



Prevention Newsletter

APRIL 2021

***To schedule any of our FREE Prevention Programs, please contact the Shelocta Office for Armstrong and Indiana Counties and the Clarion Office for Clarion County.**

AICDAC Offices

Clarion Office:
814-226-6350

Indiana Office:
724-463-7860

Shelocta Office:
724-354-2746

Vine Street Office:
724-545-1614

Alcohol Awareness Month

April is Alcohol Awareness Month



Alcohol Awareness Month is a public health program organized by the National Council on Alcoholism and Drug Dependence (NCADD) as a way of increasing outreach and education regarding the dangers of alcohol abuse and issues related to alcohol. The program was started in April 1987 with the intention of targeting college-aged students who might be drinking too much as part of their newfound freedom. It has since become a national movement to draw more attention to the causes and effects of alcohol abuse as well as how to help families and communities deal with alcohol related problems.

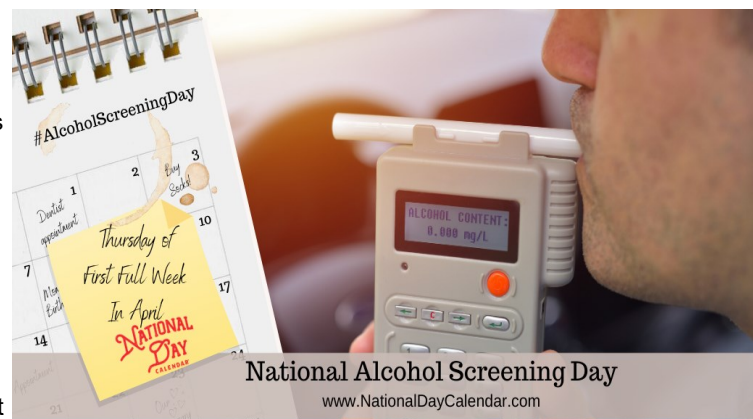
A big part of the work of Alcohol Awareness Month is to point out the stigma that still surrounds alcohol use disorder and substance abuse in general. For many, denial is a common trait among those struggling with alcohol use disorder or alcohol abuse. They often underestimate the amount they drink, the duration of their drinking problem, the impact it has had on their life, or overestimate their ability to control their drinking or to quit. Denial is also common among friends and family members who are uncomfortable acknowledging the gravity and reality of the situation.

With this in mind, Alcohol Awareness Month gives public health bodies, community centers, and treatment facilities the chance to increase their efforts to reach people who may not fully appreciate the dangers of unhealthy alcohol consumption.

National Alcohol Screening Day

National Alcohol Screening Day is a holiday that's designed to raise awareness about the harmful effects of alcohol abuse and alcohol dependency. It's a holiday that is not only used to educate people about alcohol-use disorders but is also used as a day to encourage people to screen themselves or their loved ones at one of the anonymous and free screenings that are set up on this day. The effects of alcohol on people's lives can be devastating and not only affects them but also their friends and family as well. This holiday is observed on the Thursday of the first full week in April every year. This year's date is April 8, 2021.

Screening centers will be located at colleges, military installations, designated businesses, and selected government agencies. These screenings are also available online at AlcoholScreening.org. Taking an alcohol screening test requires no commitment and allows each individual to choose to pursue counseling.

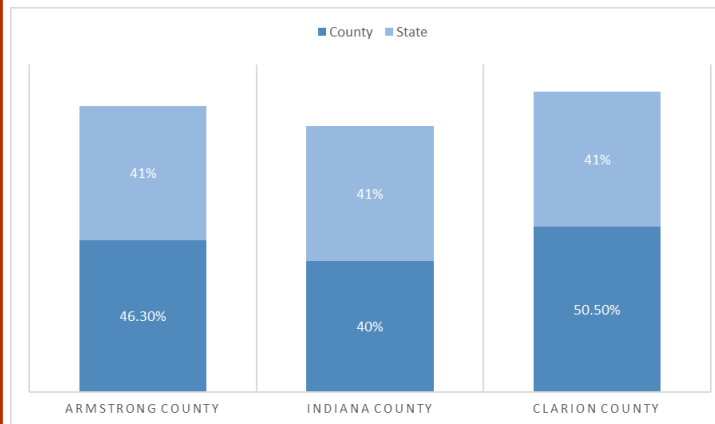


People can use the hashtag #NationalAlcoholScreeningDay on their social media accounts to raise awareness about this holiday and maybe support someone who needs help in the process.

It PAYS To Know

Alcohol

Alcohol, tobacco (cigarettes, smokeless, and vaporized), marijuana, and inhalants are the first and most commonly abused drugs by youth. Monitoring higher prevalence and earlier initiation of use is helpful when monitoring at-risk students for progression from experimentation to social use, to addiction of these and other substances. Because these drugs generally enjoy more social acceptability, their use may normalize the larger idea of drug use as acceptable. Another potential risk is their use may “prime” the brain for addiction to other substances.



