

# TPAUD: A YEAR IN REVIEW



2021-2022

Prevention Works – and  
Coalitions Make It Happen!

# WHAT TPAUD HAS BEEN UP TO 2021-22: FUNDING, BY THE NUMBERS

**\$125,000**

Federal DFC Grant Funding per  
Year (thru 2024)

**\$9,663**

LPC Grant –  
Vaping  
prevention/  
Mental health

**\$5,000**

SOR Grant – Opioid  
prevention

# PREVENTION IN 2022

- ✓ Continued focus on encouraging connection, providing support, and promoting social/emotional health
  - ✓ Identifying and targeting prevention to youth most at-risk
  - ✓ Limiting access to alcohol, vapes, and Rx drugs
  - ✓ In-person and Zoom events
  - ✓ Strengthened community partnerships
  - ✓ Continue regional and statewide collaborations
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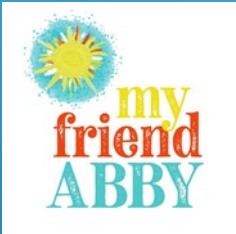
# COMMUNITY COLLABORATIONS



**TRUMBULL**  
Congregational Church



Mary J. Sherlach  
Counseling  
Center



TOWN OF  
**Trumbull**  
HUMAN SERVICES





# COALITION CAPACITY-BUILDING

Executive Committee – Officer Wes Bartosik,  
Lori Hayes-O'Brien, Scot Kerr, and Jessica  
Samoulis

Training for Members:

Narcan Training, LGBTQ Allyship

Membership Sustained and Engaged

Collaboration with TPS



# DATA COLLECTION

Administered Student Surveys to all 7<sup>th</sup>-12<sup>th</sup> graders for the 7<sup>th</sup> time since 2007.

2,781 students completed the surveys.

Presented survey results to:

- TPAUD Coalition
- TPS Administration
- Board of Education
- MS and HS administrators
- Town Council Education Committee
- Town Council
- Youth Advisors
- THS Safe Climate Committee
- Trumbull EDIT Committee (6/16)

# LET'S TALK MENTAL HEALTH, TRUMBULL!



**Session 1 – February, 2022**  
**HOW TO TALK ABOUT MENTAL HEALTH :  
NO SHAME, NO BLAME, & NO MORE SILENCE**

**Session 2 – March, 2022**  
**THE PRESSURE TO BE PERFECT – AND ITS  
UNINTENDED CONSEQUENCES**



**Session 3 – April, 2022**  
**SUPPORTING THE MENTAL HEALTH OF OUR  
LGBTQ+ YOUTH**



**Session 4 – June, 2022**  
**BUILDING RESILIENCE IN THE TIKTOK  
GENERATION**







# Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

*Our youth need you.*



Join us for a **\*FREE Youth Mental Health First Aid Training** for adults who interact with youth, to help them recognize and respond to kids and teens facing mental health or addiction challenges, or who are in crisis.

The course includes:

- A preliminary 2-hour, self-paced online course,
- Two 3-hour, instructor-led sessions (**May 11th and 12th, 5-8:30pm**)

Register at: <https://tinyurl.com/May2022YMHFA>

*\*TPAUD, Trumbull's Prevention Partnership will cover all costs through a federal grant.*



# CONNECTING TO RESOURCES

## YOU ARE NOT ALONE HELP IS AVAILABLE



- National Suicide Prevention Lifeline: 1-800-273-8255
- Trevor Project (crisis intervention/suicide prevention for the LGBTQ+ community): 1-866-488-7386
- Crisis Text Line: 741741
- CT Young Adult Warmline: 1-855-6-HopeNow



Scan the QR Code above for additional information and  
mental health resources



### Mental Health Resources

You are not alone. Help is available.

#### Need Help for an Immediate Crisis?

24 Hour Mental Health Crisis Counseling:  
Call 211 or Text 741741

National Suicide Prevention Lifeline:  
1-800-273-TALK(8255)

#### Looking for Mental Health Support for Yourself or a Loved One?

NAMI (National Alliance on Mental Illness):  
1-800-950-NAMI(6264)

Mary J. Sherlach Counseling Center, Trumbull:  
203-452-5193

# OVERDOSE PREVENTION & NARCAN TRAINING

- TPAUD members
- School nurses
- St. Joseph HS - admin, counselors, Athletic Dept.
- Community

TPAUD, Trumbull's Prevention Partnership  
and Trumbull EMS present:



