



# TPAUD & THE PREVENTION PANDEMIC PIVOT

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# WHO IS TPAUD?

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TPAUD is a grant-funded community coalition that was formed in 2006 to address high rates of underage drinking.

***TPAUD's mission is to engage and mobilize youth, parents, and community partners to reduce alcohol and drug use, foster social/emotional health, and create a safe and healthy community.***



# TPAUD MEMBERS/PARTNERS

- Parents
- Student
- TPS Administrators and Counseling Staff
- Trumbull Police Department
- Trumbull Community Television
- Trumbull BOE members
- Mary J. Sherlach Counseling Center
- Trumbull Health Department
- Trumbull PTSA Council
- Trumbull EMS
- Lakewood Trumbull YMCA
- Trumbull Social Services
- Trumbull Nursing Dept.
- Local Faith Leaders
- Local and State Elected Officials
- My Friend Abbey
- The Progressive Institute
- The CARES Group/ Confidant Health
- The HUB/ RYASAP
- Center for Family Justice
- Turnbridge

TPAUD's Executive Committee: Lori Hayes O'Brien (Chairperson),  
Officer Wes Bartosik, Scot Kerr, and Dr. Jessica Samoulis

# TPAUD GRANT FUNDING

TPAUD has procured > **\$1.8 million** in prevention funding for TPS.  
2021 funding sources:

- 5-year Drug Free Communities (DFC) Support Program grant from the White House Office of National Drug Control Policy and the Center for Disease Control & Prevention (CDC) - \$125,000 per year until October, 2024. Priority: **alcohol, marijuana, and Rx drugs**
- Local Prevention Council funding from CT Dept. of Mental Health and Addiction Services (DMHAS) - \$5,662.90 for 2020-2021. Priority: **vaping**
- State Targeted Response (STR) Opioid Prevention Grant from DMHAS - \$5,000 through September, 2021. Priority: **opioids**

# UNDERSTANDING THE COMMUNITY

## Student Surveys - \*required by funder

- Administered every 2 years since 2007 to all TPS students in grades 7-12.
- Next surveys in November/December 2021.
- Capture current trends and norms on attitudes, behavior, protective factors, access and 4 Core Measures (Past 30 day use, perception of harm, parental disapproval, peer disapproval).
- Questions added in 2019: Depression questions, LGBTQ+ status.

## Parent Surveys

## Key Informant Interviews


## Partner, Regional, & State Data




TPAUD uses a public health prevention model; all prevention strategies are data-driven and evidence-based.

TPAUD focuses on environmental factors that protect youth from substance use/misuse:

