

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

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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 Addiction Services and Supports (OASAS)

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

Long Island Addiction Resource Center (LI-ARC)

<http://longislandaddictionresourcecenter.org>

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)

<https://oasas.ny.gov/talk2prevent-parent-toolkit>

How to Use This Guide

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!

What Is Prevention?

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 misuse 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 misuse 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. Communities with active prevention coalitions consistently record lower prevalence rates of drug misuse.



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 or email info@liprc.org

For **general** information about coalitions, visit Community Anti-Drug Coalitions of America: www.CADCA.org

What Can PARENTS/GUARDIANS Do?

At 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”

Let’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.

Encourage 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.

Teachable 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.

Stay strong and be consistent

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

Be 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.

Realistic

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

Educate 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.

Assign 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.

LISTEN 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
OPERATES THROUGHOUT SUFFOLK COUNTY				
Eastern Suffolk BOCES Student Assistance Services	(631) 289-0078	Y	EBPs: LifeSkills Second Step, Too Good for Drugs/Violence, SSET and Teen Intervene. School-based proactive education, prevention and early intervention. K-12 programs utilizing assessment, referrals, small groups and classroom services.	
Family Service League	(631) 772-3283 www.fsl-li.org restorehope@fsl-li.org	Y	EBPs: Too Good for Drugs; Substance abuse prevention programs for K-12	
Human Understanding & Growth Services, Inc. (HUGS, Inc.)	(631) 288-9505 reception@hugsinc.org www.hugsinc.org	Y	EPB's: Life Skills, Too Good For Drugs/Violence, Team Resilience, Teambuilding. Presentations for schools, parents, communities and businesses on: Alcohol and other drugs, Resilience, Transitioning years, Creating healthy communities/workforces, developing youth coalitions	Facilitates the Long Island Teen Institute, a 48 hour positive youth development and prevention conference for youth from throughout Suffolk County.
Long Island Prevention Resource Center <i>In cooperation with Family Service League</i>	(631) 650-0135 info@LIPRC.org www.LIPRC.org	<i>Trainings for providers in EBP delivery</i>	EBP's: Teen intervene and the Substance Abuse Prevention Skills Training (SAPST), prevention activities, presentations and education for providers, faculty, staff and community members	Coalition development, community empowerment, engagement, and advocacy.
WellLife Network	(631) 920-8070	Y	EBPs: Too Good for Drugs; Substance abuse prevention education and drug information presentations	Naloxone trainings for opiate overdoses
Suffolk County Department of Health Office of Health Education	(631) 853-4017 or (631) 853-3162		Call to report suspected vendors selling tobacco products to minors or for violations of the Clean Indoor Air Act; Train-the-Trainer seminars, Peer education program (PEP) training on bullying, suicide; School and community based groups on numerous topics: vaping/tobacco use, falls prevention with Tai-Chi, STD, naloxone distribution, tobacco/vaping cessation & diabetes prevention classes.	
Tobacco Action Coalition of LI	(631) 415-0949 www.BreatheFreely.org		<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

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
OPERATES THROUGHOUT TOWN OF BABYLON				
Hope for Youth	631-782-6536	Y	EBPs: Too Good for Drugs, Teen Intervene; Educational presentations for students, parents, and community members	
OPERATES THROUGHOUT TOWN OF BROOKHAVEN				
YMCA Family Services	(631) 580-7777 yfamserv@ymcali.org	Y	EBPs: LifeSkills, Too Good for Drugs/Violence; Evidence-Based classroom programs for students. Educational presentations for schools, camps,	
OPERATES THROUGHOUT TOWN OF HUNTINGTON				
Huntington Drug and Alcohol Counseling Center	(631) 271-3591 info@hdacc.org www.hybydri.org	Y	Substance abuse and youth development programs for students and adults; Community empowerment activities; Parenting groups	
OPERATES THROUGHOUT TOWN OF ISLIP				
Youth Enrichment Services	(631) 587-5172 yesletters@aol.com	Y	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
OPERATES THROUGHOUT TOWN OF RIVERHEAD				
Riverhead Community Awareness Program, Inc. (CAP)	(631) 727-3722 info@RiverheadCAP.org www.riverheadcap.org	Y	EBPs: Life Skills Training; Too Good for Drugs; Too Good for Violence; Guiding Good Choices; Staying Connected with Your Teen; Teen Intervene; Pre-Prom environmental strategies; TIPS responsible server training. Educational presentations for students K-12, parents, and community members. School-based prevention counseling.	Peer Leadership and Youth Coalitions in grades 7-12; Coalition & community development
OPERATES THROUGHOUT TOWN OF SMITHTOWN				
Horizons Counseling and Education Center	(631) 360-7578 www.smithtownny.gov/horizons	Y	EBPs: Guiding Good Choices, LifeSkills, Positive Action, Too Good for Drugs; Substance abuse and youth development programs for students K-12 and adults; Community empowerment activities;	Youth and Community Alliance of Smithtown
Town of Smithtown Youth Bureau	(631) 360-7595	Y	Youth development, prevention, intervention and wellness programs for youth and parents	

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.

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