



**CENTRAL NAUGATUCK VALLEY
REGIONAL ACTION COUNCIL**

Another Great Year at the CNVRAC

Summer 2010

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It has been another exciting year at the CNVRAC. We have been working with our communities over the past twelve months on a variety of important substance abuse prevention related issues in the hopes that we will see significant reductions of underage drinking and illicit drug use. One of the major initiatives we worked on this year was conducting the *Taking Charge* curriculum and delivering its evaluation data to four groups of students from Naugatuck High School. This was the second year that the CNVRAC has delivered this . Taking Charge is a very basic and practical substance abuse prevention curriculum

as well as *Teen Influencer* presentations. TIPS stands for Training for Intervention Procedures. The TIPS program was designed by the Health Education Foundation of Washington D.C. to teach alcohol vendors acceptable standards of practice for serving alcohol. TIPS training can be delivered in a variety of settings including restaurants, bars, hotels and night clubs as well as grocery, convenience and liquor stores. TIPS training is also available for universities, concession stands, the workplace, and there is even a program for senior citizens belonging to civic groups or living in assisted living programs.

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“Rates of substance abuse have declined dramatically in the last decade due, in large part, to collective efforts of the anti-drug and prevention communities and communicating the risks of drug abuse to young people.”

riculum geared toward educating adolescence about the dangers of substance abuse and addiction while at the same time teaching them vital coping skills ranging from anger and stress management to decision making and goal setting skills. The CNVRAC would like to personally thank Erica Norcross and the rest of the Naugatuck H.S. staff that assisted us in conducting this training.

The CNVRAC has also been working hard on increasing the capacity of the community to address substance abuse problems. The CNVRAC has conducted several TIPS trainings

TIPS has been proven to reduce underage drinking and is a great way to build confidence and people skills. Businesses that decide to train their staff in this program will also usually receive significant reductions in their insurance policy rates. Many insurance companies are familiar with TIPS due to the integrity of the program and the fact that it has been successful for over twenty years.

Maximizing Your Role as a Teen Influencer: What You Can Do to Help Prevent Teen Prescription Drug Abuse is a complete workshop module designed to educate and equip teen influencers

Special points of interest:

Would you like to join the CNVRAC Steering Committee ?

We meet every third Friday from 9-10:30 AM. Please call our office for more information!

203-578-4044

.....such as parents, grandparents, teachers, coaches and school based healthcare providers with credible information about teen prescription drug abuse and effective strategies to take action. The main goal of this training is to empower teen influencers to provide consistent prevention messages wherever teens are: at home, at school, on the field or during health-related visits. Prescription drug abuse has become a significant problem that is affecting our whole country. The Teen Influencer training is a great way for any person that is in a position to influence teens to become informed and empowered to have a conversation about this important topic with the young people in their lives. We know that talking works. Rates of substance abuse have declined dramatically in the last decade due, in large part, to collective efforts of the anti-drug and prevention communities and communicating the risks of

drug abuse to young people. In addition to these two trainings the CNVRAC has also recently become trained to deliver two other workshops on the 40 Developmental Assets Framework. The 40 Developmental Assets were developed by the Search Institute. The Search Institute defines the 40 assets as “experiences and qualities that all of us have the power to bring into the lives of children and youth”. The two trainings that are being offered by the CNVRAC are titled *Everyone's an Asset Builder: Integrating Developmental Assets into Your Life* and *Sharing the Asset Message*. The purpose of the Everyone's an Asset Builder workshop is to inform individuals about the Developmental Assets framework and motivate them to be effective asset builders. The *Sharing the Asset Message* training is designed to equip participants with the knowledge, skills,

and strategies needed to effectively share Search Institute's Developmental Assets framework throughout their communities. Participants will explore delivery of the asset-building message in various forms to multiple audiences. If you are interested in receiving any of these trainings please feel free to contact us here at the CNVRAC. Our new location is on 22 Chase River Road in Waterbury, Connecticut. We would be more than happy to work with any community member and/or small business owner within our 12 town sub-region. If you are not located within our sub-region we would be more than willing to connect you with your local Regional Action Council.—



