Spring and Summer:  
A Risky Time for Binge Drinking

As the warmer months quickly approach, drinking to excess tends to increase as well. Spring fests on college campuses, high school graduation parties, and summertime concerts are all times where excessive alcohol consumption by young people takes place. In addition to the recent death of a local college freshman from alcohol overdose, it is likely that this year in the U.S., another 1800 college students won’t make it to their final exams due to a fatal overdose or alcohol-related accident. An additional 600,000 will be assaulted, almost 100,000 will be victims of alcohol-related sexual assault, and 25% will have their academic performance undermined by the side effects of alcohol.

Though students typically refrain from daily alcohol consumption, when they do drink, many drink with the goal of intoxication. This drastically increases the risks of impaired coordination, judgment, and memory. Binge drinking is typically defined as four or more standard drinks for a woman and five or more standard drinks for a man on the same occasion. However, low risk drinking is considered no more than one standard drink per day for a woman and two standard drinks per day for a man as long as they are over the legal drinking age of 21.

What is a standard drink? One standard drink is considered:

- 12 fl oz of beer. However, this does not include most craft beers, which tend to have a much higher alcohol content than a typical, non-craft brew.
- 8-9 fl oz of a malt liquor such as a wine cooler
- 5 fl oz of wine
- 1.5 fl oz or a “shot” of hard liquor

Quiz:
A long island iced tea would be considered one standard drink? True False
A Mike’s Hard Lemonade would be considered one standard drink? True False
If you had one beer and one shot, you had one standard drink? True False

If you or someone you know could benefit from alcohol or other substance abuse education or a use disorder assessment feel free to contact our office at 716-831-2298 to learn more about our programs. You can also learn more online at www.eccpasa.org/programs/focus-on-consequences/.

Sources: R. Whitney, MD, ECCPASA Board Member; NCADD

Answers: False True False
Letter from the Executive Director

As a very bitter winter winds down, staff at ECCPASA are keeping busy in the schools and community! We have also recently been awarded two grants from local funders interested in improving women’s health. The first is a training grant from the March of Dimes (see page 3 and page 7 for more information). The second grant was awarded from The Peter and Elizabeth C. Tower Foundation to implement an evidence-based program for women of childbearing age (14-44) with the intent to reduce incidents of Fetal Alcohol Spectrum Disorders within our community (see page 3 for more details).

Our centerspread highlights various community events staff have been engaged in throughout the recent months, while the cover page highlights the risky consequences of binge drinking.

Please note that ECCPASA is once again partnering with Color Me Rad to bring a fun, healthy, and messy fundraiser to WNY. Please join us to run/walk on June 6th at Darien Lake and don’t forget to use our promo code BUFFALO when registering!

I hope you enjoy this edition of AwareNews and take pleasure in the joys of the spring and summer months in our community. Have a happy, healthy, and sunny spring!

Andrea

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**Prepare to be RAD AGAIN!**

*Use promo code: BUFFALO when registering*

June 6, 2015
Darien Lake Theme Park

ECCPASA is happy that we will once-again be a sponsored charity by Color Me Rad Buffalo!

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**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
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ECCPASA Calendar of Events

Spring 2015 Community Education Trainings

Registration will begin at 8:30 am. Training will begin promptly at 9:00 am.
Training held at the Harlem Road Community Center
4255 Harlem Rd. ~ Amherst ~ NY ~ 14226
CASAC/CPP/CPS credits upon approval

April 22, 2015 – Stress Management and Healthy Alternatives
By: Lauren Lysiak, CHES, Community Educator at ECCPASA & Megan Kunecki, Health Educator and
Communications Coordinator at ECCPASA
9:00 am - 12 noon
Class cost: $25

Everyone knows that stress has a negative impact on our health. However, we live in a society where stress is hard to avoid. It can lead to
negative health consequences, memory impairment, and even increase the likelihood of substance abuse. Join us for this training and learn how
to manage your daily stress. You can also bring these tips back to those you work with and even your family at home. The training will also
cover healthy alternatives, which can be helpful to you and your clients as well!
Please be prepared to participate in some hands-on activities.

Special Full-Day Event: “The Drink That Lasts A Lifetime: Preventing Fetal Alcohol Spectrum Disorders”

May 1, 2015
9:00 am – 3:00 pm (breakfast and lunch included)
Cost: $20

This full-day forum will provide prevention and intervention techniques to prevent prenatal exposure to alcohol as well as strategies for
helping and working with those who have already been diagnosed with FASD.

Expert Panel of Speakers:
• Helen Weinstein, ECCPASA, conference moderator
• Dr. Luther Robinson, Women and Children’s Hospital of Buffalo, Specialty Diagnostic Clinic
• Christie Petrenko, PhD, University of Rochester, Families Moving Forward Program
• Parents and caregivers of children with FASD, Members of WNY FASD Family Support Network

Space is limited. Reserve your spot today.
See page 7 for more details.

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

ECCPASA Receives Tower Foundation Grant to Continue Efforts for FASD Prevention

We are very excited to announce that we have been chosen as the recipients of a three-year grant to fund a new program at the agency. The Peter and
Elizabeth C. Tower Foundation have awarded ECCPASA with a generous grant to allow us to implement the evidence-based program, Project CHOICES. Project
CHOICES has two goals. The first goal is to reduce alcohol-exposed pregnancies and the number of individuals who live with Fetal Alcohol Spectrum Disorders. The
second goal entails an increase in the number of women referred to substance abuse treatment services. We will be looking to hire two new prevention specialists to
facilitate this program. The facilitators will be working to achieve three main project outcomes: (1) Women will decrease at-risk drinking behaviors (binge drinking); (2)
Women will begin using contraception effectively and (3) Women will be identified who either need a comprehensive substance abuse assessment or a direct referral
to treatment.

