

# Lifeline

News from the  
Alcohol and Drug Abuse Council of Delaware County

S

## Council and Internet Provider Join Forces on Web Site

**T**he brave new world of the Internet and the Alcohol and Drug Abuse Council have finally merged. The result? A handsome new web site ([www.ada-online.org](http://www.ada-online.org)) chock full of information about substance abuse, particularly its prevention and treatment.

The ADAC web site contains current news stories about substance abuse, links to local and national organizations dealing with the problem of illegal drug and alcohol addiction, and schedules for local meetings of Alcoholic Anonymous, Narcotics Anonymous, and other 12-step, self-help organizations,

Among other features, there is also information about Drug-Free Workplaces, schedules of local events, a series of FAQs (Frequently Asked Questions) on substance

abuse, several self-evaluation tests, and a quiz that tests knowledge about the subject in general.

Web space for the Council's site has been donated by Catskill On Line, the internet provider headquartered in Margaretville, that serves Delaware County and surrounding counties.

The cooperation between the Council and Catskill On Line is part of the internet provider's policy "of helping worthy non-profits use the internet to carry their messages to a wider public," says Peter Curran, general manager of Catskill On Line.

"We are very appreciative of this help from Catskill On Line," said David Ramsey, executive director of the Alcohol and Drug Abuse Council.

"We are particularly enthusiastic

*continued on page 2*

## Stanton Moves On and Up

Jason Stanton, a prevention educator at the Council for almost two years, has been appointed STOP-DWI Coordinator for Delaware County. The County Board of Supervisors confirmed his appointment on April 26.

Stanton is known in human services circles for his imposing physical presence, genial nature, and easy manner with the young people with whom he worked. "Jason left his mark on Council activities in many indelible ways," said Council Director David Ramsey. "He will be hard to replace and very much missed."

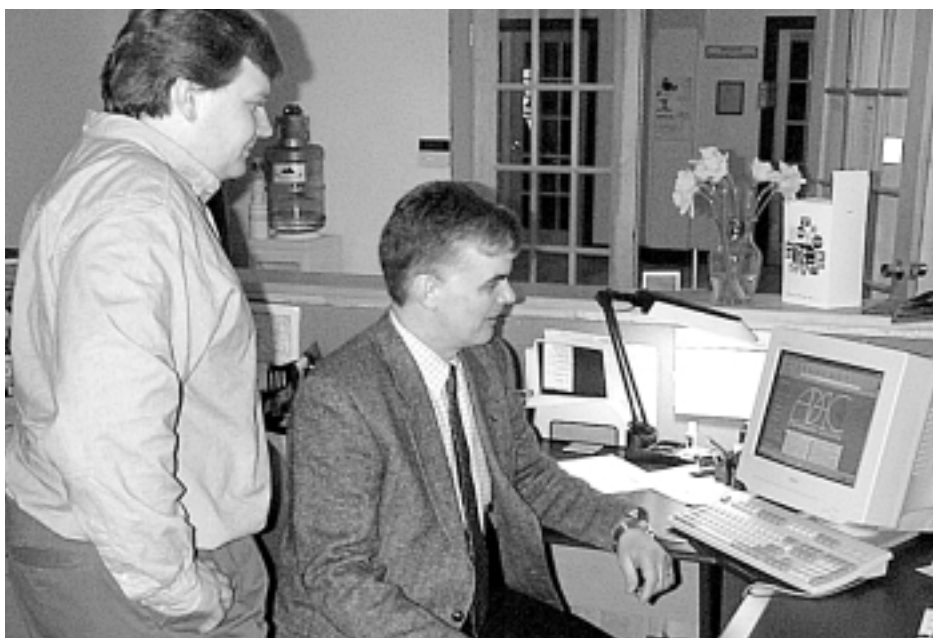
He singled out Stanton's work with at-risk youth and his contribution in putting together the Coalition for Safe and Healthy Communities, which deals of underage drinking. (Another Stanton project, a 4-H Club billboard, is shown on page 3.)

Stanton remarked that his new duties will include working closely with the Council and its staff. He will also coordinate his efforts to reduce DWIs with law enforcement, the district attorney, probation, courts, SADD groups, and local businesses.

Stanton replaces Renee Barchitta as STOP-DWI Coordinator. In March she became safety representative for the governor's Traffic Safety Commission

In the past 19 years, Stanton pointed out, the percentage of alcohol-related traffic deaths in the county has decreased from 10.34 to 6.48 percent, a downward trend he hopes will continue while he is in the job.

Stanton, who lives in Bovina Center, graduated from Margaretville Central School in 1990 and SUNY Oneonta with a degree in sociology in 1994. He and his wife Lisa are expecting their first child in June.



Meeting of the Minds: COL's Peter Curran, left, and ADAC's David Ramsey view the Council's new web site at the Catskill On Line's offices in Margaretville.