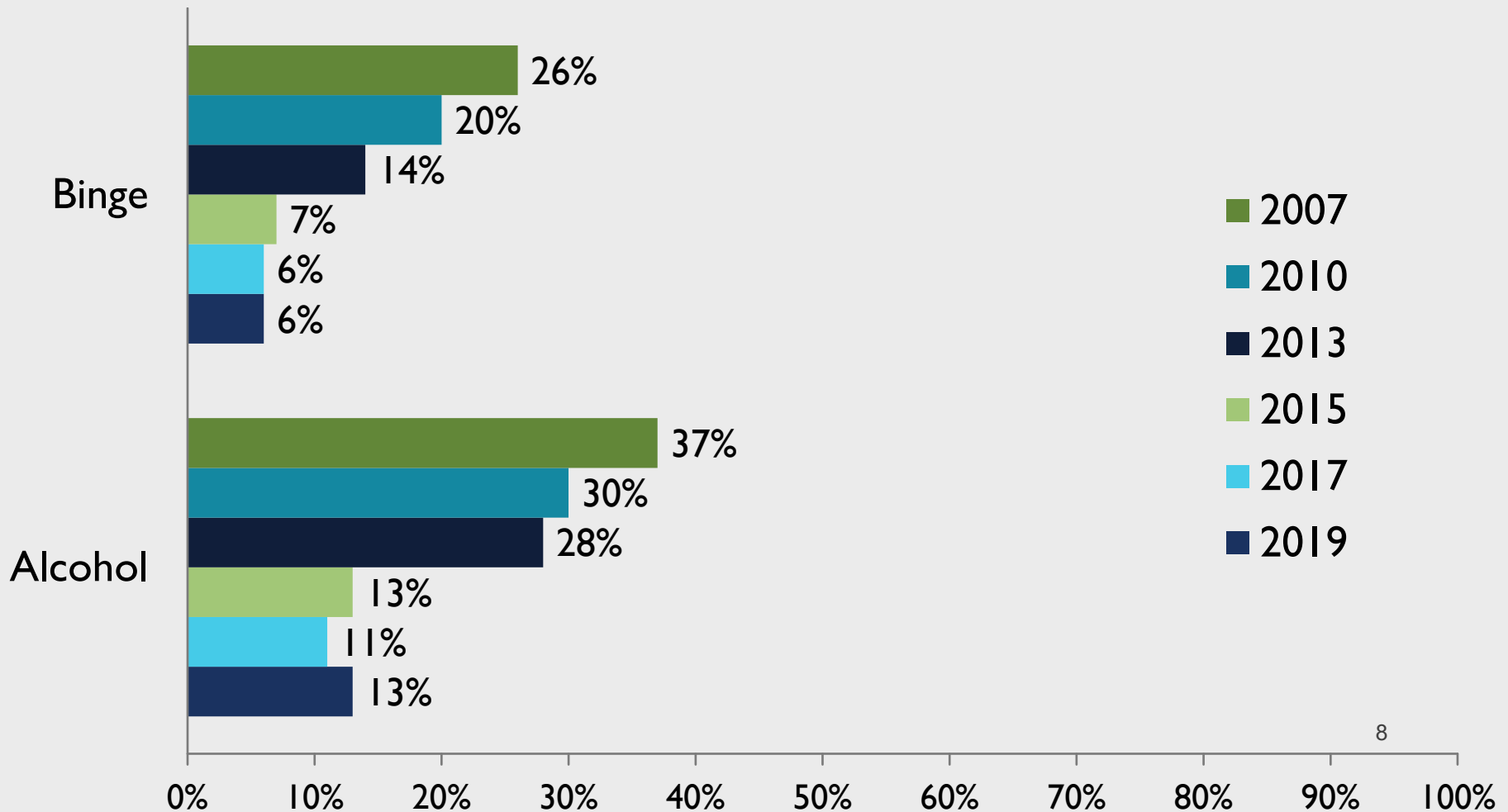
- Increased perception of harm
- Family norms that discourage substance use
- Reduced access
- Enforcement of existing laws





