



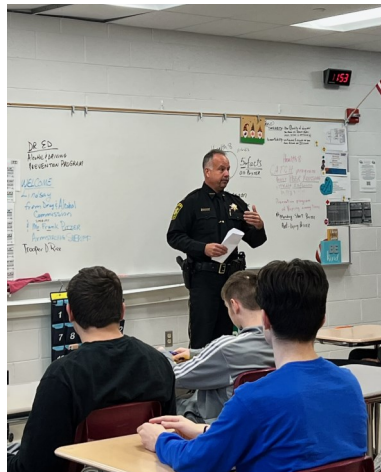
Prevention Newsletter

DECEMBER 2023

***To schedule any of our FREE Prevention Programs, please contact the Shelocta Office for Armstrong and Indiana Counties and the Clarion Office for Clarion**

National Impaired Driving Prevention Month

With Christmas Eve and New Year's Eve being two of the most deadly holidays for impaired driving crashes, December was designated as National Impaired Driving Prevention Month in 2012. According to the National Highway Traffic Safety Association (NHTSA), an average of 37 people in the United States die from drunk driving crashes every day. In 2021, 13,384 people died from alcohol impaired driving traffic deaths alone. These deaths are preventable which is why it is important for families, educators, health care providers, and community leaders to promote healthy decision making, highlight the dangers of drugs and alcohol and getting behind the wheel while impaired.



Pictured above are Armstrong County Sheriff Frank Pitzer (Left) and PA State Trooper Darren Rice (Right) answering students' questions on DUI and other alcohol related laws for Ms. Gladysiewski's 10th grade Driver Education classes at Armstrong High School. This is part of the Alcohol & Driving prevention program that aims to teach students the facts of alcohol use and the negative consequences of driving while impaired and drinking underage.

AICDAC Offices

Armstrong Office:
724-545-1614

Recovery Capital:
724-548-8334

Indiana Office:
724-463-7860

Clarion Office:
814-226-6350

Shelocta Office:
724-354-2746

Celebrate Sober This Holiday Season



Instead of having a bar full of alcohol for your party guests to enjoy, have a hot cocoa bar! December 13th marks National Cocoa Day and is a great alternative to stay sober and safe during the holiday season. Consider making a large batch of hot cocoa and providing delicious toppings for your guests to customize their drink with. Find our suggested toppings below.



- Whoppers
- Marshmallows
- Coarse sea salt
- Cinnamon sticks
- Mini chocolate chips
- Peppermint candies
- White chocolate shavings
- Caramel and chocolate sauce



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[AICDAC_Prevention](https://Instagram/AICDAC_Prevention)

Join our next Drug
Free Coalition Meetings
via Zoom or RSVP and
join us in person!

Armstrong
December 19th

Indiana
January (Date TBD)

Clarion
December 15th

Gift Responsibly Campaign

With the holidays just around the corner, it is important to know the implications of giving away lottery products to children as gifts. Studies show that the younger someone is exposed to gambling or participates in gambling, the more likely they are to develop a gambling problem later in life. Gambling exposure during childhood most often occurs when an adult gives a child some type of lottery product without realizing the associated risks.

The campaign is presented by the National Council on Problem Gambling (NCPG) and the International Centre for Youth Gambling Problems and High-Risk Behaviors at McGill University. The campaign is endorsed by NASPL, the World Lottery Association and European Lotteries and aims to do the following:

- ⇒ Educate communities on the dangers of providing lottery tickets to children
- ⇒ Raise awareness of the risks of youth gambling
- ⇒ Support responsible gambling while remaining neutral about legalized gambling



More and more youth are exposed to the availability and accessibility of many forms of gambling at even younger ages and are tempted by the pressures to participate. According to the National Council on Problem Gambling approximately 60 percent of high-school aged adolescents in the United States report having gambled for money during the past year. According to the 2021 PAYS data, an average of 34.9% of 8th, 10th, and 12th grade Armstrong County students have gambled in their lifetime. For Indiana County an average of 29.9% of 6th, 8th, 10th, and 12th grade students have gambled in their lifetime and for Clarion County an average 33.1% of students have gambled.

Make sure to gift responsibly this holiday season!

World AIDS Day



World AIDS Day is a global movement that takes place on December 1st each year to unite people in the fight against HIV and AIDS. Since 1988 communities have come together on World AIDS Day to show strength and solidarity against the stigma of HIV and to remember the lives that have been lost. This year's theme for World AIDS day will be "World AIDS Day 35: Remember and Commit."

Globally, an estimated 35 million people have died in the last 40 years due to HIV and AIDS related illnesses. This makes it one of the most destructive pandemics in history. While medical advancements have made HIV transmission less likely to happen and have extended the lives of those living with HIV, it is still highly stigmatized and misunderstood.

To learn ways to stop HIV stigma and discrimination visit:
<https://www.cdc.gov/stophivtogether/hiv-stigma/ways-to-stop.html>

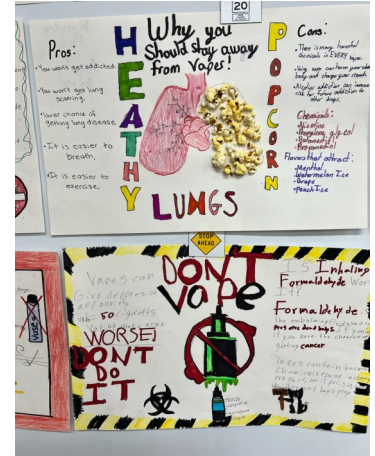
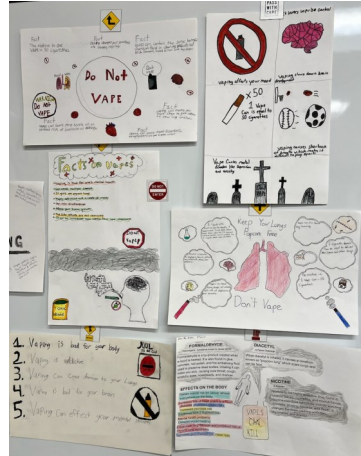
HIV testing is available at most health clinics for free or at a low cost. Self-testing is also available for those who would like to see their results privately.

For testing options near you visit :
<https://www.hiv.gov/hiv-basics/hiv-testing/learn-about-hiv-testing/where-to-get-tested/>

Program Highlights

The anti-vaping posters featured to the right were created by Ms. Gladysiewski's 8th grade Health students at Armstrong High School for CATCH My Breath. This vaping prevention program focuses on the negative consequences of vaping, influences on nicotine use, signs of nicotine addiction, resources to get help, and advertising tactics e-cigarette companies use to target teens.

While e-cigarette companies are trying to convince teens to use their products, we are having teens tell their peers all the reasons why they should not use e-cigarettes!



Pictured to the right is the Saltworks Theatre Company performing Alex Rewrites the Wrongs for students at Redbank High School. Alex Rewrites the Wrongs is an elementary school show encouraging kids to be a leader by doing the right thing, even when no one is looking. Inspired by Sean Covey's book, 7 Habits of Happy Kids, this interactive play will inspire children to be proactive to see change in their lives and to be a leader in starting that change. This play will educate students that they should live according to principles such as responsibility, compromise, teamwork, and respect.



To schedule any of our free prevention programs contact Jill Northey at (814) 226-6350 or jnorthey@aicdac.org

*Armstrong-Indiana-Clarion Drug
and Alcohol Commission*

WISHES EVERYONE A HAPPY HOLIDAY SEASON