We would like to thank the Tower Foundation for awarding us this grant and we are looking forward to continuing our efforts
to reduce Fetal Alcohol Spectrum Disorders throughout Erie County.
Community Events and Partnerships

The Erie County Council for the Prevention of Alcohol and Substance Abuse has been busy hosting and attending many community events during these past few snowy and cold months.

Western New York Chemical Dependency Consortium

The Western New York Chemical Dependency Consortium (WNYCDC) held its annual Legislative Event on Friday, March 20th at Meals on Wheels in Buffalo. The event is held annually to bring legislators and other political figures together with the individuals working in the health and human service field to discuss pressing issues important to the field. Andrea J. Wanat, WNYCDC Chair, did a great job helping to plan the event and kicked off the meeting by introducing John Coppola, the main speaker from NYS Association of Alcoholism and Substance Abuse Providers. Coppola led the discussion and focused on several hot topics which engaged the audience.

We would like to thank Luke Moretti, WIVB News, for moderating the event. We would also like to extend a thank you to all those who attended, especially our panelists who included Senator Patrick Gallivan; Dr. Robert Whitney, ECCPASA’s Public Policy Chair; the Honorable Judge Gary Graber, Darien Town Court; Samantha Boback, Senator Timothy Kennedy’s Aide; and Gabby Ortiz, Senator Michael Ranzenhofer’s Aide. We would like to recognize Bill Licata, Assemblyman Mickey Kearns’s Aide who participated from the audience as well.

Grand Island Town Hall Meeting

Members of the Grand Island One Island One Team Coalition, along with our very own Sally Yageric, held a Town Hall Meeting for Grand Island residents this winter. The event was held at Grand Island’s Town Hall on Tuesday, February 10th to share the information collected in the Prevention Needs Assessment. The assessment was given to Grand Island’s teenagers to look at teen substance abuse within the community.

The event was open to all Grand Island residents, but specifically hoped to have parents of teens in attendance. The event was successful with about 50 community members in attendance. Mr. Luke Moretti from WIVB News moderated the event. Along with Mr. Moretti, the Grand Island Town Supervisor, Mary Cooke shared a few words about the Island as well. There were also a panel of speakers including Dan Stinson, Coordinator of One Island One Team; Dr. Teresa Lawrence, Grand Island Schools Superintendent; Chris Pyc, School Resource Officer; Dan Webb, Catalyst Research; and Sally Yageric, from the Erie County for the Prevention of Alcohol and Substance Abuse. The Madrigal Singers, an elite ensemble from Grand Island High School, provided beautiful background music as those in attendance ate a light dinner donated by Marco’s Italian Deli and the Western New York Prevention Resource Center.

National Drug Facts Week

ECCPASA's prevention educators hosted events in some of our schools to celebrate the National Institute on Drug Abuse’s National Drug Facts Week in our Too Good for Violence program. Students at Buffalo Public School #74, Hamlin Park, and School #197, Math Science Technology Preparatory School participated in the events. They wrote down questions they had about alcohol and other drugs and submitted them to their program’s instructor. The following week, during National Drug Facts Week (January 26 – February 1, 2015), ECCPASA’s prevention educators answered the students’ questions and worked to “shatter the myths” about substance use and abuse.
ECCPASA Presents

Tomorrow's Leaders Camp

“TLC & A Healthy Me”

JUNE 29 - JULY 10

Monday - Friday 9:00 am - 3:30 pm

2253 Main Street, Buffalo, NY 14214

Camp is open to all children ages 8 - 12.

Early Bird Registration!

Save 10% if you register by May 13th

Cost: $75 per child
Special rates may be available for multiple children.

Please call to find out more.

LIMITED scholarships are available. Please call for more information.

Includes:
• Daily activities
• Morning and afternoon snack
• Field trips
• Full adult instruction
• Guest speakers

For more information or to register contact Robin Mann

phone: 716.831.2298
email: robin@eccpasa.org
Special Training Opportunity through March of Dimes Mini-Grant

The Erie County Council for the Prevention of Alcohol and Substance Abuse along with Northpointe Council of Niagara County has collaborated to receive a small grant from the March of Dimes. The grant awarded the councils $1,000 to host a full-day event. See details below:

“The Drink That Lasts A Lifetime: Fetal Alcohol Spectrum Disorders”

The full-day forum will provide prevention and intervention techniques to prevent prenatal exposure to alcohol as well as strategies for helping and working with those who have already been diagnosed with FASD.

Attendees will leave with the knowledge that will allow them to become local “champions” for prevention and intervention of FASD in their communities.

Date: Friday, May 1, 2015
Time: 9 AM – 3 PM
Location: Classics V Banquets & Conference
2425 Niagara Falls Blvd.
Amherst, NY 14228

Expert Panel of Speakers:
- Helen Weinstein, ECCPASA, forum moderator
- Dr. Luther K. Robinson, Women and Children’s Hospital of Buffalo, Special Diagnostic Clinic
- Christie Petrenko, PhD, University of Rochester, Families Moving Forward Program
- Parents and caregivers of children with FASD, Members of WNY FASD Family Support Network

Registration information:
Fee: $20
Continental breakfast and buffet lunch included
Limited registration available.
Open to all professionals working in the health and human service field; including health care, social work, education, social services, foster care, and adoption services.

To register contact: Shirley Liddle
ECCPASA
(716) 831-2298
Shirley@eccpasa.org
Or visit our website www.eccpasa.org

Help us prevent prenatal exposure to alcohol.
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.