

TPAUD: A YEAR IN REVIEW



2023-24

Prevention Works – and
Coalitions Make It Happen!

WHAT TPAUD HAS BEEN UP TO 2023-24: FUNDING, BY THE NUMBERS

\$125,000

Federal DFC Grant
from CDC

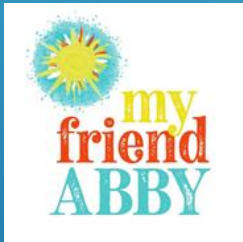
\$5,663

LPC Grant –
Vaping
prevention/
coalition-building

\$5,000

SOR Grant – Opioid
prevention

COMMUNITY COLLABORATIONS



TOWN OF
Trumbull
HUMAN SERVICES





COALITION CAPACITY-BUILDING

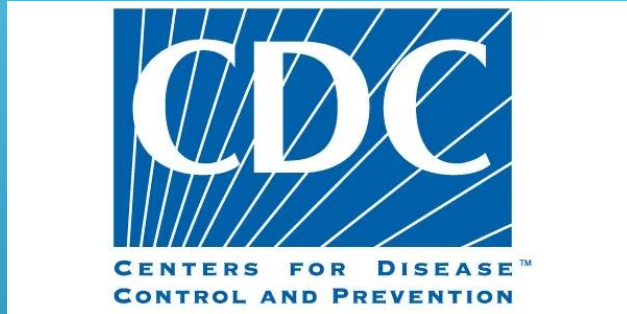
Executive Committee – Lori Hayes-O'Brien,
Scot Kerr, Jessica Samuolis, Officer Wes
Bartosik

Partner Spotlight

Membership Sustained and Engaged – 39
people have signed TPAUD Coalition
Involvement Agreements



NATIONAL RECOGNITION



Highlighted as DFC Coalition Success Story
– CDC.com Jan, 2023

Recognized as a “Coalition Success Story”
– DFC Program Virtual Site Visit, March
2023



Case study of TPAUD’s “Outstanding DFC
Outcomes”

Presented “#Let’s Mention Prevention” and
“You Think you Know” at CADCA
Leadership Conference




Approved by DMHAS for SOR Grantees

Winner of New England Society for Healthcare
Communications Lamplighter Award

Presented at the Rx and Illicit Drug Summit, April
2023 in Atlanta

TPAUD'S EFFORTS

- ✓ Focus on encouraging connection, providing support, and promoting social/emotional health
 - ✓ Engage youth
 - ✓ Promoting support for high risk students
 - ✓ Limiting access to alcohol, cannabis, vapes, and Rx drugs
 - ✓ Strengthening community partnerships
 - ✓ Regional and statewide collaborations
 - ✓ Sustainability
- 

YOUTH ADVOCATING FOR YOUTH



SCHOOL-BASED PREVENTION

- ▶ Tashua Elementary Wellness game Night
- ▶ “Positive Choices, Healthy Kids” videos
- ▶ Presentations to 5th Grade Parents at MS Orientation
- ▶ Sponsor MS Red Ribbon Week
- ▶ “Talking About” program for 6th grade health
- ▶ Beer/Cannabis goggles for 6th grade health
- ▶ 7th Grade Health Classes
 - ▶ MS Health Fairs
 - ▶ 9th Grade Forum
 - ▶ SJHS 9th Grade Risky Behavior Forum
 - ▶ Marijuana fact sheets for 10th grade health
- ▶ “If They Had Known” video in Senior Seminars, SJHS senior class
- ▶ Fentanyl resources to 12th grade health teachers
- ▶ Support for THS GSA Club (Friendsgiving, Inclusion Week, NASW Conference for Advisor)
- ▶ MH Resources in THS
- ▶ Cannabis, MH presentation to coaches
- ▶ Prevention training for THS Spring Sports Captains
- ▶ Screenagers Under the Influence for schools and community
- ▶ Support THS Inclusion Week
- ▶ Bag checks at THS football games
- ▶ New THS Mental Health Club

SUPPORTING TRUMBULL PUBLIC SCHOOLS



Live Your Best Life!

