

ALUMNI CHATHAM CONNECTIONS

CHATHAM CENTRAL ALUMNI ASSOCIATION
FALL 2016 NEWSLETTER

SPECIAL ISSUE

Columbia County Group held a forum At Chatham High School to fight addiction, opioid epidemic

Columbia Pathways to Recovery (CPR), in conjunction with Friends of Recovery and One Community One Voice, presented a screening of a video, "THE ANONYMOUS PEOPLE", on September 17. This powerful, thought-provoking 88-minute video was the centerpiece of the forum aimed at inspiring the general public to learn about local efforts to advocate on behalf of recovery from addiction. (This video is available on YouTube. You are urged to view it in its entirety and become involved in helping to slow this epidemic.)

The Columbia Pathways to Recovery (CPR) is a community dedicated to building the many pathways towards strategies and solutions to the addiction crisis in Columbia County. The forum panel members included Steering Committee members Lori Antonson and Laurie Quinn; Peter Volkmann, Chief of the Village of Chatham Police Department; Adam O'Brien, a Licensed Mental Health Counselor and Alcohol Substance Abuse Counselor; Robert Lindsey, CEO Friends of Recovery NY; Lori Teaney, Young People in Recovery; and Stephanie Campbell, Director of Policy, Friends of Recovery. NYS Senator Kathleen Marchione presented an update on 2016 legislative action and applauded the local effort trying to deal with this epidemic.

Special thanks were given to Superintendent Cheryl Nucifero, the Maintenance Department, the Fine Arts Booster Club and the Athletic Booster Club.

**THE
ADDICTION
AND OPIOID
CRISIS IS
REAL....
IT IS REAL
RIGHT HERE.**

TIMES UNION Editorial
9/20/2016

Few of us want to see another person in pain, and most of us would relieve someone's suffering if we could. The pharmaceutical industry, however, has been exploiting that noble sense of human compassion for years, leaving our society with an opioid addiction epidemic that has claimed the lives of 165,000 Americans. That's more than we lost in most wars, including World War I.

**DON'T LOOK THE
OTHER WAY....**

GET INVOLVED.

**SEE HOW YOU
CAN HELP.**

**Chatham Cares 4 U
Outreach Initiative Program
Launched by the Chatham
Police Department**

Chief Peter Volkmann announced that the Chatham Police Department has partnered with the Police Assisted Addiction and Recovery Initiative (P.A.A.R.I.) to launch their own recovery initiative, Chatham Cares 4 U Outreach Initiative Program.

Modeled after the Gloucester ANGEL Initiative, Chatham Cares 4 U encourages residents of the community who want to overcome their drug addiction to walk into the police station in the Village Hall, 77 Main Street, turn over their drugs and paraphernalia and ask for help. They will not be charged but instead will be placed into a drug treatment program regardless of financial means or insurance coverage. Participants will be assigned to a volunteer "angel" who will help guide and support them while in recovery.

"Drug addiction is a disease, and those who are suffering need help. The Chatham Police Department will take direct action."

The department is the first in Columbia County to partner with the Police Assisted Addiction and Recovery Initiative. "The stigma associated with heroin and opiate addiction is over" Chief Volkmann said in a recent press release. "Police officers are here to help you, not judge you."

**THE CHATHAM STRENGTH &
RECOVERY TOGETHER GROUP
MEETS WEDNESDAYS AT 7 PM
CHRIST OUR EMMANUEL LUTHERAN
CHURCH, 23 PARK ROW
CHATHAM, NY 12037
(SIDE DOOR)**

[strengthand recoverytogether-info@delmartian.com](mailto:strengthandrecoverytogether-info@delmartian.com)

**JOIN THE COLUMBIA
PATHWAYS TO
RECOVERY
(CPR)**

**MEETINGS ARE HELD AT
THE CHATHAM HIGH SCHOOL
LIBRARY AT 6:00 PM**

**MEETING SCHEDULE FOR
2016/2017**

OCTOBER 18, 2016

NOVEMBER 15, 2016

DECEMBER 20, 2016

JANUARY 17, 2017

FEBRUARY 21, 2017

MARCH 21, 2017

APRIL 18, 2017

MAY 16, 2017

JUNE 20, 2017

**PLEASE COME.
WE NEED YOUR SUPPORT**

**Do you know about THE NAR-
ANON FAMILY GROUPS?**

These family groups are a worldwide fellowship for those affected by someone else's addiction. It is free to attend and meetings are open to anyone. As a 12-step program, NAR-ANON offers help by sharing experience, strength, and hope with others in the same situation. In time, with support from this group you learn a better way to live while continuing to love the addicted person in your life.

