



**CENTRAL NAUGATUCK VALLEY
REGIONAL ACTION COUNCIL**

Good Bye Summer and Hello Fall!

It's been a busy summer here at the CNVRAC. We have been working hard on providing effective prevention services to all of the towns in our sub-region. Executive Director, Jennifer Dewitt has been hard at work conducting Teen Influencer and Developmental Asset trainings in our communities. The Teen Influencer training is a great presentation on the dangers of prescription drug abuse. The Developmental Asset training is focused on teaching people who are in a position to influence youth how to be more effective in reducing risk factors and increasing protective factors that will improve their chances of developing into healthy and functional adults.

We are all very excited about this upcoming year of prevention activities. Although both the state of Connecticut and the country as a whole has made great strides in reducing and preventing substance abuse a lot of work still needs to be done. This year the CNVRAC plans on continuing to provide comprehensive substance abuse prevention training and technical assistance to our 12 towns. We are always available to conduct Teen Influencer and Developmental Asset trainings as well as TIPS training for alcohol vendors. TIPS is a great responsible alcohol server training curriculum that has been around for over 20 years.

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The CNVRAC is also looking forward to working with our Local Prevention Councils (LPC). Our LPC's are a vital link in the chain of prevention that trickles down from the state level. They allow prevention services to be delivered on a 'grass roots' level. These groups are possible due in large part to the voluntary participation of community members that are passionate about taking a stand against substance abuse in their communities. If you are interested in getting involved in your local LPC the CNVRAC would be more than happy to put you in contact with the LPC chairperson in your area. If there is anything at all that the CNVRAC can do for you in regards to substance abuse issues please don't hesitate to give us a call. Aside from delivering prevention services in our communities we are also a great resource for pamphlets, videos, and DVD's on a variety of topics pertaining to substance abuse. We are also a great referral source for people seeking substance abuse treatment for themselves or a friend or loved one. Thank you so much for all of your support. Here is to another great year of prevention!

Fall/Winter 2010

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The CNVRAC Welcomes a New Staff Member

My name is 1st Leutennant AnnaMaria Verdura and I have been a member of the Connecticut Army National guard for the last 14 years. For the last 4 years I have been a full-time Counterdrug Taskforce (CDT) member. I have worked in a few different areas within the Taskforce. Two of the main initiatives I have worked on include the Weed and Seed project and Project Safe Neighborhoods (PSN) initiative. The Weed and Seed initiative is a community-based strategy sponsored by the U.S. Department of Justice (DOJ). It is an innovative and comprehensive multiagency approach to law enforcement, crime prevention, and community revitalization. PSN is a nationwide commitment to reduce gun and gang crime in America by networking existing local programs that target gun and gun crime and providing these programs with additional tools necessary to be successful. I have also worked as the Drug Demand Reduction (DDR) Manager, where I coordinated National Guard support to community based events, resource management and managing DDR reporting requirements to the National Guard Bureau. My activities included, but were not limited to attending meetings, public speaking, organizing resource management, written & oral reports, as well as conducting training & personnel supervision.

Now I have moved on to the Central Naugatuck Regional Action Council where the Counterdrug Taskforce has partnered with Connecticut Regional Action Councils (RAC) to help manage their prevention resources to community providers that reduce substance abuse and related risk factors among their residents. It is our mission to help increase assets, resiliency and capacity of youth, communities, and coalitions statewide. CT Counterdrug personnel are committed to helping build the capacity of the RACs. Together we will implement effective prevention strategies statewide.

"The main purpose and importance creating the CNVRAC Youth Action Council will be to address the substance abuse prevention needs of their peers. The YAC will work to create collaborative programs, awareness campaigns and drug-free activities for all students."

While I serve at the CNVRAC I will be primarily working on two initiatives. The first initiative I will be working on is delivering the Stay on Track prevention program to middle schools across Connecticut. The Stay on Track program offers an innovative, fun, and comprehensive approach to substance abuse prevention. Special emphasis is given to tobacco, club drugs, hallucinogens, alcohol, prescription drugs, marijuana, and inhalants. However, Stay on Track is much more than a substance abuse program, providing lessons on health, decision-making, goal-setting, communication skills, interpersonal relations, and media influences. Stay on Track combines sound prevention science principles with the popular appeal of motor sports and addresses the unique developmental characteristics of middle school students. The curriculum is designed with careful attention to three specific areas of individual development: cognitive, social skill, and emotional development. If you would like more information about this program please call us here at the office or visit the Stay on Track website at www.ncprs.org/sotNGP.htm.