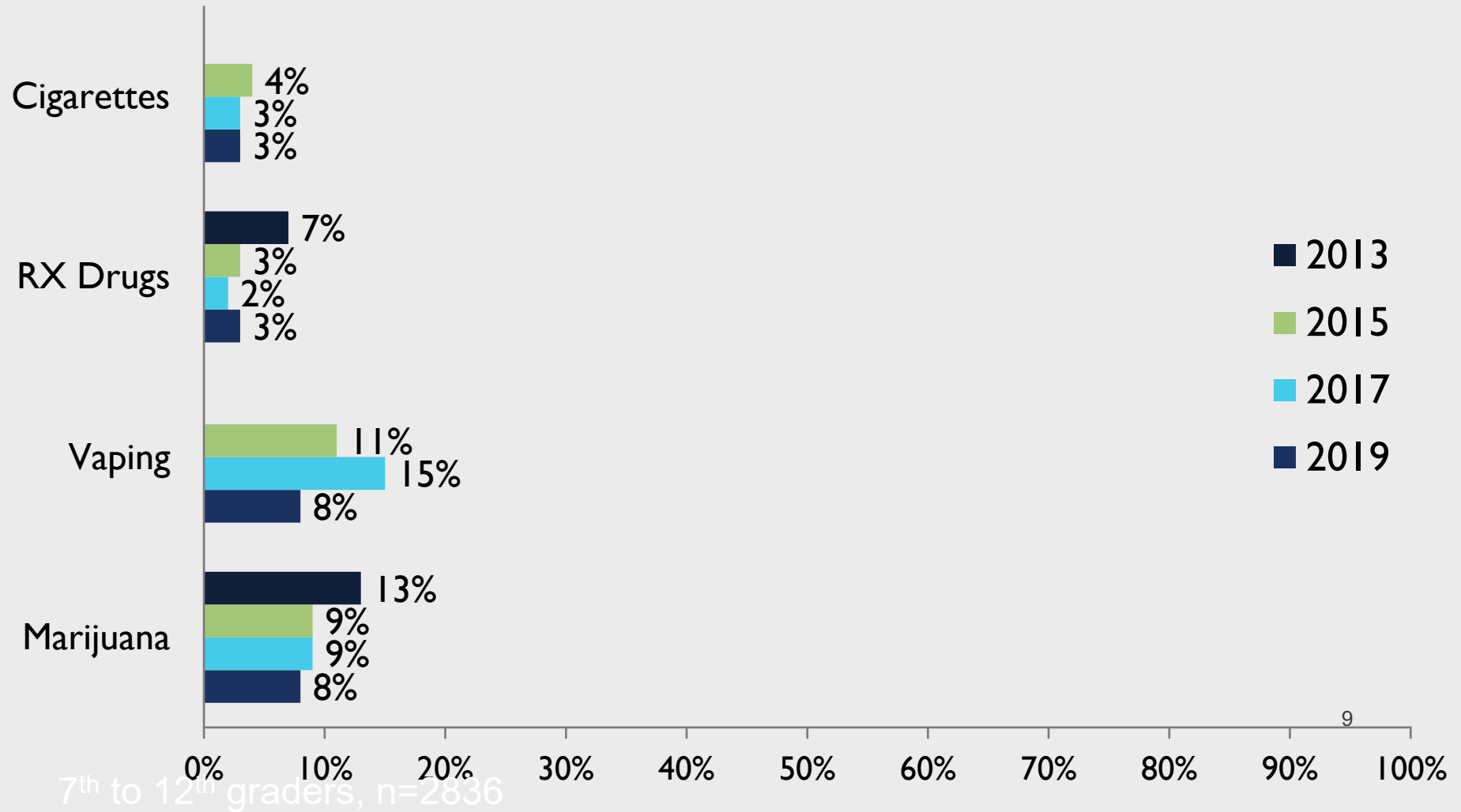
# 2019 TPAUD SURVEY RESULTS - SUBSTANCE USE

Alcohol and binge drinking rates among 7th -12th graders in Trumbull are decreasing.

