

## **Hampden-Wilbraham Partners for Youth Coalition**

**Thornton W. Burgess School 85 Wilbraham Rd. Hampden**

**(413) 566 – 5060**

**Website: [www.HWP4Y.org](http://www.HWP4Y.org)**

### **Opportunities to Get Involved**

#### **December 15<sup>th</sup> 2017, January 19<sup>th</sup>, 2018**

Coalition meetings are held at 1 p.m. at various locations around the community. If you are interested in attending a meeting, or would like more information, please email Ruth DiCristoforo, at [rdicristoforo@hwrdsd.org](mailto:rdicristoforo@hwrdsd.org) or go the website at [www.HWP4Y.org](http://www.HWP4Y.org).

#### **Tuesday, January 23<sup>rd</sup>, 2018 - SAVE THE DATE! Minnechaug Regional High School Auditorium 6:30 p.m.-8:30 p.m.**

**The Just Once video** presentation will be co-sponsored by the Hampden County District Attorney's office addressing the dangers of experimenting with drugs and the risk of taking prescribed medications. This *video documentary* tells true Hampden county stories of drug addiction and recovery of former students who attended local high schools, their parents and experts in the field. The Coalition will sponsor a variety of exhibits on early detection of risky behaviors and ways to identify environmental clues that may suggest drug use, along with resources about prevention, misuse reduction, and treatment and recovery of youth substance use. **Save the date and join us!**

#### **On- Going Programs, Activities, and Resources**

**Youth Mental Health First Aid Classes:** Youth Mental Health First Aid USA is an 8-hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. This class is offered, upon request, at no cost for adults who regularly interact with young people including parents/guardians and professionals. For more information contact Teri Brand, HWRSD District Nurse by email at: [tbrand@hwrdsd.org](mailto:tbrand@hwrdsd.org)

#### **Coalition Website: [www.HWP4Y.org](http://www.HWP4Y.org)**

Visit our website to learn more about our communities' coalition, who we are, what we do, how you can become involved and work with us to keep our children safe, healthy, and drug-free. Viewers can access a multitude of resources about youth substance use prevention, misuse reduction, and treatment and recovery.

#### **Rx Drop-Off Bins: *Meds in the Bin... We all Win... Prevent Rx Drug Misuse***

Do you or a relative have a cabinet full of old medications? Drop off pills (only), no liquids or needles allowed, at the local police stations: Hampden PD 104 Allen St. Hampden or Wilbraham PD 2780 Boston Rd. Wilbraham Open 24 hours a day, 7 days a week for safe disposal, no questions asked. You can help reduce Rx misuse!

**Social Messaging Campaign** – Did you know simply talking to your teens about not using substances greatly reduces the chances of them using? The GOOD NEWS is that 91% of Hampden and Wilbraham parents/guardians say they Do Set Rules about drug and alcohol use. Be sure to TALK to your kids and Set Rules to help prevent use. More messaging to the community is being developed from the data collected on the 2017 Youth Risk Behavior Survey given to High School and Middle Schools students every spring. Keep up the GREAT work parents/guardians!

**Visit [www.HWP4Y.org](http://www.HWP4Y.org) for more information about programs, activities, and resources that *Keep Youth Safe, Healthy, and Drug-free in our Communities***