The second project I am going to work on is establishing a Youth Action Council (YAC). I hope to recruit as many youth in our target areas as possible. The main purpose and importance in creating this council will be to address the substance abuse prevention needs of their peers. The YAC will work to create collaborative programs, awareness campaigns and drug-free activities for all students. If you are a young person or know a young person that is interested in getting involved in this group please feel free to contact us here at the office. I look forward to working hard and productively with the CNVRAC and all of the communities we serve. I would like to personally thank all of the communities that we serve for the opportunity to be of service.



Did You Know?

- ◆ It is considered ideal for our youth to have at least 31 of the 40 Developmental Assets
- ◆ Search Institutes research indicates that only 8% of youth have 31 or more assets
- ◆ More than half of the youth they surveyed have 20 or fewer assets.



Youth Empowerment: Assets for the Fall

External Asset

Family Support: Family Life provides high levels of love and support

Internal Asset

Achievement Motivation: Young person is motivated to do well in school

5 Ways You Can Show Kids that You Care

- ◆ Notice them
- ◆ Smile a lot.
- ◆ Acknowledge them.
- ◆ Learn their names



Great Resource for Parents: Partnership for a Drug-Free America

The Partnership for a Drug-Free America is a nonprofit organization that unites parents, renowned scientists and communications professionals to help families raise healthy children. Best known for its research-based national public education programs, the Partnership motivates and equips parents to prevent their children from using drugs and alcohol, and to find help and treatment for family and friends in trouble. The centerpiece of this effort is an online resource center at drugfree.org, featuring interactive tools that translate the latest science and research on teen behavior, addiction and treatment into easy to understand tips and tools.

At drugfree.org, parents can connect with each other, tap into expert advice for children of all ages, and find the support they want and need in their role as hero to their kids. This website is a great resource for parents to prepare themselves for difficult issues that their children will face as they develop into adolescence and early adulthood. The CNVRAC strongly suggests that all of our parents become familiar this website. Spend a few minutes navigating the site and see what the Partnership has to offer. The site offers a variety of free resources including a comprehensive drug guide with information on all drugs of abuse. There is also a parent resource center page that has a wealth of information on how drugs and alcohol affect the teen brain. There is also a great parent toolkit on this page. Inside the parent toolkit you'll find practical tips and advice for raising drug-free kids from parenting and health experts as well as real parents and other caring adults.

Two free e-books are also available on the site for downloading. One of these books contains information on how to tell if your child is abusing drugs or alcohol. The other book focuses on how to get help through treatment if it is determined that your child or someone else you love actually does have a problem. A fun webpage specifically geared toward teens can also be found on this site. There are some really great videos with first hand testimony from young people both in recovery and active addiction on this page that relay a powerful message about the dangers of alcoholism and drug addiction. For more information please visit www.drugfree.org.



Revitalized Local Prevention Council Making a Difference

The CNVRAC is very excited to work with the Middlebury and Southbury Local Prevention Council this year. The local prevention council is being led by Southbury-Middlebury Youth & Family Services under the leadership of Dierdra De-Carra. Southbury-Middlebury Youth & Family Services is a non-profit organization dedicated to assisting the children and families of Southbury and Middlebury, CT by providing preventative, educational, and direct services and programs to promote healthy individual development and strengthen family life. The meetings for this LPC are going to take place the second Tuesday of every month at Shepardson Community Center in Middlebury. Meeting times will be from 7:00 pm until approximately 8:30 pm. The first meeting was already held on Tuesday September 21st. This meeting was primarily a brainstorming session for possible ideas for prevention programs that can be conducted throughout Middlebury and Southbury over the next year. A lot of great ideas were generated and it looks like there are going to be some great activities coming up over the next several months. It seems that there has been a larger amount of interest and participation with this LPC than in past years. We believe that this is in large part due to the growing threat of drug and alcohol abuse we are seeing in communities like Middlebury and Southbury along with the enthusiasm and dedication of service providers like Southbury-Middlebury Youth & Family Services.

The CNVRAC would like to personally thank Dierdra and her dedicated staff along with all of the other LPC members that have contributed to revitalizing this coalition. If you are a concerned member of the Middlebury and Southbury communities and would like to get involved with this coalition please contact us here at the CNVRAC office or you can contact Southbury-Middlebury Youth and Family Services (e-mail: yfspreventioncouncil@yahoo.com | Phone: 203-758-1441).



