



**CENTRAL NAUGATUCK VALLEY
REGIONAL ACTION COUNCIL**

CNVRAC's 5th Annual Meeting

Fall/Winter 2009

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This year's annual meeting was held at the Courtyard Marriot, in downtown Waterbury, Connecticut. There were a total of 52 Council members in attendance, making this the most heavily attended annual meeting in the CNVRAC's history. This year's meeting began with a phenomenal Keynote Speaker. Ken Collins of the Taylor Hooton Foundation, whose goal is to fight steroid abuse, presented on the topic performance enhancing drug use by America's youth through evaluation, education, and elimination. The Taylor Hooton Foundation is currently working with several Major League Baseball teams to combat steroid abuse in professional baseball. Special messages were shared promoting positive youth development and substance abuse prevention by Kirsten Yerger, 2009's Miss Outstanding Teen, Litchfield County, and by Lauren Iannucci, Youth Coordinator of Mothers Against Drunk Driving. Several council members were honored during the awards presentation. Gina Ash was recognized for her dedicated service to both the CNVRAC Steering Committee and the Executive Committee. Leo Bulvanoski was recognized for his service to ASAP, the Local Prevention Council of Woodbury & Bethlehem. Barbara Betkoski was recognized as the outgoing chair of the Beacon Falls Local Prevention Council, now combined with prospect to serve as the region 16 Prevention Task Force. Special recognition was also given to Maryanne VanAken who has been recognized as the Volunteer of the Year for the CNVRAC. She has participated in multiple groups that foster and promote substance abuse prevention throughout the 2009 year. The fifth annual *Eileen Tateo Warrior in the Field Recognition* award was presented by Kim Gallo of Nonnewaug High School to Sarah Bogdanski Bourden, of Cheshire Youth and Family Services, and Carin Olcik, of Waterbury Youth Services (Strategic Prevention Framework State Incentive Grantees). Executive Director of the CNVRAC, Jennifer Dewitt delivered the Annual Report, highlighting all of the major prevention activities that were conducted throughout this year. Two Steering Committee members rotated into new service positions. Jay Pugliese, Patrolman for the Naugatuck Police Department has been elected as the new Chair for the CNVRAC Executive Committee. Maryanne VanAken was elected as the Vice Chair. Congratulations and gratitude to both for their willingness to serve the CNVRAC. Following the financial report the Annual Meeting Adjourned. This year's meeting was a great success. The CNVRAC would like

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Special points of interest:

Would you like to join the CNVRAC Steering Committee ?

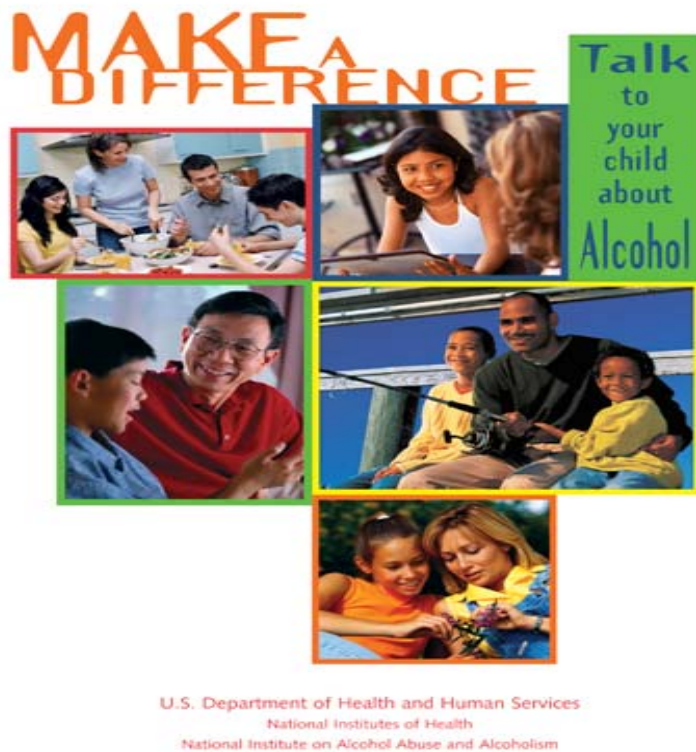
We meet every third Friday from 9-10:30 AM. Please call our office for more information!

203-578-4044

thank everyone who contributed to our prevention efforts throughout this past year. If there is anything we can do for you and your community please do not hesitate to contact us in the office.-

Social Hosting

The term “Social Hosting” is used to describe a situation in which a parent provides alcohol to a young person who is under the legal drinking age of 21. It can occur when a parent allows their children and their peers to have supervised parties or by simply allowing them to drink in the home. Social Hosting can take place even if the parent or homeowner is not on the actual premises of the home and/or did not provide the alcohol. Social hosting sends the wrong message to our youth. By condoning underage drinking we are telling our kids that it is ok to break the law and that there is nothing wrong with underage drinking as long as it is being supervised by a parent. The reality is that underage drinking is never okay because a young person’s brain is still developing during those years (teen years and into the mid-20s) of their life. The CNVRAC has been proactive in participating in prevention activities addressing this very issue over the past 6 months. Executive Director, Jennifer Dewitt conducted two seminars at Chase Collegiate Academy in Waterbury, Connecticut, on May 12th and May 14th 2009. The first presentation was for parents and the second was for Chase Academy students. The CNVRAC suggests that parents take this issue seriously by becoming informed and establishing a policy that addresses this issue with their children. Having strict guidelines in place will send youth a positive message about the importance of being responsible and not drinking until they are of the legal age.