Need Help for an Immediate Crisis?

In-school resources include your Principal, Assistant Principal, teachers, or your School Counselor, listed here:

Hillcrest
 Mrs. Julia Saunders - Grade 6
 Ms. Lauren Brusil - Grade 7
 Mr. Jeff Rago - Grade 8
 Ms. Marisa Ferrigno - Interventionist

Madison
 Ms. Kezia Exantus- Grade 6
 Mrs. Tracey Cranston- Grade 7
 Ms. Jordyn Nappi- Grade 8
 Ms. Lena Payne - Interventionist

Other options outside of school:

NAMI (National Association on Mental Illness) Helpline: 800-950-NAMI

National Suicide and Crisis Hotline:
 Call or text 988, or Live Chat at www.988lifeline.org

The Trevor Project (serving the LGBTQ+ community):
 Call 1-866-488-7386 or Text 678678

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



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 for additional supports and resources

Interested in joining YAY? Contact youtheadvisors@trumbull-ct.gov



Scan the QR code for more information and resources.



TASHUA PTA PRESENTS

WELLNESS GAME NIGHT

FUN FOR THE WHOLE FAMILY!

@TASHUA ELEMENTARY SCHOOL

JANUARY 11
 (1/10 SNOW DATE)

2023

GAMES, CRAFTS,
 STORIES,
 & ACTIVITIES!

6:00 - 8:00 PM

FREE

SUPPORTING FAMILIES: LET'S TALK MENTAL HEALTH, TRUMBULL!



Fostering Healthy Eating & Positive Body Image in Teens, Mary Dobson - 2/22/24

Understanding Youth Gaming, Dan Trolaro – 2/21/23

The Dangerous Truth About Today's Marijuana and Teen Mental Health, Laura Stack - 10/24/22

Anxiety...I'm So Done with You, Jodi Aman – 9/14/22

Building Resilience in the TikTok Generation, Kristin duBay Horton – 6/2/22.

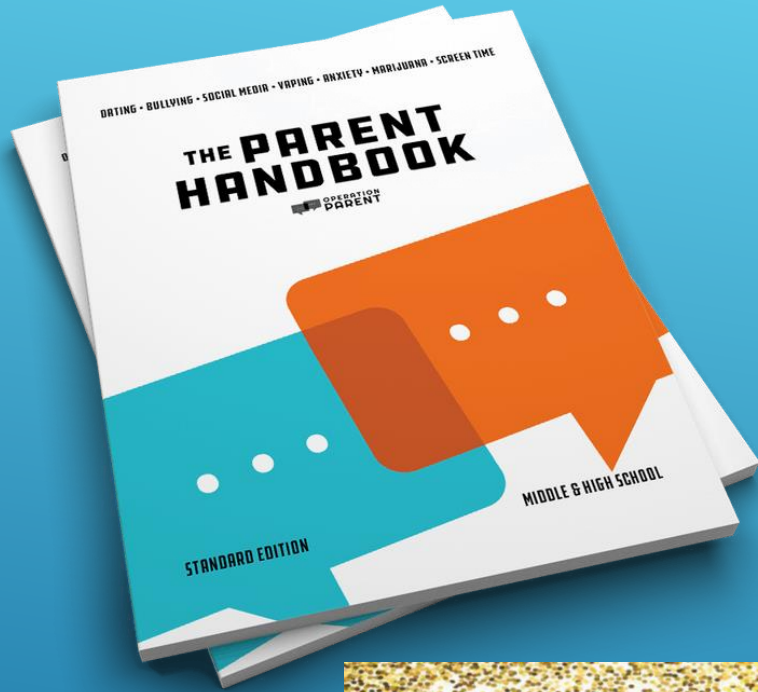
Supporting the Mental Health of Our LGBTQ+ Youth, Cadence Pentheny, Triangle Community Center - 4/25/22

The Pressure to be Perfect and Its Unintended Consequences, Alicia Farrell - 3/26/2022

How to Talk About Mental Health: No Shame, No Blame, and No More Silence, Valerie Barton – 2/26/22



PREVENTION RESOURCES FOR FAMILIES



CANNABIS EDUCATION POSTCARDS



14% of 12th graders in Trumbull reported driving after using marijuana and **23% have ridden with a driver under the influence** in the past year.

