



**CENTRAL NAUGATUCK VALLEY  
REGIONAL ACTION COUNCIL**

## Who we are...

The Central Naugatuck Valley Regional Action Council (CNVRAC) is one of 14 community partnership Regional Action Councils in the State of Connecticut that work to provide your community with education, training and advocacy for substance abuse prevention. The CNVRAC came into existence in 2001. We are located in Waterbury. We started with an Executive Director and a month later hired the Prevention Coordinator. The CNVRAC had a table and 2 chairs. Now, 6 years later we have a new Executive Director, Jennifer, she has been here for 3 years and Bonnie, the Prevention Coordinator has been with CNVRAC since 2001. We have grown in many ways! We have a vast resource library of curriculums, DVD's, videos, and thousands of brochures. We also provide educational workshops on alcohol, binge drinking, gambling, drugs, drinking and driving, tobacco and many more. We serve all ages from 0-100 years old!

### *Some History:*

***Regional Action Councils (RACS) were created by the State Legislature in 1989 with the purpose of fighting tobacco, alcohol, drug and gambling addictions across our state.***

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 Family Intervention Center.**

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

**Also funded through municipality support**

**from the following communities:**

**Bethlehem, Middlebury, Naugatuck, Prospect,**

**Waterbury, Woodbury**

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### **Inside this issue:**

Do you know the Internet Lingo?	<b>2</b>
Have you talked to your child lately?	<b>2</b>
TIPS Training	<b>3</b>
Teen Corner	<b>3</b>
Our Mission & Service Area	<b>4</b>
Executive Director's Corner	<b>4</b>

### **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**

## Do you know the Internet LINGO?

WFM, PIR, ASL, WFM....take a guess what do these letters mean? Like many of us, it looks like a different language, and it is. Many teens use these acronyms and symbols to warn their friends online when an adult might be present or to type in code so parents can not figure out what they are talking about. Is this done on purpose? Or is this done innocently to abbreviate words?

Your kids know what these mean, do you?

LOL: laughing out loud

WFM: Works For Me

P911: my parents are coming!

A/S/L: age, sex, location

POS: parent over shoulder

PIR: Parent in Room

SWL: Screaming with Laughter

LTNS: Long time, no see

RL: Real Life

RPG: Role Playing Games

To learn more about Internet Guidelines please read Teen Safety on the Information Highway, also available online at [www.cybertipline.com](http://www.cybertipline.com)

or by calling 1-800-THE-LOST (1-800-843-5678)

**PLEASE**

Protect your child's online life.

Information from National Center for Missing and Exploited Children.

## Have you talked to your child lately?

With today's busy world, with two working parents, single parents, it is surprising to see a family sit together at the dinner table and actually talk. Some families do this everyday but for other families it is not in their schedule to do this, whether it be time constraints or just different schedules. It is crucial for parents to talk to their children about the issues that children face today. Children learn through commercials, in schools "don't do drugs!" As parents, we need to know what our children know about certain substances. It is your responsibility to educate yourself on the drugs that are out there. There are many resources available for parents, and the CNVRAC can answer questions too. And furthermore TALK to your children, talk to them and ask them what they know, you may be surprised.

Office of National Drug Control Policy (Monogram for a Drug-Free America)

**~~"Because you don't take the time to meet my friends, you don't know that Krystal and Stefany are a couple of friends from school that I get high with."~~**

Get to know their friends, and you won't have to wonder if you're getting the whole story. You'll know that you are. Monitoring is important, because if you don't, your **PARENTS.** kids are four times more likely to do drugs. It isn't easy. But it's worth it.

To learn more, call 1-800-788-2800. Or visit [theantidrug.com](http://theantidrug.com)

# TIPS TRAINING

The Central Naugatuck Valley Regional Action Council is certified to provide TIPS training. TIPS (Training for Intervention ProcedureS) is the global leader in education and training for the responsible service, sale, and consumption of alcohol. Proven effective by third-party studies, TIPS is a skills-based training program that is designed to prevent intoxication, underage drinking, and drunk driving.

