



DYNAMITE

Minute



WINTER EDITION HIGHLIGHTS

CHECK OUT WHAT WE HAVE PLANNED NEXT! Pg.2

DYC AT ALBANY ADVOCACY DAY! Pg. 7

TAP INTO YOUR ARTSY & ATHLETIC SIDE! Pg.8

Created by Mandy and Stephan





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Want to see your content in our next newsletter? Share your stories, articles, and photos with us at NEWSROOM@DYCINC.ORG, and you could be featured!

THE MISSION



An overview of 54 years of dedicated treatment and services.

Our continuing goals are to provide comprehensive, compassionate, evidence-based treatment for youth, young adults and adults struggling with substance use disorders. We are dedicated to supporting their families through support and collaboration. By fostering resilience, promoting recovery, and empowering individuals, we aim to create a healthier future for our community.

-The Dynamite Philosophy-

Is that every man makes his own destiny and he can shape his destiny by having convictions, positive values and self respect. I, as an individual, must be prepared to meet my own weaknesses and overcome them. In order to overcome them I must be aware. In order to be aware I must communicate. In order to communicate I must trust. By achieving these goals, I must be honest with myself. In being honest with myself I gain maturity and responsibility. By obtaining this I find myself reborn to a constant betterment of my life.

INSIDE DYNAMIC

MESSAGE FROM OUR PROGRAM DIRECTOR

Hi everyone!

I am writing this as we just got back from our Albany advocacy day and I can't tell you how proud I am. Proud of the members - shout out to Lexi who addressed the large group. Proud to see how well positioned DYC is on a state level, thanks to the incredible work of Bill and Karen.

Proud to lead the staff, who always come through in Albany, whether it's leading a team or staying back to keep things going in the center.

And proud to be part of this wonderful thing we call Dynamite.

Can't wait until April 1st, both our Alumni day and our next completion!



All the best,
James (Jimmy) Schneider



Dates To Keep In Mind

Alumni Day & Completion

APRIL 1, 2025

DYC FAMILY DAY @ FALLSBURG

MAY 3, 2025

\$100 RAFFLE begins

JUNE 18, 2025

SPRING FLING

JUNE 20, 2025

55TH ANNIVERSARY CELEBRATION

NOVEMBER 5, 2025

FEATURED STORIES

CDC REPORTS NEARLY 24% DECLINE IN U.S. DRUG OVERDOSE DEATHS

"It is unprecedented to see predicted overdose deaths drop by more than 27,000 over a single year," said Allison Arwady, MD, MPH, Director of CDC's National Center for Injury Prevention and Control. That's more than 70 lives saved every day."

In New York State, approximately 2.8 million individuals aged 12 and older experienced a substance use disorder (SUD) in the past year. However, only about 921,000 of those in need received treatment, indicating a significant treatment gap, where roughly 28% of individuals requiring SUD treatment actually received it.

**IF YOU KNOW SOMEONE WITH SUBSTANCE USE DISORDER,
PLEASE CALL 718.376.7923**

<https://www.cdc.gov/media/releases/2025/2025-cdc-reports-decline-in-us-drug-overdose-deaths.html>



NYS REINSTATING \$8.4 MILLION IN CUTS TO VOCATION, EDUCATION ADDICTION SERVICES

"Addiction recovery organizations are breathing a sigh of relief, as sources tell CBS6 a potential \$8.4 million in funding cuts for vocational and education services was restored on Thursday."

<https://cbs6albany.com/news/local/sources-oasas-reinstating-84-million-in-cuts-to-vocation-education-addiction-services>

With the support of OASAS and other key service providers, DYC achieved a groundbreaking victory in the substance use field - successfully advocating for Governor Hochul to reinstate an \$11.4 million vocational budget cut. This unprecedented achievement strengthens vital support for individuals in recovery, reinforcing the critical link between vocational opportunities and long-term success.



Like many forms of substance misuse, gambling can have drastic, life-altering effects. It is important to recognize other behaviors that may also become unhealthy.

