Color Me Rad

ECCPASA partnered with Color Me Rad 5K to co-host our first large-scale fundraiser! Color Me Rad is a company that has created a 5K fun-run where the participants get doused with plumes of color as they run the course. The participants finish the race looking like a human tie-dye! This year’s Color Me Rad run was held on June 22nd at Darien Lake amusement park. Over 6,000 runners and walkers came out to enjoy the messy fun.

ECCPASA is proud to announce that our first large-scale fundraising effort was a success! We would like to thank everyone who registered for the race using our agency-specific registration code. Our success was because of you all! We hope to see you at our next fun-filled, healthy event!
Letter from the Executive Director
Andrea J. Wanat, MA, CPP

I hope all of you are enjoying a fun summer in Western New York! It has been a wonderful year so far here at the Council. In 2013 we are celebrating 65 years of service to the community!!! This important milestone will be celebrated at Templeton Landing on October 10, 2013 with our 6th Annual Meeting and Luncheon (see below). I hope you can join us for this celebration.

Thus far in 2013 we have made some important strides. We kicked off and ran with our first “fun run” fundraiser in June. Color Me Rad was a blast! It brought youth and adults together for a 5K challenge and promoted healthy activities and healthy bodies. Our TLC Campers also enjoyed various healthy activities in June and July. They were an enthusiastic and creative group who eagerly participated in all of their leadership challenges (see centerfold for photos). As we look to the fall, I am excited to work with various schools and groups in the community on new projects and am eager to continue the strong ties that have developed over the years with our current partners.

Don’t forget to celebrate “Family Day,” a day to eat dinner with your family on September 23, 2013. It is amazing how the “simple” task of convening for regular dinners and sparking conversations with your children can have a positive impact on them and decrease the likelihood of substance abuse.

As always, call me with fresh programming ideas and/or ways to expand services. Enjoy the rest of your summer and please mark your calendar for the Annual Meeting on October 10, 2013.

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 - 1.800.851.1932
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
NYS OASAS Help Line - 877.846.7369 www.oasas.state.ny.us
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
ECCPASA Calendar of Events

Fall Community Education Offerings 2013
Registration begins at 8:30 am. Classes begin promptly at 9:00 am.
All classes are held at the Harlem Road Community Center
4255 Harlem Rd. ~ Amherst ~ NY ~ 14226
Class cost: $20

• CASAC/CPP/CPS credits available                            • Light breakfast served

The courses listed below are intended for anyone who is interested in becoming a credentialed Certified Prevention Professional (CPP) or Certified Prevention Specialist (CPS). They are also great for community members, health professionals, teachers or others who would like to learn more about prevention as it pertains to the community.

November 20 - How to Implement Environmental Strategies to Reduce Alcohol Problems
By: Sally Yageric, CPP ECCPASA Public Educator
For decades, research has shown that environmental strategies can greatly reduce alcohol, tobacco and other drug problems. During this training, you will be provided with basic steps on how to implement several different environmental strategies to reduce alcohol problems in your community.

December 4 – Obesity: How It Is Affecting America’s Youth
By: Megan Kunecki, ECCPASA Public Educator
Obesity in America is at an all-time high. Thirty-two percent of adults are obese and 17% or 12.5 million children and adolescents are obese. Extra weight causes low self-worth, especially in the young teenage years. Research shows that low self-worth paired with obesity puts teens at a greater risk for engaging in unhealthy behaviors such as drinking, smoking and/or using other drugs. During this training we will explore the causes of obesity, specifically childhood obesity, ways to help reduce obesity, and obesity’s cause and effect on substance use.