If You’re Hosting a Party in Your Home.....

- ◆ Limit the number of people invited to the party and assist your teen in making the party plan.
- ◆ Send limited, personalized invitations.
- ◆ Avoid sending out mass invitations via email, text message or the internet.
- ◆ Include your contact information and encourage other parents to call.
- ◆ Have a firm starting and ending times for the party.
- ◆ Let everyone know up front that the use of alcohol, tobacco and other drugs will not be tolerated.
- ◆ If a teen guest arrives drunk, or brings alcohol along, call his or her parents.
- ◆ Secure or remove from your home all dangerous items, such as alcohol and firearms.
- ◆ Notify your neighbors that a parent-supervised party is being planned.

Prescription Drug Abuse on the Rise Among Youth

Prescription drug abuse is on the rise in the United States, especially among youth ages 12-18. Non-medical use of prescription drugs ranks second only to marijuana as the most preferred drug among young people. Why are these drugs becoming so popular? One of the main reasons is that young people view these drugs as being safe, due to the fact that they are FDA approved, and prescribed by a doctor. The easy accessibility of these drugs also makes them more enticing to young people. Seventy percent of the 12 million Americans that abused painkillers in 2007 obtained them from a friend or relative while 4% bought them from a drug dealer. Young people are often obtaining these drugs right in their own medicine cabinets or from the medicine cabinets of their friend's homes. The CNVRAC has been working hard implementing effective substance abuse prevention strategies to combat this problem across our service area. As the Prevention Coordinator for the CNVRAC I spent two months researching this problem in preparation for a presentation to raise parent's awareness about the issue. Our Executive Director Jennifer Dewitt coordinated a "Prescription Drug Take-back" in the Town of Woodbury on May 2nd 2009. This event was driven & manned by ASAP: Advocates for Substance Abuse Prevention, the local prevention council for Woodbury & Bethlehem. A Prescription Drug Take-Back is an event in which a safe environment is created for people from the community to safely dispose of their unused or outdated prescription drugs. The event turned out to be a success. By the end of the day there were two 5 gallon buckets filled with outdated and unused prescription pills ranging from aspirin and ibuprofen to percocet and oxycontin. Over 14,000 pills were collected. If you are interested in having a Prescription Drug Take-Back in your town, or if you have questions about how to safely dispose of prescription drugs in your own home please feel free to contact us at the CNVRAC during our office hours (8:00-5:00pm) Monday through Friday.

As a Parent, What Can I Do About This problem?

- ◆ Safeguard all drugs at home. Monitor quantities and control access.
- ◆ Set clear rules for teens about all drug use, including not sharing medicine and always following the medical provider's advice and dosages.
- ◆ Be a good role model by following these same rules with your own medicines
- ◆ Properly conceal and dispose of old or unused medicines in the trash.
- ◆ Ask friends and family to safeguard their prescription drugs as well.





Addiction is a problem that affects us all. It is generally accepted that chemical dependency, along with associated mental health disorders, has become one of the most severe health and social problems facing the United States. It is estimated that the annual direct cost to our society resulting from substance abuse is more than 250 billion dollars (SAMHSA, 2007). Substance abuse treatment is an essential component of combating this serious public health problem. Recovery Month is an annual recognition by the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA), of the importance and necessity of substance abuse treatment. The theme for this year's Recovery Month Campaign is "Join the Voices of Recovery: Together We Learn, Together We Heal". This campaign stresses the importance of using all available

resources (e.g., communities, internet) to educate the public and open channels of communication that will make it easier for persons living with substance abuse disorders to get the vital help that they need to recover from their addiction and become happily and usefully whole. A variety of resources can be located on the "Voices of Recovery" website. These online resources can help you to organize Recovery Month events in your community, share your efforts and ideas with other organizers and learn about activities that are taking place across the country. You can also publicize any existing community or online events you may have already organized. Free Recovery Month materials can also be obtained. There are several upcoming Recovery Month events in Connecticut. Everyone interested in this campaign are welcome.

Jesse M., CNVRAC

September is Recovery Month. There are several "Voices of Recovery" events this month including :

"Recovery Through a New Lens" being held at the Hartford recovery Community Ctr. on Sept. 2nd, from 10:00am until 12:00pm

"Recovery Rocks CT" being held at Bushnell Belding Theatre in Hartford, CT on Sept. 11th from 7:00-10:30pm

"Recovery Month Community Health Fair CT" being held in Stamford, CT on Sept. 12th from 11:00-3:00pm

"CCAR's 10th Annual Recovery Walks" being held in Bushnell Park in Hartford, CT on Sept. 26th from 10:00am until 12:00pm.

www.Recoverymonth.gov

**Central Naugatuck
Valley Regional Action
Council**

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Waterbury, CT 06704

Phone: 203-578-4044
Fax: 203-756-6032

We are on the web!
www.cnvrac.org

The CNVRAC serves the
following communities:

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

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.

Upcoming Awareness Campaigns

- September is National Recovery Month-
- National Suicide Prevention Week Sept. 7th-13
- Farm Safety and Health Wk. and Child Passenger Safety Wk. Sept. 21st-27th
- Fire Prevention Week October 5th-11th
- America's Safe Schools Week October 19th-25
- October is Domestic Violence Awareness Month-
- November is Prematurity Awareness Month
- Bullying Awareness Week November 16th-22nd
- December is National Drunk and Drugged Driving Awareness Month-

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

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 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

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 gets filled.
Ph- (203) 578-4044 www.cnvrac.org