MARCH IS PROBLEM GAMBLING AWARENESS MONTH

In honor of National Problem Gambling Awareness Month (PGAM), NYS OASAS, the NY Gaming Commission and the New York Council on Problem Gambling (NYCPG) are encouraging everyone across New York State – individuals, agencies and communities alike – to come together to Seek Understanding to Reduce Gambling Harms.



<https://oasas.ny.gov/event/march-problem-gambling-awareness-month>

WHY DYC?

MEMBER INSIGHT

Dynamite saved my life and if I could go back in time I would take all the people I loved and lost to drug overdoses and bring them to Dynamite. They could've been saved too. This program has given me back my family, my confidence, and the ability to envision a future for myself again. I will forever be indebted to the staff who have helped me in my recovery journey. There is no better program and I wholeheartedly believe that.

-Gabby B
(Phase Member)

MEMBER INSIGHT

Coming into Dynamite I wasn't sure what I wanted. All I knew for certain was that my life was in shambles. Since being in Dynamite my life has done a complete 180 and I can't even recognize the person I was when I [first] came in.
Thank you for everything Dynamite

-Jack K
(Phase Member)



WHY DYC?

PARENT INSIGHT

OUT OF DARKNESS

There is an emptiness in the parent of a child affected by substance use disorder. Echoes of promise are suffocated, no hope for a bright future, and loss of years building relationships and sharing experiences.

The emptiness grows and consumes you. Alienates you from family, friends, and your other children. It does not matter that you continue to give it your all. You had to help [your child]. Feelings of failure, guilt, anger begin to overwhelm you. You start to lose yourself in this fight.

After many tries, we found DYC.

Dynamic Youth Community is just that, a community of love, understanding, and experience. Some of our peers found DYC as a first solution, we are hoping it is our last and life fulfilling solution. Our son now sober for 1 year, is making great strides not only for himself but in the company of other young people who are doing the same. DYC's 55-year history of giving back allows our son to build lifelong friends, mixing with previous graduates and paying it forward.

Our work as parents continues through DYC. Parent groups thrive and assist us with ways to support our son, yet have him do the work needed for sustaining a substance free life. Parents need to ban together to help support this grassroots organization. We can help with fundraising, share our experiences with local governments, and assist this non-profit organization. Whatever your specialty, find the time to attend parent groups for your own help and give back in any way you can. From ideas for raising much needed funding, to sharing your own experience in groups supporting other parents who are also traveling this road. Spread the word. DYC is the lifesaver. We no longer see a dark hole in [our son], we see a shining light of hope.

Lucy & Bobby Hoffman

OUR COMMUNITY



DYC IN ALBANY

Every year DYC staff, members, and parents travel to Albany, NY to meet with Senators and Assemblymembers, advocating for stronger support of substance use treatment programs, mental health services and our workforce.



BOROUGH BUZZ



**FREE
25 AND
UNDER**

WHITNEY MUSEUM OF AMERICAN ART

The Whitney is now free every day for visitors 25 and under. Simply book a timed ticket or to enjoy unlimited visits, sign up for the Free 25 and Under Anytime Pass.

<https://whitney.org/visit/25-and-under>

Admission to the Whitney is free for all visitors every Friday evening from 5–10 pm. Enjoy art, special programming, music, and views of the Statue of Liberty, Empire State Building, and more from the Museum’s iconic terraces.

**FREE
FRIDAY
NIGHTS**

<https://whitney.org/visit/free-friday-nights>



Free Yoga Class
First Sunday of Every Month
10:30 am - 11:30 am
at Essex Market: 88 Essex St,
2nd Floor New York, NY 10002



<https://www.eventbrite.com/e/free-yoga-class-at-essex-market-tickets-1247268406379?aff=erellivmlt>



Free Zumba Class
Last Sunday of Every Month
10:30 am - 11:30 am
at Essex Market: 88 Essex St,
2nd Floor New York, NY 10002



<https://www.eventbrite.com/e/free-zumba-class-at-essex-market-tickets-1247299168389?aff=erellivmlt>

Dynamic Youth Community, Inc.

Adolescent & Young Adult Substance Use Disorder Treatment



At DYC, we work to help dependent adolescents and young adults create positive change in their lives through a comprehensive system of care. We present an evidence-based program model that brings about transformational successes through commitment, motivation and compassion in a participatory, safe, family environment.

