



# TPAUD: A YEAR IN REVIEW

2020-2021

PREVENTION WORKS – AND  
COALITIONS MAKE IT HAPPEN!

# WHAT TPAUD HAS BEEN UP TO 2020-21: FUNDING, BY THE NUMBERS

**\$125,000**

Federal DFC Grant Funding per  
Year (thru 2024)

**\$5,663**

LPC Grant – Vaping  
prevention

**\$5,000**

SOR Grant – Opioid  
prevention

# PREVENTION PANDEMIC PIVOT

- ✓ Continue focus on encouraging connection, providing support, and promoting social/emotional health
- ✓ Limiting access to alcohol, vapes, and drugs
- ✓ In Person Events —→ Zoom
- ✓ New community partnerships

# Speakers & Trainings

## 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



## 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:



## 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

## RAISING A WELL-ADJUSTED, CONFIDENT, SELF-RELIANT BOY In a Crazy, Mixed-Up, Covid-19 World



What makes raising boys unique and what do boys need? How can we foster healthy communication and social-emotional wellness, particularly in the aftermath of Covid-19? Join Cognitive Psychologist Alicia Farrell, PhD for valuable insight during this free, virtual event.



**MAY 24TH, 7:00PM**



## 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 YMHFA certification, YMHFA manual, handouts, supplies, and light dinner. TPAUD will cover all participant costs through a federal grant.*



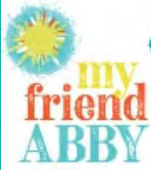
## FREE VAPING CESSATION PROGRAM FOR TRUMBULL YOUTH



**NICOTINE IS HIGHLY ADDICTIVE.  
TEENS WHO VAPE MAY NEED  
HELP TO QUIT.**

**THIS FREE PROGRAM HELPS YOUTH IDENTIFY AND  
FACE STRESSORS AND TRIGGERS, AS WELL AS  
DEVELOP TOOLS AND COPING SKILLS TO HELP THEM  
STAY NICOTINE-FREE**

**FOR MORE INFORMATION, OR TO  
REGISTER, PLEASE CALL THE MARY J.  
SHERLACH COUNSELING CENTER AT  
(203)452-5193.**



Get Real Conversations



Special Guest: Melissa Bernstein  
Cofounder of Melissa & Doug

Thursday 1/21/21 7pm est



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

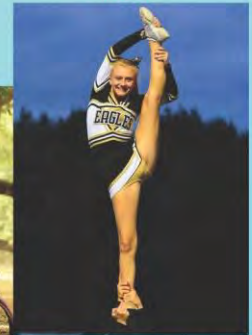
## BE A CHEERLEADER 4 SUICIDE PREVENTION



Virtual Film Screening & Discussion



Emma Benoit



Abby Anderson



**WHAT:** My Ascension Documentary

A suicide attempt left 16-year-old varsity cheerleader, Emma Benoit, paralyzed, but propelled her on a mission to help others find hope.



**WHEN:** Sunday, April 11th

6:00 - 8:30 PM EST



**WHO:** Suicide Prevention Discussion

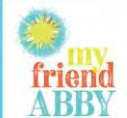
Featuring Emma Benoit, Gillian Anderson (founder of My Friend Abby), and other panelists.



**WHERE:** Register Online (FREE!)

[my-ascension-screening-cheerleader-4-life.eventbrite.com](http://my-ascension-screening-cheerleader-4-life.eventbrite.com)

Hosted by My Friend Abby




# Let's #MentionPrevention

## Let's #MentionPrevention


As a retail location for alcohol sales, you are a key part of prevention in our community! The earlier that kids use alcohol, the more likely they are to have problems with it later in life. That's why prevention is so important.

Use these helpful tips to make sure that you do all you can to prevent minors from having access to alcohol.

### ID Checks are Still Required for ALL Sales




-   Ensure that employees check ID for ALL orders – in store, delivery, pick up, curbside, and take out
- Any business and its employees are still liable for illegal sales

### Ensure Safety While You Check IDs

- Use required personal protective equipment to interact with people and handle IDs
  - Ask customers to briefly lower their face masks to compare with their ID photo
  - For pick-up and take-out orders, check IDs for all parties
  - Be aware of the presence of minors at delivery locations
- 

### If Something Feels Unsafe, Do Not Make the Sale

Every employee has a role in prevention. When it comes to alcohol sales, it is against the law to deliver alcohol to people who are:

-  Visibly intoxicated
-  Under the age of 21
-  Buying alcohol for someone under the age of 21

### THANK YOU!

These times are challenging. Retail and dining locations have to adjust to new guidelines. Employees have to stay vigilant on compliance. We all have to make sure minors cannot access alcohol.

Thank you for all your hard work!



