



“Today We Choose Our Tomorrow”

CASAC

PREVENTION
WORKS

Building a safe and healthy environment
by effectively educating the community
on positive life choices.

501 W. Third Street
Suites 3 & 4 Sprinchorn Bldg.
Jamestown, NY 14701
Phone: 716.664.3608
Fax: 716.664.3661

51 E. Third Street
Suite 2
Dunkirk, NY 14048
Phone: 716.366.4623
Fax: 716.366-4624

Email: info@casacweb.org
Website: www.casacweb.org

DONATE TODAY!



Families and Communities Can Make A Difference

Oftentimes, individuals who experience a mental and/or substance use disorder feel isolated and alone. Yet, every year millions of Americans experience these conditions. It's important that we offer support to individuals facing mental and/or substance use disorders. In fact, we need to create environments and relationships that promote acceptance. Support from families is essential to recovery, so it's important that family members have the tools to start conversations about prevention, treatment, and recovery. Too many people are still unaware that prevention works and that mental and substance use disorders can be treated, just like other health problems. CASAC has witnessed the positive reality of recovery. Individuals who embrace recovery achieve improved mental and physical health and form stronger relationships with their neighbors, family members, and peers. We need to make more people feel as though recovery is possible. Mental and substance use disorders affect people of all ethnicities, ages, genders, geographic regions, and socioeconomic levels. They need to know that help is available. These individuals can get better, both physically and emotionally, with the support of a welcoming community. Families and communities can find hope and spread the message that recovery works by celebrating September as Recovery Month, an initiative sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA). CASAC is celebrating Recovery Month by holding two Recovery Walks to honor individuals and families who are in long-term recovery. A walk will be held on Tuesday, September 26th at noon, beginning and ending at the Salvation Army, 704 Central Avenue, in Dunkirk. The second walk, will be held in the South County on Wednesday, September 27th at noon. This walk will begin and end at the Mental Health Association, Gateway Center, Jamestown. An information table with local addiction resources will be available and light refreshments will be served at both locations. Your attendance will demonstrate the support of the recovery community, including those who provide prevention, treatment, and recovery support services. CASAC urges all community members to join the celebration and help reduce the incidence of mental and substance use disorders. Offering support to those experiencing mental and/or substance use disorders can make a huge difference. Together we can help others realize the promise of recovery and give families the right support to help their loved ones. Confidential help is available 24 hours a day through SAMHSA's National Helpline: 1-800-662-4357, NYS HOPEline: 877-846-7369, or by calling the Chautauqua County Crisis Services 1-800-724-0461.

ABOUT US...Since 1974, Chautauqua Alcohol & Substance Abuse Council (CASAC), a United Way partner agency, has provided prevention education and community awareness regarding alcohol and other drugs. CASAC is the only New York State Office of Alcoholism & Substance Abuse Services (OASAS) approved and supported alcohol and other drug prevention agency in Chautauqua County. For further information about CASAC's programs and services, call the Jamestown office at 664-3608, the Dunkirk office at 366-4623, or go to CASAC's website, www.casacweb.org.