## OVERDOSE PREVENTION & NARCAN TRAINING

- Dangers of fentanyl and other opioids
- Risk factors & prevention strategies
- Signs & symptoms of overdose
- How to administer Narcan
- Prevention & Support Resources

All attendees 18 years of age and older will receive a  
FREE Narcan Overdose Prevention Kit

**Register now at:**

**<https://tinyurl.com/2cdwzuku>**

Thursday, April 7th at 7:30pm

Trumbull EMS, 250 Middlebrooks Ave., Trumbull

**FENTANYL IS DEADLY  
NARCAN SAVES LIVES**



# SCHOOL-BASED PREVENTION

- ▶ “Positive Choices, Healthy Kids” replacement for DARE
- ▶ Presentations to 5<sup>th</sup> Grade Parents at MS Orientation
- ▶ 7<sup>th</sup> Grade Health Classes
- ▶ 9<sup>th</sup> Grade Forum
- ▶ Support MS SEL Week
- ▶ MMS Health Fair
- ▶ “If They Had Known” video in Senior Seminars
- ▶ Fentanyl resources to health teachers
- ▶ Outreach to THS GSA Club
- ▶ MH Resources in THS
- ▶ Support THS Inclusion Week
- ▶ Dr. Weiner’s March PD presentation to staff on vaping and marijuana





# Mental Health Resources



## IN SCHOOL: .....

### 1 I NEED HELP

GO TO YOUR HOUSE OFFICE AND  
MAKE AN APPOINTMENT WITH  
YOUR COUNSELOR OR HOUSE  
PSYCHOLOGIST

OR

GO TO THE UPPER MEDIA CENTER  
AND MAKE AN APPOINTMENT  
WITH A SCHOOL SOCIAL  
WORKER

### 2 A FRIEND NEEDS HELP

GO TO YOUR HOUSE  
OFFICE AND DISCUSS  
A PLAN OF ACTION  
WITH YOUR  
COUNSELOR OR  
HOUSE  
PSYCHOLOGIST

OR

TAKE YOUR FRIEND  
TO THEIR HOUSE  
OFFICE TO MAKE AN  
APPOINTMENT WITH  
THEIR COUNSELOR  
OR HOUSE  
PSYCHOLOGIST

OR

TAKE YOUR FRIEND  
TO THE UPPER  
MEDIA CENTER TO  
MAKE AN  
APPOINTMENT  
WITH A SCHOOL  
SOCIAL WORKER

## OUT OF SCHOOL: .....



Scan this QR code  
and show us the page  
for a **FREE BRACELET**  
available at the YAY  
table during each  
lunch wave.

Interested in joining YAY? Contact [youthadvisors@trumbull-ct.gov](mailto:youthadvisors@trumbull-ct.gov)

# Talking About Alcohol

Alcohol is a drug. It is a **depressant**, which means it slows down your central nervous system and your brain - making it hard to make good choices.

Sometimes it seems everyone is drinking alcohol.

**But guess what?**

98% of 7th & 8th graders in Trumbull, and more than 80% of high schoolers, do **NOT** regularly drink.

"It's safer than other drugs!"  
"It's not a big deal to have one or two!"  
"Adults drink, why can't we?"  
"All the cool kids do it!"  
"It's just having fun!"



Let's  
#MentionPrevention



# Talking About Vaping

What is a vape? - Vapes (aka e-cigarettes) are electronic devices used to inhale an aerosol. When a user puffs on the mouthpiece, a battery heats up the liquid or pod contained inside the device. When heated, the liquid becomes an aerosol that is then inhaled into the lungs.

"It's much safer than cigarettes!"  
"Vape juice is just flavored water!"  
"It's not addictive!"  
"What's the big deal?"  
"Vapes don't have nicotine"



Let's  
#MentionPrevention



# Talking About Marijuana

Marijuana is made of dried flowers, leaves, and seeds from the Cannabis plant. Marijuana is sometimes called other names, like weed, pot or grass. Because some people use marijuana as "medicine", there's a lot of confusion about marijuana. How many of these have you heard?

