



Prevention Newsletter

JANUARY 2021

***To schedule any of our FREE Prevention Programs, please contact the Shelocta Office for Armstrong and Indiana Counties and the Clarion Office for Clarion County.**

**AICDAC
Offices**

**Clarion Office:
814-226-6350**

**Indiana Office:
724-463-7860**

**Shelocta Office:
724-354-2746**

**Vine Street
Office:
724-545-1614**

Dry January

Dry January is a public health campaign urging people to abstain from alcohol for the month of January. Alcohol contributes to anxiety, low mood and depression, and Dry January is a great opportunity to encourage people to look at lifestyle issues that may be affecting their wellbeing. It also gives people the opportunity to see what their lives would be like without alcohol.

A few tips to help make your Dry January a healthy and happy one:



DRY JANUARY

-Make Goals: Not only should you have realistic expectations for yourself, but you should also get your friends and family involved. Making goals can also mean writing them down or posting them somewhere as a physical reminder of your intentions.

-Ask For Support: Use the people closest to you as a support network to help keep you on track. You may even encourage them to take on Dry January with you.

-Avoid Triggers: To cut down on drinking, it's important for everyone to first understand what their triggers are and then avoid them.

-Find Alternatives: Go for a walk, try yoga, or join a recreational sports team.

Curriculum Spotlight Too Good For Drugs



Too Good for Drugs (TGFD) is an evidence-based program to promote healthy decision-making and positive, healthy, youth development. TGFD teaches students about goal-setting, decision-making, bonding with others, identifying and managing emotions, and communicating effectively. In addition, the curriculum includes information about the harmful effects of the use of alcohol, tobacco, and other drugs on students' bodies and minds. The curriculum is engaging and educational, utilizing hands-on activities, such as, group work, games, and role-playing activities. Please note that the Too Good for Drugs program correlates with the Pennsylvania Health Education Content Standards.

Grades: Kindergarten-6th grades
Suggested Schedule: 10 classroom sessions
More Information: <https://toogoodprograms.org/>

Also for,

Grades: 6th-8th grades
Suggested Schedule: 10 classroom sessions
More Information: <http://goo.gl/RRBqPT>

Too Good for Drugs High School is an evidence-based program that provides students with the skills they need for academic, social, and life success. Interactive games and activities provide practical guidance on dating and relationships, building healthy friendships, refusing negative peer influence, and discussion of the effects of alcohol, tobacco, and other drugs.

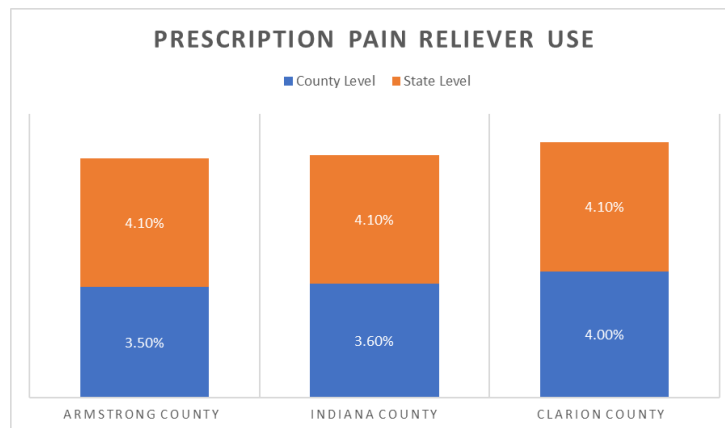
Grades: 9th-12th grades
Suggested Schedule: 10 classroom sessions
More Information: <https://toogoodprograms.org/products/too-good-for-drugs-high-school-revised-edition-kit#desc-tab>



It PAYS to Know

PRESCRIPTION AND OVER-THE-COUNTER MEDICATIONS

In recent years, the non-medical use of prescription drugs has emerged as a major public health issue. According to the recent "Monitoring the Future" study, prescription drugs are the most abused category of drugs after alcohol, tobacco, and marijuana. Students often believe these substances are safer than illicit drugs because they are prescribed by a doctor and dispensed by a pharmacist. This is particularly troubling given the adverse health consequences related to prescription drug abuse: physiological and psychological addiction, physical dependence, and the possibility of overdose. Recent studies have found that once access to prescription drugs is limited, some abusers have adopted the use of heroin or other illicit substances.



