The Erie County Council for the Prevention of Alcohol and Substance Abuse once again partnered up with Color Me Rad for our annual fundraiser event in Buffalo, NY. This year’s fun run was held on Saturday, June 6th at Darien Lake Theme Park. Over 4,000 people registered to participate!

Our agency was tasked with two responsibilities this year: to get people to register for the run using our promo code (Buffalo), and to gather volunteers to help out on the pre-race day and race day at Darien Lake. We are happy to announce that we were successful in both. ECCPASA had 199 people register for the fun run using our special promo code and we gathered 52 volunteers! Everyone at ECCPASA would like to thank all of our supporters who either registered to run or volunteered to assist with the race day preparations. We very much appreciate your time and support for the agency! We can’t wait to do it again next year!

Pre-race day volunteers: (from left to right) Dr. R. Whitney, S. Yageric, E. Boyce, L. Lysiak, M. Dumpleton, J. Chernogorec, J. Burns, S. Weinhotlz, C. Babcock, and C. Placek

Color Me Rad race day participants from Nardin Academy:
First row (left to right): A. Boeppele, K. Uba, A. Wallace, N. Marra
Second row (left to right): A. Barzak, A. Seibold, A. Delmonte, B. Flynn
Back row: T. Hornberger
Letter from the Executive Director
Andrea J. Wanat, MA, CPP

In my final official letter as Executive Director, I would like to take this opportunity to thank the talented, dedicated and wonderful staff and board of ECCPASA for all of their hard work and dedication to the individuals, families, and communities served through our programming efforts. I truly feel that my time spent at ECCPASA was worthwhile because I was able to work with talented individuals and collaborating partners who helped develop and expand the important programs ECCPASA offers.

Making the decision to move on to a different challenge in the Behavioral Healthcare field was tough, but I never doubted the fact that the agency would continue to prosper. ECCPASA will continue on as it has for the past 65 years, assisting those in need, and fulfilling our core mission, vision, and values.

I would also like to take this time to introduce you to Robin Mann, LMSW who is now serving as ECCPASA’s Interim Executive Director. Robin has worked at ECCPASA since 1998. She began her career at the agency as a Student Assistance Prevention Counselor. In 2007 she moved on to become the Director of Programs at ECCPASA and recently began her newest role in the beginning of July, 2015. Please stop by to visit Robin and the staff at our newly renovated offices located at 1625 Hertel Avenue in North Buffalo, or feel free to email Robin at robin@eccpasa.org.

Thank you for your continued support of ECCPASA and our programming efforts, and as always, we hope that you enjoy this summer addition of AwareNews!

Andrea

Resources and Contacts:

- Adult Children of Alcoholics - c/o ECCPASA 716.831.2298
- Al-Anon & Alateen - 716.856.2520 www.aiswny.org
- Alcoholics Anonymous - 716.853.0388 www.aa.org
- Crisis Services - 716.834.3131 www.crisisservices.org Kids Helpline - 716.834.1144
- Erie County Sheriff’s Office Underage Drinking Hotline - 1.800.851.1932
- Gamblers Anonymous & Gam-Anon - 716.879.0555 www.gamblersanonymous.org
- Nar-Anon - 716.875.0548 www.nar-anon.org
- Narcotics Anonymous - 716.878.2316 www.na.org
- National Association for Children of Alcoholics - www.nacoa.org
- Save Our Selves - Non-religious support for twelve-step recovery www.cfiwest.org/sos/index.htm
- Western New York 211 Health and Human Services - 211 www.211wny.org
Save the Date: ECCPASA’s Annual Meeting

WE HOPE YOU WILL JOIN US!

To be held at Templeton Landing from 11:30 ~ 2:00

Keynote Speaker:

Susan Green, LCSW Clinical Associate Professor and Co-director of the Institute on Trauma and Trauma-informed Care at University at Buffalo

To register call 716.831.2298
Erie County Council for the Prevention of Alcohol and Substance Abuse

Strengthening Families Program – Family Fun Day

Our Strengthening Families Program celebrated 16 years of fun together on Saturday, July 25th for Family Fun Day. Everyone who attended enjoyed time to catch up with each other as well as games, a bounce house, and delicious food. We would like to extend a special thank you to all who supported this event: St. Mary’s Schools for the Deaf, True Bethel Baptist Church, the Broadway Market, Legislator Peter Savage, Rasheed Wyatt, the University District Councilman, Planned Parenthood, Franco’s Pizza on Delaware, the Community Action Organization of Buffalo, the Buffalo Police Department (E District), and a surprise visit from the Buffalo Fire Department!

