



**BARNSTABLE COUNTY  
DEPARTMENT OF HUMAN SERVICES**

Post Office Box 427, Barnstable, Massachusetts 02630  
www.bchumanservices.net

Office (508) 375-6628

Fax (508) 362-0290

TDD (508) 362-5885

Elizabeth Albert, Director  
balbert@barnstablecounty.org

November 16, 2016

Contact: Beth Albert, Director  
[balbert@barnstablecounty.org](mailto:balbert@barnstablecounty.org)  
508-375-6626

or

Kim Slade  
[kslade@barnstablecounty.org](mailto:kslade@barnstablecounty.org)  
508-375-6845

FOR IMMEDIATE RELEASE

**My Choice Matters: Parenting to Prevent Substance Use**

November 20, 2016 12:00 – 3:30 p.m. at the Cape Codder on Iyannough Road in Hyannis. **My Choice Matters - Parenting to Prevent Substance Use** is a free event for parents & caregivers of children of all ages and is designed to provide Cape Cod parents with information from local experts on strategies for positive, effective parenting and practical tips for communicating with their children. The Parent Summit is brought to you by the Barnstable County Regional Substance Use Council. Register at [www.tinyurl.com/capecodparentsummit](http://www.tinyurl.com/capecodparentsummit).

Parents want factual information and practical tips for effective parenting to prevent substance use. Local surveys show that parents have more influence than anyone else – including peers – on their child’s choice to drink alcohol or use drugs. Knowing that “My Choice Matters” encourages parents to learn how alcohol and drugs affect children and empowers them to speak often and honestly to their children to decrease the likelihood of alcohol and drug use.

Keynote speaker Dr. Ruth Potee, M.D. will open the event with a presentation on how alcohol and drugs affect the developing youth brain. Cindy Horgan, Executive Director of Cape Cod Children’s Place, will speak to parents of children ages 0-7 about raising healthy families. Traci Wojciechowski, Regional Director of Caron Student Assistant Programs, will speak to parents of children aged 8-14 on the topic of promoting healthy behaviors. Tom Hermanowski, Founder of Alcohol & Drug Abuse Prevention Training will present to parents of children aged 15-21 about the impact of stress on teenagers.

---

***Creating a Healthy Connected Cape Cod***

*The Mission of the Department of Human Services is to plan, develop, and implement programs which enhance the overall delivery of human services in Barnstable County and promote the health and social well-being of County residents through regional efforts that improve coordination of services.*

**Thank you to our sponsors:**

- Cape Cod Healthcare Community Benefits
- Barnstable County Department of Human Services
- Cape Cod Foundation – Worthington Campbell, Jr. Fund
- Cape and Islands United Way
- Gosnold on Cape Cod
- Cape Cod Five Cents Saving Bank Foundation

**Background:** The Barnstable County Regional Substance Use Council was convened by the Department of Human Services in 2014. The RSAC is comprised of over 40 members, representing multiple sectors including federal and state elected officials, local government, law enforcement, town coalitions, first responders, probation, drug court, school nurses, parents, people in recovery, school superintendents, treatment and healthcare providers.

#####