



Healthy Cattaraugus County Monthly Newsletter

MAY/2023

National Mental Health Awareness
Month

[Additional Resources.](#)

More National Mental Health
Awareness Month Resources

[Mental Health America](#)

[National Council for Mental Wellbeing](#)

[Makeitok.org](#)

HCC Blog Post

[Read more](#)

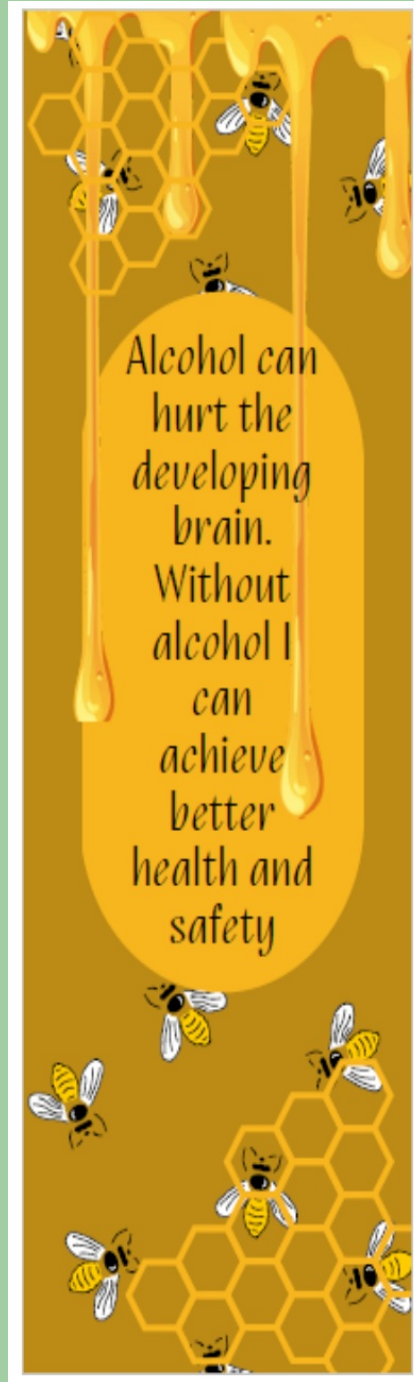
Mental Health Awareness Month has been observed in the U.S. since 1949. Every year during the month of May, NAMI joins the national movement to raise awareness about mental health. Together, we fight stigma, provide support, educate the public and advocate for policies that support the millions of people in the U.S. affected by mental illness.



Mental Health
Awareness Month

MORE THAN
enough

nami.org/mentalhealthmonth



HCC's BookMark Contest was a success and the winners have been awarded.

HCC Current Projects:

- Our Bookmark contest was a success and the winners were



- awarded.
- Marijuana underage use prevention print marketing materials are coming soon.
- Billboard ads, new bench ads, newspaper ads and Radio PSA's are all currently running and up in our county.
- Pizza Box stickers and Prom Promise cards are printed and ready for distribution.
- **Volunteers Needed for Recognition Interviews and Blog Posts.**

*Do you have an agency that you want to recognize? Do you have a topic that you find interesting or feel is important to share in a blog? If so, please contact us to be added to the schedule.



NAMI
National Alliance on Mental Illness

#MoreThanEnough

All people, no matter where they are on their mental health journey, are deserving of support, resources, fulfillment and a community that cares.

nami.org/mentalhealthmonth

Community Spotlight



HCC Interview with CCA Victim Services Community - Part 2

1. Can you please tell me a little bit about Victim Services and any impact of your services on local youth?

Our programs at Victim Services impact youth in several ways. One prominent way is through our Safe Dwelling which creates a safe space and support for families fleeing from a domestic violence situation. We also work with children in non-residential services. Here we are able to provide safety planning, evidence-based curriculums, and collaborate with other agencies to best meet the needs of the youth. Helping the youth feel safe and supported will help break the cycle they may be experiencing within the home of on-going domestic violence. It empowers these children to have a voice.

[. Read more](#)

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



Prom season is here...

Here are some great graphics to share in your circle of influence for Prom and Graduation Season.



YOU ARE THE KEY TO PREVENTING UNDERAGE DRINKING

Teens are less likely to drink when their parents have close relationships with them & are actively involved in their lives.

KEEP YOUR TEEN SAFE DOWN THE ROAD.

Like to pledge to have a conversation with your graduate about underage drinking & impaired driving.

You've given them the tools to succeed. Now give them the tools to stay safe. **Talk to your teen about underage substance use. Parents and other caring adults are the most important influence.**

OASAS.ny.gov/prevention Office of Addiction Services and Supports

ME HE AWARD

ME HE AWARD

ME HE AWARD

ME HE AWARD

ME HE AWARD

ME HE AWARD



12-20 year olds

reported binge drinking in the past month SAMHSA



85% of teens

would rather drive impaired than call a parent for a sober ride home
AAA



49% of teen deaths from motor vehicle crashes occurred between 3 p.m. and midnight
IHS

1 in 5 teens would ride in a car with an impaired driver
AAA



11% of all alcohol in the U.S. is consumed by underage drinkers
SAMHSA



1/2 of underage drinkers report getting their alcohol from family or friends
Foundation for Advancing Alcohol Responsibility



scramsystems.com



DOES YOUR TEEN HAVE A BACK-UP PLAN FOR GRAD NIGHT?

Make sure they know they can call you for help - no matter what time of day or night.

www.yourlife-yourchoice.com



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