## COUNCIL STAFF

### Executive Director

David Ramsey

### Executive Assistant

Mary Rosenthal

### Prevention Educators

Michael Durham

Polly Judd

Jason Stanton

## DIRECTORS

### President

John Butler

### Vice President

Scott Gladstone

### Treasurer

Ann Morris

### Secretary

Nancy K. Deming, Esq.

•  
Diane Aznoe  
Dr. James Ferraro  
Karen Gabriel  
Rev. Paul Hartt  
Susan Hillstrom  
Rene Jones

### Consultants

Frederic Harris  
Carmile S. Zaino

### LifeLine

is a quarterly publication of the Alcohol and Drug Abuse Council of Delaware County  
72 Main Street • Delhi, New York 13753  
(607) 746-8300

### Mission Statement

The Council is a public non-profit organization committed to the prevention of alcohol and substance abuse. We provide information, referral, and educational services to individuals and families to promote personal growth and informed choices.

We envision a future in which individuals have chosen to live free from the harm of substance abuse.

## Letter from the Director

With the launching of our new web site ([www.adaconline.org](http://www.adaconline.org)), the Council takes its first tentative step into the 21st century. It is a step we take with enthusiasm—and some misgivings.

The internet is, without a doubt, an important new tool in our work to prevent and combat the abuse of alcohol and illegal drugs. As our listing of links shows, virtually every major organization in the field now uses the internet to convey information to the public. One of the goals of our web site is to help our members and others access this information. Similarly, the opportunities the internet offers to reach portions of our constituency, such as teenagers, is almost without limit.

On the other hand, we wonder about the impersonality of it all. This agency has always relied on personal contact to get its message across, whether it be at the county fair, in our schools, or at any of the other many trainings and presentations we make each year. We do not want to lose or diminish that part of our work that brings us in contact with those we hope to help. So let's be clear: the internet will be an important tool but one that is ancillary to our main purpose: working face to face with people.

*David Ramsey*

### Word from the Past

“*Alcohol removes inhibitions—like that scared little mouse who got drunk and shook his whiskers and shouted: ‘Now bring on that damn cat!’*”

Eleanor Early, author, 1950

### On the Web...(continued)

about using the web site to reach young people in the country.”

He noted that Catskill On Line was also providing the Council's new e-mail address: [info@adaconline.org](mailto:info@adaconline.org).

The Council's web site was officially up and running on May 1, although additions and changes will be incorporated into the site in the upcoming months. "We consider it a work in progress," said Ramsey.

#### COL: Since 1983

Catskill On Line was established in 1983 by two of the county's independent telephone companies: the Margaretville Telephone Company, Inc. and the Delhi Telephone Company. It describes itself as a "local, full-service Internet Company." Its motto is Internet Solutions for the Catskills.

Catskill On Line offers local dial-up service for Delaware, Sullivan, Otsego, and Ulster counties.

Both telephone companies have long histories in the area. The Delhi Telephone Company began in 1887. Founder Stephen F. Adee installed a switchboard in the Gladstone and Paine store on Main Street to service the company's 124 customers.

The switchboard was managed by a single operator on duty from 7 a.m. to 9 p.m. with time off on Sunday "to allow him to attend church, have dinner, and a nap," according to a company history.

In the 1980s the Delhi Telephone Company turned the historic Adee home on Main Street into its headquarters.

The Margaretville Telephone Company was founded in 1916 for the residents of Andes and Middletown. Its promotional literature cites "the small town values and work ethic, which have made this company strong."

## ISSUES • IDEAS • NOTES • NOTIONS • NEWS

## Walton Goes to Quiz Runoff

For the fifth year, a team of middle school students from Walton represented Delaware County at the Ekerd Drug Quiz semi-finals in Syracuse, even though the team was a one-point loser to Sidney in the county-wide competition held at Delhi Tech in February.

Winner Sidney was unable to attend the Syracuse contest because its entire Club was in Spain on a Spanish Club trip.

In Syracuse, Walton was eliminated in the first round by a team from West Indian River Middle School in Jefferson County.

Walton and Sidney reached the finals by winning three elimination rounds. The questions, presented in a television quiz show format, concerned the effects and dangers of tobacco, alcohol, and both illegal and prescription drugs. There were

also questions on life-style choices and decisions, including ways to deal with anger, resist peer pressure, and reduce stress.

## New Brochure

The Council has published a new brochure incorporating its new name, logo, e-mail address, and web site, as well as a rundown of programs and services, many of them new since the old brochure was issued several years ago. Council members are welcome to stop by or call for copies of the new brochure, which includes a membership form.

## Summer Camp

The Council is one of seven county agencies sponsoring 2000 Summer Adventure, a week-long camp for at-risk children ages 11 to 14 (grades 5 to 8). The adventure camp will be held at SUNY Delhi from Monday, July 24

through Friday July 28.