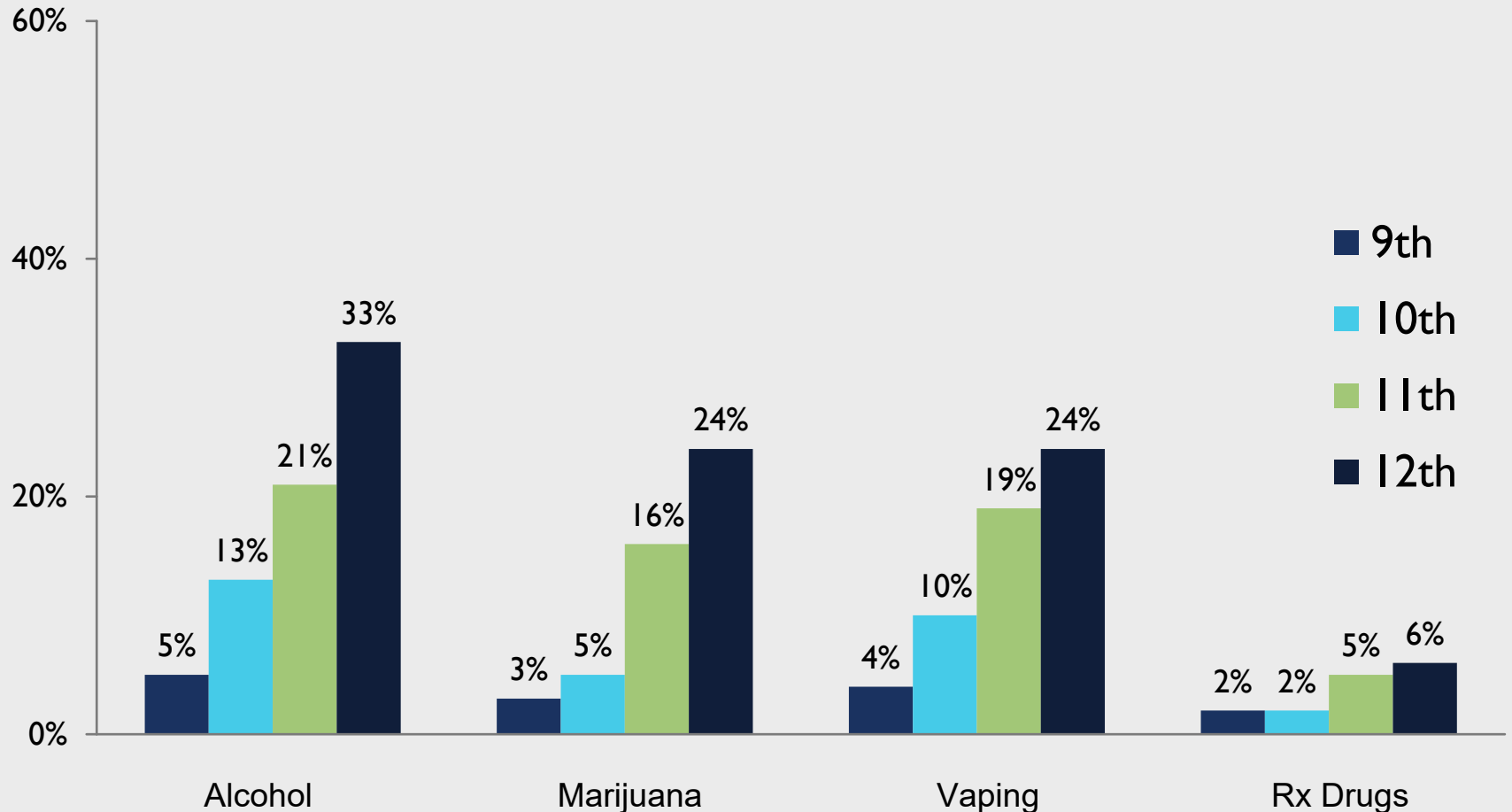




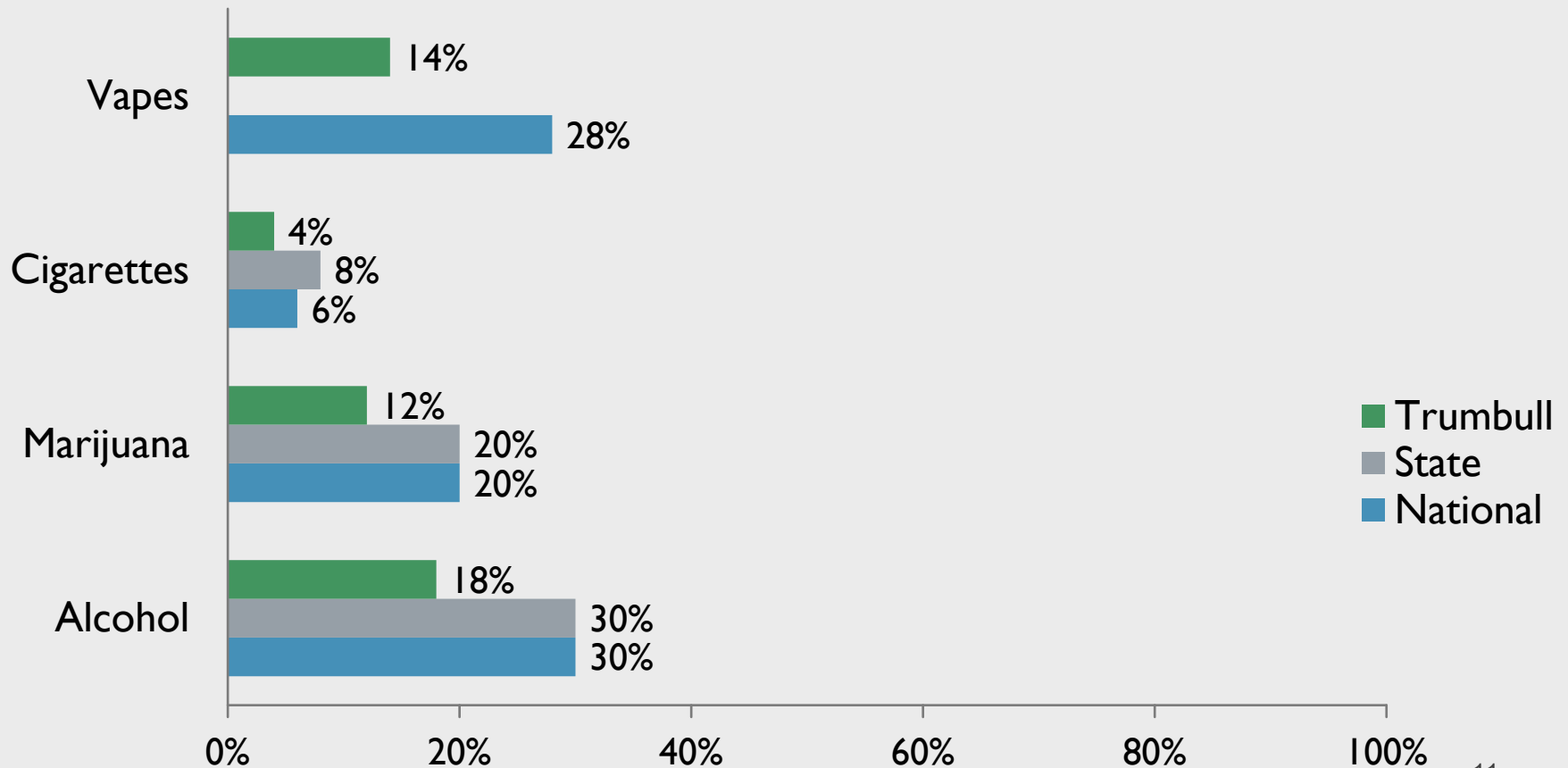
# Other substance use is decreasing (Grades 7-12)



# Past 30-day substance use by grade



# National, State and Local 30 day substance use rates among high school students.



# TAKEAWAY MESSAGES

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- Prevention Works – community collaboration makes it happen, and TPAUD is a known resource in the community.
- Parents have Influence: Trumbull youth who don't know their parent disapprove are 3-7x more likely to drink and use marijuana.
- Students reported easy access to most substances, even as use is decreasing.
- Perception of harm of marijuana has decreased.
- Majority of MS and HS students felt that teachers and other students care about them.
- A significant # of students report a great deal of “extreme” stress; 1/3 of HS students report feeling sad/depressed



# PREVENTION PANDEMIC PIVOT

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- Engage parents, students, and partners from a distance.
- Focus on mental health and forging connections.
- Reducing retail and home access to alcohol, vapes, and prescription medications.
- Education about harms of vaping and marijuana, resources for parents and youth.
- Building coalition capacity through training.

Our world keeps changing.  
We're with you, and we're here to help.