To Register Contact: Shirley Liddle
ECCPASA
(716) 831-2298
Shirley@eccpasa.org
Or visit us online at www.eccpasa.org

Jolly Boys Donation

ECCPASA would like to once-again recognize and thank the Jolly Boys of Williamsville for their continued support of our agency and the prevention work that we do! They have renewed their generous donations to us for the 2013/2014 school year. The money they have graciously donated will be used to continue our prevention efforts in the seven parochial schools in the Town of Amherst as well as revive an old prevention effort geared towards students and their parents who are entering middle school. The “revived prevention effort” is the Student Survival Kit. See page 7 for more details. Thank you Jolly Boys and we look forward to serving Amherst this upcoming school year!

Thank You Jolly Boys!
ECCPASA’s “Tomorrow’s Leaders Camp”

That’s a wrap! Another year of ECCPASAs’s “Tomorrow’s Leaders Camp” (TLC) has come to an end. Yet again, we are so happy with the two weeks we had with our campers. They showed up every morning enthusiastic about the day ahead and continually demonstrated their leadership qualities as they contributed daily with coordinating their own presentations.

This year’s camp concentrated on the theme, “All the Ways I Can Make a Difference.” Each day campers were presented with a different school subject and were encouraged to learn something new. TLC counselors helped to show the campers that what they learn in school really does apply to everyday life. This was accomplished through participation in fun activities that tied in their school subjects.

Our first subject on day two was Math. Before the math activities began, we were excited to see that two camp members decided to present daily character traits to their peers. Each “morning circle” they explained a character trait and the ways the campers can demonstrate that trait during TLC. After “morning circle,” Erica, a TLC counselor, instructed the campers through a Geo-caching activity around St. Margaret’s campus. This activity was a huge hit with the campers and the staff! It encouraged us all to be explorative and adventurous as we had to decipher over 20 math clues that eventually lead to “hidden treasures!” After lunch the campers were ready to go outside for one of our annual water days. Campers were soaked head-to-toe after completing water relay races and water limbo!

Day three was field trip day! We boarded the big yellow school bus and made our way to Beaver Island State Park. Campers spent the entire day enjoying activities in the water and sand, and nature walks in the park. We got lucky with a hot, sunny day this year, which made it all that much more enjoyable. It was such a great day and the campers were very energetic to say the least.

Day four was Science Day and we were lucky enough to have three great speakers. Our first speaker was Dr. Bernie Weinstein, otherwise known as “Dr. Freeze.” He revealed the wonders of liquid nitrogen. The campers were on the edge of their seats as Dr. Freeze threw his liquid nitrogen on the floor and watched as fizzling steam rolled towards their feet! Next, David Lotz conducted a “computer mangle.” The campers were able to take apart old computers and see how they were made. All this excitement and exploration left us with some hungry campers! For snack we used science to make our own ice cream. It was challenging, but turned out to be extremely delicious! Our third presenter was now ready to show us how reusable energy can be used. Scott Dean from the New York State Public Service Commission showed our campers the positives of using wind and solar energy to contribute to a sustainable environment.

Our first week came to an end with Physical Education Day. With the help of some TLC counselors, the campers got an inside look at the daily lives of high school and college athletes. Later, we took a trip to Delaware Park where the counselors led demonstrations of the sports they play. Campers had the opportunity to test out a variety of sports including, field hockey, lacrosse, and softball. All the physical activity left us hungry for the afternoon snack. Snack that day was cheese, apples, and crackers. One of our returning TLC campers has a great passion and knowledge of cheese. He was gracious enough to share his wisdom about all there is to know about the different kinds of cheeses during his “Cheese Chat” session. Do you know how Swiss cheese gets its holes? We do!

Week two started with some aerobics by Andrea, a TLC counselor. She got the campers muscles moving and their hearts pumping as we began our day! It was also Art Day! The campers participated in making “Mooshy Belly Bunnies,” a hand sewn stuffed animal that would be donated to an organization that gives to foster children. This activity was a rewarding one for the campers as they brainstormed the many ways in which these stuffed animals could make a difference in someone’s life. To wrap up our day, some campers stepped up as leaders again and showed us some different works of art and how they have influenced art in modern day!

