

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

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CACY'S Core

Purpose: To provide tobacco, alcohol, violence, problem gambling 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.



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 fundraising activities. Any donation is greatly appreciated.

Avoid Youth Alcohol & Drug Exposure During the Holidays

Holiday parties should not signal an increase in drug and alcohol usage around children. It is illegal to host any kind of alcoholic party for people under the age of 21. For adults, holiday parties are often associated with alcohol and casual drinking, but it is still crucial to make sure no child is participating in these activities. It is also essential to maintain open communication. Your child must understand the importance of staying away from drugs and alcohol under any circumstance. Adults can avoid youth use with these tips:

- Be clear with your expectations. Let your child know that although some adults may be drinking alcohol, they are still not allowed to consume any alcoholic beverage.
- Teach your children that they can have a good time without alcohol, plan a non-alcoholic kid friendly party.
- Help your children

serve traditional drinks without alcohol. Such as cider, eggnog or punch/juice.

For underage youth, it is necessary to monitor all temptations or options. With all the social activities that accompany the holiday season, it is important to closely pay attention to the age of anyone who is consuming alcohol. A few tips can help avoid any mishaps:

- Never serve alcohol to underage youth. The only way to ensure a person is over 21 is to check their ID.
- If you maintain alcohol at home, make sure to keep track of your supply at all times.
- Establish a friendly relationship with parents of friends that way if your child is going to a party you can call ahead and make sure there will be no drugs or alcohol involved. You can also check to make sure there will be a responsible adult in charge of the event.
- Make sure your child is maintaining healthy friend-

ships, having friends who drink puts your child at greater risk of influence.

- Keep tabs on child's schedule, knowing their whereabouts helps you supervise any wrong behavior and it will avoid any confusion about your child's intentions and activities.
- Do not support underage drinking under any circumstance. Avoid making any jokes that involve drugs or drunkenness showing acceptance of these behaviors may incline your child to experiment illegal substances.

During the holiday season, keep your children safe by establishing house rules about teen drinking. When parents are clear on their "no alcohol" rules, their children are less likely to begin drinking. BE A GOOD ROLE MODEL. If you use alcohol, set a good example and drink responsibly, teach your kids good decision making skills. Adopting these tips will ensure a smooth sailing holiday season.

Tips to help adults gamble responsibly during the holidays: Know when to quit, don't chase your losses, only bet what you can afford to lose, set limits on time and money to be spent, never gamble when under stress or feeling depressed, and avoid mixing gambling with alcohol or other substances.



SAVE THE DATE:

Operation Street Smart Training is coming to Richland County on Friday, April 22, 2016. Operation Street Smart is presented by the Franklin County Sheriff's Department. CEU and RCH credit will be available. More information to follow in January.

Like CACY on Facebook!

<https://www.facebook.com/Community-Action-for-Capable-Youth-401545513367878/>

Follow us on Twitter!

<https://twitter.com/cacyohio>

Are you ready to quit... tobacco?

Holidays and having a fresh start in the New Year is a great time to quit tobacco. The following are questions to determine your readiness to quit tobacco this holiday season:

- Do I want to live a long, healthy life?
- Do I want to spend my money on something other than tobacco?
- Do I care about myself?
- Do I care about my family and friends?
- Do I dread going outside to smoke in the wintertime to make sure others inside have

clean air to breathe?

If you answered yes to any of these questions, you may be ready to quit tobacco. Answering "yes" to more than one question increases your chances of success, since the more reasons you have to quit tobacco, the more likely you are to follow through on your plan. The holidays are a good time to quit since the changes in schedules and stress of the season actually helps to change regular behavior patterns and emotions.

CACY's FREE Not One Puff (NOP) Program is available to assist your quit

needs. Free tools and support is offered to help you develop or stick to your individual quitting plan. Each time you meet with a CACY support person, you can receive a new tool to help you meet your goal. Meeting just 5 times for 15 minutes each can more than double your chance of quitting success. For more information, contact the CACY office at 419-774-5683 or email andersont@cacyohio.org.



Richland County Foundation, Richland Gives

Richland Gives is a 12 hour day of giving on December 1, 2015. It is designed to encourage everyone to contribute to Richland County nonprofits through a single giving platform.

CACY is participating in Richland Gives. All funds donated to CACY will go towards purchase of student workbooks and materials used with facilitated prevention lessons.

Who can donate?

Any individual may donate, no matter where they live in the U.S. Donations are 100% tax deductible.

Is there a minimum or maximum donation?

The minimum donation for Richland Gives is \$10. There is no maximum donation limit for Richland Gives.

Can I schedule a donation for Richland Gives?

Yes. In the weeks leading up to Richland Gives this year, donors will be able to pledge schedule a donation.

To donate, please go to:

<https://www.razoo.com/story/Community-Action-For-Capable-Youth-Of-Mansfield-Ohio>

Resources



The Partnership at Drug-free.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>

Prevention Tips for the Holiday Season

<http://www.teendrugabuseprevention.com/alcohol-exposure-during-the-holidays/>

Problem Gambling

Helpline

1-800-589-9966

