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Jan. 2010

# PREVENTIONPress

BROUGHT TO YOU BY *The Capital Area Substance Abuse Council*

A QUARTERLY NEWSLETTER DEDICATED TO PREVENTION PROFESSIONALS

## 2010 The Year Ahead

WALLY GRACIA, President

To begin a second term as CASAC's President has been rewarding and challenging. I have had the pleasure and privilege of working with Executive Director Mirelle Freedman, Board members, volunteers and policymakers. It is clear that there is no shortage of important issues CASAC might take up in 2010, and I am pleased that we are moving ahead with a resilient attitude.

We can take steps to help prevent problem behaviors. That's the principle behind CASAC's prevention strategy – being proactive when it comes to drug free communities. It is something we believe in strongly and it is a principle that CASAC and your Local Prevention Councils (LPCs) have promoted for several years. However, this work cannot be done without the investment and involvement of individuals like you.

I am extremely grateful for the support we receive from the community. Each of you who attends events, develops third-party initiatives, makes a donation and/or volunteers your time is making a difference in the lives of those reached through our partnerships with the LPCs.

To my colleagues on the Board of Directors, to our Executive Director – thank you for your dedication. Your hard work and cooperation makes our team successful in providing for the needs of our constituents.

## CONNECT THE DOTS

MIRELLE FREEDMAN, Executive Director

*"Reach out to your friends, reach out to your neighbors, and connect the dots in our society in every possible way. Together, we're the agents of achievable change in our culture."*

I heard these words spoken by Rear Adm. Steven K. Galson, Acting Surgeon General, at a CADCA conference in Washington, D.C., a few years ago, and I realized that is just what CASAC has been doing for the past 19 years.

CASAC's success is based upon community partnerships – reaching out to our neighbors and friends, connecting the dots however we can. Our members bring an array of talent and experience to the challenge of preventing substance abuse and related health and social problems, and our efforts are strengthened by all of them.

In the struggle against the abuse of alcohol, tobacco, other drugs and other risky behaviors, CASAC has developed strategic partnerships with the business and faith communities, media outlets, parents, youth, government offices, law enforcement and justice, and youth development, philanthropic and other local organizations.

### Why get involved with reducing substance abuse?

We can help strengthen families through local programs designed to support family connections. We can develop resiliency in youth to resist substance use and other high risk behaviors. As a coalition, we can build communities that care for and serve each other. We can build collaborative relationships across disciplines, and influence perspectives that support innovative infrastructure and policy as a means of changing community norms.

Substance abuse underlies so many problems we see in our communities: domestic violence, academic failure, poverty, unemployment, crime, and even some mental illnesses. CASAC is continuously reaching out to our friends and neighbors – connecting the dots – by making evident the relationship between substance abuse and its influence over other serious conditions.

### Be a part of the solution

**Volunteer.** As partners we can expand the quality and quantity of outreach to the community

**Fund raise.** Help us develop new funding streams to increase our resources.

**Donate.** Together we can be the agents of achievable change in our culture.

I'd like to thank the staff and the Board of Directors for their commitment to CASAC's mission.

## Coming Up:

CASAC Coalition Coordinator Wende Cooper is very excited about the new programs that CASAC has added and is planning for the upcoming year. The **Bullying Awareness Forum**, held in Windsor Locks for High and Middle School students and their parents, was a great success in 2009, and we look forward to holding another forum at Windsor Locks Elementary School in early 2010.

**"Take It Back!"** is a national, youth-directed movement to gain attention to help change the negative impact of alcohol on young people. Take It Back! is not an organization, program or curriculum. It is an opportunity for youth voices to be heard about alcohol problems concerning adult enabling. The movement will be held in Rocky Hill on March 4.

CASAC is also the fortunate recipient of two grants: **"Taking Charge: Path to Healthy Choices"** is an 8-10 week curriculum designed to enhance protective factors and increase self-awareness of risky behaviors; and **"Maximizing Your Role as a Teen Influencer: What You Can Do to Help Prevent Teen Prescription Drug Abuse."**

Visit [www.casac.org](http://www.casac.org) for more information about these programs, and to keep up with CASAC in 2010.

