
A Year in Prevention

CASA-TRINITY INC. | LIVINGSTON COUNTY

JUNE 2023 VOLUME 1

Hello friends! Our Livingston County Prevention team wanted to send a thank you for another successful school year!

To our school staff and faculty, we want to express our sincerest gratitude. We appreciate you acknowledging the importance of each program we offer, and we thank you for the opportunity to partner with us, to allow each program to be delivered to your students. The opportunity to work alongside each school in Livingston County, helps to create a safer, healthier environment for our community.

Thanks to all of you, we have been able to successfully deliver educational programs to students of all ages. Each program is selected for the needs of the community and is tailored to have the biggest impact, while maintaining the Evidence Based Program and ensuring it is done to fidelity.

We also want to share our appreciation to our community partners and businesses that have openly welcomed and supported our contribution to our community. Your openness and support has made the work we do possible, and for that, we, and our community, are eternally grateful.

Each one of you is appreciated greatly and a warm thank you is in store because without your continued support, the work we do would not be possible.



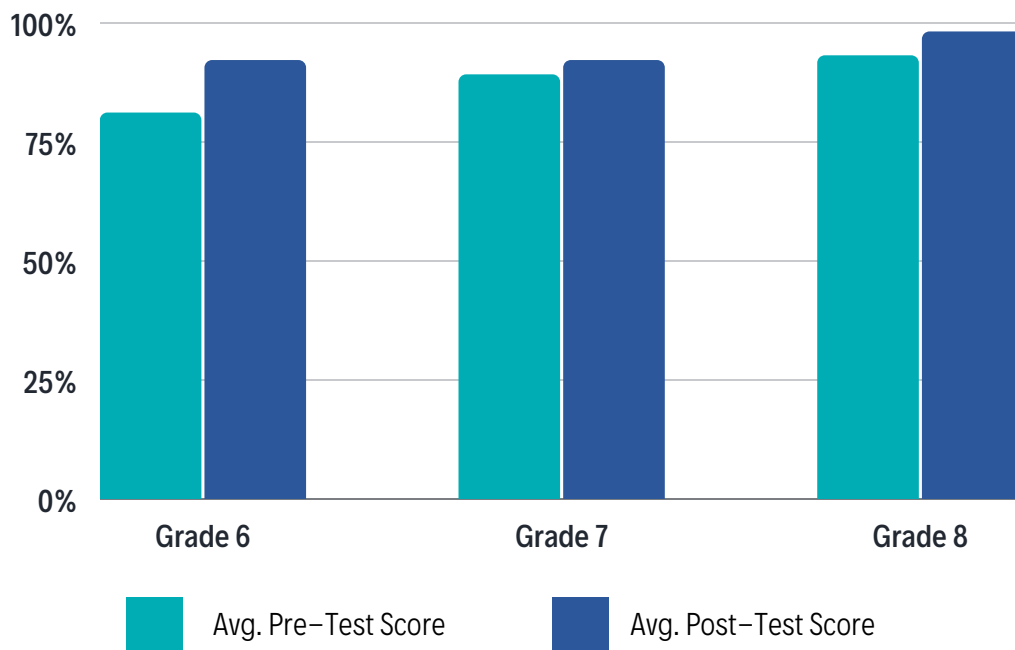
Andrea Richter

Andrea has been the lead of our Prevention team since October 2022. In addition to overseeing all our programs and ensuring they are done to fidelity, Andrea facilitates our WISE programming for older adults. Andrea also serves on a variety of community boards and coalitions in an effort to create a happier and healthier Livingston County.

2022-2023 Evidence Based Programming Recap

During the 2022–2023 school year, our Prevention team has been hard at work! We have been in 8 school districts this year providing educational programs such as Too Good for Drugs, Second Step, Catch My Breath, Girls Circle, and Teen Intervene.

Too Good for Drugs with Social Perspectives



Each grade level showed improved test scores and an increase in knowledge after completing the Too Good for Drugs program with the Social Perspectives extension.

