



Hampden-Wilbraham Partners for Youth United for Safe, Healthy, and Drug-free Communities

Winter Events – Opportunities to Get Involved!

Coalition Meeting Dates: Dec 20th, Jan 25th, Feb 22nd

Youth Initiative Meeting Date: Dec 13th MRHS

Upcoming Events Contact Ruth DiCristoforo for more information at: rdicristoforo@hwsd.org

December 1st

Youth Mental Health First Aide (YMHFA) Community Workshop 8:00 a.m. – 4:00 p.m.

The course teaches you how to recognize signs of a mental health challenge and how to provide support. For more info go to: HWP4Y.ORG/eventcalendar.

December 6th

Youth Risk Behavior Survey Review Work Group

This Work Group will review the questions from the 2018 and new 2019 survey.

December 13th

Positive Community Norm Underage Drinking Prevention Work Group

This Work Group will be creating a Positive Social Norms campaign focused on high school underage drinking prevention/reduction. The group will develop, pilot test, and release positive youth messaging that supports increasing accurate perceptions and decreasing use rates for underage high school drinking. This campaign is expected to launch in April 2019.

January 22nd – 27th

National Drug and Alcohol Facts Week

The Coalition Youth Initiative (YI) will be working within the school district to participate in this national event. The YI will develop a local awareness and education event. This is open to youth ages 11-17. Additional details will be available following the YI meeting December 13th.

February 3rd – 7th

CADCA National Leadership Forum 2019 (Gaylord National Hotel National Harbor, MD)

Coalition Adults and Youth will attend this National Leadership Forum & SAMHSA's Prevention Day for community-based substance abuse prevention coalitions.

February 28th

Dr. Potee: The Physiology of Adolescent Addiction: Effects of Drug Taking Behavior on the Brain. (6:30 p.m. – 8:30 p.m. Minnechaug Regional High School Wilbraham)

This well-known physician, board-certified in Family medicine and Addiction Medicine, will be back in our community to speak on the vulnerabilities of youth and addiction, prevention strategies, and other family and community considerations about access to these harmful substances. RSVP to RDicristoforo@hwsd.org before February 20th.

Community Workshops Contact Ruth DiCristoforo for more information at: rdicristoforo@hwsd.org

Youth Mental Health First Aide (YMHFA) Community Workshops

- This training is for Adults who have contact with Youth (ages 12-25), including Parents, Grandparents, Neighbors, Friends, and Relatives. The course teaches you how to recognize signs of a mental health challenge and how to provide support. This class is offered at no cost. More info at: HWP4Y.ORG/community/youth-mental-health-first-aid-training.

Teen Vaping: Get the Facts Community Workshops

- Sara Moriarity, from the Hampden County Tobacco Free Partnership, will continue to work with the Coalition, offering Community workshops, upon request. This program is suitable for anyone raising and/or working with youth. This effort supports the Coalition strategy to reduce Teen Vaping use and increase accurate perceptions about this growing concern. To date, Sara has presented 4 workshops: at the Scantic Valley YMCA, to HWSRD Staff, Community-At-Large, and Evangel Assembly of God Church community. Check out past program flyers at <https://www.hwp4y.org/about/news.html>. If interested in hosting a workshop, (adults only) or to learn more about how a program can be coordinated at your location, contact Ruth at rdicristoforo@hwsd.org or call (413) 566- 5060 (Ext.17)

Coalition Resources

HWP4Y.ORG Website

- **Go to our *website*** to find *resources* promoting healthy youth development and the prevention/reduction of drug use, as well as HELP finding treatment/recovery resources in our area. Read articles, watch videos, download resources, and learn more about HWP4Y. **Take the *Parent Perspectives Survey*** and tell us about your successes and challenges raising kids in Hampden and Wilbraham. The Survey is also found on HWRSD District Home Page.

Follow us on Facebook @HWP4Y

- **Follow us on Facebook** to stay up to date!

Resource Library

- **Visit our *Resource library*** (located at Thornton W. Burgess 85 Wilbraham Rd Hampden) to browse a wide selection of booklets, provided at no cost to help adults talk to kids about staying safe, healthy, and drug-free. Resources are geared toward the age and stage of your child (elementary, Middle School, High School). Topics include communication, healthy habits, as well as specific resources for the prevention/reduction of alcohol, marijuana, Rx Drugs, Tobacco use. Contact Ruth to make an appointment by email at rdicristoforo@hwrzd.org or call her (413) 566 – 5060 (Ext. 17).

Community Partnerships

- **The mission** of the *Hampden-Wilbraham Partners for Youth* Coalition (HWP4Y) is to collaboratively initiate, coordinate, and sustain evidence-based prevention and intervention efforts that prevent and reduce youth substance use, and promote healthy childhood development in the communities of Hampden and Wilbraham.

We want Hampden and Wilbraham to be towns where youth, parents, schools, businesses, health care professionals, youth-serving agencies, law enforcement, religious and fraternal groups, media, and community leaders *collaborate* to promote safe, healthy, drug-free, and positive youth development.

We believe that preventing and reducing youth substance use is our collective responsibility. The philosophy behind our program is that “local problems require local solutions”. Together, we will use effective, evidence-based public health and educational strategies proven to reduce youth substance use. Ultimately, we want all of our young people to have the best chance to grow into strong, happy, healthy, productive adults.

Membership is open to any individuals or organization that support the mission of the Coalition and participate in Coalition activities.

If you are interested in learning more about the Coalition, please contact:

- Gina Kahn, Director of the Coalition and the Hampden-Wilbraham Regional School District Safe Schools/Healthy Students program by email at gkahn@hwrzd.org or call (413) 566-5060 (Ext. 12).
- Ruth DiCristoforo, Coalition Coordinator by email at rdicristoforo@hwrzd.org or call (413) 566- 5060 (Ext. 17)
- Tracy Bauduccio, Coalition Youth Liaison at tbaudduccio@hwrzd.org or call (413) 566 – 5060.



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