DRIVING HIGH  **DRIVING DRUNK**

Driving after using marijuana is just as dangerous as driving drunk!



No matter how you use it, today's marijuana is **STRONGER THAN EVER!**



Frequent marijuana use damages the teenage brain, **CAUSING IQ LOSS.**

Regular use of marijuana impacts attention, memory, and concentration.



Many people think marijuana will calm their nerves, but high doses can cause **PANIC ATTACKS OR ACUTE PSYCHOSIS.**

Weekly or more frequent use of marijuana DOUBLES a teen's risk of having depression and anxiety.



CANNABIS EDUCATION – SOCIAL MEDIA



91% of Trumbull High teens report their parents disapprove of them using marijuana.



YOU CAN OVERDOSE ON MARIJUANA



An overdose is not deadly, but it is very unpleasant!
Edibles are easy to overdose on because the effects aren't felt immediately, leading people to eat more.



Regular use of marijuana impacts attention, memory, and concentration.



Frequent marijuana use interferes with brain development, which **CONTINUES UNTIL AGE 25.**



Trumbull High students care about their future, which is why most don't use marijuana.



Trumbull teens are making healthy choices to protect their mental health.

High potency marijuana use can cause:

- Anxiety
- Agitation
- Psychosis



REDUCING ACCESS: 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
[@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
[@trumbullpreventionpartnership](https://twitter.com/trumbullpreventionpartnership)



TPAUD LIQUOR STICKERS Date: _____

Lock Your Liquor! 

REDUCING ACCESS

Trumbull Senior Center
Trumbull Health Dept.
Lakewood Trumbull YMCA
Stern Village
Trumbull Famers Market
Back to School Nights



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



During our DFC grant, TPAUD has distributed more than 850 lock boxes and bags

COUNTERFEIT RX EDUCATION CAMPAIGN & WEBSITE



OVERDOSE PREVENTION & NARCAN TRAINING

TWO UPCOMING FREE DROP-IN NARCAN TRAININGS

For Trumbull Residents and Town Employees

TRUMBULL PUBLIC LIBRARY
33 Quality St.



**Monday,
September 30th
6:00-7:30PM**

OCTOBER 3RD!



**TRUMBULL FARMERS MARKET
4PM-7PM**

Receive free training and a free Narcan kit.
Free lockboxes also available, while supplies last.

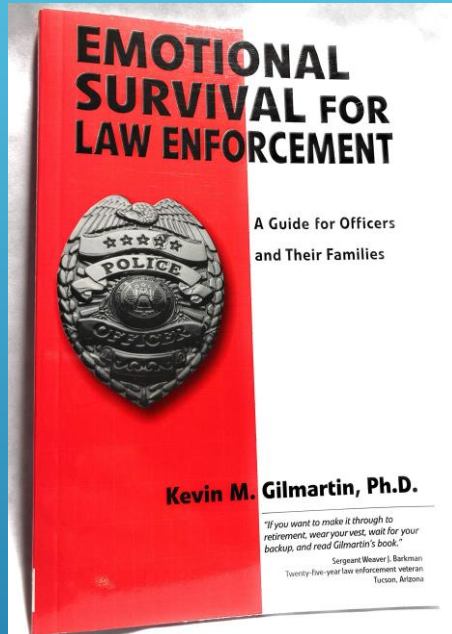
TPAUD has trained hundreds of community members and Town employees in overdose prevention and Narcan

