of camp!

As mentioned, this year's TLC was unlike any other, and our campers truly made the journey extremely enjoyable. The Prevention Council would like to thank all TLC campers for being so kind and respectful. Your amazing smiles, personalities, and energy made virtual TLC a huge success. Each one of you are a treasured member of our TLC family, as well as true examples of what it means to be a leader.

Lastly, we'd like to thank all of our generous TLC sponsors and special guest presenters. Without you none of this would have been possible. Although we do not know what the future holds for next year's camp, we can't wait to see all of our TLC friends again!



Be sure to subscribe to our emails and follow us on social media to stay up-to-date with any upcoming camp information and events!

Prepping for the Holidays

The holiday season is upon us! This can be a time full of joy and excitement...or anxiety and discomfort. This holiday season may be particularly difficult to navigate due to the state of the COVID-19 pandemic. An important step for prevention is planning. In order to ensure the best outcome possible here are some quick ideas and tips to keep your celebrations full of positive feelings!

- ▶ “Save me a seat at the Zoom table!” With the risks presented due to the pandemic, many loved ones may be physically separated this holiday season. Thanks to technology, we can remain connected in other ways. Plan a zoom dinner, watch a favorite holiday film together via a Netflix Virtual Watch Party, or plan a full out Skype party with dancing included. With the help of technology, there are many creative ways to have fun together this holiday, even while we continue to socially distance.
- ▶ “A gift money can’t buy.” With many people out-of-work or hit financially by the pandemic, this year’s holiday festivities could feel like a burden. Don’t break the bank to show how much you love someone. A personalized handmade gift is a one of a kind treasure for the recipient. The amount of love and time poured into crafting your gift is worth far more than any monetary amount. For ideas on where to start and what to make, try searching Pinterest and YouTube.
- ▶ “It’s time to decorate!” Regardless of what holiday you celebrate, decorate your living space. So much of our time now, more than ever, is spent at home. With many usual holiday activities cancelled, decorating your home can give you and your loved ones that extra holiday “umph” we so desperately need this year. It doesn’t need to be fancy either! For example, hand-cut paper snowflakes are a simple yet elegant way to add a little winter fun to your home.
- ▶ “Food can fix almost anything.” One of my favorite parts of this season is all the yummy food that comes along with it! Try some new recipes this year, or perfect ones you’ve been working on while quarantining. There is nothing quite like sitting down and eating a delicious homemade treat...especially when you share it with those you care about.
- ▶ “Stay focused and festive.” If you or a loved one is in recovery, suffering from a use disorder, or has decided to abstain from substance use this holiday season, make a plan to help stay on track/motivated. Planning is a wonderful tool for prevention, and it can help you navigate through your holiday festivities. Plan what you’ll say, what you’ll do, and how to leave (if necessary) when faced with potential substance use. Tell others of your plan too! They can be a support system, and hold you accountable to your commitment.
- ▶ “It’s a substance free soiree.” You don’t need alcohol or other substances to have fun, and you can make many cocktails and other typical holiday drinks alcohol-free. It’s not healthy to depend on a substance to enjoy yourself, and if you feel you may struggle having fun this holiday season without the presence of a substance, consider talking to a licensed prevention specialist or substance use counselor. Call the Prevention Council at 716-831-2298 for further guidance and linkages.



PAUSE FOR PREVENTION

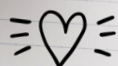
Before turning to alcohol
or other drugs, please
remember to...



Pause



For



Prevention



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Visit
thepreventioncouncilcc.org
for more info

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- Stay Healthy
- Stay Connected

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HEALTHY.

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HOLIDAYS!

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If interested in a DETERRA system, please contact the Prevention Council:

716.831.2298

Coping with the unknown



For many, the fear of the unknown can be greater than any present obstacle. COVID-19 has bombarded our daily lives with uncertainty. More than nine months into this pandemic, we are still forced to navigate through untracked territory. Lives have been altered, careers have been put on hold, schools and businesses have closed, loved ones have been separated, and the list goes on.

How can we plan for a future that seems to change daily? How can we calm our anxieties when everywhere we turn (i.e. the media) we are given a different answer?

The solution isn't simple. We are all facing the same pandemic, but the challenges it presents differs from person to person. Our culture, our community, our lifestyle, our age, our race, our gender, our financial stability, our support system, and our health all effect our ability to cope with this pandemic and the severity of which we feel COVID-19 impacting our lives.

Talk about life stressors with loved ones. Communication is a wonderful tool to help one feel less lonely and isolated when overcoming an obstacle. Take time to flesh out your specific fears, and formulate a game plan to address them in the future. Having some form of a plan or protocol on what to do gives you back the power and creates a sense of control. We may not be able to predict what the future holds, but we choose our reactions and what comes after. Remember, yesterday made you stronger.

Stay in the present to help prevent further anxiety and fear. Another strategy to consider is to focus on the "here and now" rather than what's to come tomorrow. Take life one step at a time, challenge by challenge. Worrying about the future won't change it, so focusing on what you can do in the present moment may make a difference in managing concerns regarding future circumstances.

Just remember, we are all in this together. We may feel things and be impacted differently...but we are ALL feeling and being impacted. You are not alone.

In this together



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The Erie County Council for the Prevention of Alcohol and Substance Abuse will deliver research driven education, prevention, intervention programs and services to promote and support the health and wellness of individuals, families and communities by focusing on solutions to alcohol and other drug misuse, addiction and unhealthy behaviors.

ECCPASA will provide leadership to fight the stigma associated with addiction through public education, policy awareness, liaison with health professionals and recovering communities, by providing objective information, referral, and linkages to those in need.

Support ECCPASA

As we continue to serve the community, please become an official "supporter" of our mission!

Your tax deductible contribution can be made at any time of the year:

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Thank you for supporting the ECCPASA community efforts!

Please mail your tax deductible contribution to: ECCPASA, 1625 Hertel Ave., Buffalo, N.Y. 14216

Under contract with the Erie County Department of Mental Health. Funded by the New York State Office of Alcoholism and Substance Abuse Services, school districts and municipalities throughout Erie County, individuals, corporations and community service organizations. Member agency of the United Way of Buffalo and Erie County.

