

COMMUNITY ACTION
FOR CAPABLE YOUTH,
INC. (CACY)
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CACY COMMUNICATOR

DRUG FREE MONTH

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CACY'S Core

Purpose: To provide tobacco, alcohol, violence and drug prevention information, education and coordination by bringing together schools, parents, government, law enforcement, agencies, business and community members who work toward making our county a healthier, safer place to live.



Training: Substance Abuse Prevention Across the Lifespan

Speaker: Tracee Anderson, MBA, OCPSII, Executive Director of CACY

Date: Nov. 14, 2014

Time: 10am-12pm
12pm-12:30pm Light lunch provided

To register call Foundations for Living at 419-564-1719 or email stacy.mcknight@uhsinc.com by November 5th.

Importance of Substance Abuse Prevention

October is National Substance Abuse Prevention Month and according to the Presidential Proclamation, "preventing substance use before it begins is the most effective way to eliminate the damage caused by drugs and the abuse of alcohol."

There are many positive outcomes from substance abuse prevention efforts including:

- Less need for treatment.
- Decrease in crime, delinquency and motor vehicle accidents.
- Improved academic achievement.
- Better health outcomes.
- Fewer incidents of family

violence.

- Career advancement.

The National Institute on Drug Abuse suggests that if we can prevent young people from experimenting with drugs, we can prevent drug addiction. In general, multiple-component programs (school, family, community) have proved to be the most effective.

CACY provides tobacco, alcohol, violence and drug prevention information, education and coordination by bringing together schools, parents, government, law enforcement, agencies, business and community members who work toward making our county a healthier, safer place to live.

In 2013, CACY served 12,556 people in Richland County through pre-

vention education in schools, after school programming, programming at child care centers, public awareness displays, media articles, parent education classes, environmental strategies and the first time offender program.

As stated in the proclamation for National Substance Abuse Prevention Month, "Substance abuse affects everyone and each of us can play a part in helping the next generation make choices that support physical, mental, behavioral and emotional health."



Smoking and Pregnancy

Smoking during pregnancy remains one of the most common preventable risk factors for infant mortality. Most people know that smoking causes cancer, heart disease and other major health problems; however, smoking during pregnancy causes additional health problems, including premature birth, birth defects and infant death.

By avoiding tobacco, you may:

- Be less likely to have a miscarriage.
- Make sure your baby is not born prematurely.
- Increase your baby's birth weight.
- Help baby's lungs grow strong.

- Improve baby's overall health.
- Feel stronger and have more energy.
- You will be able to buy more things for your baby.
- Live longer, healthier and happier with your baby.
- You will be more likely to live to know your grandchildren.



In the United States, 88 million children and adults who do not smoke are

exposed to other people's smoke. There is no safe level of exposure to cigarette smoke. You can protect yourself and your family by, making your home and car smoke-free, asking people not to smoke around you and your children, teaching children to stay away from other people's smoke and make sure to choose restaurants and other businesses that are smoke-free.

According to the Ohio Department of Health, 17 percent of women giving birth in Ohio, smoke while pregnant, a rate that is double that of the nation as a whole.

If you or someone you know wants to quit smoking, talk to your doctor, nurse or health care provider about strategies.

Resources



“Start the Talk” Underage Drinking Interactive Tool

<http://www.samhsa.gov/underagedrinking/>

The Partnership at Drugfree.org

<http://www.drugfree.org/>

Drug Free Action Alliance

<https://www.drugfreeactionalliance.org/>

Start Talking

<http://starttalking.ohio.gov/Parents.aspx>

National Institute on Drug Abuse

<http://www.drugabuse.gov/>

Too Smart to Start

<http://www.toosmarttostart.samhsa.gov/Start.aspx>

Smart Bet— Problem Gambling

<https://www.drugfreeactionalliance.org/smart-bet>

KnowBullying App

http://store.samhsa.gov/apps/bullying/?WT.mc_id=EB_20140815_KNOWBULLYINGAPP

The Truth— End Smoking

<http://www.thetruth.com/take-action>

Aware Rx Prescription Drug Safety

<http://www.awarerox.org/news/tagged/Prescription%20drug%20abuse>

Tobacco Use and Pregnancy

<http://www.cdc.gov/reproductivehealth/tobaccousepregnancy/>