## FOOD FOR THOUGHT

In the 1820s, most employers assumed that workers needed strong drink for stimulation: a typical workday included two bells, one rung at 11 a.m. and the other at 4 p.m., that summoned employees for alcoholic drinks.

# CASAC NEWS

## Annual Meeting Community Members Honored

Held on Oct. 22, 2009, CASAC's annual meeting was a great success! Approximately 90 people attended a lovely dinner at the St. Thomas Seminary in Bloomfield, CT.

Each year, CASAC recognizes individuals who have contributed their time and talent to reducing the abuse of alcohol, tobacco, other drugs and other risky behaviors in their towns. Nominations are made by town officials, CEO's, legislators, superintendents of school districts, police, youth service bureaus, CASAC's Board of Directors, Local Prevention Councils, the Governor of Connecticut and other concerned citizens. The 2009 CASAC Recognition Award recipients were:

### Law Enforcement

*Officer Jeff Haggett*, Avon Police Department

### Youth Role Model

*Donald Harris*, Deputy Mayor of Bloomfield

### Community Volunteer

*Tim Haviland*, President & Managing Partner, Landmark Partners

### Community Education

*Joseph F. Kopf*,  
Assistant Principal, Sport and Medical Sciences Academy

### Mentoring

*Ronnie Alicata*, 8th Grade Teacher, Hartland Elementary School  
*Gail Myers*, Secretary to the Vice Principal, Suffield Middle School

### Community Mobilization

*Judy Bierly*, Director, Community Services, The Bridge Family Center

### Community Awareness

*Dr. Judy Terranova*, Windsor Youth Commissioner  
*Officer Joseph Oliveira, Jr.*, Windsor Locks Police Department

## CASAC Welcomes New Board of Directors Members

*Tracey G. Gove*, Police Lieutenant, West Hartford Police Department  
*Dr. Bradford Howard*, Director of Outreach, Charter Oak Health Center  
*Harriette Howard*, State Investigator, CT Public Defenders Office  
*Scott W. C. Lawrence*, Principal, R. D. Seymour Intermediate School, East Granby

We look forward to their support in helping make 2010 a fruitful year for prevention.

# Windsor Locks Middle School Celebrates Red Ribbon Week

The Windsor Locks Middle School student council organized 2009 Red Ribbon Week activities, including distributing class pledge cards and red ribbons to all classrooms.

They also held a "We CAN be drug free" contest. The students were asked to bring in donations of canned goods, cereal, and pasta for the lo-

cal Social Services Department. The classrooms with the most donations for each grade (6th, 7th, and 8th) received a pizza party from the Windsor Locks Substance Abuse Prevention and Action Council. This was one of their most successful food drives – they had to two trips with their loaded truck to bring all the food to Town Hall.



# Rocky Hill Schools Host Motivational Speaker

On Oct. 22, 2009, celebrated youth motivational speaker Jeff Yalden appeared at Rocky Hill High and Middle Schools.

Jeff is a Gulf War veteran who was twice named Marine of the Year. He has appeared on MTV's popular "MADE" reality TV series as a teen life coach, and has authored four books. His latest, *They Call Me Coach*, is in such high demand that it has been converted into a leadership e-course now used by high schools and colleges across the nation.

He contributed to New York Times bestseller *A Cup of Chicken Soup for the Soul*; coauthored *Lead Now - or Step Aside!* and is frequently quoted in newspapers and magazines.

An energetic speaker and skilled motivator, Jeff

has spoken to students at high schools, middle schools, colleges, universities and youth conferences across the country and around the globe. He makes teens laugh. He commands their attention. He makes teens think. His new "About LIFE" school assembly is about awakening. When we live through a fog we wander around aimlessly leaving ourselves open to depression, apathy or even worse drugs and violence. When we awaken to who we are and our purpose the fog lifts and a new life begins to unfold. Jeff knows because he was once in that fog, and having been lifted from it, he has devoted his life to helping teens escape their fog! This new school assembly really is "About LIFE" and is a life-changing teen event!