This event was so successful we are planning a winter family reunion in January. We are thinking a 70’s disco theme. Get your dancing shoes and bellbottoms ready!

Keep an eye out for our upcoming fall Community Education Training-series, due to be released in mid-September.
Our Tomorrow’s Leaders Camp (TLC) has successfully completed another great year. Held once again at St. Mary’s School for the Deaf, TLC ran two weeks, from the end of June through the second week of July. This year’s theme was “A Healthy Me” where each day of camp focused on a different dimension of health. The daily themes included: social health, hygiene, environmental health, physical health, nutrition, mental and emotional health, and intellectual and professional health. All of the activities corresponded with the day’s theme.

The campers enjoyed all of the activities, including participating in partner obstacle courses on Social Health Day, and learning about all the different ways in which one should care for their body on Hygiene Day. We explored Beaver Island on Environmental Health Day, and to help us celebrate Physical Health Day, two fitness instructors from the Independent Health Branch of the YMCA came to teach the campers Zumba, Drums Alive, and the Electric Slide!

After a long weekend break to celebrate the 4th of July, the campers returned the following Monday to a Top Chef cook-off for Nutrition Day. Each camp group, or family as we refer to them, was able to choose a course to make and serve to the entire camp. The campers were excellent chefs and we ended up with a delicious lunch that included mini taco dips as appetizers; followed by the main course which included spinach and turkey paninis and a Greek pasta salad; and finally dessert; a fruit kabob with a dark chocolate drizzle. On Mental and Emotional Health Day the campers were able to express their creative side while painting their very own unique art piece on a mini canvas. The campers learned that painting, or any type of art can be a stress reliever. Later in the day a guest visited to show the campers how to make their own stress balls to use as another form of stress relief.

Finally, we celebrated Intellectual and Professional Health Day by participating in assorted Brain Games as well as listening to several professionals who volunteered to come and speak to the campers about the different careers they have chosen. Our speakers included Bentley, a radio DJ from ALT Buffalo 107.7; SGT Justin Chernogorec, a Civic Operations Specialist in the National Guard; Sabrina Kerfoot, a Student Advisor from Niagara County Community College, and Kate Groves, a retired Operating Room nurse. The campers really enjoyed getting to hear about all of the different careers our speakers talked with them about and also enjoyed each of the activities the speakers prepared for them. We may even have some future radio DJs to come out of TLC!

On our last day together, we celebrated with a Mexican Fiesta, complete with pin the tail on the donkey, their very own Day of the Dead Masks, a sombrero dance, and a taco bar for lunch. The campers and staff really enjoyed the party!

We especially want to thank our sponsors, Tops Friendly Markets and the Richard W. Rupp Foundation, for helping out with our camp needs. We also want to extend a special thank you to Paul Crowley and the rest of the hard-working staff at St. Mary’s School for the Deaf for allowing us to use your space again this year. Finally, we would like to thank all of our speakers who came in to talk and do activities with the campers. Each individual helped make TLC an exciting experience for our campers and everyone involved.

We are already looking forward to TLC 2016!
Big Changes at ECCPASA

There have been some big changes happening at ECCPASA over the past two months. We are sad to announce that our Executive Director, Andrea Wanat, has accepted a new position. Andrea led the agency for the past seven years until her departure in June. During her time at the agency, she spearheaded many projects, involved herself and ECCPASA in various community and state-wide initiatives, and always did so with a smile on her face. She will be sadly missed, but we wish her a lot of luck in her new position at Millennium Collaborative Care.

Robin Mann, previous ECCPASA Programs Director, has stepped up as the Interim Executive Director. Robin has been with the agency for about 17 years. She’s very well-connected in the community and has been doing a great job filling Andrea’s shoes.

Congratulations on Your Retirements

Three longtime employees of ECCPASA have recently retired or announced their fall retirements.

James Frank began his career at The Council over 23 years ago where he was the founder of the Student Assistant Program. As the program expanded, Jim became the supervisor. Jim was instrumental in getting the Student Assistance Prevention Counseling program into numerous schools throughout Erie County. In March of this year, he retired to begin new endeavors. Jim is missed by his co-workers and students alike.

Shirley Liddle joined ECCPASA in 1994 as a Clerical Support staff member. In 2008 she became ECCPASA’s Administrative Assistant. She has been a wonderful asset to the agency. Her organization, positive attitude, and her ability to fix any copy machine or find any missing office supplies will be greatly missed!

Helen Weintein has been employed at ECCPASA for 15 years. She is our agency’s Fetal Alcohol Spectrum Disorders (FASD) expert. Helen has made a name for herself locally, state-wide, and even nationally as an FASD expert. She has presented at countless conferences, advocated for numerous families affected by FASD and provided education and trainings to thousands of students and adults. We know that everyone who has had the chance to work with Helen will be very sad to see her go.

