

# Let's Talk PREVENTION

## **A Guide to Substance Use Prevention Education & Providers in SUFFOLK COUNTY, NY**



This guide is published by  
**The Suffolk County Partners in Prevention**

*a Task Group of the Suffolk County Division of Community Mental Hygiene  
Advisory Board's Alcohol and Substance Abuse Subcommittee*



# **LET'S TALK PREVENTION**

## **TABLE OF CONTENTS**

How to Use This Guide & What is Prevention?	page 1
What Can Schools Do?	page 2
What Can Communities Do?	page 3
What Can Parents & Guardians Do?	page 4
Agencies providing prevention services in Suffolk County	pages 5-6

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### **Mission Statement**

The **Suffolk County Partners in Prevention** supports community-wide initiatives in the prevention of substance abuse to achieve health, wellness and resiliency through collaborative efforts among local government, agencies, coalitions and schools.

*Here are additional resources where you can learn more about Substance Use Prevention:*

**New York State Office of Alcoholism and Substance Abuse Services (OASAS)**

<https://oasas.ny.gov/prevention/index.cfm>

**Substance Abuse and Mental Health Services Administration (SAMHSA)**

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

**Suffolk County Substance Abuse Resource Center**

<http://www.suffolkcountyny.gov/Departments/CountyExecutive/SuffolkCountySubstanceAbuseResourceCenter.aspx>

**Talk 2 Prevent** — A resource for parents, families, and coalition members to talk and share ideas about how to raise alcohol and drug free children and teens - (Sponsored by New York State OASAS)

<http://www.talk2prevent.ny.gov/>

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## How to Use This Guide

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Thank you for taking steps to include effective substance use prevention programs and strategies in your school and community! Whether you are a school principal, teacher, or school board member; a parent or family member; or a community member, we know that you desire to create and maintain an environment where the youth you care about can learn, grow, and thrive.

Please use this guide to learn about the field of substance use prevention, and to discover ways you can incorporate effective prevention strategies in the work you do. We look forward to building strong partnerships, and working together to make Suffolk County a safer place for our youth!

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## What Is Prevention?

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**PREVENTION**, by definition, is the action of stopping something from happening or arising. It requires consistent monitoring to help maintain the desired result.

As substance use prevention professionals, we work to assist individuals, families, and communities in developing the knowledge, attitudes, and skills needed to make healthy choices; to promote wellness, and to prevent or reduce the risk of developing a behavioral health problem.

The overarching goals of the programs and services we provide are to:

- ♦ *Prevent any alcohol and other drug use by youth under the age of 21*
- ♦ *Prevent the use of any illegal drugs by all individuals*
- ♦ *Delay the age of first use of harmful substances for as long as possible, with a particular emphasis on gateway drugs [alcohol, tobacco, and marijuana]*

### **KEY TERMS TO HELP YOU UNDERSTAND PREVENTION:**

**PROTECTIVE FACTORS** are conditions or attributes (skills, strengths, resources, supports or coping strategies) in individuals, families, communities or the larger society which help them deal more effectively with stressful events and lessen the likelihood of negative consequences from exposure to risk. These increase the opportunities for positive outcomes.

**RISK FACTORS** are conditions or attributes in the individual, family, community, or cultural level that precede and are associated with a higher likelihood of negative outcomes.

**EVIDENCE-BASED PROGRAMS (EBPs)** are sets of prevention activities, strategies, and curricula that thorough evaluation research has shown to be effective. Some help youth and families develop the intentions and skills to make healthy, informed decisions, while others focus on creating an environment that supports healthy behaviors and choices.

**ENVIRONMENTAL STRATEGIES** are prevention activities seeking to establish or change community standards, social norms, codes, and attitudes, thereby influencing the incidence and prevalence of drug use in the general population.

## What Can Schools Do?

We strongly encourage schools to provide **comprehensive prevention programs** which encompass grades K-12. The evidence-based curricula delivered are specifically designed to build on knowledge gained from previous years as well as consistently introduce new, more complex concepts and ideas.

