



Healthy Cattaraugus County

Monthly Newsletter

AUGUST/2023 BACK TO SCHOOL



Talk to Your Kids About Substance Abuse before the school year starts.
[Additional Resources.](#)

International Overdose Awareness Day is August 31st
[Additional Information](#)

HCC August Blog Post
[Read more](#)

HCC AUGUST MEETING MINUTES

SEPTEMBER 14th at 12:00pm is the next HCC GENERAL MEETING (on Zoom.) Please contact Katelynn or Stephanie if you did not get the invite link.

In-Kind Activity

As always, YOU are essential to the work we do. Please fill out any volunteer work (including

Events

- **Community Fun Day- Machias - Sept. 2nd 12:30 to 4:30pm**
- **Ram Clinic at Olean YMCA - September 9th & 10th 6:00am**
- **Mercy Flight Open House- (625 Main St., Olean) September 9th 1:00 to 5:00pm**
- **Out of Darkness Walk - September 15th (Lincoln Park, Olean) 6:30pm**

Group Trainings


1. [Family Recovery Course - Be a Part of the Conversation](#)
2. [Mar-Anon Family Groups – Support and hope for those affected by another's marijuana use](#)
3. [Triple P Implementation | Official Corporate site](#)

What HCC Committees do you want to be on?

conversations, connections, event planning or being present at an event so that we can count your time for our match!

[Link to In-kind Activity Tracker](#)

Talk to your college student about the effects of substance abuse...



You've given them the tools to succeed. Now give them the tools to stay safe. **Talk to your college student about the effects that substance use can have on their mental and physical health, safety, and ability to make good decisions.**

OASAS.ny.gov/prevention OASAS. Every Step of the Way.
NY State Office of Addiction Services and Supports

- **Media and Marketing Committee** - Next meeting is September 14th at 11:00am
 - **Data and Assessment Committee** - Next meeting TBA
 - **Strategic Planning Committee**- Next meeting TBA
 - **Cannabis Advisory Meeting**- Next meeting TBA
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Please contact Katelynn ksmith2@casa-trinity.org or Stephanie- skubiak@casa-trinity.org to join any of these committees

Cattaraugus County
STOP DWI
[Visit Cattaraugus County's Stop DWI Website.](#)

Download the "Have a Plan" App on your phone.



Download our Mobile App Now
Have a Plan

New York's STOP-DWI program is the Nation's first and, to date, only self-sustaining impaired driving program. Other States have implemented components of the program's sufficiency, but none to the degree of New York State.

GET IT ON Google Play GET IT ON THE App Store

Thank You To CCA
(Connecting Communities in Action)

HCC would like to thank CCA for holding their *Back to School Bash* on August 18th and inviting HCC to have a table at the event. It was wonderful to see so many families there getting hair cuts, free backpacks and other giveaways. It was a great event for the community!

Information and Resources for Parents

It is often said that being a parent is the toughest job you will ever have. Staying well-informed and involved



with your child in this technologically advanced world can be very challenging.

Peer pressure to “try” drugs and alcohol is still a major hurdle that teens find themselves having to navigate. This page provides links to resources that may be helpful

[Get more Information](#)

www.yourlife-yourchoice.com



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