

Parenting for Prevention

Student Assistance Services Corp., 660 White Plains Road, Tarrytown, New York, 10591, Fall, 2017

New Beginnings

September is the time for new things whether books, backpacks, clothes and even new resolutions. That is why September was chosen for “recovery” month. A perfect time to evaluate lifestyles and make changes.

As school begins, research shows that talking to your child about issues and ideas is a protective factor that can help keep your child safe and happy during the school year. There are suggestions on powertotheparent.org about ways to communicate with your child in a positive and effective manner. Check it out!

One conversation that is important to have with your teen is about the characteristics of healthy and positive relationships. The relationship can be with a friend or a romantic relationship. Helping teens understand the hallmarks of supportive relationships can help them evaluate the quality of friendships before they get too involved with a person. This can avoid angst down the road.

Editor: Patricia Murphy Warble, MSW, CPP

Recovery Month

National Recovery Month is an observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

The theme for Recovery Month 2017 is *Join the Voices for Recovery: Strengthen Families and Communities* and is intended to highlight the value of family and community support throughout recovery and to invite individuals in recovery and their family members to share their personal stories and successes in order to encourage others.

Recovery Month celebrates the gains made by those in recovery, just as we celebrate health improvements made by those who are managing other health conditions such as cancer, diabetes, asthma, and heart disease. The observance reinforces the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

Begun in 1998, 2017 marks the 28th commemoration of Recovery Month which highlights the achievements of individuals who have reclaimed their lives in long-term recovery and honors the treatment and recovery service providers who make recovery possible.



How To talk to Your Teen

The following is from the powertotheparent.org website that makes some very practical recommendations on how to have a meaningful conversation with your teens. Check it out for more information .

Let's face it—teenagers are curious creatures. As your teenager gets older, he or she may become more curious about alcohol and other drugs. They may turn to you for answers and advice. Even if your teen doesn't come to you, you should be the one to start the conversation. Since some questions may be difficult to answer, be prepared. Arm yourself with information and defenses against underage drinking and substance use. Use this opportunity to start an open, honest conversation.

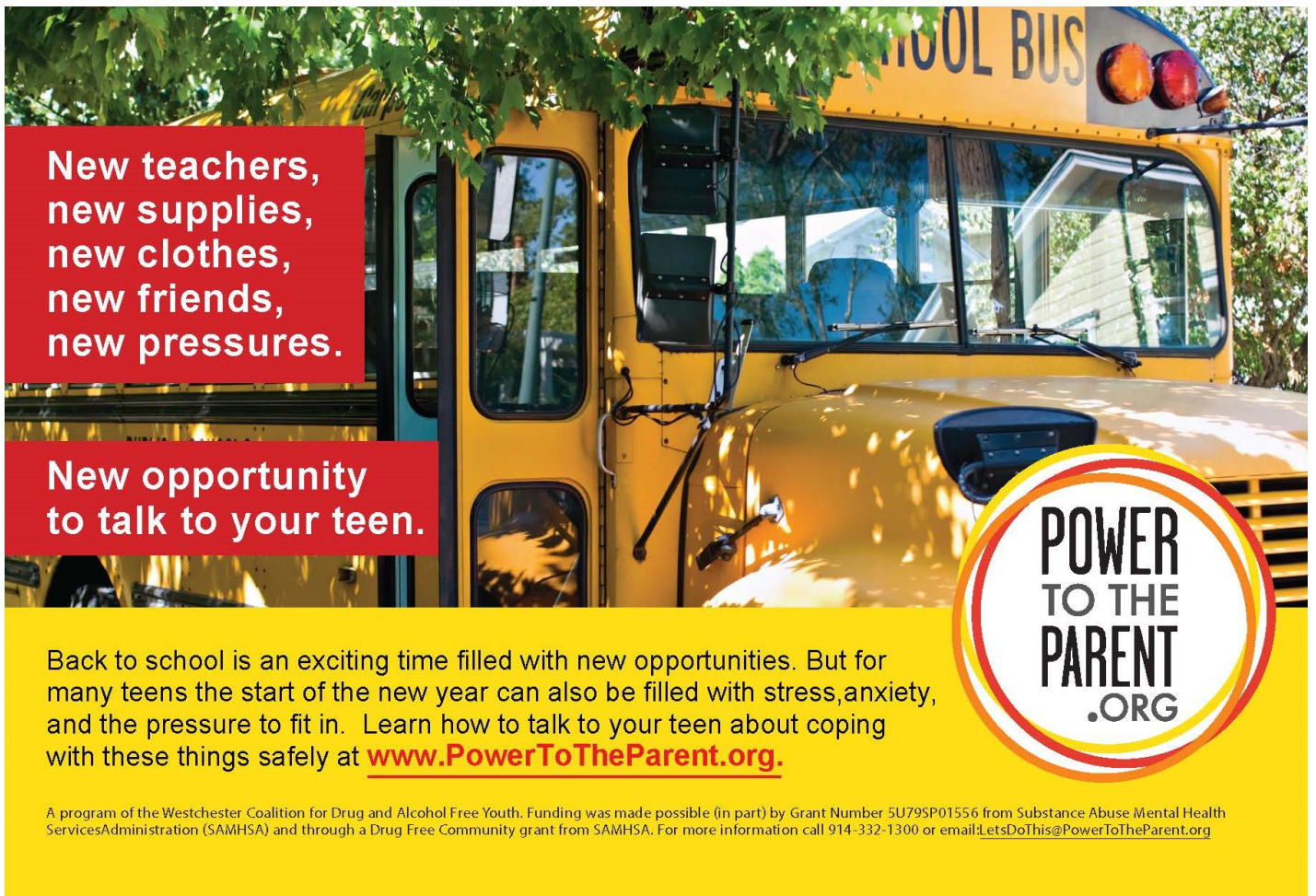
Be a good listener

Be empathic. Validate your teen's feelings.

