

THE PREVENTION BULLETIN

The Official Newsletter of The Northwest Hills Prevention Connection



TABLE OF CONTENTS

WELCOME

Page 01

OPIOID USE DISORDERS

page 02

MEMBER SPOTLIGHT

TRIVIA

Page 04

WHATS NEW?

REQUEST FOR SURVEYS

Page 05

WELCOME

Thank you for reading the first ever NHPC Prevention Bulletin! We hope this newsletter can better educate our community on substances and substance misuse. Our goal is help guide youth, young adults, and parents to make healthy choices.

NHPC works in the Region 7 and Winchester communities to implement and utilize evidence-based strategies to prevent substance misuse. We implement strategies and activities specifically targeting teen's access to substances and family norms surrounding substance use.

If you are interested in learning more about the coalition or interested in joining, send us an email, check out our website, or follow us on social media!

CHANGE the SCRIPT

The Winchester Youth Service Bureau, in partnership with the Northwest Hills Prevention Connection, is working on a state-wide campaign for "CHANGE the SCRIPT." This program focuses on opioid abuse prevention.

Every day, more than 115 Americans die after overdosing on opioids

What is an opioid?

- A class of drug used to induce sleep and/or alleviate pain
- Derived from opium
- Can be produced in natural (morphine) or synthetic (heroin) forms
- Overuse or misuse can lead to dependency or addiction called Opioid Use Disorder

What are common uses of opioids?

- Frequently introduced through prescription pain relief
- Common surgeries such as wisdom teeth removal or appendectomies often prescribe opioids for short-term pain control

How can opioids cause a dependency?

- Prescribed opioids interact with brain receptors to produce a sense of relief
- If prescribed medications are used excessively, or without following a physicians' direction, medications can result in an opioid high
- Constant or increased supply of opioids can alter brain chemistry and result in an insufficient supply of pain relief chemicals that occur naturally in the brain
- Decreased production of pain relief chemicals in the brain results in a sense of dependency and a need for more opioids

Who does it affect?

- Opioid dependency can affect anyone regardless of age
- Synthetic opioids such as heroin and fentanyl are increasingly used by young, Caucasian males

HOW TO PREVENT OPIOID USE DISORDER

- Safely store prescription medications in a drug lock box or locked container
- Keep track of the number of pills in every container
- Educate children and others in home about the potential risks of taking drugs different than prescribed
- Properly dispose extra medication when the prescription is no longer needed
- Dispose expired or unused medication at an anonymous local drug drop box:
Torrington Police Department
Winchester Police Department
- April 28, 2018 - National Prescription Drug Take Back Day - more information coming soon!

For more information

www.drugfreect.org

www.portal.ct.gov/Office-of-the-Governor/Substance-Use/Change-the-Script

HOW TO PREVENT YOUR TEEN FROM USING

You are the most powerful influence in your child's daily life. Below are some tips to help turn your child away from drugs

- Be involved! Kids with a close relationship to their parents are least likely to engage in risky behaviors.
- Ask where they are going, who they will be with, and what they will be doing.
- Get to know their friends and their friend's parents.
- Eat together as often as possible. Studies show children of families who eat meals together at least 5 times per week are less likely to be involved with drugs or alcohol.
- Be clear that drug or alcohol use is unacceptable. Talk to your children about the dangers and results of drug or alcohol abuse.
- Discuss in advance the consequences of breaking no drug or alcohol rules. Empty threats or harsh, unexpected new punishments tend to be ineffective.
- Be a living example of your values. When it comes to drugs or alcohol, there is no such thing as “do as I say, not as I do”.



COALITION MEMBER SPOTLIGHT

KAILA CZERNA

Each newsletter, we highlight a different coalition member and their role in the community.

This month we are highlighting our youth advocate, Kaila Czerna! Kaila is a Northwestern Connecticut Community College student since Spring 2016 focusing on Human Services. She was born in Torrington, and has lived in Winsted and Litchfield. She graduated from Oliver Wolcott Tech with her license in hairdressing and works part time at a pharmacy since 2014. She held an internship at the Winchester Youth Service Bureau, which led her to our coalition! Her father's side is from Italy and settled in Winsted. Growing up, she spent a lot of time in Winsted and is passionate about helping the community and youth in preventing substance use. She represents the youth of the community during the coalition, and is also recruiting for our youth subcommittees at both Northwestern Region 7 High School and Gilbert High School. If you want more information about the youth subcommittees, email Kaila at northwesthillspc@gmail.com



-TRIVIA QUESTIONS- WIN PRIZES!

1. Who does Opioid Use Disorder affect?
2. What is one way to prevent Opioid Use Disorder?

**EMAIL NORTHWESTHILLSPC@GMAIL.COM BY APRIL 24
WITH YOUR CORRECT ANSWERS TO BE ENTERED TO
WIN A DUNKIN DONUTS GIFT CARD!**

WHATS NEW?

SAFE PARTY PARENT REGISTRY

Prevention works best when parent communicate with one another. In an effort to dramatically reduce drug use and underage drinking, NHPC is recruiting parents to sign the Safe Party Parent Registry pledge, making a commitment to provide safe drug- and- alcohol-free environments for anyone under the age of 21 in your home. Once you take the pledge, you gain access to a password-protected database of all families who have signed up. You can communicate with each other to confirm event details, and be assured that the gathering your kid is going to is safe and supervised. To learn more and sign the pledge, visit <http://www.northwesthillspc.org>



REQUEST FOR SURVEYS

In order to best serve our community, we want to provide information and activities tailored to what the community needs. We do this by surveying the community and collecting data on perceptions and opinions of substance use. Each survey is tailored to a specific age group, takes less than 5 minutes, and is anonymous. If you have already taken the survey, please do not do so twice.

For youth ages 12-18

www.surveymonkey.com/r/NHPC2017BriefStudentSurvey

For parents and the general community

www.surveymonkey.com/r/NorthwestHillsPC2018Survey

Northwest Hills Prevention Connection is state funded. We would like to thank our partners.



Information for this newsletter provided by:

Substance Abuse and Mental Health Services Administration

www.theantidrug.com

The National Institute on Drug Abuse

www.drugabuse.gov

National Council on Alcohol and Drug Dependence

<https://www.ncadd.org/>

If you or a loved one needs help

Call 211

or visit

www.aa.org

www.na.org