



Seneca County
Youth Counseling Services

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Youth Counseling Services Newsletter

Who We Are and Where To Find Us

Mary P. Grace, LCSW, CASAC, CPP
Prevention and Treatment Program Director
Seneca County Community Counseling Center
(315) 539-1985

Darlene Bennett, CPP, Substance Abuse Counselor
Frank Knight and Cady Stanton Schools
(315) 568-5500 ext 3141 (FK) or 4138 (CS)

Sarah Haws BA, Substance Abuse Counselor
Seneca Falls Middle School and Mynderse Academy
(315) 568-5500 ext 2153

Terri Stawasz, CPP, Substance Abuse Counselor
South Seneca Middle/High School and
Waterloo Middle/High School
SSHS (607) 896-9636 ext 4157
WMS/HS (315)539-1550 ext.1540

Mary Lou Lang, BS, Substance Abuse Educator
All Seneca County Schools
(315) 539-1985 or 539-1729

Currently Scheduled Programs

- Life Skills Training - All Seneca County Schools
- Better Your Own Body (BYOB) - 4th grade all county schools
- McGruff Frank Knight - 1st grade
- Sexual Abuse Program - FK K-2
- Social Skills Frank Knight and Cady Stanton Schools
- Anger Management / Bullying mini session 6th Grade SFMS
- Other presentations available per request

Mission Statement

Youth Counseling Services offers Seneca County school age youth greater opportunity for achieving individual potential and well-being.

We join with parents, schools and other community agencies to provide quality prevention and intervention services.

Newsletter Purpose

To provide updated information about our prevention programs and services in the Seneca County Central School Districts.

We currently meet the needs of students through both counseling and educational services. This is done through calculating the risk and protective factors of the students. Risk factors are correlated with negative behaviors while protective factors tend to promote positive attributes. See OASAS website below for more information.

Our education services focus primarily on **evidence** based programming in order to show positive measurable outcomes.

[New York State Youth Development Survey](#)

OASAS recently surveyed youths in grades 7-12 in NYS, including three Seneca County school districts, to assess risk and protective factors pertaining to substance use and gambling. For information regarding results go to:

www.oasas.state.ny.us

Other County News

The Seneca County Substance Abuse Task Force has recently created posters and informational tear-offs with 24-hour crisis numbers that have been distributed throughout the county including local schools. Look for them in your area.

Special thanks to the Seneca County Substance Abuse Task Force for funding this project.

Drug and Alcohol Facts:

- ❖ Alcohol is the most commonly abused drug in the U.S.
- ❖ There are over 4000 chemicals in cigarette smoke.
- ❖ Marijuana can interfere with a person's normal ability to vomit after drinking.
- ❖ Young People with positive attitudes are more likely to be successful and less likely to use alcohol and other drugs.



**Seneca County Community Counseling
Center**
Youth Counseling Services
31 Thurber Drive
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(315) 539-1985

*In partnership with your schools since 1985.

In Brief:

- Look for us at School Open Houses.
- Look for future issues of this newsletter at the end of the first semester and the end of the school year.
- For assessment and counseling referral process please contact your individual school counselor.

Counselor Spotlight: Terri Stawasz



Terri has been working with Youth Counseling Services since August 31st1992. She is a Credentialed Prevention Professional (CPP). She provides counseling services in both South Seneca and Waterloo School Districts. She has also been an advisor for the local Drug Quiz Show since 1993.

Terri has three children. Two are currently in college and one is working as an assistant editor for a local publishing company.

Outside of work Terri enjoys gardening, swimming, walking and spending time with her family.