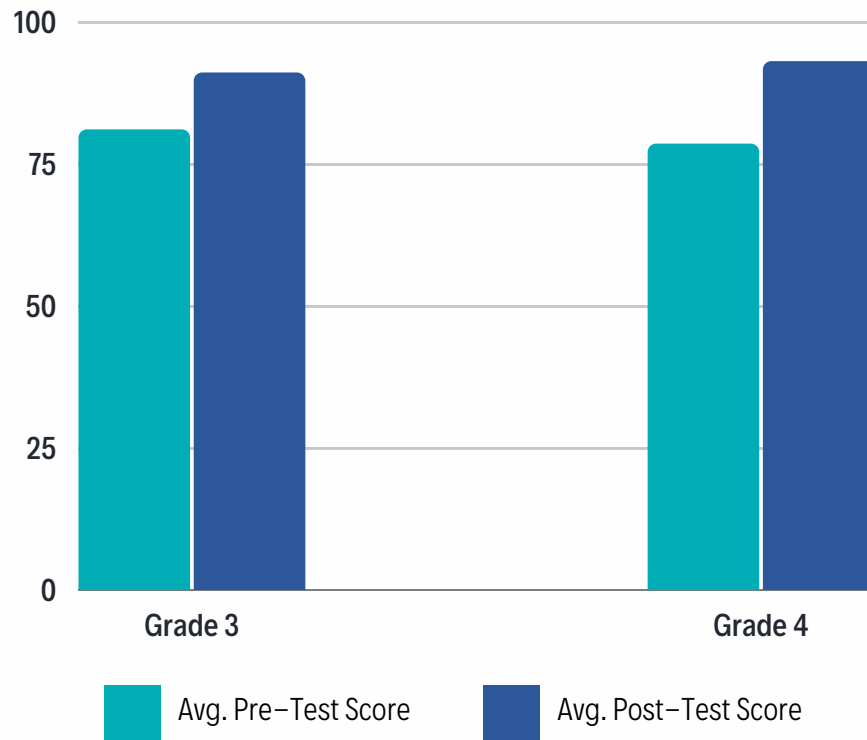


Lydia Boyd

Lydia started with CASA–Trinity in October 2021 as our Prevention Intern and fully joined our Prevention team in May of 2022. Lydia has been instructing Too Good for Drugs and Catch My Breath, while also working with youth during Teen Intervenes. She enjoys helping out with the Clubhouse and encouraging the youth to be creative.

2022-2023 Evidence Based Programming Recap

Second Step



Each grade level showed higher test scores and a large increase of knowledge after completing the Second Step program.



Tracy Rozanski

Tracy has been with our team since October 2013. She is a busy bee and teaches Second Step, LifeSkills, Teen Intervenes, SSET, Girls Circle, and Restorative Practices. She also is our go-to trainer for Mental Health First Aid for youth, teens, and adults.

Supporting Livingston County

Even though the school year is over, our Prevention team will still be busy providing Livingston County with programs and support.

Joyce will be providing Team Awareness and Workplace Wellness (TAWW) seminars throughout Livingston County. TAWW is a series of modules meant to provide practical skills for identifying and reducing stress at home or work and teach participants how to use stress as a positive opportunity to develop resilience and thriving, effectively improving workplace wellness.

Joyce and Lydia have also been supporting local libraries and have set up library displays throughout the county for our Summer Safety campaign. The displays highlight ways our youth can have a fun summer to remember while also staying safe!

You may also see results of Project Sticker Shock: an initiative created by youth for youth to raise awareness for the laws regarding providing alcohol to minors.

In August, stop by Dansville and visit our Prevention team members volunteering at CASA–Trinity's 5th Annual Color Run/Walk for Recovery.

The AIR Youth Clubhouse in Dansville will be open all summer to provide a safe space for teens 12–17 to hang out and have fun!



Joyce McNelis

Joyce started with CASA–Trinity in January of 2022 and heads our AIR Youth Clubhouse. She also teaches the Too Good for Drugs curriculum, Team Awareness and Workplace Wellness, and instructs Teen Intervene sessions throughout Livingston County. She enjoys working with the community and getting to be an advocate for youth!

Supporting Livingston County

Andrea and Mary are launching a new program this year called Wellness Initiative for Senior Education (WISE). WISE is a wellness and prevention program for older adults, which is designed to promote healthy aging, healthy lifestyle choices, and harm reduction.

Mary is also a huge fan of our Triple P Positive Parenting Programs. These programs give parents some extra tips and tricks on how to raise confident, healthy children and how to build stronger family relationships.

In the fall you may also see advertising for our Shawna Has a Secret program, which is a program specifically for parents to help them spot the warning signs that their child may have a problem with drugs or alcohol, and guides them through the process of having that conversation with their child and getting them support.

Throughout the summer and fall, Tracy will be facilitating Youth Mental Health First Aid and Adult Mental Health First Aid trainings, which will help people identify and respond to the signs of addiction or mental health challenges in youth or adults.