CNVRAC Prevention Committee

The purpose of the CNVRAC's Prevention Committee is to assist the Executive Director, Jennifer DeWitt in assessing prevention needs and assets in the Central Naugatuck Valley; to develop, implement, and evaluate an Annual Substance Abuse Prevention Plan; and to promote the development and coordination of needed prevention services in the area. Members of the Prevention Committee meet for the purpose of networking, resource development, and collaboration of efforts. This year, the Prevention Committee is going to be co-chaired by Jesse Mancinone, Prevention Coordinator for the CNVRAC, along with Erica Norcross, Social Worker for Naugatuck High School. Our first meeting is going to be held on Monday October, 18th from 8:30 am until 10:00 pm, here at the CNVRAC's new office on Chase River road. If you are working in the treatment or prevention field or are in the social work field participating in this committee can be of great benefit to you and the communities you serve.. If you would like to get involved please let us know. Your service and participation would be greatly appreciated.

Governors Prevention Partnership Underage Drinking Guide

Created in 1989, The Governor's Prevention Partnership is a not-for-profit partnership between state government and business leaders with a mission to keep Connecticut's youth safe, successful and drug-free. The Governor's Prevention Partnership works in collaboration with local, regional and statewide providers to maximize youth development programming without duplicating services. The Partnership's programs affect children in virtually every community in the state. Co-chaired by Governor M. Jodi Rell, The Partnership provides leadership and services to help schools, communities, youth organizations, colleges and businesses create and sustain quality programs in several core areas. One of these areas involves giving parents the skills they need to protect their children against drugs and other problems such as underage drinking. The Partnership has recently created a great resource for parents to help deal with the issue of underage drinking with their children. Their new publication is titled *A Parent's Guide to Preventing Underage Drinking*. This guide provides a comprehensive, step-by-step approach that equips parents to promote positive youth decision-making regarding alcohol use.

For a free downloadable copy of this document please visit the Governors Prevention Partnership's website at

<http://www.preventionworksct.org/ccsudresource.html>

Great American Smoke Out to Be Held in November

The Great American Smokeout is an annual day set aside to encourage smokers to go 24 hours without smoking a cigarette. It is held annually on the third Thursday in November. The idea for the Great American Smokeout was born in 1971 when Massachusetts resident Arthur P. Mullaney encouraged smokers to abstain from buying cigarettes just for one day and to donate the unspent money to a local high school. It became more popular in 1974 when a Minnesota newspaper editor led the effort to have a statewide Don't Smoke Day.

The movement spread to California in 1976 when the state chapter of the American Cancer Society held the event with almost 1 million smokers participating. The Great American Smokeout began to be held nationally in 1977. The American Cancer Society, or ACS, sponsors the annual event and provides assistance and resources to help smokers use the Smokeout as an opportunity to quit smoking for good. On its website, the American Cancer Society offers promotional supplies, including posters, stickers, t-shirt transfers and tent cards to help promote the day. Local resources are also published on the website to help smokers who want to quit find assistance locally in their communities. Local ACS offices are located in most of the United States and can give direction on how to promote a non-smoking environment at work as well as how to support friends and family members who are trying to quit smoking. Please feel free to contact the CNVRAC if you are interested in conducting an activity for this awareness campaign. We are more than happy to assist you in any way that we can.

For more information on the Great American Smokeout please visit the ACS website at www.cancer.org and click on the 'Stay Healthy' link

Want to Quit Smoking for Good?

Tobacco use is the leading preventable cause of disease, disability, and death in the United States. Between 1964 and 2004, cigarette smoking caused an estimated 12 million deaths, including 4.1 million deaths from cancer, and 5.5 million deaths from cardiovascular diseases.

When smoking tobacco, the user inhales tar, nicotine, carbon monoxide, and 200 known poisons into the lungs. The nicotine in cigarettes is powerfully addictive. So what should somebody do if they finally decide that they want to quit for good? Connecticut Quitline is a great resource for both adolescence and adults interested in quitting smoking. The research that has been done on tobacco cessation has made it clear that the most effective way to quit for good is a combination of talk therapy in conjunction with a nicotine replacement therapy such as the nicotine patch, gum or other medication. One of the reasons that Connecticut Quitline is such a great resource is that it offers both of these services.

Connecticut Quitline has a youth and adult program available. The youth program serves 13-17 year olds. Once an individual calls the Quitline they will be assigned a quit coach that is professionally trained to help you quit tobacco. Once you are assigned a coach they will help you to create a quit plan tailored to meet your needs to help make you as successful as possible with the cessation process. Once enrolled in the program you will be allowed 5 scheduled phone sessions and you will receive a packet of written materials. The 5 allotted phone calls are strategically placed at times throughout the quitting process. A person can call anytime during the process if they are afraid they are in danger of relapsing. Unfortunately minors are ineligible to receive an NRT as this must be prescribed to them by their primary care physician. Once the five phone sessions of talk therapy have been completed a person may re-enroll at no cost if they feel they need more support. Quit coaches can also make referrals to local programs in your community. This service is totally anonymous. So what are you waiting for? Now is the time to make tobacco a habit of the past.

