

Tips To Help Prevent Underage Drinking

Limit Access: If you have alcohol at home, keep track of it, know what you have, how much you have and lock it up so it is not accessible to teens. Thank store clerks for carding. Alert police if you know how and where teens are getting alcohol in your community.

Network: Get to know your teen's friends and their parents. Know what their rules are up front so you don't have to accept the argument of "everyone else is allowed to..." Let the parents of your teen's friends know what your rules and expectations are and where you stand on alcohol use.

Reinforce and Enforce: Children are less likely to begin drinking when parents set clear expectations and rules. Reinforce the rules and consequences of underage drinking before your teen goes out. Frequently explain the reasons behind the rules so your teen understands these are protective factors for them, not just a restriction on their freedom. Enforce the rules consistently. Don't look the other way if they violate them.

Check In Often: Before they go out, ask if an adult will be present and if there will be alcohol. Ask them to check in with you. Develop a secret text code to signal when your child may need help getting out of a sticky situation. Trust them but verify.

Be Up and Be Ready: Wait up or set the alarm for curfew time. Talk with them about their night. When they arrive home, look for signs of use. Teens who believe their parents will catch them are less likely to drink. Be prepared in advance for what you will do the FIRST time you discover your teen has been drinking. Think ahead of time how you want to react and how you will reinforce the consequences.

Be a Role Model: Use alcohol moderately. Don't communicate with your child that alcohol is a good way to handle 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.

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

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Coalition Sectors & Partners

Manhasset CASA works with local, state and national funders and partners to assist in attaining its goal to reduce substance abuse among our youth:

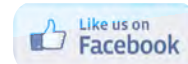
Adventures in Learning
Cardinal Health Foundation
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Council of Greater Manhasset Civic Associations, Inc.
Long Island Council on Alcoholism & Drug Dependence (LICADD)
Manhasset CASA Youth Committee Club
Manhasset Chamber of Commerce
Manhasset Clergy Association
Manhasset High School Key Club
Manhasset Press (Anton News)
Manhasset Public Library
Manhasset Public Schools
Manhasset School Community Association (SCA)
Mothers Against Drunk Driving (MADD)
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 and Substance Abuse Services (NYSOASAS)
New York State Senate
Public Access Television Corporation (PATV)
Raindeew Family Centers Manhasset
Substance Abuse and Mental Health Services Administration (SAMHSA)
Tobacco Action Coalition of Long Island
Town of North Hempstead



Prevention Through Connection

School Community Home Youth

manhassetcasa.org



Join Us!



Yes!

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!



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 organizations, 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

Any day or time, 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, marijuana use 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.* and New York State's *Talk2Prevent* Underage Drinking Prevention Campaigns to provide parents with resources to address underage drinking with their children.

CASA recently received a Cardinal Health Foundation Grant to promote safe medicine practices and local pharmaceutical take back events held with the Nassau County Police, New York State Senate and Town of North Hempstead. Additionally, our collaboration with the National Family Partnership's *Lock Your Meds* Prevention Campaign advances 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. 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).