

# Lifeline

News from the Delaware County Council for Prevention of Alcohol and Substance Abuse, Inc.

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## WALTON TEAM IS EASY VICTOR IN ECKERD DRUG COMPETITION

A four-student team from Walton Central School displayed a broad knowledge of drugs and alcohol to win the regional round of the Eckerd Drug Quiz. As regional winners, they will participate in the semi-finals in Syracuse.

The local contest was held in February at Delhi Tech. Eight county schools participated in the quiz, which was open to sixth, seventh, and eighth graders. Walton defeated Sidney Central in the final round to become the winner.

Members of the winning Walton team were Kevin Geidel, Dan Endress, Matthew King, and Rilke Van Buren. The Council's prevention educator, Polly Judd, coordinated the event.

Nearly 30,000 students in New York State take part in the Eckerd Drug Quiz. The process begins in September when schools receive a large packet of information about tobacco, alcohol, marijuana, and other drugs for students to study. The winner is determined in May when the final four teams compete in the state championships.

The Drug Quiz is based on a

television game show format with students equipped with buzzers. At Delhi Tech, the Walton team frequently buzzed with the correct answer before the moderator had completed the question.

A number of the questions required the students to know both the chemical and street names for a variety of drugs. (Question: What is the street name for LSD? Answer: Passion.) Other questions concerned the effect of drugs and alcohol on young people; one stressed that youths become addicted more quickly than adults.

In the final round, neither team was able to answer the question: "What does 'blacking out' mean?" The correct answer, according to moderator Burt More of DeLancey was "loss of memory."

The Drug Quiz was proposed in 1985 by Jennifer Shulman, then an 8th-grade student in the Jamesville-DeWitt School District in upstate New York. It is a not-for-profit event that is supported by volunteers and administered locally by the Delaware County Council for Prevention of Alcohol and Substance Abuse. ●

## NAME THAT COUNCIL!

The folks answering the phone at the Council find its official name--The Delaware County Council for Prevention of Alcohol and Substance Abuse--to be a real mouthful. In addition, it is time-consuming to write and difficult to remember. On the plus side, the name accurately reflects the Council's goals and mission and meets the guidelines laid down by New York State

Still, there might be an easier way to say it. Therefore, the Council invites members to submit suggestions for a new name, one that is shorter but still descriptive of the Council's mission. Send your suggestions to Mary Rosenthal at the Council's office. She will pass those she approves on to the board of directors for final consideration.

## A Letter from the Director

As many of you know, April is Alcohol Awareness Month, when people are asked to reflect on the role that this powerful drug plays in our lives and in our culture. For this reason we have chosen April to launch a new membership drive, and we are asking you, our current members, to help us sign up new members (Use the form on page four of this newsletter.) Councils work best when they stay in touch with their grassroots, so come and grow with us!

I am also pleased to announce that the council's strategic planning team recently completed its work and has forwarded its recommendations for a three-year strategic plan to the full board of directors for its consideration and approval.

As a member of this team I was struck by the dedication and commitment of those involved: the council members, directors, and staff who sacrificed their time for the sake of this council. Their concern and constructive contributions have given us a valuable compass for charting the future course of the organization.

Stay tuned for information about exciting new improvements to our web site as well as details on the final approved strategic plan.

Best wishes,



## COUNCIL STAFF

### Executive Director

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Mary Rosenthal

### Prevention Educators

Polly Judd

Jason Stanton

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## LifeLine

is a quarterly publication of the Delaware County Council on the Prevention of Alcoholism and Drug Abuse  
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## SUBJECT: TEENAGE PREGNANCIES REACHING OUT TO ADOLESCENTS AT RISK

As part of its mission to carry the message of alcohol and drug abuse prevention to various segments of the community, the Council is participating in Project REACH, a community-based adolescent pregnancy prevention program. On several occasions, executive director Ramsey has spoken on the relationship between drug and alcohol abuse and teenage pregnancy.

The project is based on the observable realities that unintended teen pregnancy (1) Reduces the likelihood that the teen will go on to higher education; (2) Limits teens' earning potential; (3) Often leads to welfare dependency; (4) Puts the health and security of our young people at risk. Often drug and alcohol use precedes the unwanted pregnancies, Ramsey has told groups meeting in Sidney.

According to statistics compiled by the Council, the United States has one of the highest teenage pregnancy rates in the world; it is twice as high as the rate in England, France, and Canada. In addition research shows that one half of teen mothers between ages 15 and 19 do not complete high school. New York State alone spends nearly \$2 billion annually on welfare cases that began with a teen pregnancy.

Locally, the problem is no less severe. The New York State Department of Health reports that the Sidney area has one of the highest rates of teen pregnancy in New York State. ●

## Word from the Past:

*"I think that the reasonable men of the world have long since agreed that intemperance is one of the greatest, if not the very greatest of all evils amongst mankind... That the disease exists, and that it is a very great one is agreed upon by all."*

Abraham Lincoln, September 29, 1863, on drunkenness in the Union Army.

## New Face at 72 Main Street

Jason Stanton of Bovina is the most recent addition to the Council staff, having taken over a vacant position, as Prevention Educator, in February. The job was previously held by Gene Ortiz, who resigned at the beginning of the year.

As a prevention educator, Jason is responsible for educating various segments of the community in the prevention of alcoholism and other substance abuse. His duties include interacting with youth groups in after-school activities and with young people who have been identified as being at-risk for substance abuse.