The activities will be designed for high-energy kids who fit one or more of the following criteria: behavioral/discipline problems, negative change in family circumstances, substance abuse, lack of school participation/poor attendance, lack of motivation, family history of alcoholism.

The camp will have alcohol and substance abuse prevention and safety messages tied into its activities, which will include kayaking, Native American living skills, map and compass skills, and nature crafts.

The other agencies sponsoring and supporting the adventure are Americorp, SUNY Delhi, Delaware County Alcohol and Drug Abuse Services, Delaware County Youth Bureau, and the Tri-Town Boys and Girls Club. For more information, contact David Ramsey at the Council, 746-8300

## Billboard of the Year



Anti-tobacco billboard on Route 10 south of Delhi was the work of 4-H members and advisers Vera Kilmer, Public Health educator (partially hidden, middle of group) and the Council's Jason Stanton (far right). The billboard was funded by a state Health Department grant. The "yellowing 'toothpaste'" message was one of some 50 ideas submitted by the group. (Oneonta Star photo)

Clip and Send

## APPLICATION

Name \_\_\_\_\_

Company/Organization \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

\$5 Individual

\$25 Church/Non-profit/

\$50 Business

CONTRIBUTION \$

Memberships and donations are tax deductible.

Make checks payable to  
ADAC and return to the  
Alcohol and Drug Abuse Council  
72 Main Street, Delhi, NY 13753

## National View

### Counsel Binge Drinkers; Youth Mentors Helpful

A new study showed that emergency room personnel have an opportunity to counsel binge drinkers by identifying them among the injured in car crashes, "Most people who are injured in alcohol-related car accidents are not alcohol-dependent. They've binged," said Marilyn S. Sommers, Ph.D., R.N., a nursing professor at the University of Cincinnati in Ohio.

Of 132 people studied, 62 percent admitted that alcohol was partially responsible for their injuries. The study showed that those patients received little or no counseling at the hospital, even though they were likely to become repeat visitors.

"People have patterns of injury." Sommers said. "If you're injured once, you're probably going to get injured again. And that's particularly true with alcohol use."

Sommers said the study found that any length of counseling reduced repeat binge drinking, but the most effective was a 45-minute session with a follow-up phone call weeks later to see if the patient kept an agreed upon drink limit.

#### Mentoring Can Help

Adolescents who have a parent or trustworthy adult to confide in are less likely to participate in risky behavior such as drug use, a new study indicates.

Two-thirds of the 294 adolescents studied said they had an adult or parent in their lives whom they could usually turn to for help and advice. Adolescents with mentors were also "significantly less likely" to participate in risky behaviors. However, the rate of alcohol use was about the same regardless of whether a mentor was available.

"We can conclude that the utilization of adult mentors should be supported as a key strategy in working with adolescents to decrease certain risk behaviors," wrote study author Sharon Beier of the Albert Einstein College of Medicine's Montefiore Medical Center in the Bronx, N.Y. "Adolescents must believe that the person really cares, is there to help them, and will treat them with respect."

# LifeLine

Alcohol and Drug Abuse Council of Delaware County  
72 Main Street  
Delhi, New York 13753  
(607)746-8300

Non-Profit Org.  
U.S. Postage  
PAID  
Delhi, NY  
Permit No. 43

## STOP DWI!!

## A Web Site Sampler

A brief rundown of some of the highlights of the Council's new web site:

**About the Council:** Information about ADAC, its staff, mission statement, and events and functions. Also a membership form for those who wish to join.

**FAQs:** Frequently asked questions—and answers—about alcoholism, Alcoholics Anonymous, and Drug-Free Workplaces.

**Need Help?:** Lists of both local and national organizations that can help with substance abuse problems. Includes information on many 12-step groups.

**Land O' Links:** As the name implies, these are links to organizations doing research into and providing information on substance abuse.

**The Workplace:** Descriptions of Drug-Free Workplaces and Employee Assistance Plans and information on how to set them up. Also FAQs on this subject.

**Are You or Aren't You?:** Self-evaluations consisting of lists of questions to determine if you or someone close to you has a problem with alcohol or illegal drugs.

**Just for Kids:** Links to sites—many of them animated—with special appeal to young people.

**Events:** A county-wide calendar of conferences, workshops, events, and happenings.

**Newsletter:** Current and back issues of *Lifeline*, the Council's quarterly publication.

**Education:** Rundowns on the Council's school programs, the Parent to Parent Program, and the Drinking Driver Program

Designed by...