Parenting and Prevention

Parents are the first line of defense in preventing young people from abusing substances such as illicit drugs and alcohol. Research has proven time and again that the more parents talk with their children about the dangers of drug and alcohol abuse the less likely they will be to start (PDFFA). According to a national study by the Partnership for a Drug Free America just about all parents (98%) say that they have talked with their children about drugs. Only 27% of teens however, say that they are learning about the risks of drugs at home. This is a disconnect that needs to be addressed. Many times the majority of prevention efforts are focused on getting the message into

schools as well as in the community. Although these are essential areas to target prevention services an even greater impact could be seen if young people are given prevention messages in their homes on a consistent basis. Substance abuse prevention messages need to be as similar and as consistent as possible within communities, schools and families. If young people are hearing the same message in all three of these areas social norms will eventually be changed. Once social norms begin to be changed young people's behaviors will also change for the better. The conversation that needs to be had with our young people is not a one time event. This is a conversation that needs to occur

throughout our child's development from the elementary years all the way up through college and beyond if necessary. Finding teachable moments to have conversations with our kids about the topics that have great relevance in their lives is essential for educating them and getting them to see the big picture; that the decisions they make in their lives today has an impact on how their lives will turn out tomorrow. For more information on substance abuse topics such as how to talk with our teens please visit www.cnvrac.org.



Norman Rockwell doesn't live here and what's up with the elephant on Main St?

When you drive into my community it is like driving down Main St. in a Norman Rockwell painting. You'll see church steeples, schools, a post office, pharmacies, a grocery store, and sidewalks busy with people walking their dogs and kids riding bikes. If you spend much time here you will learn that we also have an elephant in town. Our elephant is underage drinking and drug abuse! Although we don't talk about him he roams freely in our homes, churches and in our schools. Here in Woodbury and Bethlehem we have lost 12 young adults that I am aware of, to substance abuse in the last decade. For communities with a combined populations of 13,000, that is FRIGHTENING! In communities around the State of CT there have been additional deaths. All community members play a role in keeping our young people safe. Parents need to be just that, "PARENTS", not our kids' friends!

Children need love, limits and consequences, not drinking buddies or someone to look the other way! Purchasing and serving alcohol to minors is not OK; in fact it's against the law. It's ok to call other parents when a party is being held and ask if they're planning on being home or serving alcohol! Get to know your kids friends and their parents.

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It's not invading their privacy, it's the job of a responsible parent! Neighbors, it's your job to call the police if you believe a party is being held without adult supervision. Don't worry, you can do it anonymously! Kids, it's your job to talk, to your friends, parents and anyone you feel comfortable with when you

have concerns about substance abuse. FYI, not everyone is drinking and doing drugs and it's OK to say NO! Law Enforcement, you have the support of the majority of community members to enforce the laws and arrest the people who are selling drugs and serving alcohol to our children! Your Local Prevention Council is listed on the CNVRAC website, www.cnvrac.org. Please join us in ridding our communities of that elephant! Ignorance is not bliss, silence is not golden.~

Maryanne Van Aken

Chair, ASAP



What Do Parents Need to Know About Inhalant Abuse?

Here at the CNVRAC we are committed to fully informing the communities we serve about the dangers of drug and alcohol abuse. Inhalant abuse has proven to be one of the most deadly forms of substance abuse. The good news is that the overall usage of these toxic chemicals have become less prevalent since the early 1990's. However it continues to remain a source of injury and death (CADCA, 2010). It appears that young people in their early teen years are especially susceptible to the harmful effects of inhalant abuse. The highest rates of abuse appear to

be occurring among youth between the ages of 12 and 17 specifically (CADCA, 2010). There were 47.28 cases reported to poison control centers, per one million youth during 2009 (CADCA, 2010). Teens will often begin abusing inhalants prior to experimenting with alcohol, tobacco and other drug use. By the time a young person reaches the eighth grade, approximately 1 out of 5 will have already abused an inhalant (CADCA, 2010). The good news that this type of drug abuse is preventable. The first step in preventing any kind of substance

is to become informed, know what to look for, and become better able to keep our youth and communities safe. Becoming educated and keeping our household inhalant products that have the potential to be abused safe and protected, are basic and effective steps parents can take to prevent tragedy from occurring in their homes. For more information on inhalant abuse please visit the **National Inhalant Prevention Coalition's website at :**

[www. Inhalants.org](http://www.Inhalants.org)

Central Naugatuck
Valley Regional Action
Council

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Waterbury, CT 06704

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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

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

The CNVRAC serves the following communities:

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

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, focused and tailored to meet your community's specific needs.

We are a program of the Family Intervention Center.

We are Primarily Funded by the State of Connecticut , Department of

Reminder to Educators in the CNVRACs

Sub-Region:

- ◆ Don't forget to order materials for Red Ribbon Week-October 26th-31st
- ◆ Contact the CNVRAC if you are interested in scheduling presentations/workshops for the upcoming school year before our schedule get filled.