During the year, keep an eye out for our awareness campaigns throughout Livingston County! We do our best to raise awareness for Black Balloon Day, International Overdose Awareness Day, Summer Safety, Red Ribbon, Prom and Graduation Safety, and more!

If you would like information on how to register for these programs, please contact Andrea Richter at arichter@casa-trinity.org.



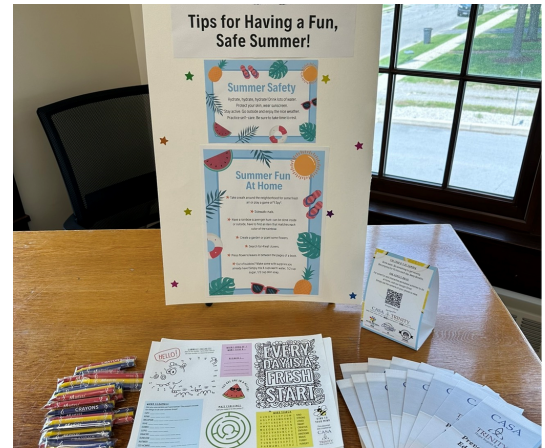
Mary White

Mary joined us at CASA–Trinity in March of 2023. She facilitates our W.I.S.E. sessions as well as instructs Teen Intervenes. Mary also leads many of our parenting activities and is our biggest Triple P advocate! She loves the opportunity to meet and support parents throughout Livingston County and admires their bravery in reaching out for help, their love for their children, and desire to do better for them.

Working with our Community



Joyce tabling at a DWI Simulation event in Wayland, NY.



Library display highlighting our Summer Safety campaign in Livonia, NY.



Lydia and Joyce handing out Christmas ornaments made by Clubhouse teens.



Mindfulness jars at Dansville, NY Fairy Fest.



Yard signs placed around Livingston County for International Overdose Awareness Day.



Andrea and Mary tabling at the Geneseo Rotary Summer Festival.

AIR Youth Clubhouse

The AIR Youth Clubhouse is a program meant to enable and empower youth by providing them with a safe and sober space to connect with others, build positive life skills, and participate in healthy activities that will build a foundation of wellness for the future.



Clubhouse teens and staff on a trip to Stony Brook State Park for a cookout.



Rachel and one of our teens demonstrating their creativity by decorating our Clubhouse window.

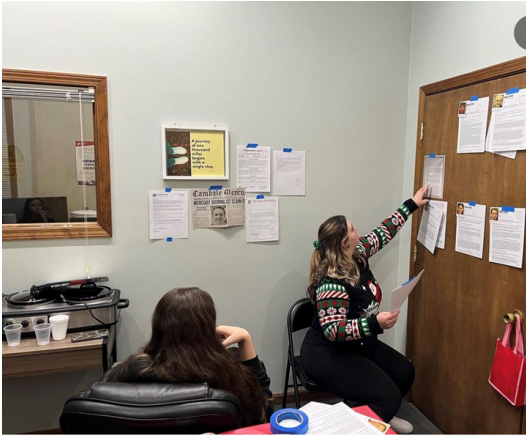


Ice Cream Day!



Tucker modeling our Clubhouse swag!

AIR Youth Clubhouse



Lydia and some of our teens putting on their thinking caps and solving a cold case.



Clubhouse field trip!



Enjoying the outdoors and went for a hike at Stony Brook State Park!



Our teens working together to find clues and solve riddles in an escape room.