Whether in a classroom or small group setting, research has shown that a comprehensive prevention program implemented across the grade spectrum promotes developmentally-appropriate, solution-focused, healthy alternatives to risky behavior by teaching: ● ● ● ● ● ● ●

- **Knowledge of the short and long term consequences of substance use and abuse**
- **Cognitive and behavioral competencies**
- **Greater self-esteem and self-confidence**
- **Skills to resist internal and external pressure to smoke, drink and use drugs**

In an effort to reduce and prevent a variety of health risk behaviors and increase overall student success, these skills should be taught over time in a well-structured, continuous format.

### A NOTE ABOUT ONE-SHOT PRESENTATIONS

One-time presentations can indeed supplement, but should NOT be seen as a substitute for a comprehensive K-12 prevention plan for your students!

Prevention agencies and curriculum developers appreciate the limited amount of classroom time teachers have to cover mandated materials, while still adhering to New York State's Common Core and Health Standards, and Performance Indicators.

Most of the evidence-based curricula offered by local prevention agencies have shown correlations to these standards. Documents detailing the breakdown of specific academic alignment for each evidence-based curricula can be found on individual program websites, as well as discussed with your local Prevention Provider.

**Please see pages 5-6 of this guide for a list of the Prevention Providers in your area who can deliver comprehensive evidence-based curricula and supplemental single presentations.**

Please visit the National Registry of Evidence-Based Programs and Practices (NREPP) for more information about the proven prevention programs available for implementation for your youth: <http://www.samhsa.gov/nrepp>





## What Can COMMUNITIES Do?

Substance use and abuse is a public health concern, one requiring an approach that goes beyond primary prevention, individual intervention, or treatment. A collaborative effort is needed by all community members to support activities implemented in schools.

**A great way community members can support prevention efforts put forth by schools is by getting involved in their local community coalition.**

**Don't have a coalition in your community? START ONE!**

Community coalition work utilizes **evidence-based** approaches such as the Strategic Prevention Framework and environmental strategies to address substance use and abuse from the community perspective.

Coalitions are a great way to integrate and align resources in the community and engage multiple sectors in prevention efforts including schools, law enforcement, local/county government, youth agencies, parents, youth, businesses, and more.

This approach **maximizes the power** of individuals, mobilizes local talent, and allows problem identification, data collection and collaborative solutions to be citizen driven. This builds capacity, making our communities safer and healthier while providing effective prevention services.



### **Examples of coalition strategies include:**

- ✓ Activities which assess the community's needs and resources
- ✓ Activities which increase overall knowledge of substance use and abuse
- ✓ Informative trainings for professionals and community members
- ✓ Campaigns to address underage drinking
- ✓ Advocacy and policy work to change or improve laws and regulations

For **local** coalition development support, and a complete listing of active coalitions, services, and trainings in Suffolk County visit: [www.LIPRC.org](http://www.LIPRC.org) or email [info@liprc.org](mailto:info@liprc.org)

For **general** information about coalitions, visit Community Anti-Drug Coalitions of America: [www.CADCA.org](http://www.CADCA.org)

## What Can PARENTS/GUARDIANS Do?

**A**t some point before your child reaches adulthood, they may feel pressured to use alcohol and other drugs. It will not be a stranger in a trench coat offering it to them; most likely they will be lured by a friend, neighbor, or older sibling. The question is not *if* this person will come into your child's life, but *when*.

How will your child navigate those difficult situations? That depends in a large part on what you do now. Your child is probably at that stage where they are old enough to understand serious subjects and young enough to accept parental guidance.

Discussing unhealthy behaviors such as alcohol and other drug use right now is critical, and utilizing the steps described below will give your child the tools needed to say NO loud and clear!

*Wondering how to start the conversation with your kids about alcohol and drugs?*

**“LET’S B REAL”**

### **L**et's be honest

Talk to your child about any family history of addiction and explain the risks involved if they choose to use alcohol or other drugs.

