CCDAEC

Crawford County Drug & Alcohol Executive Commission

(814) 724-4100

NEWSLETTER

August 2025

Job Postings:
www.indeed.com

- Certified Peer Recovery Support Specialist in the Emergency Department/PREP
- Case Manager

A note from Jim...

Well summer is in full bloom, and it has been a warm one. While I don't want to rush the end of the summer, the start of school is right around the corner. Most schools will start prior to the end of the month. With this in mind I wanted to focus on our college age students.

Alcohol use is highly prevalent among college students and poses significant health, academic, and social risks. Prevention strategies must address the unique environment and pressures of college life.

Why College Students Are at Risk: Increased independence and reduced parental oversight, peer pressure and social norms that encourage drinking, academic stress and social anxiety, easy access to alcohol, and a misconception about drinking norms (e.g., thinking "everyone drinks a lot")

What are some of the consequences of Alcohol Use in College Students: Poor academic performance, injuries (accidents, falls, fights), sexual assault and risky sexual behavior, blackouts and memory loss, alcohol poisoning, legal issues (e.g., DUI), and development of Alcohol Use Disorder (AUD).

Prevention Strategies that can be used by college students for alcohol use

1. Stop Initiation or High-Risk Use: Educational campaigns, social norm interventions, policies and enforcement, skills-building programs.
2. Early Identification and Intervention: Screening tools, brief motivational interventions, online modules.
3. Preventing Harm and Relapse in Students with AUD: Campus counseling centers, referral to treatment, recovery-friendly campuses.

Protective Factors in the College Environment: Strong peer support for sober choices, involvement in non-drinking clubs or sports, good time management and academic engagement, strong family and faculty connections, clear campus policies and consistent enforcement

Preventing alcohol misuse among college students requires a multi-level, collaborative approach involving students, faculty, administrators, health services, and the wider community. Evidence-based programs that combine education, policy, and individual support are the most effective.

One more note, August 31st marks International Overdose Awareness Day (IOAD). It is a day that is dedicated to honoring lost lives to overdoses, raising awareness and promoting preventions strategies, reducing the stigma of SUD and overdose deaths and encouraging education and access to harm reduction tools. CCDAEC will be outside of the Living Room area with a banner to dedicate to these individuals.

Warm Regards - Jim

Our Vision:

The Vision of CCDAEC is to empower residents of Crawford County to prevent and to recover from the traumas of substance abuse for the purpose of improving their quality of living and their positive involvement in the community.

Mission Statement:

The mission of Crawford County Drug and Alcohol Executive Commission, Inc. is to reduce the incidence and prevalence of substance abuse in Crawford County through implementation of prevention, intervention and treatment services which address the specific needs of Crawford County.

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LOOKING FORWARD TO AUGUST

It's early August, and around the country, high school students are posting first-day-of-school pictures – well, their parents are – and college students are either packing up to head back to campus, finishing up summer abroad programs, working the last few shifts of their summer jobs, or already on campus, participating in new student orientation and other fun activities.

For high school and college students in recovery from an alcohol or substance use disorder (AUD/SUD), it can also be something else. It can be a time of apprehension, concern, and possibly fear. Not about classes, grades, friends, deciding a major, clothes, or crushes: about staying in recovery during the new school year.

Top Tips: How to Thrive in Recovery This School Year

1. Make Goals:

This might be the most important thing you can do. If you're new in recovery, simply maintaining abstinence may be your goal. If so, write it down and make a list of things you need to do to achieve that goal.

2. Make a Plan:

To stay on your program, stay sober, and meet your recovery goals, you need to make a plan. We mention that above, when we suggest you make lists that help you achieve your goals. This tip is slightly different. Before you go back to school – meaning now, today, soon – make a big-picture plan for how you're going to achieve your recovery goals for the year.

3. Find a Local Counselor or Therapist

If you're a high school student, your parents can do this. And if you don't have an addiction counselor, consider asking them to find you one. If you're a college student attending school away from home, we encourage you to ask for a referral from your current counselor or therapist for local support. For people who recently completed a treatment program, we recommend asking your peer support specialist or case manager for help finding professional support local to your school.

