

COMMUNITY ACTION
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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.



Kroger Community Rewards

Enroll or re-enroll so CACY can receive free funding through the Kroger Community Rewards Program. Re-enroll now for the 5/1/15–4/30/16 reward year. For more information on how to enroll or re-enroll visit http://www.cacyohio.org/upload/Kroger_Rewards.pdf

Alcohol Awareness Month



“For the Health of It: Early Education on Alcoholism and Addiction” is the 2015 theme for Alcohol Awareness Month designated by the National Council on Alcohol and Drug Dependence (NCADD).

Alcohol use by young people is extremely dangerous both to themselves and to society and is directly associated with traffic fatalities, violence, suicide, educational failure, alcohol overdose and other unsafe behaviors, even for those who may never develop a dependence or addiction.

Adolescence is a time of

heightened risk taking and young people may not be fully prepared to anticipate all the consequences of drinking alcohol. Alcohol is the number one drug of choice for America’s youth and is more likely to kill young people than all illegal drugs combined.

There are many toolkits and resources available for parents and children to help prevent alcohol abuse. Substance Abuse and Mental Health Services Administration (SAMHSA) launched the “Start the Talk,” interactive online simulation tool that helps parents and caregivers practice tough conversations about alcohol. <http://www.samhsa.gov/underage-drinking>

Other prevention resources for parents include:

- <http://www.drugfree.org/the-parent-toolkit/>
- <https://ncadd.org/for-parents-overview/prevention-tips>
- <https://www.drugfreeactionalliance.org/parents-who-host>
- <http://www.drugabuse.gov/related-topics/prevention>

10 Tips for Alcohol Prevention for Youth

1. Don't be afraid to say no: It may seem like “everyone is doing it,” but they are not. Don't let someone else make your decisions for you. You have the right to say no,

2. Connect with your friends and avoid negative peer pressure: If you are hanging out with a group in which the majority of kids are drinking alcohol or using drugs, you may want to think about making new friends.

3. Make connections with your parents or other adults: It is important to have people you can rely on and talk about life's challenges with.

4. Enjoy life and do what you

love— don't add alcohol and drugs: Get out and get active in school and the community. Alcohol and drugs can change who you are, limit your potential and complicate your life.

5. Follow the family rules about alcohol and drugs: Have trust and respect for your parents. Don't let alcohol and drugs come between you and your parents.

6. Get educated about alcohol and drugs: You cannot rely on myths and misconceptions that are among your friends and on the internet.

7. Be a role model and set a positive example: Don't forget, what you do is more important than

what you say. You are setting the foundation and direction for your life.

8. Plan ahead: As you make plans with your friends, you need to plan ahead. Make sure that there is someone you can call day or night.

9. Speak out/ speak up/ take control: Take responsibility for your life, your health and your safety. Speak up about what alcohol and drugs are doing to your friends or community and encourage others to do the same.

10. Get help!: If you know someone in trouble with alcohol or drugs, get help. Don't wait.

Resources



“Start the Talk” Underage Drinking Interactive Tool

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

Smart Bet— Problem Gambling

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

The Partnership at Drugfree.org

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

KnowBullying App

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

Drug Free Action Alliance

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

CADCA's Online Toolkit to Reduce Tobacco Use

<http://www.preventtobaccouse.org>

Start Talking

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

Parents Who Host Campaign

www.drugfreeactionalliance.org/parents-who-host

National Institute on Drug Abuse

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

Alcohol Prevention Tips for Parents

<https://ncadd.org/for-parents-overview/prevention-tips>

Too Smart to Start

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

CACY is accredited by the Ohio Department of Mental Health and Addiction Services. Funding is received through the Richland County Mental Health and Recovery Services Board, United Way, state and local grants, project sponsorship, private donations and fund-raising activities. Any donation is greatly appreciated.

