

COMMUNITY ACTION  
FOR CAPABLE YOUTH,  
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# CACY COMMUNICATOR

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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.



## Not One Puff (NOP) Program

NOP is a new, free service & tools available through CACY. Pregnant and parenting teens can receive smoking prevention and cessation services. Referrals from agencies or individuals can be sent, faxed or called in to CACY, attention Tracee Anderson. Please include name, age, address and telephone number of potential participant. Date of birth or projected birth date of baby is also needed.

## Problem Gambling Awareness Month

March is Problem Gambling Awareness Month. The goal of this campaign is to educate the public and healthcare professionals about the warning signs of problem gambling and promote the availability of help and hope both locally and nationally.

Problem gambling is known as a hidden addiction. There is no physical test that indicates gambling behavior, but there are some signs to look for:

- Frequently borrowing money to gamble.
- Gambling to escape boredom, pain or loneliness.
- Lying to loved ones about

gambling.

- Trying to win back money lost.
- Loss of interest in other activities.
- Unexplained absences for long periods of time.
- Going without basic needs in order to gamble.

Tips for responsible gambling include: never gamble with borrowed money, gamble only what you can afford to lose, set a limit when gambling and stick to it and bring a responsible friend.

If untreated, gambling addiction can lead to serious health issues including suicide, co-occurring disorders,

domestic violence, and work issues. Children of a person with a gambling problem show higher rates of gambling disorder and higher levels of tobacco, alcohol, drug use and overeating than children of people without gambling problems.

If you or someone you know has a problem, call the Ohio Helpline at 1-800-589-9966. For more information, visit <https://www.drugfreeactionalliance.org/smart-bet-or>

<http://www.org.ohio.gov/>



## National Kick Butts Day

Tobacco use is the leading cause of preventable death in the United States, imposing a terrible toll in health, lives and dollars on families, businesses and government. Tobacco kills 480,000 people annually. More than AIDS, alcohol, car accidents, illegal drugs, murders and suicides. 15.1% of high school students and 3.7% of middle school students in Ohio smoke.

Ways to prevent youth tobacco use include:

- Parents set a positive example for their children by not smoking themselves and keeping

their homes smoke-free.

- Network with other parents who can help you encourage youth refusal of tobacco.
- Help kids understand the financial cost of smoking.
- Think beyond cigarettes— Explain the dangers of smokeless tobacco, e-cigarettes, cigars, pipes and hookahs.
- Rehearse how to handle peer pressure situations.
- Smoking isn't glamorous— Explain how tobacco gives you bad

breath, wrinkles, smelly clothes and hair and turns teeth yellow.

Kick Butts Day, March 18, 2015, is a national day of activism that empowers youth to stand out, speak up and seize control against Big Tobacco.

**CACY will be hosting its fourth annual, "Kick Butts with Art" Show from 5:00pm-6:00pm at the Mansfield Art Center.** Local students tobacco prevention artwork and video public service announcements will be on display during this time. We invite community members to attend and take a look at student artwork. For more information please call 419-774-5683.



# 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](http://store.samhsa.gov/apps/bullying/?WT.mc_id=EB_20140815_KNOWBULLYINGAPP)

## **CADCA’s Online Toolkit to Reduce Tobacco Use**

<http://www.preventtobaccouse.org>

## **Kick Butts Day**

<http://www.kickbuttsday.org>