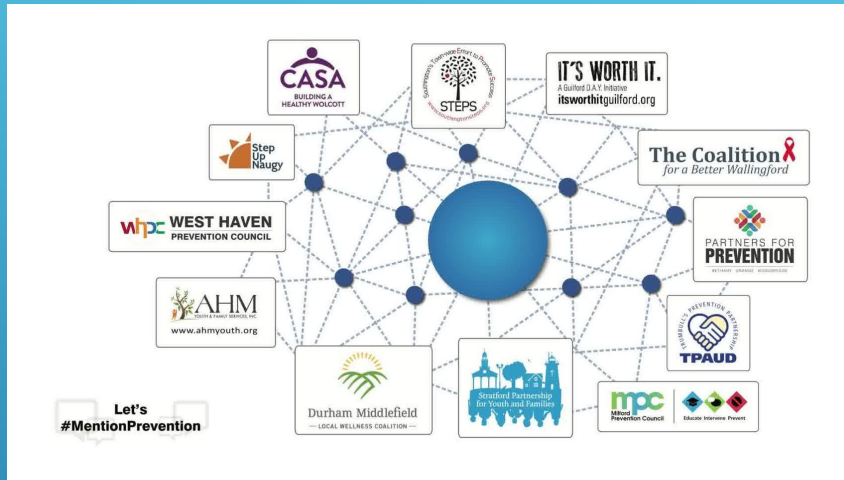
"Weed is safer!"  
"Weed isn't addictive!"  
"Weed is legal!"  
"Pot is organic!"  
"Pot is medicine!"



Let's  
#MentionPrevention



# LET'S #MENTION PREVENTION – VAPING AND MARIJUANA VIDEOS



**Today's marijuana.  
comes in many forms.**

**NONE are  
safe for kids.**

Let's  
#MentionPrevention

Learn more at [www.TPAUD.org](http://www.TPAUD.org)





# COMMUNITY EVENTS



## HEALTHY KIDS DAY®



April 30  
10am-1pm

30 Years of Celebrating  
Healthy Kids

## 1st ANNUAL NIGHT TO SHINE YOUR LIGHT

Join my friend ABBY, Trumbull EMS and  
TPAUD, Trumbull's Prevention  
Partnership as we invite you to light  
candles to remember those affected by  
suicide and promote suicide prevention  
awareness

## World Suicide Prevention Day

Friday, September 10th, 2021  
at Trumbull EMS  
250 Middlebrooks Ave, Trumbull, CT  
6:30 p.m. to 7:30 p.m. - rain or shine

The event will include guest speakers, light refreshments, and  
conclude with a candle lighting ceremony. Let people who are  
struggling know that they are not alone.



## TNAC Trail Tales

Presents

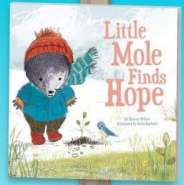
### "Little Mole Finds Hope"

Friday, April 22, 2022 | 10am - 11am  
Trumbull Nature & Arts Center

For ages 3 - 6, and caregiver

We'll take a walk on the TNAC trails to read each  
beautifully illustrated page of the uplifting book  
"Little Mole Finds Hope", posted along the way.

- Robin Bieber, MA, LMFT at Trumbull's Counseling Center will lead a chat about why Little Mole was feeling sad and why we may be feeling sad too. We'll talk about ways your child can feel hopeful.
- Environmental Educator Mark Ceneri will talk about moles and spring.
- Each family will receive the book, "Gizmo's Pawesome Guide to Mental Health" and mental health coloring books.
- Learn more about Trumbull's Prevention Partnership.



FREE



Register: [trumbullnatureandartscenter.org](https://trumbullnatureandartscenter.org)

## TRUMBULL EMERGENCY MEDICAL SERVICES



Saturday,  
May 21st, 2022  
10am-2pm



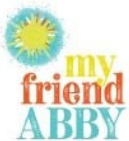
ICE CREAM  
TRUCK  
11am-2pm

## OPEN HOUSE

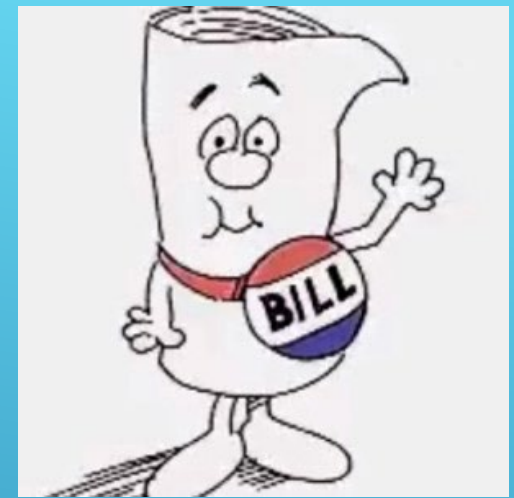
TOUCH-A TRUCK\* FACE PAINT\* HANDS ONLY CPR\*  
SCAVENGER HUNT\* BANDAGE A BEAR\*  
PHOTO BOOTH\* SPECIAL GUESTS & MORE!!!!