4. Practice Self-Care

This is crucial. When you let the stress of school, including academic pressure, social pressure, worry about what you're going to do with the rest of your life (if you're in college), worry about college (if you're in high school), or worry about an upcoming exam, you may be tempted to handle the stress with alcohol or drugs.

Crawford Heritage COMMUNITY FOUNDATION EST. 1998

Crawford gives 2025

LET'S COME TOGETHER AND SPREAD THE LOVE!

AUGUST 12TH- 15TH 2025
Online Donation

ABOUT OUR EVENT!

This special fundraising event, allows generous people and businesses the opportunity to support nonprofit organizations that are helping meet the needs of our community.

From prevention to recovery, we at Crawford County Drug and Alcohol Executive Commission (CCDAEC) are here for Crawford County—every step of the way. Your donation helps us meet people where they are and walk with them toward a healthier, more stable future.
Your support will help provide:

- Prevention materials for local classrooms.
- Essential items like car seats to ensure children are safe.
- Temporary housing support for individuals in recovery.
- Community recovery events that celebrate every milestone—because every day matters!

Together, we can build a stronger, healthier Crawford County.

"Join the path to recovery" CCDAEC
Crawford County Drug & Alcohol Executive Commission, Inc.

WHY DONATE DURING CRAWFORD GIVES?

Easy way to give
Donate online, anytime during the 72-hour event.

Learn about Nonprofits
Discover the missions and impact of organizations in Crawford County.

Amplify your Gift
Many donations are boosted by a match pool, meaning your gift can go further.

Support what Matters to You
Choose causes you care about and help strengthen your local community.

Contact us
814-336-5206

Website
www.crawfordgives.org

mindfulmocktail.com

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LOOKING FORWARD TO RECOVERY

September is National Recovery Month

CCDAEC staff & area agencies like CFS (Center for Family Services) are busy planning for the Recovery Celebration. If you would like to help or be a part of this amazing event,
Please Contact:
Becca Smith (814) 573-1573