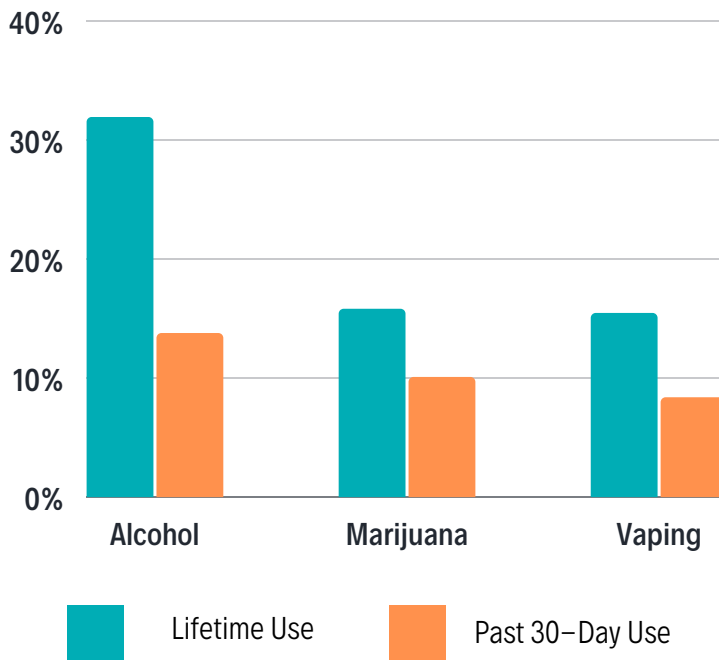
Rachel LeSchander

Rachel is our Prevention Intern for the 2022–2023 school year. She has been an incredible help with running the Clubhouse and engaging the youth in various educational and recreational activities.

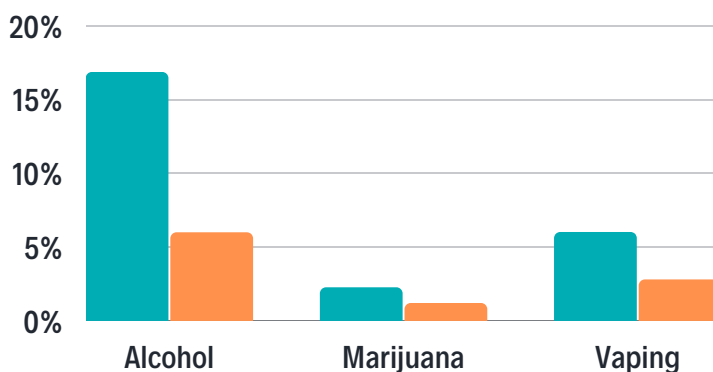
Plans for Next Year

CLYDE Survey Results

High School



Middle School



The CLYDE Survey is an anonymous survey that has collected feedback from school-age youth. This data reflects responses from youth in Livingston County.

We have many evidence-based programs that would be able to address the rates of alcohol use, marijuana use, and vaping that we are seeing among Livingston County youth.

- Too Good for Drugs: Curriculum that educates youth on alcohol, marijuana, and nicotine, as well as some social/emotional lessons (Grades 3–High School).
- The Marijuana Awareness and Prevention Toolkit (Middle School and High School).
- Teen Intervene: Designed for teenagers experiencing problems with drugs or alcohol (Teens ages 12–19).
- BASICS: Brief alcohol intervention for college students.

Wrap Up

Well friends, as you can see, it's been one busy year for our Prevention team!

With your help and support, we have been able to deliver educational programming to 8 different school districts throughout Livingston County this year. Each program is selected and offered based on the identified needs that each school and our community is experiencing. Through various tools and resources, we are able to identify these needs and then create effective plans to address such concerns. The programs we offer are carefully selected after reviewing them for relevance, accuracy, and effectiveness. Our staff is then trained extensively to ensure the most successful results may be achieved.

In addition to our various school programming, we also had the opportunity to participate and conduct multiple awareness campaigns. Our goal in participating in these campaigns, is to educate and raise awareness for the youth and adults we serve. Improving our community is a major goal of the Livingston County Prevention team, and that is why we dedicate so much time and resources to these campaigns. Our staff enjoy the work involved with the campaigns as they include meeting and partnering with different community members, such as business owners, workers, and the general public.

For the upcoming year, we vow to continue supporting Livingston County in any way that we can. Alongside our COO Rachel Pena and Chelsea Menio, Senior Director of Harm Reduction and Prevention Services, we have a lot in-store, and we are very excited to share it with you!

As we are rapidly approaching the upcoming school year, we have been working tirelessly to partner with the school districts in our county, to create a plan to deliver programs such as: Too Good for Drugs, Teen Intervene, and Girls Circle programs as well as many others. To further support our community, we will have additional WISE, TAWW, Responsible Server Training, and parenting programs available year-round. We hope to expand our services even further and reach more youth and adults in our community than ever before.

Again, your willingness and support helps make what we do possible. We are incredibly proud of the work we have accomplished this year and will continue to do throughout the future in Livingston County.

For more information about our programs and services, please reach out to Andrea Richter at arichter@casa-trinity.org.

We cannot wait to see what the 2023–2024 school year has in store for us!

Sincerely,

The Livingston County Prevention
Education Team of CASA–Trinity.

Hope begins here.

CASA  **TRINITY**

COUNCIL ON ALCOHOL AND SUBSTANCE ABUSE

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