We wish all three of you the best of luck in your retirement!

New Employees

ECCPASA has also gained several new employees:

Marie Kwietniewski joined ECCPASA earlier this spring. Marie came to us from Renaissance Campus. She is now working with the Student Assistance Prevention Counselors where she will provide counseling services and early intervention programming to students around Erie County.

Tammy McGovern has also recently joined the ECCPASA team as a part-time Project CHOICES facilitator. Tammy has a background in alternative education and has worked for many years as a teacher educating parenting teens at Erie 1 BOCES. She also spent some time working as a GED Instructor in Erie County.

Sherri Weinholtz has re-joined ECCPASA. She was previously employed with us in the early 2000s. She went on to pursue a career with Every Person Influences Children (EPIC). However, she’s recently come back to the ECCPASA team where she will spend part of her time doing Social Skills programming and the other portion of her time as a Project CHOICES facilitator.
Heroin Epidemic

Heroin use is still skyrocketing and admissions for treatment citing heroin as the primary substance of abuse is at the highest levels ever. It is important to understand the drug, drug treatment, and the life-saving drug, Narcan, which works to reverse a heroin overdose.

Heroin is an opioid drug that is synthesized from morphine, a naturally occurring substance that can be extracted from the poppy plant. Heroin abuse is often a result of prescription painkiller use and abuse. Many heroin addicts begin their opioid drug addiction using prescription painkillers, which are also considered opioids. The transition from painkillers to heroin can be drawn out over a period of time, or it can be rather quick. Many heroin addicts state that they switched over to heroin from prescription painkillers due to the cheaper, faster, and stronger high.

Because heroin is more potent than painkillers, overdose is a very real possibility. Heroin overdose occurs when the body cannot handle the amount of heroin ingested.

**Signs and symptoms of a heroin overdose include:**

- Difficulty breathing
- Decreased breathing
- Constipation
- Stomach cramps
- Dilated pupils
- White patches on the tongue
- Drop in blood pressure
- Reduced heart rate
- Sleepiness
- Muscle spasms
- Dry mouth
- Bluish tinge to the mouth
- Bluish tinge on the fingernails
- Confusion

**Life Saving Drug:**

Narcan (Naloxone) is a drug that reverses the effects of a heroin overdose. The drug comes in two forms: an injectable or a nasal spray. Anyone can become a trained Narcan administrator. Once a person becomes a trained Narcan administrator, he/she can administer it anytime it is necessary. A great quality of Narcan is that if a person receives the drug and is not actually overdosing, the Narcan will have no effect on the person, and the person cannot be harmed. If the heroin abuser receives Narcan and is actually overdosing, there is a good chance it will save that person’s life.

It is important to note that Narcan does not work 100% of the time. It is also important to note that more than one dose of Narcan may be needed in some situations. Also, Narcan may be ineffective if the heroin was laced with another substance such as Fentanyl. Finally, and most important – CALL 911 FIRST before administering Narcan, so emergency personnel can arrive quickly to the scene and help with the situation.

For more information on heroin abuse and/or Narcan please contact ECCPASA at 716-831-2298 or visit our website at www.eccpasa.org.
ERIE COUNTY COUNCIL FOR THE PREVENTION OF ALCOHOL AND SUBSTANCE ABUSE, INC.
The Erie County Council for the Prevention of Alcohol and Substance Abuse will deliver research driven education, prevention, intervention programs and services to promote and support the health and wellness of individuals, families and communities by focusing on solutions to alcohol and other drug misuse, addiction and unhealthy behaviors.
ECCPASA will provide leadership to fight the stigma associated with addiction through public education, policy awareness, liaison with health professionals and recovering communities, by providing objective information, referral, and linkages to those in need.

Support ECCPASA
As we continue to serve the community, please become an official “supporter” of our mission!
Your tax deductible contribution can be made at any time of the year:

☑ $ 10.00 ☐ $ 50.00 ☐ $100.00
☑ $ 25.00 ☐ $ 75.00 ☐ Other $____________________

Name:_________________________________________
Address:______________________________________
Phone:________________________________________
Email:_________________________________________

Thank you for supporting the ECCPASA community efforts!
Please mail your tax deductible contribution to: ECCPASA, 1625 Hertel Ave., Buffalo, N.Y. 14216

Under contract with the Erie County Department of Mental Health. Funded by the New York State Office of Alcoholism and Substance Abuse Services, school districts and municipalities throughout Erie County, individuals, corporations and community service organizations. Member agency of the United Way of Buffalo and Erie County.