Outpatient & Inpatient Program

- Adolescent/Young Adult
- MAT/Medication Assisted Treatment On-Site
- Group, Individual & Family Counseling
- Vocational Services
- Legal Advocacy
- ReStart Academy On-Site
- Free Assessments & Referrals

FreshStart Program

- Adolescent Day Treatment Program
 - High School Students
- Group, Individual & Family Counseling
- Telehealth Services
- Vocational Services
- Legal Advocacy
- ReStart Academy On-Site
 - Available for High School Students
- Free Assessments & Referrals

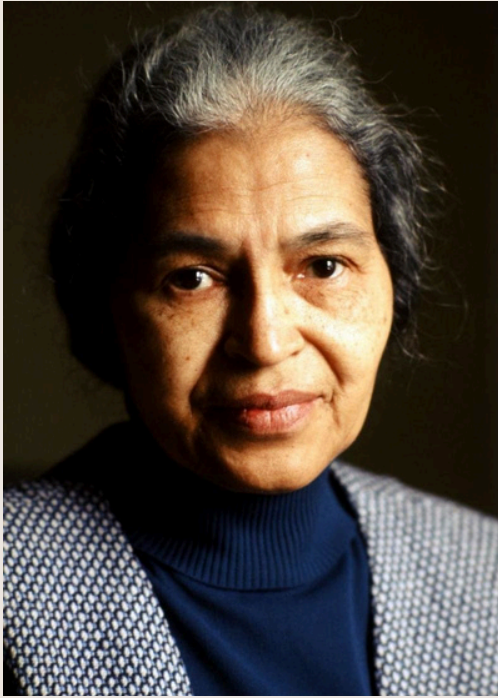
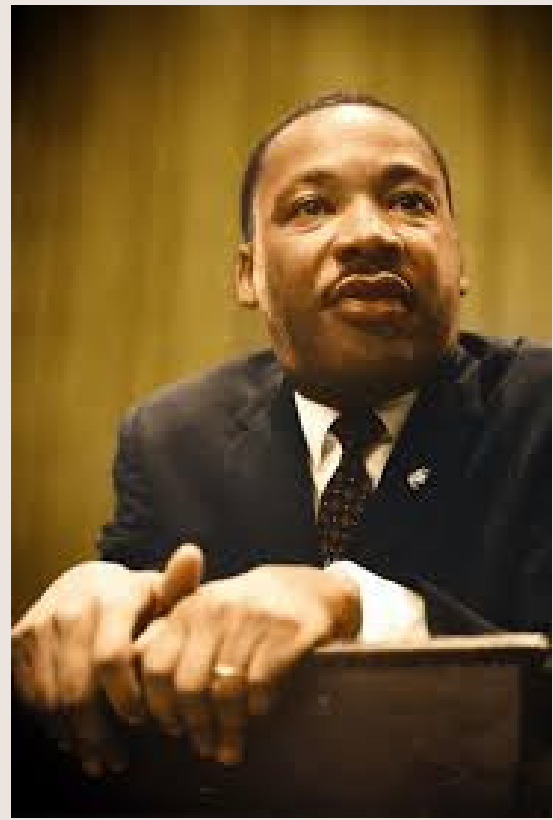
Adult Outpatient Program

- Ages 27+
- MAT/Medication Assisted Treatment
- On-Site/Telehealth Individual Counseling Services
- Vocational Services
- Legal Advocacy
- Group Counseling
- Free Assessments & Referrals



For Questions or Admissions
Call: (718) 376-7923
Email: Intake@dycinc.org
www.dycinc.org

"I have the audacity to believe that peoples everywhere can have dignity, equality, and freedom for their spirits"
-Martin Luther King Jr.