Sponsored by: Rocky Hill Youth & Family Services, CASAC and the Community of Concern.

## PROMISE GIRLS GROUPS

The **Hartland** PROMISE Girls have an exciting year ahead with three service projects planned. This group of seventh grade girls will be making centerpieces to adorn the tables at the senior holiday luncheon. A quilt will be made again this year with the sixth grade girls but it hasn't been decided yet who the lucky recipient will be to receive this very special gift. The girls group will end the quilt activity with a thank you luncheon for the sixth grade girls to "pass the baton" to the girls group participants in the coming year.

The **Suffield** PROMISE Girls are having a great time reading *Daphne's Book*, written by Mary Downing Hahn. The "book club" is visited during the first 15 minutes of every meeting to read, and share thoughts and feelings about what is happening with Daphne and Jessica, the book's main characters. Many of the girls are eager to talk about what they have read – some have even finished the book but all are encouraged not to spoil the ending for the rest of us! This is a wonderful opportunity for the girls to sit down and unwind from the hustle and bustle of the busy school day.





Take it Back! is a national, youth-directed movement to raise awareness and gain attention to help change the negative impact of alcohol on young people. Take It Back! is not an organization, program or curriculum, it is an opportunity for youth voices to be heard about alcohol problems concerning adult enabling.

The movement has coined two phrases: Abnatural [ab-nach-er-uhl]: a screaming contradiction to a healthy existence. ie. kids line up at a liquor store to get Chris Moneymaker's autograph.

Accipurp [ak-si-purp]: a deliberate act intended to appear accidental. ie. a playground was build next to a brewing company.

The movement will be held in Rocky Hill on March 4, 2010. This program will be sponsored by CASAC in partnership with the Rocky Hill Local Prevention Council and Youth Coalition, Newington Local Prevention Council and Youth Services, and the United Synagogue Youth.

**Find out more about the movement:  
[www.utakeitback.org](http://www.utakeitback.org)**

## Bullying Forum Building a Community of Support

CASAC, in conjunction with The Governor's Prevention Partnership and Windsor Locks Public Schools, held an informative panel discussion for students and adults at the Windsor Locks High School on Nov. 4, 2009. There were over 50 people in attendance.

The discussion covered topics such as state and district laws on bullying, what the laws mean to you as a parent, cyber-bullying, and what communities can do to design and implement effective strategies to intervene and prevent bullying.

Students had an interactive session with Lisa Tregony, the senior coordinator of school

and community programs for The Governor's Prevention Partnership. Lisa focuses on the development and facilitation of a comprehensive anti-bullying program for K-12 schools in the state of Connecticut. Kathryn Barnard, the Youth Service Director of Windsor Locks Public Schools, co-facilitated the group with Lisa to help the students have a better understanding of what feels right and wrong, what is acceptable, and recognizing boundaries.

Through strategy sharing and dialogue, the student group learned about laws that protect students, what bullying is and is not, moving from bystander to ally, what to do if you are targeted, and cyber-bullying.

## Stop Medicine Abuse Dr. Drew Pinsky Joins Campaign

**Dr. Drew Pinsky, a nationally renowned drug abuse expert, has joined the Stop Medicine Abuse campaign.**

Dr. Drew has years of experience helping people with substance abuse problems enter recovery — now he's working to emphasize that it's just as important to talk about preventing substance abuse before it starts. To help achieve this goal, Dr. Drew met with Five Moms and key legislators on Capitol Hill to talk about ways we can work together to address the problem of over-the-counter cough medicine abuse among teens.

