



# Healthy Cattaraugus County Monthly Newsletter

JULY 2023

Talk To Your Child About Drug & Alcohol  
Use This Summer  
[More Information](#)

Talking to Your Kids About Drugs,  
Alcohol and Tobacco  
[More Information](#)

HCC July Blog Post  
[Read more](#)

## Sticker Shock



ABOVE is one of our sticker shock labels.

BELOW is help from some of the Boy Scouts of America Troop 617 applying the stickers.

CASA-Trinity is happy to offer  
Mental Health Trainings...

### MENTAL HEALTH FIRST AID FOR YOUTH

Sponsored by CASA-Trinity Prevention Services

**Y**outh Mental Health First Aid (YMHFA) training teaches adult applicants (18+ years old) how to identify signs of mental health challenges, or substance use issues in YOUTH. The following professionals may consider certification:

- Educators/School Administrators
- Human Resources Professionals
- Members of Faith Communities
- Homeless Shelter Workers
- Nurses/Physician Assistants/Primary Care Workers
- Parents, grandparents, relatives, neighbors
- Police/First Responders/Security Personnel
- Mental Health Authorities
- Policymakers
- Substance Abuse Professionals
- Social Workers
- Bus drivers, Aides, Cafeteria employees, ANYONE who works with YOUTH!

**COURSE INFORMATION:** Those who successfully complete the course will learn important tools needed to identify and respond to signs of addiction and mental health challenges for youth. They also will be taught a five-step action plan (ALGEE) to help youth.

**APPLICANTS:** Must complete 2-hour, online pre-work which will be followed by 2-day, +/- 4 hour (breaks included), instructor-led remote virtual class via Zoom videoconferencing. Each participant will receive digital Mental Health First Aid materials prior to the class (A hardcopy of the user manual is available for \$25).

**CERTIFICATION:** Participants who successfully complete the course will receive a Mental Health First Aid certificate. This credential will improve a person's ability to provide support to someone experiencing a mental health crisis.

**INSTRUCTOR:** Tracy Rozanski | **COST:** \$60  
Please contact us for more information.

READY TO SIGN UP? [Click here for dates and deadlines or scan the QR >>>](#)



Click on the images for more  
information or follow this link  
<https://bit.ly/43B3Sve> for dates and  
deadlines.

### MENTAL HEALTH FIRST AID FOR ADULT

Sponsored by CASA-Trinity Prevention Services

**A**dult Mental Health First Aid (AMHFA) training teaches adult applicants (18+ years old) how to identify signs of mental health challenges, or substance use issues in ADULTS. The following professionals may consider certification:

- Educators/School Administrators
- Human Resources Professionals
- Members of Faith Communities
- Homeless Shelter Workers
- Nurses/Physician Assistants/Primary Care Workers
- Relatives, neighbors
- Police/First Responders/Security Personnel
- Mental Health Authorities
- Policymakers
- Substance Abuse Professionals
- Social Workers
- ANYONE who works with ADULTS!

**COURSE INFORMATION:** Those who successfully complete the course will learn important tools needed to identify and respond to signs of addiction and mental health challenges for adults. They also will be taught a five-step action plan (ALGEE) to help adult.

**APPLICANTS:** Must complete 2-hour, online pre-work which will be followed by 2-day, +/- 4 hour (breaks included), instructor-led remote virtual class via Zoom videoconferencing. Each participant will receive digital Mental Health First Aid materials prior to the class (A hardcopy of the user manual is available for \$25).

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information or follow this link  
<https://bit.ly/3OrKyMG> for dates  
and deadlines.



## Bottle Tags

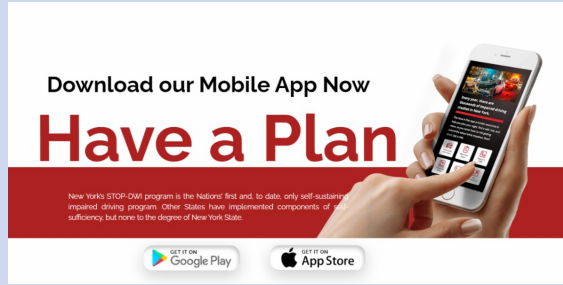
HCC would like to thank all the stores that participated in our Sticker Shock Campaign!!!

# Project Sticker Shock



2023

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



# STOP DWI New York



## What Parents Can Do to Help Ensure a Safe Summer

As summer vacation is upon us, it is important for parents to be aware of summer temptations and to take positive steps to prevent, delay or moderate substance use. Parents can:

Talk with your child. Summertime gives parents extra R&R time to connect and bond with their children and have meaningful, unrushed conversations. It's a perfect time to continue what should be an ongoing discussion about substance use.

[READ MORE](#)

Healthy Catt. County | 201 South Union Street, Olean, NY 14760

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