*In uncertain times, TPAUD wants to make sure you are aware of the Community Resources available for you and your family.*

Mary J. Sherlach Counseling Center  
203-452-5193

Marriage & family therapy and substance abuse counseling offered on a sliding scale

Trumbull Social Service  
203-452-5199

Food pantry, financial assistance and advocacy

Trumbull Senior Services  
203-452-5199

Information and services for older adults and caregivers

Connecticut 2-1-1

Free statewide health and human services information and referral helpline

*For additional substance abuse and behavioral health resources visit  
[www.tpaud.org](http://www.tpaud.org) and [www.thehubct.org](http://www.thehubct.org).*

TPAUD, Trumbull's Prevention Partnership, is a community coalition dedicated to engaging and mobilizing youth, parents, and community partners to reduce youth alcohol and drug use, foster social/emotional health, and build a safe and healthy community.

Developed, in part, under grant SP020429 from the Office of National Drug Control Policy and the Substance Abuse Mental Health Services Administration.





## Support Groups:

The C.A.R.E.S. Group

855-406-0246

[thecaresgroup.org](http://thecaresgroup.org)

Local support group for families of individuals  
struggling with addiction; meets

Tuesdays, 7-9pm at

St. George Orthodox Church

5490 Main St.

Al-Anon/Al-Ateen

888-825-2666

[ctalanon.org](http://ctalanon.org)

Narcotics Anonymous

800-627-3543

[ctna.org](http://ctna.org)

Alcoholics Anonymous

866-783-7712

[ct-aa.org](http://ct-aa.org)

Smart Recovery

[smartrecovery.org](http://smartrecovery.org)

Meetings offer recovery training  
for addiction problems.

SmokeStoppers

203-576-5451

[stvincents.org](http://stvincents.org)

Includes vaping cessation.

Gamblers Anonymous

855-222-5542

[gamblersanonymous.org](http://gamblersanonymous.org)

# Community WELLNESS

## Support & Services for Trumbull Residents



*"The Town of Trumbull and TPAUD are pleased to provide the details of some of the Community Resources available to Trumbull residents. It is our hope that those looking for information or support will reach out for the help they need."*

*Vicki A. Tesoro*

Vicki Tesoro  
First Selectman and  
TPAUD Co-Chair



**CHANGE**  
the **SCRIPT**

Developed, in part, under grant #SP020429 from the Office  
of National Drug Control Policy and the Substance Abuse  
Mental Health Services Administration.

TPAUD  
Trumbull's Prevention Partnership  
[tpaud.org](http://tpaud.org)



# COMMUNITY MENTAL HEALTH PROGRAMS



ALICIA FARRELL, PHD

TPAUD, TRUMBULL'S  
PREVENTION PARTNERSHIP Presents

## Missed Milestones: Helping Your Kids Navigate our New Reality

June 1  
7:00 - 8:00 PM  
**ON ZOOM**

Over the last few weeks, COVID-19 has turned the world upside down. Parents are struggling to balance work, "homeschooling", and child care, while trying to help themselves - and their kids - manage stress, anxiety, and loss.

Join us for a Zoom talk with Alicia Farrell, PhD. We will discuss:

- Recognizing signs of stress in yourself and your kids, and tips to help handle it
- How to provide support to your children to help them build resiliency
- Coping skills to help kids manage and navigate their emotional health
- When to seek help and access mental health resources

You must register for this event to receive the Zoom ID and password.

## Life After High School in a COVID World

A peer-led program for college-age young adults to share ideas & learn mental health strategies on:

- Social isolation vs socialization • Self-care & how to provide mental health support to a friend • Protecting a friend from overdose • Recognizing signs of a mental health crisis

**\*\*New Date\*\***

Wednesday, August 12th at 6:30 PM  
Trumbull EMS, 250 Middlebrooks Ave.  
Program is FREE with registration & pizza will be provided.



To register, please visit:

<https://tinyurl.com/lifeafterHStrumbull>

\*Program will be LIVE & in-person following safe public health practices.