Set aside time to be with your teen.

Offer praise for efforts, not accomplishments.

Go to powertotheparent.org for more effective suggestions.



New teachers,
new supplies,
new clothes,
new friends,
new pressures.

New opportunity
to talk to your teen.

Back to school is an exciting time filled with new opportunities. But for many teens the start of the new year can also be filled with stress, anxiety, and the pressure to fit in. Learn how to talk to your teen about coping with these things safely at www.PowerToTheParent.org.

**POWER
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A program of the Westchester Coalition for Drug and Alcohol Free Youth. Funding was made possible (in part) by Grant Number 5U79SP01556 from Substance Abuse Mental Health Services Administration (SAMHSA) and through a Drug Free Community grant from SAMHSA. For more information call 914-332-1300 or email: LetsDoThis@PowerToTheParent.org

The Link Between Dating Violence and Alcohol

The Center of Disease Control and Prevention (CDC) defines teen dating violence as a type of intimate partner violence that occurs between two people in a close relationship. The nature of dating violence can be physical, emotional, or sexual.

Physical-This occurs when a partner is pinched, hit, shoved, slapped, punched, or kicked.

Psychological/Emotional-This means threatening a partner or harming his or her sense of self-worth. This includes name calling, shaming, bullying, embarrassing on purpose or keeping him/her away from friends and family.

Sexual-This is forcing a partner to engage in a sex act when he or she does not or cannot consent.

Stalking-This refers to a pattern of harassing or threatening tactics that are unwanted and cause fear in the victim.

According to the Marin Institute, many studies have linked the effects of alcohol and violence together citing an increase in violent outbursts among those intoxicated. Many teens who experience violent behavior are found to be intoxicated showing a connection between alcohol and violence.

Many domestic violence incidents also have been found to have alcohol as a common factor. In one study, about 45 percent of men were found to be intoxicated during cases of domestic violence followed by 20 percent of women in similar cases.

Sexual assault forms of violence linked with alcohol is also common with more than 40 percent of sexual assault offenders admitting to being intoxicated at the time of the offense.

The Marin Institute reports that among teens and young adults, more than 70,000 students between 18 and 24 were victims of alcohol-related sex crimes in 2002. The Marin Institute also reports the following:

- Alcohol can encourage aggression or violence by providing a disruption to normal brain functions. The alcohol works by weakening the brain mechanisms that normally restrain certain impulsive behaviors like violent outbursts due to overreacting to a perceived threat. Many teens who drink become angry and may take that out the anger on those who they perceive the threat from.
- Some who drink alcohol are more likely to act aggressively based on certain parts of their genetic makeup. Those with these kinds of is-

sues are more likely to have the alcohol affect their internal system and brain functions and often act out violently as a result.

- Another study showed that people who drink alcohol tend to act more aggressively because they believe they should, which is also a way alcohol and violence is linked.
- Many teens who drink alcohol do so for a sense of bravery or the "liquid courage" drinking alcohol brings them. Teens with already existing violent tendencies should especially avoid alcohol. Other teens who drink looking to become more aggressive might encounter others who are also inebriated and might be looking to pick a physical fight to release aggressions. These are the scenarios that can lead to assault and serious situations of injury or even death if things escalate.
- Using alcohol lowers a teen's inhibitions making it more difficult to control their actions.

It is important that parents talk to their children about the effects of alcohol and violence. Many studies have shown that parents who take a more active role in teaching their children about alcohol and violence have teens with lower chances of violent behaviors and teen alcohol use.

One Love Foundation

The One Love Foundation was founded to help young people form healthy relationships and leave unhealthy relationships. Their website at www.joinonelove.org provides teens with a resource to help them determine the quality of their relationships. Their website lists the 10 signs of healthy and unhealthy relationships with an explanation which is a valuable tool for teens to evaluate where their relationship falls.

For instance, some of the hallmarks of a healthy relationship are trust, honesty, independence, good communication and compassion. Whereas some of the characteristics of an unhealthy relationship are manipulation, jealousy, belittling, volatility and betrayal.

It is not always easy for a teen who is in “love” with a partner to be objective about their relationship. This valuable website considers very specific information about the characteristics of these intimate relationships which can help a young person understand whether they are in a supportive relationship or one that they should leave.



Upcoming Events

October 11 7:00pm
Hendrick Hudson Free Library
Connect & Collaborate
A County-wide approach to the opioid epidemic

Spend one hour with County Executive Rob Astorino and Stephen Hill
Contact: Colleen Anderson, 734-1052

Oct 16 9am to 2pm
Project Worthy: Youth Leadership Summit

For high school students
Westchester County Center
Contact: Ashley Ward, 995-5242

Oct 16 7 to 9pm
City Center Cinema Deluxe,
White Plains

Reversing the Stigma

To register go to <https://reverse-stigma.eventbrite.com>
\$5 donation
Contact: 332-1300

Nov 9 7:00pm
White Plains HS Media Center

Hidden Mischief, Judy Mezey
Contact: 332-1300