

Prevention Strategies For Parents

Monitor Alcohol Use in Your Home: If you keep alcohol in your home, keep track of the supply. Make it clear to your child that you only allow chaperoned parties and teen gatherings in your home. Have your teen's friends over when you are home so you know about your child's friends and activities.

Connect With Other Parents: Getting to know other parents/guardians helps you keep closer tabs on your child and makes it easier to call a parent of a teen hosting a party to be sure that a responsible adult is home and alcohol is not available.

Keep Track of Your Child's Plans: Your child is more open to your supervision if he/she feels you are keeping tabs because you care and are interested, not because you distrust him/her.

Develop Family Rules: When parents set clear "no alcohol" expectations and rules, children are less likely to begin drinking.

Set a Good Example: You're an important role model: Use alcohol moderately; Don't communicate with your child that alcohol is a good way to handle problems and stress; Don't convey glamorous or funny self - alcohol use stories; Never drink & drive; When entertaining adults, serve alcohol free beverages & plenty of food; If someone drinks too much, arrange to get them home safely.

Don't Support Teen Drinking: Research shows that kids whose parents provide alcohol for teen parties are more likely to engage in heavier drinking, drink more often and to get into traffic accidents.

Help Your Child Build Healthy

Friendships: If your child's friends use alcohol, your child is more likely to drink too. Encourage your teen to develop friendships with kids who do not drink and have healthy influences on your child.

Encourage Healthy Alternatives to Alcohol.

Manhasset Community Coalition Against Substance Abuse, Inc. (CASA)

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Coalition Sectors & Partners

Manhasset CASA works with community partners from across Manhasset, Nassau County and New York State to assist in attaining its goal to reduce substance abuse among our youth:

Council of Greater Manhasset Civic Associations, Inc.
Long Island Council on Alcoholism & Drug Dependence (LICADD)

Manhasset CASA Youth Committee Club
Manhasset Chamber of Commerce
Manhasset Clergy Association
Manhasset High School Key Club
Manhasset Press (Anton News)
Manhasset Public Library
Manhasset Public Schools

Manhasset School Community Association (SCA)
Manhasset Student Senate

Nassau County District Attorney's Office
Nassau County Division of Chemical Dependency
Nassau County Legislature

Nassau County Police Department 3rd Precinct
New York State Assembly

New York State Office of Alcoholism & Substance Abuse Services (NYSOASAS)

New York State Senate

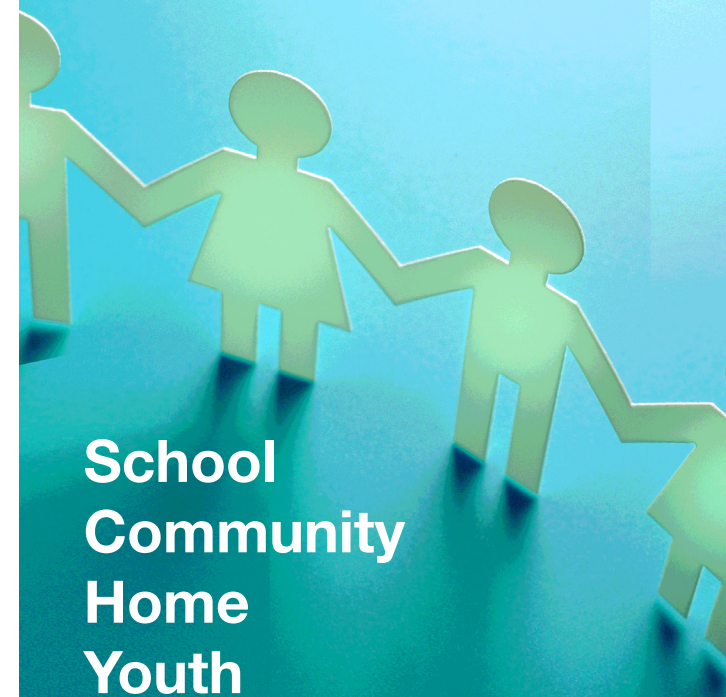
North Shore LIJ Health System

Public Access Television Corporation (PATV)

Tobacco Action Coalition of Long Island
Town of North Hempstead



Prevention Through Connection



School Community Home Youth

manhassetcasa.org



Join Us!