This campaign is sponsored by Milford Prevention Council, Southington's Town-wide Effort to Promote Success (STEPS), Stratford Partnership for Youth and Families, TPAUD, Trumbull's Prevention Partnership, and Wilcolt Citizens Against Substance Abuse (CASAA) Coalition.

# Let's #MentionPrevention

**We need your help to make sure the contents of this purchase do not get into the hands of minors**  
Do not provide alcohol to kids and teens. Store alcohol safely to reduce visibility and access. You can use a locked or hard-to-reach cabinet.

### Talk often with kids about the risks of drinking

What parents say and the actions they model play a major role in how kids and teens feel about drinking.

### Know the social host laws in Connecticut

It is against the law to permit any minor to possess alcohol. This includes on any private property. You can receive up to one year in jail and a \$2,000 fine.

### Did You Know

Youth who start drinking before the age of 15 are four times more likely to develop alcohol dependence later in life<sup>1</sup>

### Data shows that underage alcohol use is linked to a greater risk of:<sup>2</sup>

- Aggression, suicide, and violence
- Poor decisions about other risky behaviors
- Problems with cognition and learning
- Substance use disorders later in life



Sources: 1. National Institute on Alcohol Abuse and Alcoholism; 2. Centers for Disease Control and Prevention  
This campaign is sponsored by Milford Prevention Council, Southington's Town-wide Effort to Promote Success (STEPS), Stratford Partnership for Youth and Families, TPAUD, Trumbull's Prevention Partnership, and Wilcolt Citizens Against Substance Abuse (CASAA) Coalition.

## Let's #MentionPrevention



HELPING TO CURB UNDERAGE DRINKING.  
WWW.TPAUD.ORG

# 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 escriba 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.

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

## What is a Liquor Sticker?

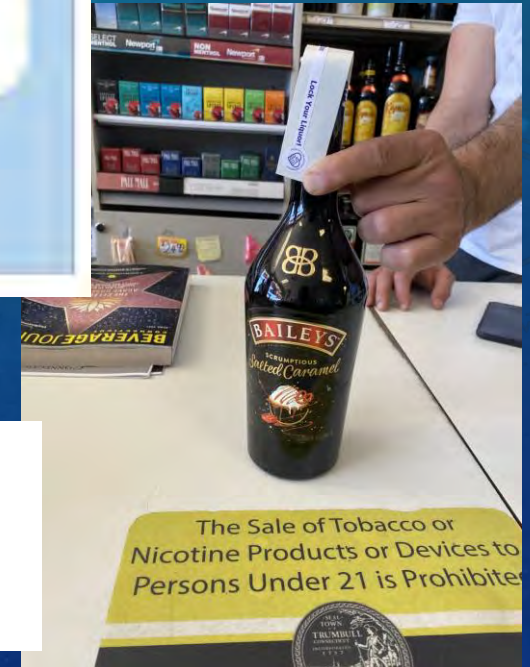
Liquor Stickers are designed to prevent kids from accessing their parents' alcohol unnoticed.

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!**





# CARDING DURING COVID-19

Covid-19 presents unique challenges for ID'ing customers. However, you are still legally responsible for preventing sales to minors.

## HEIGHT

Check the height on the ID.

## EYES

Check eye shape and color.

## OPTIONAL REQUEST

If still unsure, and the customer is willing, ask them to step back a safe distance and lower the mask.

## HAIRLINE

Compare forehead height and hairline.

## EARS

Compare shape and position.

## ASK QUESTIONS!

Compare key information off ID.

When in doubt,  
refuse the sale.  
Selling to a minor  
is illegal.



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# Let's **#MentionPrevention**

Help us prevent alcohol and  
substance use among youth.

**Proud Prevention Partner of**



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

# Let's #MentionPrevention - Vaping

## Because The Truth Matters.



That's why we need to talk about the risks of vaping.



When parents talk with kids about substance use, it helps prevent problems before they arise. If you find these conversations difficult to have, you're not alone. This is especially true if you want to talk about vaping.



Get the conversation started now with our free Discussion Guide for Parents!



Let's #MentionPrevention

## Because The Truth Matters.



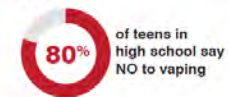
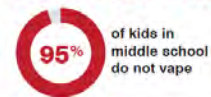
That's why we need to talk about the risks of vaping.



Get the conversation started now with our free Discussion Guide for Parents!

Let's #MentionPrevention

## Did You Know?



Get the facts on vaping now and have the talk.

Download the Discussion Guide at [tpaud.org/vaping-facts-1](http://tpaud.org/vaping-facts-1)

Let's keep up the good work!

When parents talk with kids about substance use, it helps prevent problems before they arise.

If you find these conversations difficult to have, you're not alone. This is especially true if you want to talk about vaping.