10 TIPS FOR PARENTS (and other interested relatives and friends)

1. Don't be afraid to be a "bad" parent
2. Connect with your child's friends
3. Make connections with other parents
4. Promote healthy activities
5. Establish clear family rules about alcohol and drugs
6. Get educated about alcohol and drugs
7. Be a role model and set a positive example
8. Keep track of your child's activities
9. Keep track of alcohol and prescription drugs
10. Get help! If at any point you suspect that your child is having a problem with alcohol or drugs, get help. Don't wait.

Where to start?

CPR can provide you with information about available resources in Columbia County. Let them help you. Don't try to go it alone. There's a Guide to Mental Health & Addiction Services in Columbia County. There is a How To Guide for Navigating Addiction Services In and Around Columbia County. Contact your legislators and ask about new legislation. Ask your health care provider for advice. Read the local newspapers for issues that are related to addiction and opioids.

Don't keep it a secret. Be receptive to sharing your feelings and concerns with experienced professionals who are trained to help you and your loved ones.

The information included in this Special Edition was gathered at the Forum held at the Chatham High School on September 19, 2016. Our thanks to the people who organized the Forum, gathered the presenters, gathered the many informative handouts, and shared the video, THE ANONYMOUS PEOPLE.

We know that not all of our readers live in Columbia County. Addiction and opioid misuse are national epidemics. Find out what your community, your school, and your police departments are doing to help alleviate the problem.

CHATHAM CENTRAL ALUMNI ASSOCIATION 2015-2016

President: Jeanne Westover '72 Secretary: Joan Sherman Simard '57
Treasurer: Henry Binzer '52 Newsletter Editor: Patricia McKern Binzer '52

CHATHAM CENTRAL ALUMNI ASSOCIATION P.O. BOX 208 CHATHAM, NY 12037
chathamcentralschools.com/Alumni

THE ALUMNI ASSOCIATION LOOKING TO THE FUTURE

The alumni association has accomplished a lot since it began eleven years ago. We have given money to several projects that have enhanced the education experience for Chatham's students. We also have offered our support to the music department at the annual Music on the Lawn concert, to the 8th grade Moving Up Day, to the 4 seniors identified each year for demonstrating exceptional school spirit. We have mailed several newsletters to our association members who live all across the country

But what have we not accomplished? We have not been able to grow our membership roster. We have not been able to attract new members. If we are to sustain the organization we must continue to grow. We can't expect the current officers and members to continue forever. Some of us are in our 80's. Hanging on pretty well but we'd like to know that when we can no longer do what we do there will be others who will keep the Chatham Central Alumni Association going.

When you meet alumni in your daily life will you ask them to join the alumni association? Tell them to go online to the district website and click on the Alumni link. A membership application is right there. Only \$10 for dues. We need more members as much as we need more money. We need some young folks, middle-aged folks and old folks. It's our school doing its best to provide quality education for the future citizens of our community.

As this SPECIAL ISSUE demonstrates, it does take a village to raise a child. We need you to share this newsletter. We need you to encourage your friends and neighbors to JOIN the association. Help us help our school help our children grow into caring healthy adults.

IS IT TIME TO PAY YOUR DUES?

Dues for 2016-2017 are due in July, but are accepted any time during the year. Your additional contributions are also welcome at any time and enable your alumni association to provide even more assistance to the students in the Chatham schools.

Yes, I want to join the Chatham Central Alumni Association and I enclose my annual \$10 dues.

NAME: _____ YR OF GRADUATION _____

MAIDEN NAME _____

ADDRESS: _____

PHONE: (HOME OR CELL) _____

EMAIL : _____

AMOUNT ENCLOSED: DUES _____ CONTRIBUTION _____ TOTAL: _____