The Council's web site was designed by Frederic Harris, president of Aleph & Co, a creative services company in Delhi. Fred, a longtime Council member, is a design director with extensive experience in advertising and marketing in New York City and elsewhere. Fred is also chief design potentate at SUNY Delhi, where he teaches computer science. Harris lived in Margaretville in his youth, where he was a member of the still-remembered rock band, Jasper. Comments on the web site can be sent to Fred at [webmaster@adaconline.org](mailto:webmaster@adaconline.org).

## Tour of the Land O' Links

*An important asset of any web site is the ability to connect or link easily with other sources of help or information. A few of adaonline's important links are listed here.*

### **Center for Substance Abuse Prevention (CSAP)**

[www.samhsa.gov/csap/index.htm](http://www.samhsa.gov/csap/index.htm)

CSAP provides national leadership in the Federal effort to prevent alcohol, tobacco, and illicit drug problems by connecting people and resources to innovative ideas and strategies. CSAP's web page includes information on prevention, including a section titled, "Proof That Prevention Works."

### **Join Together**

[www.jointogether.org](http://www.jointogether.org)

Join Together, founded in 1991, supports community-based efforts to reduce, prevent, and treat substance abuse across the nation. Its highly recommended web site is one of the best sources of news

about events and developments in the substance abuse field.

### **Mothers Against Drunk Driving (MADD)**

[www.madd.org](http://www.madd.org)

MADD describes itself as "more than just a bunch of angry moms. We're real people... determined to stop drunk driving, support the victims of this violent crime, and prevent underage drinking." Its web site has information for victims, youths under 21, and parents. An "idea catcher" aids the brainstorming process.

### **National Center on Addiction and Substance Abuse at Columbia University (CASA)**

[www.casacolumbia.org](http://www.casacolumbia.org)

CASA's stated purpose is to "Inform Americans of the economic and social costs of substance abuse and its impact on their lives." CASA's web site highlights its various divisions: The FYI

(Family and Youth information) has a quiz so "Tweens & Teens" can find out what other teens say about drugs, alcohol and tobacco.

### **NY.S. Office of Alcoholism and Substance Abuse Services (OASAS)**

[www.oasas.state.ny.us](http://www.oasas.state.ny.us)

OASAS administers the nation's most comprehensive system of services for substance abusing populations. OASAS's web site offers bulletins on legislation and other issues, as well as links to government, self-help, and "Latest Research" sites.

Of the several self-tests on the web site, none is shorter or easier to administer than the one known as the CAGE:

1. Have you ever felt you should Cut down on your drinking?
2. Have people Annoyed you by criticizing your drinking?
3. Have you ever felt bad or Guilty about your drinking?
4. Have you Ever had a drink first thing in the morning to steady your nerves?

Scoring: Two or three affirmative answers should create a high index of suspicion. Four positive answers indicate alcoholism.

## FAQs

*FAQs (Frequently Asked Questions) are a standard feature of any web site. A few typical questions and answers from the ADAC site follow:*

### **Q: What is alcoholism?**

**A:** Alcoholism is a chronic, progressive disease with symptoms that include a strong need to drink despite negative consequences, such as job or health problems. Like many other diseases, alcoholism is influenced by both genetic and environmental factors.

### **Q: Can alcoholism be cured?**

**A:** Not yet. Alcoholism is a treatable disease, and medication is available to help prevent relapse, but a cure has not yet been found. This means that even if an alcoholic has been sober for a long time and has regained health, he or she must avoid all alcoholic beverages.

### **Q: Who qualifies for Alcoholics Anonymous?**

**A:** AA's preamble states: "The only requirement for membership is a desire to stop drinking." This means exactly what it says: that anyone who considers himself or herself an alcoholic and desires to stop drinking is a member of AA.

### **Q: What about programs for other addicts?**

**A:** Narcotics Anonymous is a program, similar to AA, for abusers of illegal drugs. Other programs include Overeaters Anonymous and Gamblers Anonymous. Al-anon is for family and friends of alcoholics.

### **Q: What is ADAC (the Alcohol and Drug Abuse Council)?**

**A:** ADAC is a public, non-profit agency dedicated to the prevention of alcohol and other drug abuse in Delaware County. It provides prevention education programs for the county's schools, teaches the Drinking Driver Rehabilitation Program, establishes drug-free workplace programs for businesses, and conducts interventions.

## Workplace Stats from adaonline

- Seventy percent of all alcohol and drug abusers are employed.
- Alcohol and other drug use cost American businesses \$102 billion every year in lost productivity, accidents, employee turnover, and related problems.
- Drug and alcohol users consume almost twice the medical benefits as non-users, are absent 1.5 times as often, and make more than twice as many workers' compensation claims.
- A drug-free workplace program helps to cut back on accidents, mistakes, and employee turnover. Other benefits include improved workplace atmosphere and employee morale.

Alcohol and Drug Abuse Council  
of Delaware County  
72 Main Street • Delhi New York 13753  
(607)746-8300