Currently, CT does not require any seller/server certification or training before employees as young as 18 years old, or 15 if you work in a grocery store, can sell or serve beverages containing alcohol. 98% of indi-

viduals who have been TIPS trained by the CNVRAC believe that seller/server certification should be required by law. Trained servers and sellers report feeling more confident and better skilled to prevent and intervene in situations where alcohol may not be being consumed responsibly.

TIPS has training programs for every individual: TIPS On-Premise is for wait staff, bartenders, managers of establishments where alcohol is consumed on the premises. TIPS Off-Premise is for package stores, convenience stores, and groceries, where alcohol will be purchased and consumed at another location. TIPS

for Concessions trains vendors at events such as sporting venues, concerts, fairs, and fundraisers. There are also TIPS Programs for Senior Citizens, University and college bound individuals, and TIPS for Gaming, those who may serve at casinos and other betting locations. To request TIPS training and learn more about the benefits of becoming TIPS certified contact the CNVRAC today.

Businesses who have already certified their staff include San Marino Dining Room, Woods Pit BBQ & Mexican, Black Rock Tavern, Litchfield Community Center, Beacon Falls Pizza Palace, and Circa Bistro.

## Teen Corner: Reflections of a High School Sophomore

Drugs and high school go together rather well, too well in most cases. High school means experimentation, trust, and branching out from what you're used to. Sometimes that includes the more infamous side of the board, with drugs and alcohol. Teachers do not hold your hand anymore, parents expect you to be independent, and your image tends to crowd your mind more than what you really are.

From the standpoint of a beginning sophomore I won't lie to say that everything is perfect and parents have nothing to fear. For a good percentage, when a teenager says nothing is wrong, something is. Knowledge and prevention are two major things that kids probably aren't getting enough of. They do not think drinking is anything to worry about. In fact, it's a bragging right if you need a drink to wake up every morning. There are no policies on smoking ten feet away from the school's front doors. Kids are required to take one health class on drugs and alcohol, but only one. With loopholes like this and friends with

bad connections, no wonder it's not that hard to turn a corner and see someone who knows just where to 'score'.

Maybe I've just had enough 'consequences' around me to realize that smoking, sniffing, or drinking alcohol will not help me in the long run positively. It's true when people say it goes in one ear and out the other, because it's probably only said once or twice. Drilling information into someone works, especially with teens that will probably stay off of anything just to get you off their backs about it. Who wants to get annoyed about drinking, start drinking, and just get annoyed more? For teenagers who believe they have better things to do, it'll probably put a good edge to their lives in the future when they realize just how crucial knowing that is.

I know people who drink, who smoke, who just let themselves get into these fads and darker places that do not change who they are as a person at all.

In some cases, a peer just expressing a concern for someone about smoking could change their mind. Being afraid to lose a friend because of something like an addiction is idiotic and only hurts both them and yourself. Telling your friends how you feel is important. That's what being a true friend is all about.

Kids need reinforcement, information, and guidelines. Rules give clear boundaries, guidelines let the teen decide. To have strong futures, teenagers need strong wills. Caring friends, and adults who are consistent, build this strength.

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**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.

**September**

*National Alcohol & Drug Addiction Recovery Month*

*World Suicide Prevention Day is Sept. 10th*

*Family Day is Sept. 16th*



We are on the web!

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

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**The CNVRAC serves  
the following  
communities:**

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

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**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

**Executive Director's Corner:**

I just want to say how EXCITED I am to see our very first newsletter being published for the CNVRAC! The creation of the newsletter, along with the development of a website for the region, are two accomplishments that exemplify how much we have grown in recent years. These prevention tools would not have been possible without the support of our local communities. My hope is that in turn, the website and newsletter will reach a plethora of people young and old, who are interested in prevention or in need of services, and that through this improved availability of information, individuals and organizations will find the resources to meet their needs. I believe that prevention occurs across all ages, in all communities, and in every interaction that we have. I hope that this newsletter will bring about opportunities for increased interaction with individuals like yourself, the reader, and that we will work together for the prevention of alcohol, tobacco, and other drug use, as well as other harmful activities, so that the people and communities we serve can reach their fullest potential for health, wellness, and success!