### **E**ncourage your child to share their thoughts and perceptions

Children will learn and hear things about alcohol and drugs, so it is important for you to know what they know and how they feel about it.

### **T**eachable moments and real world examples

Take advantage of moments presented to start a conversation about alcohol and drug use: recent events in the news; a character on a television show; a situation with family, friends, etc.

### **S**tay strong and be consistent

Continue to reinforce previously established rules and consequences about the use of alcohol or other drugs.

### **B**e mindful of their transitions (physical and emotional)

Physical and emotional changes are a challenge for young people, and can lead to confusion, unhealthy decision making, and change in attitude.

### **R**ealistic

Talk to your child about all the dangers associated with alcohol and other drug use.

### **E**ducate yourself

**KNOWLEDGE IS POWER!** - The more YOU know about alcohol and other drugs, the easier it will be for you to help guide your child in the right direction.

### **A**ssign the time to talk

Make the time to talk to your child about alcohol and other drugs: during car rides, at the dinner table, at family outings, etc.

### **L**ISTEN to your child!

Taking an interest in what your child has to say will make it easier to understand their perspective, and can also help pick up on signs that something may be going on in their life.

## Suffolk County Substance Abuse Prevention Providers Offering Evidence-Based and Other Programs

AGENCY NAME	CONTACT INFORMATION	OFFERS EVIDENCE-BASED CLASSROOM CURRICULA	OFFERS PREVENTION EVENTS AND ACTIVITIES	OFFERS OTHER PROGRAMS AND SERVICES
<b>OPERATES THROUGHOUT SUFFOLK COUNTY</b>				
Eastern Suffolk BOCES Student Assistance Services	(631) 289-0078	✓	<b>EBPs:</b> LifeSkills, Project Success, Reconnecting Youth, Second Step, Too Good for Drugs/Violence; School-based proactive education, prevention and early intervention K-12 programs utilizing assessment, referral, small group, and classroom services	
Family Service League	(631) 772-3283	✓	<b>EBPs:</b> Too Good for Drugs; Substance abuse prevention programs for K-12	
Human Understanding & Growth Services, Inc. (HUGS, Inc.)	(631) 288-9505 <a href="mailto:prevention@hugsinc.org">prevention@hugsinc.org</a> <a href="http://www.hugsinc.org">www.hugsinc.org</a>	✓	<b>EBPs:</b> Guiding Good Choices, LifeSkills, Refuse Remove Reasons, Too Good for Drugs/Violence; Presentations for schools, parents, and communities on: <i>Alcohol and Teen Athletes; Pre-Prom/Graduation; Middle to High School Transitions; Alcohol: The Real Heroin Highway</i>	Long Island Teen Institute (LITI): a 48-hour leadership development/substance use prevention conference for 7th-12th grade students on Long Island, held 5x annually; Advocacy and community engagement
Long Island Prevention Resource Center <i>In cooperation with Family Service League</i>	(631) 650-0135 <a href="mailto:info@LIPRC.org">info@LIPRC.org</a> <a href="http://www.LIPRC.org">www.LIPRC.org</a>	<i>Trainings for providers in EBP delivery</i>	Prevention activities, presentations and education for providers, faculty, staff and community members	Community empowerment, engagement, advocacy and coalition development
Pederson-Krag Center	(631) 920-8609	✓	<b>EBPs:</b> Too Good for Drugs; Substance abuse prevention education and drug information presentations	Naloxone trainings for opiate overdoses
Suffolk County Department of Health Division of Community Mental Hygiene	(631) 853-8500		Educational presentations for schools, colleges, parents, and community members; Peer-to-peer substance abuse education programs	Customizable workshops and trainings for Suffolk County residents on various topics that promote health and wellness
Suffolk County Department of Health Office of Health Education	(631) 853-2903  (631) 853-3162		Presentations to youth on tobacco use and dangers of new tobacco products  Offers peer education programs teaching healthy communication and bullying prevention to HS students	Computer program that can age high school students with different behaviors
Tobacco Action Coalition of LI	(631) 415-0949 <a href="http://www.BreatheFreely.org">www.BreatheFreely.org</a>		<i>Student/youth programs,</i> Reality Check LI: Youth empowerment through public speaking, community events, and activities	Community engagement; Assist municipalities, businesses, and landlords in developing tobacco-free policies; Provides free technical assistance and signage
<b>OPERATES ON THE EAST END OF LONG ISLAND (NORTH and SOUTH FORKS)</b>				
Alternatives Counseling Services, Inc.	(631) 283-4440 <a href="http://www.alternatives-counseling.org">www.alternatives-counseling.org</a>	✓	<b>EBPs:</b> Active Parenting, Project Venture, Too Good for Drugs/Violence, Wellness Recovery Action Plan (WRAP); Community awareness and empowerment activities	Strength-based, holistic alcohol and drug treatment services