The highest lifetime usage rates were seen in alcohol in Armstrong, Indiana, and Clarion counties. The graph to the left shows the percentage of students who have consumed alcohol in their lifetime compared to the state percentage.



Follow AICDAC
on Social Media

[www.facebook.com/
mydrugfreecommunity](https://www.facebook.com/mydrugfreecommunity)

[www.facebook.com/
clariondrugfree](https://www.facebook.com/clariondrugfree)

Instagram:
AICDAC_Prevention

Twitter:
AICDAC_DrugFree

National Prescription Drug Take Back Day

The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription and over-the-counter drugs, while also educating the general public about the potential for abuse of medications. The DEA's next National Prescription Drug Take Back Day is April 24, 2021 from 10AM to 2PM.

Bring unwanted or expired medicines to the event locations on April 24th for safe disposal.

***Free Naloxone kits will be available.**

Klingensmith's Drug Store
313 Ford Street
Ford City, PA

Diamond Drug
670 Philadelphia Street.
Indiana, PA

Clarion County YMCA
499 Mayfield Road
Clarion, PA



Small Games of Chance Training

AICDAC is hosting a **FREE, virtual** Small Games of Chance Training for non-profit organizations and licensed alcohol establishments with Sergeant Shawn Fischer from the PA State Police Bureau of Liquor Control Enforcement. Attendees only need to register for one training session. Come join us!

For Non-Profit Organizations Only:

(Featured segment on the rules and regulation of the Special Occasion Permit.)

When: April 15, 2021 from 6-8pm
 April 16, 2021 from 9-11am
 April 19, 2021 from 2-4pm
 April 20, 2021 from 6-8pm
 April 21, 2021 from 2-4pm

Where: Virtual, go to the following link to register:
<https://forms.gle/w7hB4GyPpoz8U4e16>

For Liquor Licensees Only:

(Entities that sell alcohol, not to be confused with the Special Occasion Permit.)

When: April 12, 2021 from 2-4pm
 April 13, 2021 from 6-8am
 April 21, 2021 from 9-11am
 April 22, 2021 from 6-8pm
 April 23, 2021 from 9-11am

Where: Virtual, go to the following link to register:
<https://forms.gle/Y4ke3uVzQEJGxc2C7>

Participants will Learn:

- PA Gambling and Small Games of Chance Laws
- Operation of Games and Permitted Games
- Opportunity for Questions and Answers



Curriculum Spotlight



Stress can be debilitating, and it can cause and/or aggravate health problems. Since stress is a normal part of human existence (nobody is immune to it), it's important to prepare ourselves with knowledge so that we recognize when stress occurs. Stress Awareness Month happens each April and AICDAC has the perfect curriculum opportunity to help students understand how to cope with stress and other life skills!

Life Skills

Life Skills Training is a developmentally appropriate program that improves personal self-management, general social skills, and drug resistance. It has been proven to promote self-esteem, healthy attitudes, and learning skills that will promote healthy and positive development. Included within each lesson is a student guide with informational pieces as well as activities to create a pro-active impact.

Grades: 3rd – 6th grades

Suggested Schedule: 8 classroom sessions

More Information: <https://www.lifeskillstraining.com/botvin-lifeskills-training-elementary-school-program/>

Also available for:

Grades: 7th-9th grades

Suggested Schedule: 5-15 Class Sessions (Depends on which level)

More Information: <https://www.lifeskillstraining.com/program-structure/>



Evidence-Based Prevention Programs for Schools, Families, and Communities

Narcan Drive Thru Events

Armstrong Indiana Clarion Drug & Alcohol Commission is hosting a free Narcan Drive Thru event in all three counties. Narcan kits will be distributed, along with information on administering. We ask all attendees to remain in their vehicle due to CDC guidelines.

Indiana County

When: Wednesday, April 28th

3pm-6pm

Where: In the former BonTon parking lot at the Indiana Mall

Clarion County

When: Thursday, April 29th

3pm-6pm

Where: In the former Kmart parking lot at the Clarion Mall

Armstrong County

When: TBD

Where: TBD



Meet Our Staff



Jaclyn Dolby has been Clarion Drug Free Coalition Project Coordinator with Armstrong Indiana Clarion Drug and Alcohol Commission since February 2021. She graduated from Clarion University in 2013 with a Bachelor's in Education and in 2015 with a Master's in Library Science. Jaclyn worked for 7 years as an elementary librarian before joining AICDAC. She is passionate about prevention work because of her experience with addiction within her family and wants to use her experiences to help teach children and the community about the dangers of drug abuse. In her spare time, Jaclyn likes to spend time with her husband, Cody and their daughters, Louella and Vivian. She also enjoys reading, cooking, and painting ceramics.