"You must never be fearful about what you are doing when it is right."
-Rosa Parks

**BLACK
HISTORY
MONTH**

**HAPPY LUNAR NEW YEAR
新年快乐**

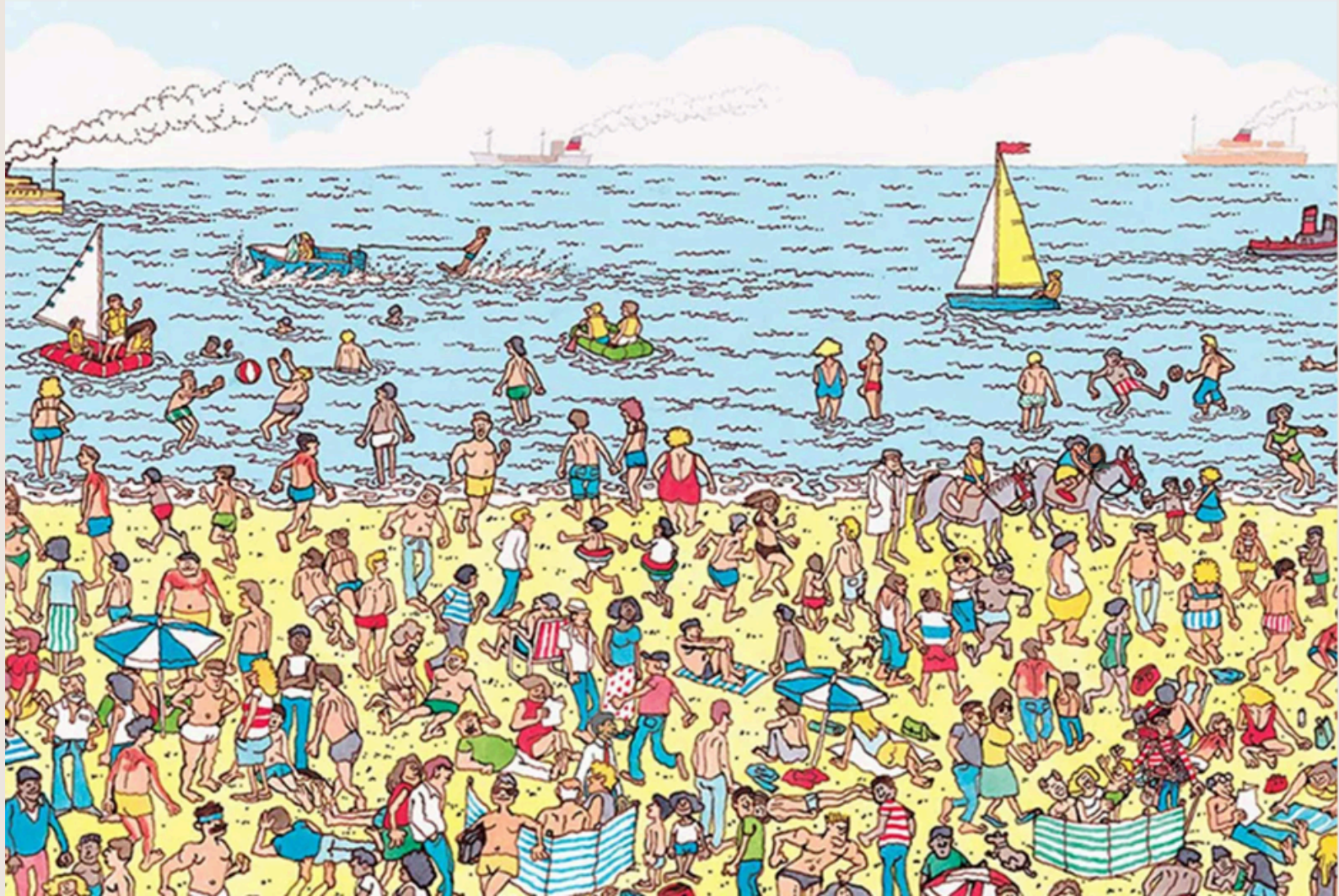
The Year of the Snake is a year in the Chinese zodiac that symbolizes rebirth, healing, and transformation.

2025



WHERE'S KAREN?

EXTRA POINTS IF YOU FIND WALDO!



On behalf of all of us at NYC, we sincerely appreciate the unwavering support from our family association, Senators, and Assemblymembers. Your dedication allows us to continue our mission of saving lives and keeping our program running strong. Thank you for standing with us in making a lasting impact!



Thank you for reading!

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