*Most of the above programs, presentations, and services can be tailored to meet individual needs.  
Please call individual agencies for more detailed information and resources.*

*Turn this page to discover more prevention agencies in Suffolk County*



## Suffolk County Substance Abuse Prevention Providers Offering Evidence-Based and Other Programs

AGENCY NAME	CONTACT INFORMATION	OFFERS EVIDENCE-BASED CLASSROOM CURRICULA	OFFERS PREVENTION EVENTS AND ACTIVITIES	OFFERS OTHER PROGRAMS AND SERVICES
<b>OPERATES THROUGHOUT TOWN OF BABYLON</b>				
Hope for Youth	631-782-6536	✓	EBPs: Too Good for Drugs; Educational presentations for students, parents, and community members	
<b>OPERATES THROUGHOUT TOWN OF BROOKHAVEN</b>				
YMCA Family Services	(631) 580-7777 <a href="mailto:yfamsserv@ymcali.org">yfamserv@ymcali.org</a>	✓	EBPs: LifeSkills, Too Good for Drugs/Violence; Evidence-Based classroom programs for students. Educational presentations for schools, camps, parents and community members	
<b>OPERATES THROUGHOUT TOWN OF HUNTINGTON</b>				
Huntington Drug and Alcohol Counseling Center	(631) 271-3591 <a href="mailto:prevention@hda.hvbydri.org">prevention@hda.hvbydri.org</a>	✓	Substance abuse and youth development programs for students and adults; Community empowerment activities; Parenting groups	
<b>OPERATES THROUGHOUT TOWN OF ISLIP</b>				
Youth Enrichment Services	(631) 587-5172 <a href="mailto:yesletters@aol.com">yesletters@aol.com</a>	✓	EBPs: LifeSkills, Too Good for Drugs/Violence; Educational presentations for students, parents, and community members	Mental health counseling services, After-school and summer programs, Tutoring, Mentoring, Community service opportunities, Work readiness, Youth job placement, Positive youth development
<b>OPERATES THROUGHOUT TOWN OF RIVERHEAD</b>				
Riverhead Community Awareness Program, Inc. (CAP)	(631) 727-3722 <a href="mailto:info@RiverheadCAP.org">info@RiverheadCAP.org</a> <a href="http://www.riverheadcap.org">www.riverheadcap.org</a>	✓	Educational presentations for students K-12, parents, and community members	Peer Leadership and Youth Coalitions in grades 7-12; Coalition & community development
<b>OPERATES THROUGHOUT TOWN OF SMITHTOWN</b>				
Horizons Counseling and Education Center	(631) 360-7578 <a href="http://www.smithtownny.gov/horizons">www.smithtownny.gov/horizons</a>	✓	EBPs: Guiding Good Choices, LifeSkills, Positive Action, Reconnecting Youth, Second Step, Too Good for Drugs; Substance abuse and youth development programs for students K-12 and adults; Community empowerment activities; Parenting groups	Youth and Community Alliance of Smithtown
Town of Smithtown Youth Bureau	(631) 360-7595	✓	Youth development, prevention, intervention and wellness programs for youth and parents	

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