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Prevention

Through

Connection

October 2015

Dear Parents and Caregivers:

Across Long Island, prescription drug and heroin abuse continue to impact our youth, families and communities. In Manhasset, the use of stimulants or amphetamines without a doctor's prescription is also on the rise (*2015 Bach Harrison Prevention Needs Assessment*). Moreover, 70% of teens who abuse prescription drugs get them from friends or family. Please join us to fight this problem by participating in National Substance Abuse Prevention month when we, along with hundreds of coalitions, work to protect our youth from the devastating consequences of substance use.

As part of this effort, Manhasset Public Schools will celebrate Red Ribbon Week from Saturday, October 10th through Sunday, October 18th where the community will come together to support the wellness of our youth in the prevention of substance abuse. Our elementary school families will display red ribbons in support of the campaign and children will participate by wearing red to school, completing art projects and participating in special programming. At this time, we also strongly encourage you to talk with your teen(s) about the dangers of prescription drug abuse.

We have attached *Protect Your Children: Information for Parents to Know* from the New York State Office of Substance Abuse Services (NYSOASAS) as a resource for your discussion. You can also visit the Partnership for Drug Free Kids at drugfree.org for additional tools to protect your teens from prescription drug use.

This is also an opportunity to rid our homes of unnecessary medications in the prevention of teen prescription drug abuse. Medication can be disposed of 24/7 in the lobby of the Nassau County Police 3rd Precinct Community Center located at 100 Community Drive Manhasset. Also, on Sunday, November 8th all residents are encouraged to dispose of unwanted pharmaceuticals through the Town of North Hempstead's S.T.O.P. program at North Hempstead Beach Park from 9:30 a.m. to 3:00 p.m.

To help you continue healthy communication with your teen throughout adolescence, we invite you to attend *Active Parenting for Teens* at the Manhasset Public Library beginning Thursday, October 29th at 10:30 a.m. The 3-part series is sponsored by Senator Jack M. Martins and the Manhasset Public Library.

Manhasset CASA looks forward to working with you and your family throughout the school year to keep our youth healthy and safe. Please support our initiatives and consider joining or renewing membership for the 2015-16 school year. For more information about Manhasset CASA, visit our website at manhassetcasa.org or like us on Facebook.

Sincerely,



Eugene A. Petracca, Jr., P.E.
Board President



Caryn Sawyer, Psy.D.
Executive Director

P.O. Box 392 Manhasset, NY 11030 (516) 267-7548 Visit us at www.manhassetcasa.org or on Facebook.

Manhasset CASA, Inc. is a 501 (c) (3) corporation.





Please Become a 2015-16 Member of CASA!

Since 2001, the Manhasset Community Coalition Against Substance Abuse (CASA), Inc. has existed as a resource to reduce the illegal, underage use of alcohol, tobacco, and other drugs among our youth. CASA strives to reach youth before they are in trouble by connecting parents, school, community and youth as partners in this common goal.

Your Annual Membership of \$20 will help support:

- Positive Alternatives for Youth
- Professional Speakers
- Cutting-edge Programs
- Parenting Workshops
- Community Wide Education & Outreach
- Lock Your Meds and Prescription Drug Misuse Prevention Advocacy
- Annual Red Ribbon Week Events in our Schools
- Collaboration Across our Community to Reduce Substance Abuse Amongst Youth

Help Manhasset Youth Grow Up Healthy & Safe!

For more information about Manhasset CASA please call (516) 267-7548.

Visit us at www.manhassetcasa.org or Like Us on Facebook.

Manhasset CASA, Inc. is a 510 (c) (3) corporation and is registered with the New York State Charities Bureau.
Donations are tax deductible to the fullest extent of the law.

Make Checks Payable to Manhasset CASA, Inc.

Annual Membership fee is \$20. Additional donations gladly accepted.

Enclosed is my check for \$_____

Name: _____

Address: _____

Email: _____

Phone: _____

Date: _____

Please check to see if your employer has a matching gift program. If so, complete their appropriate matching gift form and send it signed with your donation to Manhasset CASA, Inc.

Please mail your donation to Manhasset CASA, Inc. P.O. Box 392, Manhasset, NY 11030

() Yes! I have some free time occasionally and would like to volunteer for Manhasset CASA!
Please contact me!



CASA

Coalition Against Substance Abuse

Protect Your Children

Information for Parents

You Should Know

Nationally, 1 in 5 teens have taken prescription drugs without a doctor's prescription one or more times in their life. (MMWR June 8, 2012)

- The majority of both teens and young adults obtain prescription drugs they abuse from friends and relatives, sometimes without their knowledge.
- Despite what many teens think, abusing prescription drugs is not safer than misusing illicit drugs.
- Prescription drugs can be addictive and lethal when misused.
- Combining prescription drugs/over-the-counter medications and alcohol can cause respiratory failure and death.
- Nonmedical use of prescription drugs among youth ages 12 to 17 and young adults ages 18 to 25 in 2011 was the second most prevalent illicit drug use category, with marijuana being first. (NSDUH 2011)

What Can You Do?