SUPPORTING THE MARY J. SHERLACH COUNSELING CENTER



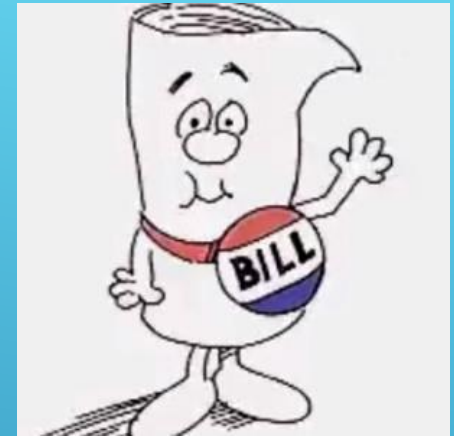
TPAUD has provided the TPAUD more than \$4,000 in screening tools, curricula, and materials for counselors (10/1-5/30)

SUPPORTING THE TPD



TPAUD has provided the TPD with more than \$15,000 in support for party patrols and officer training this past year (10/1-9/18)

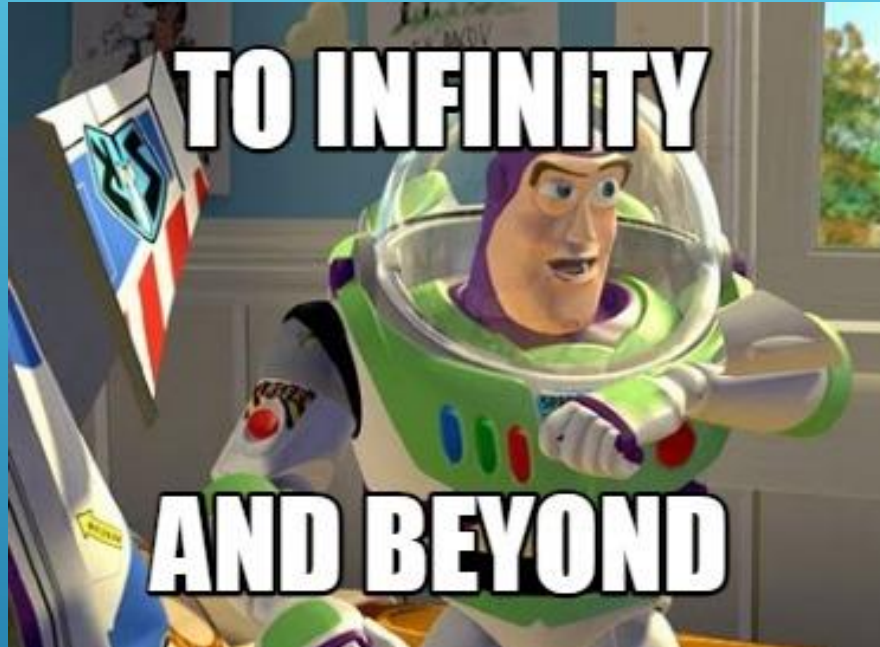
POLICY EDUCATION



Commercialized Cannabis

- Continued Moratoria on marijuana businesses in Trumbull
- 2023 Legislation - requires health warnings, restricts synthetic cannabis, and further prohibits billboards
- 2024 Legislation – restricts sales of THC-infused beverages, prohibits coupons/discounts, give municipalities more enforcement power

WHAT'S UP NEXT??



WHAT'S UP NEXT??

- ▶ More opportunities to integrate Social/Emotional Wellness and Suicide Prevention
 - ▶ More Youth Engagement
 - ▶ More Marijuana Education
 - ▶ More Narcan/QPR trainings
 - ▶ Screenagers video, materials, curriculum to students and families
 - ▶ Reduce access to alcohol, marijuana, Rx meds
 - ▶ More collaboration with Town agencies
- 



THANK YOU!!

The success of TPAUD since 2006 – and especially these last 10 years - is only possible because of the support and commitment of the numerous volunteers, community partners, parents, and school staff who continue to work tirelessly to promote wellness for Trumbull's youth and families.

Prevention Works... and It Works in Trumbull!