Free Narcan kits are available, courtesy of CT Dept. of Mental Health and Addiction Services.  
For more information please call (203)452-5146



## YOUTH MENTAL HEALTH FIRST AID

TPAUD, Trumbull's Prevention Partnership is offering Youth Mental Health First Aid Training to members of the community who interact with young people, to help them recognize and respond to mental health challenges.

This course has two parts:

- A self-led component (~2 hours) that must be completed at least 48 hours prior to the in-person session,
- An in-person, instructor-led session (2 three-hour sessions over two nights)

In-Person Sessions: Progressive Diagnostics, 35 Nutmeg Dr. #303, Trumbull  
Nov. 10th and 17th, 6-9PM

Training includes a 3-year YMHA certification, YMHA manual, handouts, supplies, and light dinner.  
TPAUD will cover all participant costs through a federal grant.



## my friend ABBY Get Real Conversations



**Special Guest: Jodi Aman, LCSW**

**WEDNESDAY, AUGUST 19TH, 7PM EST**  
Interview and Live Q & A with Family Therapist,  
Tedx speaker, author and mom, Jodi Aman

TPAUD Presents:  
**HIDDEN IN PLAIN SIGHT**

Is your teen using drugs or alcohol?  
 Would you know what to look for?



Join us on  
**ZOOM** for this  
 live, guided,  
 interactive tour  
 through a teen  
 bedroom

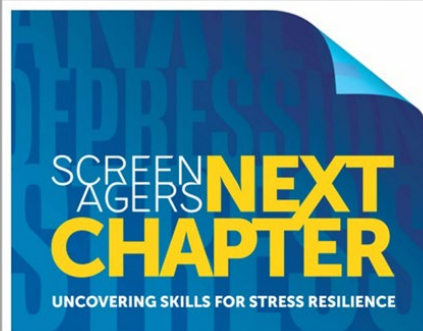


**Tuesday, May 20th  
 6:30-8 PM**



Is your child glued to their digital devices— even more now that  
 we're social distancing?  
 Are you worried about its impact on their mental health and  
 emotional well-being?

**TPAUD, Trumbull's Prevention Partnership and Trumbull PTSA Council Present:**



High stress, anxiety and depression  
 are experienced by millions of young  
 people, often made worse by social  
 media and high use of phones and  
 other digital devices.

Screenagers Next Chapter follows  
 physician and filmmaker Delany  
 Ruston as she uncovers solutions for  
 improved adolescent well-being in  
 the digital age.

**Let's  
 #MentionPrevention**



**“What You Need to  
 Know About Youth Vaping”**

A Zoom presentation for community  
 members and parents on  
 Thursday, February 4th at 5:30 pm.

Free - Registration is Required

Join us in an interactive and engaging webinar with Tricia Dahl as she speaks  
 about the dangers of vaping and what we really should know!

Tricia Dahl is a senior Research Assistant at Yale University School of Medicine.  
 Since 2001, she has worked on a number of clinical trials in the area of adult and  
 adolescent substance abuse. She has been involved in researching the effects of  
 e-cigarettes on adolescent behavior as part of Yale's Tobacco Center of Regula-  
 tory Science. Currently, the group is studying the influence of flavors, sweeten-  
 ers and other constituents of tobacco products, use and abuse.

To register and receive the zoom log in information please visit

[https://us02web.zoom.us/join/register/WN\\_3JzsTHsfQteUfCANKYabA](https://us02web.zoom.us/join/register/WN_3JzsTHsfQteUfCANKYabA)

This program is brought to  
 you by a group of Local  
 Prevention Councils that  
 want to help their  
 communities make  
 healthy choices.  
 All are welcome.



Local Prevention Council's are grants funded by the CT Department of Mental Health and Addiction Services.



# Safe Medication Storage & Disposal

Your unused medication  
can be a prescription for trouble.

Visit your local medication drop box conveniently located  
at the Trumbull Police Department- 158 Edison Rd.