Jason, a 1994 graduate of SUNY Oneonta, was previously employed as a program coordina-

tor for the SUNY Cobleskill Liberty partnership, where he worked with "at-risk" students in eight schools, designing and facilitating workshops on communication skills, conflict management, and passive-aggressive-assertive behaviors.

Prior to joining the Liberty Partnership, Jason provided support and counseling to at-risk adolescents at Catholic Charities of Delaware and Otsego Counties.

A resident of Bovina, Jason is both a volunteer firefighter and secretary of the Bovina Fire Department. An Eagle Scout, he is an advisor to Explorer Post 500. ●

## INHALANTS: SILENT AND DEADLY

Sniffing or inhaling chemicals to seek highs has become one of the most common forms of drug use among youths. Young users often call inhaling "huffing." Experts call the use of inhalants by youths the "silent epidemic."

"It is silent because people don't talk about it," says Harvey Weiss, executive director of the National Inhalant Prevention Coalition in Austin, Texas.

Inhalant use begins with the young; statistics show that over 20 percent of eighth grade students in America have experimented with the chemicals. A survey by the University of Michigan puts the use of inhalants among eighth graders just behind that of marijuana. In 1998, 22.2 percent of eighth graders admitted to experimenting with marijuana.

### Parents Unaware

Experts believe that parents are generally unaware of the dangers posed by inhalant abuse. Surveys indicate that only half of parents who talk to the children about substance abuse include inhalants in their discussions. Nine out of ten parents surveyed, in fact, believed that their children had never used inhalants.

Inhalants are found in hundreds of everyday household products that are cheap and easy to purchase or simply find about the house. These include aerosol air freshener, cleaning fluid, typewriter correction fluid, paint thinner, and, an old-time standby, airplane glue. Even food products, such as aerosol cans of whipped cream, include inhalants.

The high from inhalant use is short-lived, but the effects on the user can be extremely damaging, even fatal. A car crash in Pennsylvania in March that killed five teenagers has been attributed to inhalants; police investigating the accident that one of the teenagers released an aerosol can

inside the vehicle while it was traveling at high speed. The chemicals in inhalants also can cause damage to the heart brain, lungs, and kidneys. Once the chemicals get into the blood stream, death can occur.

"It's like playing Russian roulette," Harvey Weiss said. "Every time you use them, you're pulling the trigger."

## Good News/Bad News Violence and Alcohol

Despite considerable reduction in the role alcohol played in violent crime, the Department of Justice's 1998 Report on Alcohol and Crime included these disturbing facts:

- Alcohol abuse was a factor in 40 percent of violent crimes committed in the U.S. About 3 million violent crimes occur each year in which victims perceive the offender to have been drinking. About two-thirds of the alcohol-involved crimes were characterized as simple assaults.

- Of the 5.3 million convicted offenders under the jurisdiction of corrections agencies in 1996, nearly 2 million, or about 36 percent, were estimated to have been drinking at the time of the offense.

- Among violent offenders, 41 percent of probationers, 41 percent of those in local jails, 38 percent of those in State prisons, and 20 percent of those in Federal prisons were drinking when they committed their crime.

- Two-thirds of victims who suffered violence by a spouse or boyfriend/girlfriend reported that alcohol had been a factor. Among spouse victims, 3 out of 4 incidents were reported to have involved an offender who had been drinking. By contrast, an estimated 31 percent of stranger victimizations were perceived to be alcohol-related.

- In 1996, 40.9 percent of more than 17,000 traffic fatalities involved a driver who had been drinking. This is a 29 percent reduction from the more than 24,000 fatalities recorded 10 years earlier when alcohol was involved in 52 percent of the fatalities.

## ALPHABET SOUP

### A Guide to the Initials of Treatment and Prevention

The world of alcohol and drug treatment and prevention is awash in initials and acronyms. They range from the simple--AA--to the lengthy NAFAPASA (National Asian Pacific American Families Against Substance Abuse). Here is a brief guide to initials you will find in the field.

ACA	American Council on Alcoholism
ACDI	American for Drug Information
AMSAODD	American Medical Society on Alcoholism and Other Drug Dependencies
BADD	Bartenders Against Drunk Driving
CADCA	Community Anti-Drug Coalitions of America
CSAP	Center for Substance Abuse Prevention
DARE	Drug Abuse Resistance Education
MADD	Mothers Against Drunk Driving
NCADD	National Council on Alcoholism and Drug Dependence
NCADI	National Clearinghouse for Alcohol & Drug Information
NIDA	National Institute on Drug Abuse
OASAS	Office of Alcoholism and Substance Abuse Services

## YOUR MEMBERSHIP MATTERS APPLICATION

Name .....

Company/Organization .....

Address .....

City .....

State ..... Zip Code .....

Telephone .....

\$5 Individual

\$25 Church/Non-profit/Civic

\$50 Business

CONTRIBUTION \$ .....

Memberships and donations are tax deductible.  
Make checks payable to DCC and return to the  
Delaware County Council for Prevention of Alcohol and Substance  
Abuse

72 Main Street, Delhi, NY 13753

Members Wanted:

## Sign Up Now

Following last year's successful membership drive, the first one in the Council's history, the organization is dedicating the month of April to signing up new members. The goal is to triple the membership by 2002.

The Council hopes that present members will help recruit new members by acquainting them with the Council and the important work it does in the prevention of alcohol and substance abuse. The membership form at right can be copied; additional forms--and information on the Council--are available at the Council's offices. (Current members can also use the form to make a contribution to the Council.)

Members receive the Council's quarterly newsletter, announcements of upcoming events, and an invitation to the annual fall dinner.

**Remember: Your Membership Matters!**

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