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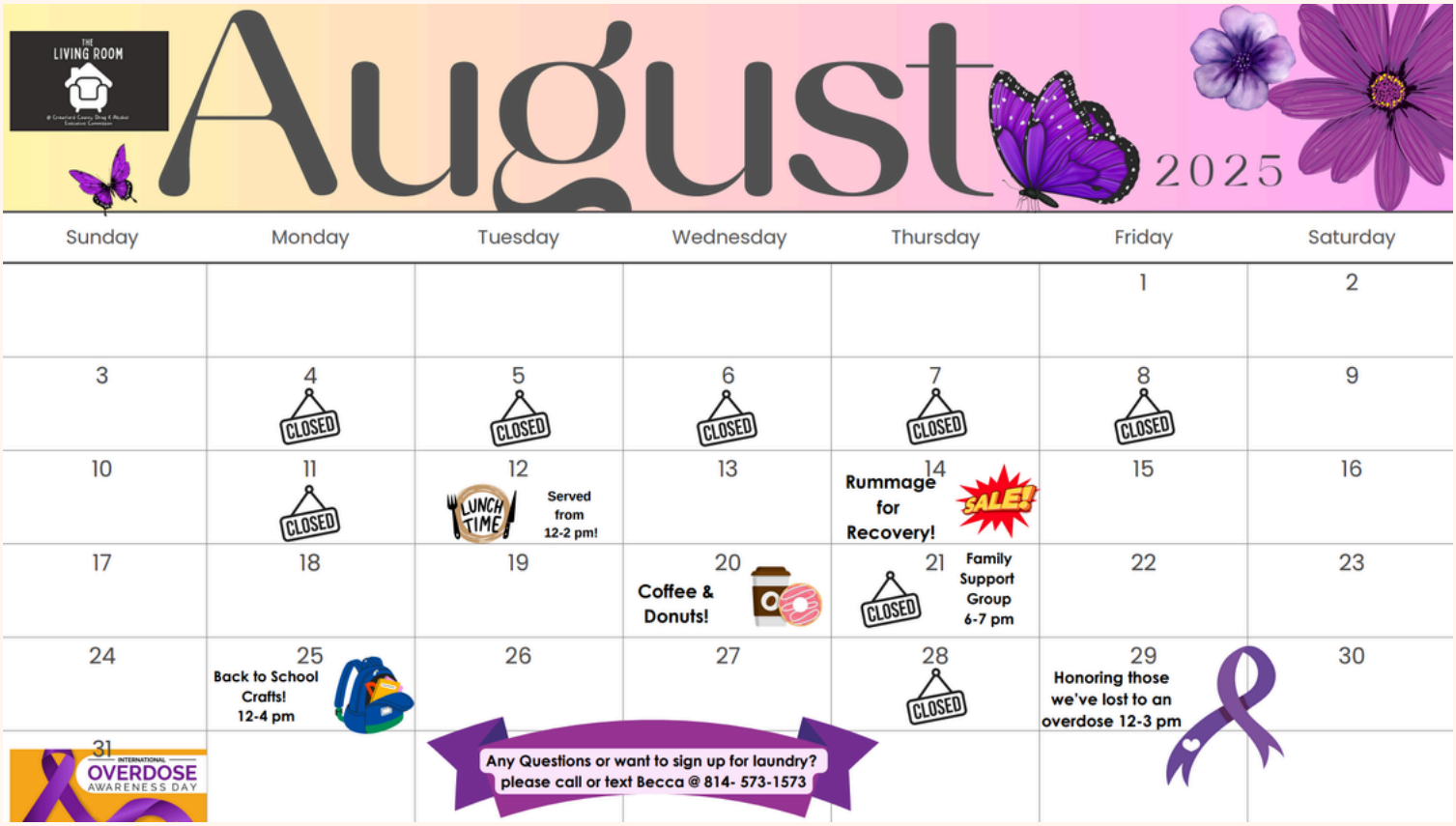
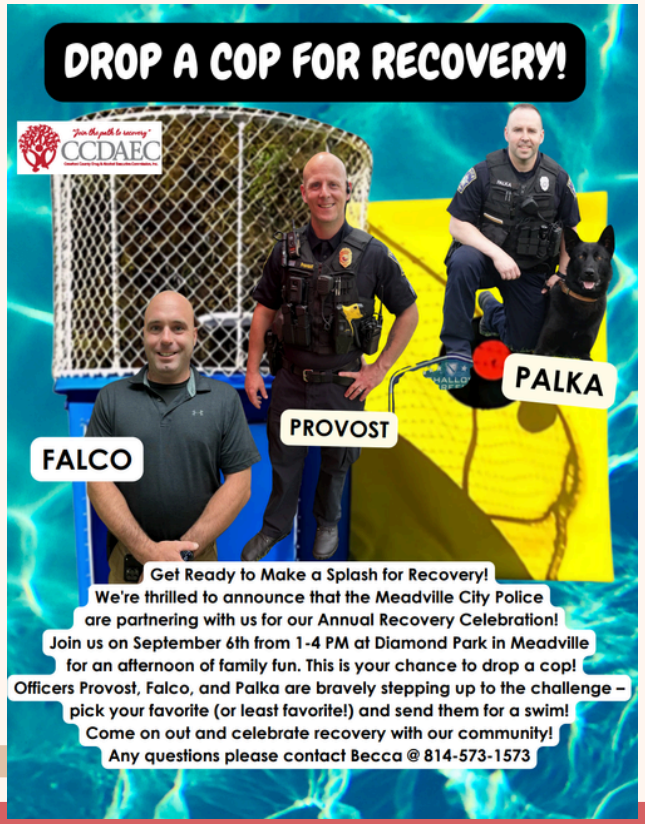
LOOKING FORWARD TO AUGUST





DON'T FORGET TO SIGN UP!

Trail to Recovery
5k Run/1mile Walk

Sunday, August 10th
9am at Ernst Trail
(Bean's Auto side)

https://www.givesignup.org/Race/PA/Meadville/JustSayNoDoa5kInstead