Please call 1-866-END-HABIT (1-866-363-4224) if you are ready to quit.



Did You Know?

In the United States

- ◆ Cigarette smoking is the leading preventable cause of death.⁵
- Cigarette smoking is responsible for about one in five deaths annually, or about 443,000 deaths per year.¹
- ◆ An estimated 49,000 of tobacco-related deaths are the result of secondhand smoke exposure.

Worldwide

- Tobacco use causes more than 5 million deaths per year.⁴
- Current trends show that tobacco use will cause more than 8 million deaths annually by 2030.⁴
- On average, smokers die 13 to 14 years earlier than nonsmokers.⁵

Cyber Bullying: What Parents Need to Know:

The internet has become a powerful and exciting platform for people to communicate and exchange ideas. It seems that every year it gets faster and more intelligent. With the advent of social networking websites such as Myspace, Facebook and Twitter along the advance in cell phone technology it has become easier than ever for people to stay in touch with their friends and to know what is going on in their lives on a daily basis.

Many young people are safely and responsibly using this technology all over the world to communicate with their friends and loved ones. There still remains however, the potential for abuse to occur. "Cyberbullying" is a relatively new phenomenon. So, what is a cyberbully? One definition states, "Anyone who dumps on, slams, embarrasses, threatens or disrespects someone digitally is a cyber bully". How are these kids bullying? Cyberbullies use a variety of ways to harass people such as sending threatening messages, spreading nasty rumors and gossip, posting embarrassing photos, infecting other people's computers with viruses, hacking into accounts for personal information and pretending to be someone else to get private information. These types of harmful behaviors are typically carried out through email, web pages, blogs, chat rooms and cell phones.

So why are kids engaging in these types of behaviors? Many kids wrongfully believe that its fun and that it's not as harmful as bullying someone face to face. A lot of times they think they won't get caught. The reality is however that cyber bullying is a very big deal. This type of bullying can lead to fights, stabbings, deaths and even suicide in some cases. People who cyberbully can get into serious trouble with the law as well.

Research has made it very clear that the more harmful a person views a behavior as being, the less likely they are to engage in that type of behavior. Education is the key to changing social and societal norms. When young people receive a consistent message from school, the media and most importantly in the home, that behaviors such as substance abuse and cyberbullying are very dangerous and can have tragic consequences the less likely they will be to engage in those behaviors.

The CNVRAC strongly suggests that the parents living in our sub-region become better informed about cyberbullying and talk to your kids about it on an ongoing basis. For more information about this topic please contact us at the office (203.578.4044). We have free pamphlets available on this topic as well as information on how to safely monitor your child's internet use.

What Young People Need to Know?

- Remember, Nothing is secret or private on the internet
- Watch what you say in e-mail or other text messages.
- Don't post or send photos or images you don't want others to see.
- Don't give out personal information, passwords or account numbers.

Don't get sucked into bullying back. Bullying back makes you a bully to.



What Should a Young Person Do?

- Stay calm. Don't reply.
- Never seek revenge.
- Block out bullies.
- Talk to friends or adults about the bullying and what to do about it.
- ◆ Learn how to report bullying to your service provider

**Central Naugatuck
Valley Regional Action
Council**

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The Central Naugatuck Valley Regional Action Council's mission is to prevent and reduce alcohol, tobacco, and other drug use in its service area among youth, and over time among adults, through community education, community mobilization, public awareness, and advocacy.

We are on the web!

www.cnvrac.org

**The CNVRAC
serves the following
communities:**

- Beacon Falls
- Bethlehem
- Cheshire
- Middlebury
- Naugatuck
- Prospect
- Southbury
- Thomaston
- Waterbury
- Watertown
- Wolcott
- Woodbury

What can the CNVRAC do for you?

- *Provide solutions to reduce addictions
- *Community Mobilization
- *Awareness, Education & Prevention
- *Legislative Advocacy
- *Public Policy Development
- *Technical Assistance & Training
- *Needs Assessment & Data Collection
- *Research & Evaluation
- *Program Development
- *Project Collaboration

Regional Action Councils are led by local educators, parents, business people, social service providers, law enforcement officials, clergy, government leaders and youth. They are designed to be responsive, fo-

We are a program of the Family Intervention Center.

We are Primarily Funded by the State of Connecticut , Department of Mental Health and Addiction Services.

Other Funders include: City of Waterbury, CT—Problem Gambling Services and Naugatuck Savings Bank