Visit [StopMedicineAbuse.org](http://StopMedicineAbuse.org) to hear directly from Dr. Drew about why he is involved in this campaign and how parents can make a difference in the fight against cough medicine abuse. And stay tuned over the coming months for a series of videos featuring tips and advice on this important issue from Dr. Drew.



The Stop Medicine Abuse campaign thanks Dr. Drew for joining the cause, and extends a thank you to each of you who made such a tremendous impact during National Medicine Abuse Awareness Month. But our work isn't done — there are still 12 days remaining on the Tell-A-Friend Challenge, which means there is plenty of time to continue spreading the word to as many parents as you can.

# CALENDAR

**CASAC'S MISSION** is to reduce alcohol, tobacco, other drug abuse and other addictive behaviors among youth and, over time, among adults within our 16 town area by addressing the factors that increase and promoting the factors that minimize the risk of substance abuse and other addictive behaviors through community education, public awareness and advocacy. CASAC services the towns of Avon, Bloomfield, Canton, East Granby, Farmington, Granby, Hartford, Hartland, Newington, Rocky Hill, Simsbury, Suffield, West Hartford, Wethersfield, Windsor and Windsor Locks.

To include your up-coming event in the Prevention Press calendar of events, please contact Wende Cooper at 860.286.9333 or email [coalitioncoordinator@casac.org](mailto:coalitioncoordinator@casac.org).

## JANUARY

### National Medicine Abuse Month

**14**

Dr. Anthony Wolfe, child psychologist and best-selling author. 7:00 p.m.  
East Granby High School  
95 South Main St., East Granby  
(Snow date: Jan. 21)

**19**

Local Prevention Council Meeting. 9:30 a.m.  
Bloomfield Town Hall, Rm. #5  
800 Bloomfield Ave., Bloomfield

## FEBRUARY

### American Heart Month

**18**

CASAC Board of Directors Meeting. 8:30 a.m.  
West Hartford Town Hall, Rm. #422

## MARCH

### National Nutrition Month

**4**

Take it Back! movement/community briefing. 7:00-8:30 p.m. For youth, families, and community members regarding the issue of underage drinking. RSVP: 860.258.2718.  
Rocky Hill High School, cafeteria  
50 Chapin Ave., Rocky Hill

## APRIL

### National Alcohol Awareness Month

**10**

I Am Unique! I Am Woman! 9:00 a.m.  
Suffield Middle School  
350 Mountain Rd., Suffield

**15**

CASAC Board of Directors Meeting. 8:30 a.m.  
West Hartford Town Hall, Rm. #422  
50 South Main St., West Hartford

**15**

CASAC Board of Directors Meeting. 8:30 a.m.  
West Hartford Town Hall, Rm. #422  
50 South Main St., West Hartford

## MAY

### National Teen Pregnancy Prevention Month

**8**

Soy Unica! Soy Mujer! Time TBD  
Capital Community College  
950 Main St., Hartford

## JUNE

### National Parks and Recreation Month

**17**

CASAC Board of Directors and Local Prevention Council Breakfast. 8:30 a.m.  
West Hartford Town Hall, Rm. #422  
50 South Main St., West Hartford



I will help CASAC reach it's fundraising target of \$5,000 with a donation of:

- |                                |                                  |
|--------------------------------|----------------------------------|
| <input type="checkbox"/> \$25  | <input type="checkbox"/> \$250   |
| <input type="checkbox"/> \$50  | <input type="checkbox"/> \$500   |
| <input type="checkbox"/> \$75  | <input type="checkbox"/> \$1,000 |
| <input type="checkbox"/> \$100 | <input type="checkbox"/> \$_____ |

My donation will help CASAC continue to develop strategies to reduce alcohol, tobacco and other drug use in our communities, and to raise awareness of problem gambling.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_

Zip \_\_\_\_\_

Telephone \_\_\_\_\_

E-mail \_\_\_\_\_

**Checks should be made payable to:**  
CASAC  
3 Barnard Lane, 1st Floor  
Bloomfield, CT 06002