According to PAYS data, in 2019 the type of prescription drug most frequently used by students in Armstrong, Indiana, and Clarion Counties were prescription pain relievers.

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Naloxone



Naloxone, also referred to as, Narcan, is a prescription medication used to treat a suspected opioid overdose. Narcan can be used on anyone who is showing signs of an overdose. Naloxone is **not** a substitute for medical professionals and 911 should **always** be called to the scene of an overdose. Naloxone is **FREE** and can be received by calling any AICDAC office location, visiting www.narcan.com, or by visiting your local pharmacy. Naloxone should always be safely carried with you and kept at room temperature, do not freeze the medication. Expired Naloxone kits can be safely disposed of at any prescription take-back box. Please call any AICDAC office for locations of take-back boxes. When Naloxone becomes expired or if you have used the Naloxone kit, AICDAC will replace the kit for **FREE**!

How to Administer Naloxone

- 1** Peel back the package to remove the device. 
- 2** Place the tip of the nozzle in either nostril until your fingers touch the bottom of the patient's nose. 
- 3** Press the plunger firmly to release the dose into the patient's nose. 

Have you ever pictured what your community might look like if it were drug free? Armstrong, Indiana, and Clarion Drug Free Coalitions are a combined effort of concerned community members, agencies, organizations, law enforcement, parents, and faith groups. A project of Armstrong Indiana Clarion Drug and Alcohol Commission, the coalitions are an important part of making the picture of a drug free community come to life.

Mission Statement:

The "Drug Free Communities" Coalition is committed to increasing alcohol, tobacco, and other drug (ATOD) awareness and prevention by targeting youth, young adults, and key stakeholders within the communities of Armstrong and Indiana Counties.

Vision Statement:

Our vision is to create a safe, healthy, and drug-free environment for our youth and families.



Mission Statement:

The Clarion County Drug-Free Coalition seeks to prevent and reduce substance abuse and addiction among our youth and young adults by empowering and encouraging parents, youth, young adults, government and community through education, resources and awareness.

Vision Statement:

Every child and young adult in the communities of Clarion County will have the knowledge, opportunity, and support to make the choice to grow up drug and alcohol free.



Clarion County is Awarded the Drug Free Communities Grant!

The Drug Free Communities (DFC) grant program takes a comprehensive, multi-sector and data-driven approach to prevent and reduce youth substance use/misuse in communities throughout the United States. Armstrong Indiana Clarion Drug & Alcohol Commission is happy to announce that the Clarion County Drug Free Coalition is one of the nation's awardees of the program. The grant will provide funding to hire a Coalition Coordinator for Clarion County, increase membership, host community awareness events, implement youth prevention programs, and promote the Coalition's mission.

All DFC meetings are open to the public! Come join us!

Armstrong DFC meets the fourth Wednesday of every other month.

Indiana DFC meets the third Thursday of every other month.

Clarion DFC meets the fourth Friday of every month.

Meet Our Staff



Bethani McCausland, also known as Miss Bethani, has been a Prevention Specialist with Armstrong Indiana Clarion Drug and Alcohol Commission for a year and half. She graduated from Indiana University of Pennsylvania with a Bachelor's degree in Criminal Justice. Miss Bethani's favorite thing about being a Prevention Specialist is meeting and interacting with the students, and bringing a positive impact on future generations. When she is not working, Miss Bethani can be found spending time with her family, friends, and her horses.



**Armstrong Indiana Clarion Drug and Alcohol Commission
wishes everyone a happy & healthy New Year!**