- Safeguard all prescription drugs and medications at home.
- Monitor the quantities on a regular basis to control access.
- Dispose of old or unused medications.
- Be a good role model; follow the same rules with your own use.
- Ask family and friends to safeguard their medications.
- Talk to your teen about alcohol and drug abuse and the risks of misusing prescription and over-the-counter drugs.

Brochures are available to download, print and distribute at:

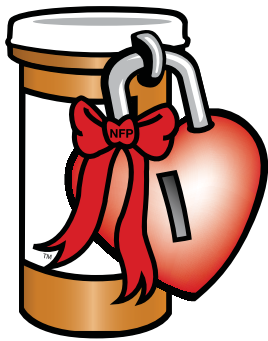
www.oasas.ny.gov/stoprpxmisuse/
www.health.ny.gov/professionals/narcotic/

New York State HOPEline

1-877-8-HOPENY (1-877-846-7369)
 Toll-Free, Anonymous and Confidential /
 24 hours a day, 365 days a year



Produced by the New York State Department of Health and the Office of Alcoholism and Substance Abuse Services



**LOCK
YOUR
MEDS**

**70 % of teens who abuse
prescription drugs get
them from friends &
family.**

Be Aware. Don't Share.

Town of North Hempstead PHARMACEUTICAL TAKE-BACK EVENT

This Service is open to Town Residents - No Doctors' Offices

**Sunday, November 8, 2015
9:30 a.m. to 3:00 p.m.**

**North Hempstead Beach Park North Lot
(175 West Shore Road, Port Washington, NY)**

Join your community and clean out your medicine cabinet of any prescription or over-the counter drugs that may be expired, unused or unwanted. Discard these items in an environmentally safe manner while protecting your kids!

Instructions:

- Keep all medications in their original containers
- Block out the name for anonymity --- Do not cross out medication information
- Illegal drugs may also be dropped off anonymously

ACCEPTED	NOT ACCEPTED
Prescription medications (controlled & uncontrolled)	Sharps (e.g. needles and Syringes)
All over-the-counter medications	IV bags
Medication samples	Bloody or infectious waste
Pet Medications	Pharmaceutical waste not generated by households (e.g., clinics, pharmacies, hospitals, doctors, etc.)
Vitamins & Supplements	Radioactive pharmaceuticals
Medicated ointments, lotions, creams & oils	Vaccines
Inhalers	
Liquid Medication	
Homeopathic Remedies	
Suppositories	

**Protect Your Children
Protect Our Environment**

*For more information about how to dispose of pharmaceuticals safely
call 311 or go to www.northhempsteadny.gov*



3 part series for parents (grades 7-12)

Featuring Tim Jahn, M.ED of the Cornell Cooperative Extension's
Family Health & Wellness Program

Active Parenting *of teens*

- Communicate effectively with teens (it can be done!).
- Understand a teen's goals - which is key to avoiding power struggles.
- Give your teen the tools to behave in a responsible way.
- Reduce the risks of the teen years, including alcohol, drugs, sexuality and violence.
- And much more!



All Active Parenting for Teens classes will be held in the Community Room at the Manhasset Public Library.

Sponsored by

Senator Jack M. Martins

Manhasset Public Library

Manhasset CASA

This is a 3-part parent education series with attendance suggested on all three dates.

Part 1

Thursday, October 29
10:30AM

Part 2

Thursday, November 5
10:30AM

Part 3

Thursday, November 12
10:30AM

Register
at the SignUpGenius link
on CASA's homepage at
manhassetcasa.org

For more information, contact Manhasset CASA at 516.267.7548 or go to manhassetcasa.org.



Students and Parents (grades 7-12)

Monday, November 2, 2015

3:30 p.m.

Manhasset High School
Auditorium

STOP then SEND!

*An internet safety presentation by the
Nassau County District Attorney's Office*



*Join us for an innovative, multi-media presentation
designed to teach students and parents about
internet safety, the dangers of cyberbullying
and social networking sites.*

According to the
Centers for Disease
Control (CDC):

- * Over half of adolescents and teens have been bullied online, and about the same number have engaged in cyber bullying.
- * More than 1 in 3 young people have experienced cyberthreats online.
- * Over 25 percent of adolescents and teens have been bullied repeatedly through their cell phones or the Internet.
- * Well over half of young people do not tell their parents when cyber bullying occurs.

For more information, contact Manhasset CASA at 516.267.7548 or go to manhassetcasa.org.

