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### Prevention education

Wendy DiMatteo

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# *Prevention Education*

*Contributed by Wendy DiMatteo*

SAISD (Substance and Alcohol Intervention Services for the Deaf) offers prevention education as part of its programming. The cause of substance abuse seems to boil down to either stress or boredom. It is our belief that clear information helps people make healthier choices before drugs and alcohol become a problem in their lives. People who turn to drugs or alcohol to handle a problem find they have added to their problems instead of relieving them.

Education and support are healthier ways to deal with stress. These are available to NTID students and the deaf community through SAISD. We address these issues by teaching many different approaches to the following related topics:

- Decision making through education
- Communication skills
- Conflict resolution
- Self-esteem building
- Quit smoking programs
- Stress relief
- Anger (management)
- Education about drugs and alcohol

SAISD does not just offer counseling on substance abuse to deaf users and their families; we also focus on prevention and education. Services offered are programming, counseling, intervention, referral, information and education. These are available to students, families, friends and professionals.

We invite you to visit SAISD's web site, which contains information related to the program, deafness and addiction. The address is: [www.rit.edu/sa/coun/saisd](http://www.rit.edu/sa/coun/saisd).

You are invited also to stop by the office upstairs in the RIT Student Life Center's August Building and check out our literature rack, which is full of information about drugs and alcohol and other factors that interact with those topics.

**SAISD has many different printed materials on our literature rack. These are arranged under the following topics and related issues:**

- \_\_HIV/AIDS (Human Immunodeficiency Virus/Acquired Immune Deficiency Syndrome)
- \_\_Drugs
- \_\_Alcohol
- \_\_Smoking
- \_\_Miscellaneous AOD (Alcohol and Other Drugs) Topics

**SAISD publishes the following material:**

- SAISD brochure
- Chemical (Drug Dependency brochure)
- Alcoholism brochure
- Cocaine brochure
- Marijuana brochure
- Smoking and Other Uses of Tobacco brochure
- VIP Peers\* Manual, Slides, Videotape, Resource List, Videotape List  
(VIP Peers: Volunteers in Prevention – Promoting Education, Encouragement, Resources and Support)
- National Directory of Alcohol and Other Drugs Prevention and Treatment Programs  
Accessible to the Deaf available through our website: [www.rit.edu/sa/coun/saisd](http://www.rit.edu/sa/coun/saisd)

**SAISD provides information on the following topics:**

- Deafness and how best to relate/communicate/interact with deaf people
- Deafness as it relates to drug and alcohol abuse
- Printed AOD materials specifically designed for the deaf person

Printed materials are available on the literature rack at SAISD or by calling or writing:

RIT/SAISD Staff Specialist  
115 Lomb Memorial Drive  
Rochester, NY 14623-5608  
(585) 475-4978 (V/TTY)  
(585) 475-7375

**SAISD provides programs on the topics listed in this document and can also work out programs on specific topics with the requestor.**

You may use this form to make a request. Simply check off the material requested, complete the information below, and send it to the above address.

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/Zip \_\_\_\_\_  
Phone \_\_\_\_\_