**It's Free**  
**It's Anonymous**  
**It's Socially Distant**

Open 365 days/year, 24 hours/day



CHANGE  
the **SCRIPT**

dmhas



# Let's #MentionPrevention

- Seller/server education campaign – tools to prevent sales of alcohol to youth during COVID
- Bag inserts for takeout, home delivery
- Social media campaign

## Let's #MentionPrevention

Whether your alcohol purchase  
is in-store, a curbside pickup,  
delivery or takeout order,  
make sure it stays out of the  
hands of young people.



HELP CURB UNDERAGE DRINKING.  
[WWW.TPAUD.ORG](http://WWW.TPAUD.ORG)

## Let's #MentionPrevention

Local  
Prevention  
Partner



HELPING TO CURB UNDERAGE DRINKING.  
[WWW.TPAUD.ORG](http://WWW.TPAUD.ORG)

# Let's #MentionPrevention - Vaping



## How to Talk About Vaping

A Discussion Guide for Parents



Let's  
#MentionPrevention



Digital parent discussion guide, social media posts targeting parents and teens, and postcards.

# Weeding Out the Facts

## About "Today's Marijuana", Vaping THC & How to Talk to Your Kids About It



*Liz Jorgenson, Certified Alcohol & Drug Abuse Counselor, will teach you all you need to know about today's marijuana, with empowering tips to help you talk to your kids about it.*

**Tuesday, April 6th at 7:00pm**  
**[Click to Register for Zoom link](#)**





# HIDDEN IN PLAIN SIGHT



**What to look for in your  
teen's bedroom  
and what to say once you  
have found it.**

## VIRTUAL PRESENTATION

**Thursday May 6, 2021 7pm**

Gain insights into current trends in youth substance abuse, drug paraphernalia and concealment of alcohol & drugs through this online version of our interactive drug education program for parents, caregivers and adults who work with youth.  
Learn how to talk to youth about alcohol & drugs, and what to do if a problem is suspected.



**A presentation for  
parents  
and other adults.  
No students please.**

sponsored by:



**Thursday, May 6th at 7:00pm**

**[Click to Register for Zoom link](#)**

# CURRICULUM INFUSION

- 5<sup>th</sup> Grade – Working with SROs to develop video series as replacement for DARE Keepin' It Real program this year
- 6<sup>th</sup> Grade Health – Developed “Talking About” workbooks with take-home exercises to identify risks, build refusal skills, and start conversations
- 7<sup>th</sup> Grade Health – guest speaker on dangers of vaping and marijuana
- 9<sup>th</sup> Grade Health – Freshman Forum pre-recorded and offered virtually
- 12<sup>th</sup> Grade Health – “If They Had Known” video on dangers of prescription drug misuse





# OTHER COMMUNITY PREVENTION ACTIVITIES

- Working with First Selectman's Youth Advisors on youth-led wellness promotions
- Collaborate with Trumbull Community TV to offer on-demand recordings of past and future TPAUD programs
- Education about pending state legislation – flavored nicotine bans, cannabis commercialization
- Education and advocacy for smoke-free/vape-free parks in Trumbull
- Partnership with Trumbull Library to offer curated collection of prevention resources and parent-led curricula
- Counterfeit Rx Campaign
- Rx Safe Storage Campaign to TPS families

# WHAT'S ON OUR RADAR

- ❖ Cannabis & High Potency THC products – especially if commercialized in CT
- ❖ Isolation/disconnect from school and community and from normal supports
- ❖ Strain on our support system – teachers, counseling staff, administrators
- ❖ How to support high risk groups, such as LGBTQ+
- ❖ How to re-engage with schools and engage youth
- ❖ How to continue to reach parents
- ❖ How to best support TPS as a resource and partner

## TO SUPPORT TPAUD:

Next TPAUD meeting: April 21<sup>st</sup> at 8am by Zoom –  
Open to the Public

Have comments, questions, or suggestions? Want to  
join our e-mail list? Email us at  
[tpaud@trumbullps.org](mailto:tpaud@trumbullps.org)

For more information about TPAUD programs and  
resources, t our website at [www.tpaud.org](http://www.tpaud.org) and  
like us on