I want to join Manhasset CASA to support its efforts to help our youth stay healthy and safe!

Make checks payable to Manhasset CASA, Inc. Annual Membership fee is \$20. Additional donations gladly accepted.

Enclosed is my check for \$ _____

Name: _____

Address: _____

Email: _____

Phone: _____

Date: _____

Please check to see if your employer has a matching gift program. If so, complete their appropriate matching gift form and send it signed with your donation to Manhasset CASA, Inc.

Please mail your membership and/or donation to
Manhasset CASA, Inc.
P.O. Box 392 Manhasset, NY 11030

Manhasset CASA, Inc. is a 501(c)(3) corporation and is registered with the New York State Charities Bureau. Donations are tax deductible to the fullest extent of the law.

☐ Yes! I have some free time occasionally and would like to volunteer for Manhasset CASA! Please contact me!

UNDERAGE
DRINKING
Not a minor problem



Cut Here

About Manhasset CASA

Since 2001, the Manhasset Community Coalition Against Substance Abuse, Inc. (CASA) has existed in the Manhasset community as a resource to reduce the illegal, underage use of alcohol, tobacco, prescription and other drugs among its youth. CASA strives to reach our youth before they are in trouble by connecting parents, school, community and youth as partners in this common goal.

As a recipient of the Office of National Drug Control Policy's Drug Free Communities Grant Program,

Manhasset CASA's two main goals include

- **Reducing substance abuse among youth and, over time, among adults; and**
- **Establishing and strengthening collaboration among communities, private nonprofit agencies, and Federal, State, and local governments to support the efforts of our community coalition to prevent and reduce substance abuse among youth.**

Manhasset CASA is a non-profit organization which is made up of a group of representatives from twelve key sectors of our community: parents, business, media, school, youth-serving organization, law enforcement agencies, religious organizations, civic and volunteer organizations, healthcare and substance abuse treatment professionals, youth, local governmental agencies with expertise in the field of substance abuse, and other organizations involved in reducing substance abuse.

Shed Your Meds 24/7

Residents can drop off their unwanted pharmaceuticals at the Nassau County Police 3rd Precinct Police Center located at 100 Community Drive, Manhasset. Also please remember to LOCK YOUR MEDS!



Environmental Prevention

Recognizing that individuals are influenced by a complex set of factors such as community norms, mass media messages and accessibility to alcohol and prescription drugs, CASA implements multiple environmental prevention strategies that attempt to change the community conditions by which teens abuse drugs and alcohol. Efforts include implementing social marketing campaigns with state and national substance abuse prevention organizations to reduce underage drinking and teen access to unprescribed drugs and pharmaceuticals in the home.

CASA works with the Substance Abuse and Mental Health Services Administration's "Talk. They Hear You." Campaign as part of its efforts to provide parents with the resources they need to address underage drinking early with their children. Collaborating with the National Family Partnership's *Lock Your Meds: Be Aware. Don't Share.* Prevention Campaign, CASA partners with the Town of North Hempstead, Nassau County Police, North Shore LIJ Health Systems and the Drug Enforcement Administration (DEA) to promote Pharmaceutical Take Back Events and the importance of safeguarding all medicines, monitoring quantities and warning youth to the dangers of taking drugs without a doctor's prescription.

Over the course of the academic year, Manhasset CASA works with parents, students and the community to host ongoing educational programs addressing the physical, social and emotional wellness of our children in the prevention of youth substance use. Outreach includes Red Ribbon Week, Above the Influence Day, National Drug Facts Week, Health and Wellness Week and Kick Butts Day. Whether displaying a red ribbon on the doors of homes or educating teens to how they can stay Above the Influence, all outreach is in collaboration with Manhasset Public Schools and the Manhasset School Community Association (SCA).

Manhasset CASA collaborates with the Public Access Television Corporation (PATV) and the Town of North Hempstead's North Hempstead Television (NHTV) to produce *Prevention Through Connection*. This educational programming assists families in their efforts to raise healthy children. The program airs on NHTV Channels 18 and 63 (Cablevision) and Channel 46 (Verizon FIOS) and on PATV Channels 20 (Cablevision) and 37 (Verizon FIOS).