Now you have some help. *How to Talk About Vaping: A Discussion Guide for Parents* offers information on:

- The right mindset to use
- How to start the talk
- Health risks of vaping
- And more!



## How to Talk with Your Kids About Vaping

**TIP #1**  
Avoid Confrontation  
and Judgement

Find All the Tips You Need in Our  
Discussion Guide for Parents  
[www.tpaud.org](http://www.tpaud.org)



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## How to Talk with Your Kids About Vaping

**TIP #2**  
Steer Clear of Words  
That Cause Shame

Find All the Tips You Need in Our  
Discussion Guide for Parents  
[www.tpaud.org](http://www.tpaud.org)



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## How to Talk with Your Kids About Vaping

**TIP #3**  
Focus on Giving  
Them Guidance

Find All the Tips You Need in Our  
Discussion Guide for Parents  
[www.tpaud.org](http://www.tpaud.org)



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## How to Talk with Your Kids About Vaping

**TIP #4**  
Power Through  
Any Rough Spots

Find All the Tips You Need in Our  
Discussion Guide for Parents  
[www.tpaud.org](http://www.tpaud.org)



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# 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**





## Our Kids Deserve to Celebrate

After a year of disruption and missed milestones, we ALL want to celebrate. But if your teens' celebrations include alcohol, it puts everyone at risk. If they use alcohol 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!**
- **Lawrence and legal fees**
- **Loss of homeowners insurance coverage**

Plus, your kids risk more than driving accidents - alcohol poisoning, injury, drowning, fights, unplanned sex and sexual assault are just some of many dangerous consequences.

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



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

Developed, in part, under award #NH26CE002944-06-04 from the Office of National Drug Control Policy and the Center for Disease Control and Prevention

# SCHOOL-BASED EDUCATION & OUTREACH

- “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
- Virtual 9<sup>th</sup> Grade Forum
- “If They Had Known” video in Senior Seminars
- Outreach to THS GSA Club
- Support THS “No Place for Hate” and Unity Day



# 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!"



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# 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"



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# 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!"



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# FIRST SELECTMAN'S YOUTH ADVISORS "YOUTH ADVOCATING FOR YOUTH" PROJECT



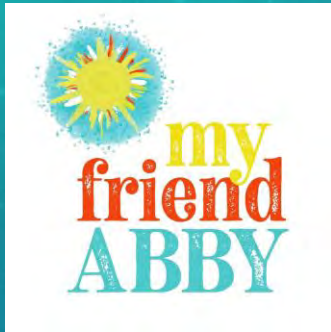
# COMMUNITY COLLABORATIONS



TOWN OF  
**Trumbull**  
HUMAN SERVICES

Mary J. Sherlach  
Counseling Center

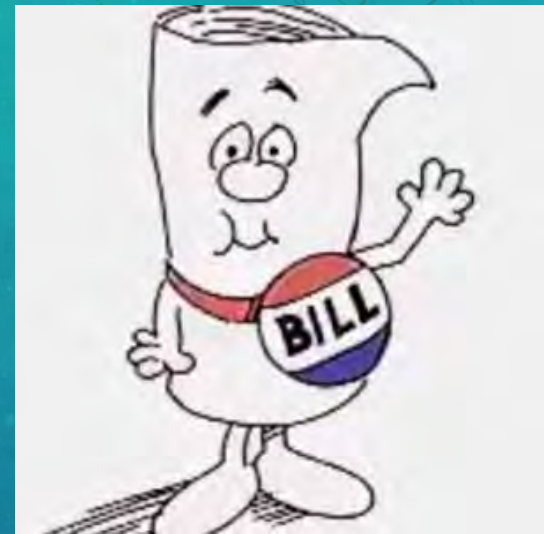
Trumbull PTA Council



# POLICY EDUCATION



Smoke-free, Vape-free Parks



Commercialized Cannabis



# COALITION CAPACITY-BUILDING

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

Training for Members:

CBD, Today's Marijuana, & Implicit Bias

Membership Sustained – THANK YOU!

New Members/Partners!

Lisa Labella, Center for Family Justice

Reshma Kode, Youth Ambassador

Collaboration with Other Coalitions

# WHAT'S NEXT?

- Marijuana!
- Student Surveys in November/December
- Continued Integration of Social/Emotional Wellness and Suicide Prevention
- Youth Engagement
- School Re-engagement
- Focus on Access
- Retailer Outreach
- Continue to Address Stigma
- Continue Outreach to new partners

# IN THE PIPELINE

- Narcan/QPR training for teens and young adults (7/26)
- Application to participate in ECHO Project for NE states doing marijuana prevention work
- Conversation about “Recovery-friendly community”
- Mental Health First Aid - summer
- Counterfeit Rx Campaign and Website

# COUNTERFEIT RX EDUCATION CAMPAIGN & WEBSITE





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!