



Prevention Newsletter

SEPTEMBER 2020

To schedule Prevention Programs, please contact the Shelocta Office for Armstrong & Indiana Counties, and the Clarion Office for Clarion County.

**AICDAC
Offices**

**Clarion Office:
814-226-6350**

**Shelocta Office:
724-354-2746**

Fetal Alcohol Spectrum Disorder (FASD)

Awareness Month



According to the Centers for Disease Control (CDC), Fetal alcohol spectrum disorders (FASDs) are a group of conditions that can occur in a person whose mother drank alcohol during pregnancy. These effects can include physical problems, and problems with behavior and learning. Often, a person with an FASD has a mix

of these problems. Alcohol in the mother's blood passes to the baby through the umbilical cord. There is no known safe amount of alcohol during pregnancy or when trying to get pregnant. There is also no safe time to drink during pregnancy, and all types of alcohol are equally harmful. FASDs are preventable if a woman does not drink alcohol during pregnancy.



National Recovery Month is sponsored by the Substance Abuse & Mental Health Services Administration (SAMHSA), is held every September to educate Americans that substance use treatment and mental health services can enable those with mental and substance use disorders to live healthy and rewarding lives. This observance celebrates the millions of Americans who are in recovery from mental and substance use disorders, reminding us that treatment is effective and that people can and do recover.

<https://www.recoverymonth.gov>

Parents Who Host Lose the Most

This public health media campaign is designed by Prevention Action Alliance, and helps you prevent underage drinking in your community. It reinforces everyone's responsibility to promote healthy choices in your

community. Its key message reminds parents that it is unsafe, unhealthy, and unacceptable—and, in many communities, illegal—to provide alcohol for underage youth. Over time, it reduces the

likelihood teens will drink alcohol and suffer the health effects that come from underage drinking.

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AICDAC Prevention



Talking About Gambling with Teens

Teens can be affected by gambling related issues in several ways. Early exposure to excessive and problematic gambling behaviors by friends and family often increases the risk of developing potential problems. Recent studies indicate that teens whose parents gamble on a regular basis develop problems at nearly twice the rate of those parents who don't gamble.

Warning Signs:

- Frequent participation in gambling activities
- Increased absences/tardiness from school
- Borrowing/stealing money
- Decline in school performance
- Lack of interest in non-gambling activities

What Help is Available?

If you think you, or someone you know may have an issue related to gambling, please call the 24/7 toll-free PA Problem Gambling Helpline at 1-800-GAMBLER today.

Source: Council on Compulsive Gambling of PA



Had I Only Known Presentation-Drug Trends Presentation

Had I Only Known is a Power Point presentation designed to educate adults about the latest community, state, and national drug trends and can be tailored to certain types of drugs discussed upon request. The

presentation also includes education about signs and symptoms of substance use, youth trends, as well as, treatment and support resources are provided.

To schedule this free presentation, please call 814-226-6350, ext. 106.



It PAYS to Know...

Since 1989, the Commonwealth has conducted a survey of school students in the 6th, 8th, 10th and 12th grades to learn about their behavior, attitudes and knowledge concerning alcohol, tobacco, other drugs and violence. The 'Pennsylvania Youth Survey,' or PAYS, is sponsored and conducted every two years by the Pennsylvania Commission on Crime and Delinquency.

2019 Lifetime Alcohol Usage Rates:

Armstrong County— 46.3% of students

Clarion County— 50.5% of students

Indiana County— 40.0% of students

Pennsylvania State Average— 41.0% of students in the state