The last subject we discussed was History. To get the campers awake and moving that morning, TLC counselors, Lainey and Sara, taught the campers a Zumba routine! It got us ready for our next activity as Artifact Detectives led by Jan, a TLC counselor. Artifacts from the Buffalo History Museum were donated and the campers had to determine what they thought the artifacts was for the multiple items displayed. It was a tricky task, but they succeeded! Later that day, a presentation by the Great Lakes Kitefliers Society (GLKS) showed us how to make our very own kites to take home. With the help of GLKS members, the campers then learned how to properly fly their kites!

On our last day together, we closed out the camp with our annual Camp Carnival and graduation ceremony. For lunch we had a hot dog cook-out and picnicked outside in the sun. The parking lot was filled with carnival games, popcorn, Snow Cones, face painting, and prizes! It seemed like the two weeks flew by as we talked and reminisced about all the fun times we had! At the end of the day, it was bittersweet watching the campers receive their TLC graduation certificate, but we all have next year to look forward to!

We had a great time and were very impressed with the positive character traits the campers displayed this year. The camp was made successful with the help of parent volunteers, camp counselors, speakers, and sponsors. We would like to give a big thank you to our sponsors who provided nutritious snacks, water, and carnival prizes! Our sponsors included: Tops Friendly Markets, the Richard W. Rupp Foundation, the Lakamp Family, Wood Dental Associates, the North Tonawanda Elks Lodge, the FBI, Buffalo Division, and the Amherst Youth Task Force. See you all next summer!!!
Look out for our new campaign coming to movie theaters, public transit and a radio station near you!

THINK for two
DON’T DRINK for two
PREVENT Fetal Alcohol Spectrum Disorders

For more information call 716.831.2298 or visit eccpasa.org
**Student Survival Kit**

We are excited to have the opportunity, due to generous donations, to recreate a previous prevention effort that has gone unfunded for many years: the Student Survival Kit. The Student Survival Kit is a “kit” created for students who are entering middle school. The “kit” contains both fun and informational materials for students and their parents to help them navigate that stressful time of entering middle school and the preteen years.

Donations from the Jolly Boys of Williamsville as well as the Lancaster-Depew Substance Abuse Prevention Coalition and Genesee/Orleans Council on Alcoholism and Substance Abuse have allowed us to print over 2,500 Survival Kits that will be distributed to middle school students in the Amherst, Sweet Home, Williamsville, Lancaster and Depew school districts!

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**Medical Marijuana**

The ongoing debate of should they or shouldn’t they in regards to the legalization of medical marijuana brings in daily reasons why they should (legalize) and why they shouldn’t (legalize). Numerous studies from scientists, medical doctors and other medical professionals have found an abundance of reasons why medical marijuana should not be legalized, especially marijuana in smoked form. A lecture from Sharon Levy of Children’s Hospital Boston spoke about the effects of marijuana and the developing brain. Marijuana use by young people is extremely dangerous to their brain, and studies have found that in states that already have the medical marijuana laws, such as Colorado, almost 74% of kids in drug treatment programs report having used medical marijuana. Is it really a good idea to make a dangerous drug more accessible?

Other effects of early marijuana use are:

- Early marijuana users have less white matter in their brains and the total size of the brain is smaller. White matter affects how the brain learns.
- There are fewer connections of one brain cell to another, resulting in slower thinking.
- Early use is strongly linked to schizophrenia and other psychotic and anxiety disorders.
- Heavy and/or prolonged use leads to lower IQs and serious memory disorders.
- Smoking marijuana has all the known side effects of smoking tobacco except nicotine addiction. Therefore, a marijuana smoker has just as likely of a chance as a cigarette smoker of developing chronic lung disease and cancer.
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.

Thank you for supporting the ECCPASA community efforts!

Please mail your tax deductible contribution to: ECCPASA, 1625 Hertel Ave., Buffalo, N.Y. 14216