FAMILY FUN



# POLICY EDUCATION



## Commercialized Cannabis

- 1-year Moratorium on Retail in Trumbull
- CT PA 22-103 restricts cannabis advertising

# REDUCING ACCESS



**KEEP YOUR KIDS  
& PETS SAFE!**



**Cannabis Products**, including edibles, plant matter, dab pens, cartridges & other paraphernalia



**Prescription Meds**, including pain killers, ADD/ADHD, & anti-depressant/anti-anxiety meds



**Vape Products**, including vapes, pods & vape juice

Trumbull Senior Center  
Trumbull Health Dept.  
Lakewood Trumbull YMCA





# LIQUOR STICKERS



**Help keep our kids safe!**  
Use these free **Liquor Stickers** to seal up your unfinished bottles.

**61%** of Trumbull High students who drank alcohol reported they got it from home.

Place your Liquor Stickers over the bottle cap or cork and write the date when it was applied. If anyone under the age of 21 drinks on your property, the CT Social Host Law makes YOU liable. Please lock your liquor.

Coloque sus pegatinas de licor sobre la tapa de la botella o el corcho y escribir la fecha en que se aplicó. En Connecticut tú eres responsable bajo la ley si un niño menor de 21 años toma alcohol en tu casa. Protege a nuestros hijos.

Let's  
#MentionPrevention

[www.tpaud.org](http://www.tpaud.org)  
[@trumbullpreventionpartnership](https://twitter.com/trumbullpreventionpartnership)

## What is a Liquor Sticker?

Liquor Stickers are designed to prevent kids from accessing their parents' alcohol unnoticed.

Liquor Stickers are used by placing a sticker across the top of an unfinished bottle of wine, beer or liquor and writing the date you applied it.

Liquor Stickers are a great reminder to monitor the alcohol use in your household--your own or your kids'.



[www.tpaud.org](http://www.tpaud.org)  
[@trumbullpreventionpartnership](https://twitter.com/trumbullpreventionpartnership)



**TPAUD**

**LIQUOR STICKERS**

Date:

**Lock Your Liquor!**





## Our Kids Deserve to Celebrate

As things return to “normal”, we ALL want to celebrate. But if your graduate’s celebrations include alcohol or marijuana, it puts everyone at risk. If they use alcohol or marijuana on your property, you are liable—even if you aren’t present!

Connecticut’s “**Social Host Law**” means **ANY adult** over age 18 in your family could face:

- **Arrest and up to 1 year in prison**
- **\$2000 in fines-per youth in attendance!**
- **Lawsuits and legal fees**
- **Loss of homeowners insurance coverage**

Underage alcohol and marijuana use can put our kids’ futures at risk. Underage drinking can lead to alcohol poisoning, fights, injury, and sexual assault. Today’s high-potency marijuana has increased the risk of marijuana intoxication, nausea, dizziness, paranoia, and even psychosis.

Let your kids know that you want them to have fun responsibly. Discuss the risks and the many healthy, substance-free ways for ALL to celebrate.

**Let’s Make the Celebrations Memorable-For the Right Reasons**

Developed, in part, under award #NH28CE002944-06-04 from the Office of National Drug Control Policy and the Centers for Disease Control and Prevention



# COUNTERFEIT RX EDUCATION CAMPAIGN & WEBSITE





# PRESENTATIONS


***You Think You Know*** – CADCA National Leadership Conference, NE Prevention Technology Transfer Center Network

***Prevention & CT's Marijuana Law*** – TPAUD coalition; CT's Youth Service Bureau Conference; CT Association of Prevention Professionals; CT General Assembly Commission on Women, Children, Seniors, Equity, & Opportunity

***#MentionPrevention Campaign*** – CADCA Leadership Conference

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# WHAT'S NEXT??

- ▶ Continued Integration of Social/Emotional Wellness and Suicide Prevention
  - ▶ More Youth Engagement, Teen Mental Health First Aid
  - ▶ Marijuana education
  - ▶ More Narcan/QPR trainings
  - ▶ Pilot program of Leave Behind Kits for suspected opioid overdose
  - ▶ Social Host reminders
  - ▶ Reduce access to alcohol, marijuana, Rx meds
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# THANK YOU, YOU ARE ALL PREVENTION CHAMPIONS!

TPAUD is only possible because of the support and commitment of the numerous volunteers, community partners, parents, and school staff who have worked tirelessly to promote wellness for Trumbull's youth and families.

Prevention Works... and It Works in Trumbull!