

2023-24 Coalition Kickoff

Welcome to The Norwalk Partnership (TNP)

9/27/23



Meeting Agenda

Welcome! Please help yourself to a snack & pick up resources when you arrive.

1. Overview of TNP & Introductions (AnaVivian Estrella & Cadence Pentheny)
 - a. About The Norwalk Partnership
 - b. Why a coalition? Who is part of it?
 - c. Introductions of members by sector

2. Prevention in the 21st Century (Margaret Watt)

3. Our Work (Nina Chanana, Diamond Sead & all)
 - a. The SPF Model
 - b. The 7 strategies
 - c. Input into current work
 - d. Next steps & Announcements

4. Networking

About The Norwalk Partnership

TNP is a coalition of community members and organizations working together **to prevent substance misuse and promote mental wellness in Norwalk youth & young adults.**

The Norwalk Partnership

PREVENTING SUBSTANCE MISUSE
AMONG YOUTH AND YOUNG ADULTS

- State-designated Local Prevention Council (LPC) for Norwalk
- Work: Conduct surveys; develop initiatives (e.g., Teen Nights Out, Liquor Stickers, NorWALK for Mental Health); provide training; create events, supports & resources; sponsor the Norwalk Strong teen clubs; provide public policy advocacy...
- Funded by federal Drug-Free Communities grant from CDC and the LPC and State Opioid Response mini-grants from DMHAS

Please visit thenorwalkpartnership.org for info & resources.
Subscribe for blog posts about new supports & events.
Follow us on Facebook & Instagram @thenorwalkpartnership

Why a coalition? Who is part of it?



A Local Prevention Coalition (aka LPC) involves 12 required stakeholder groups known as “sectors.”

Each sector plays its own individual role, but **there are things we can only do by all working together.**

Please all stand when your sector is named so we can see who’s here today! Introduce yourself: name, pronouns, organization/group.

Personal Reflection / Turn & Talk



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What's the earliest message(s) you remember receiving about substance use – whether pro or con?

Who or where did the message come from?

What was your reaction? Was that message impactful?



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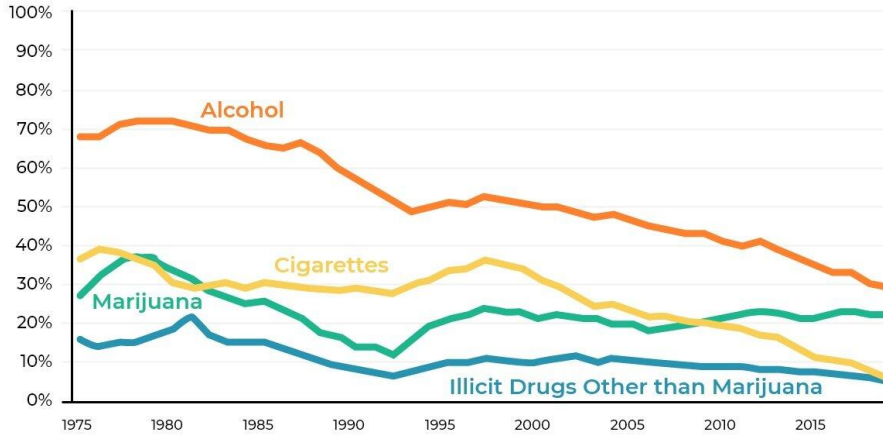


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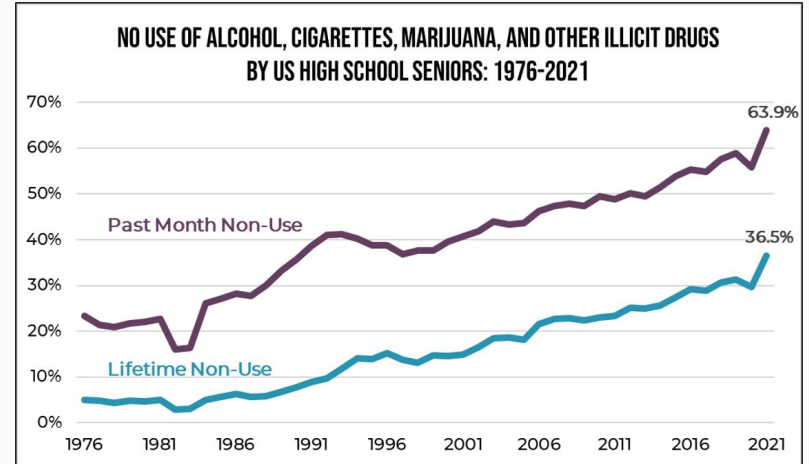
What do we know about prevention from 21st century research?



The new norm: Fewer & fewer teens use substances



Past Month Substance Use by High School Seniors, 1976-2019 Monitoring the Future



National representative data from the Monitoring the Future survey.

% of adults over age 21 who have never used a substance (NSDUH 2021):

- 15% have never used alcohol
- 36% have never used a nicotine product

Addiction is a childhood-onset disease

- The human brain isn't fully mature until the mid 20s.
- 90% of people with addiction started using substances before age 18.
- The teen brain is particularly susceptible to substances.
- There's a reason substances are illegal before age 21!



The Workings of the Adolescent Brain | BrainFacts.org | 2017
https://youtu.be/Y8sO4tqfUEs?si=QGAmK3UV2UhH_Zq2

For teens, all substance use is connected

A NATIONALLY REPRESENTATIVE STUDY OF AMERICAN YOUTH AGED 12-17 SHOWED THAT THOSE WHO USED MARIJUANA IN THE PAST MONTH WERE:

- 5.6X MORE LIKELY TO USE ALCOHOL
- 7.9X MORE LIKELY TO USE BINGE DRINK
- 15.8X MORE LIKELY TO DRINK HEAVILY
- 8.9X MORE LIKELY TO USE CIGARETTES
- 9.9X MORE LIKELY TO USE ILLICIT DRUGS

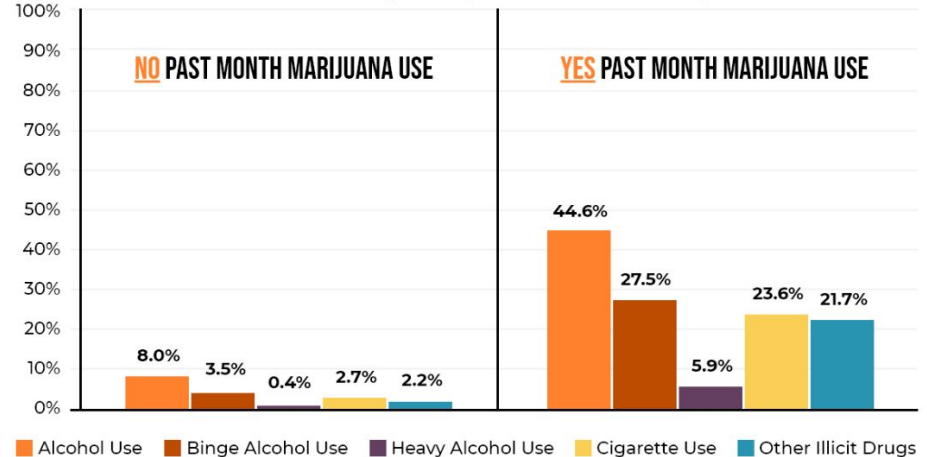


OneChoicePrevention.org

National Survey on Drug Use and Health

TEEN MARIJUANA USE IS ASSOCIATED WITH HIGHER USE OF OTHER DRUGS

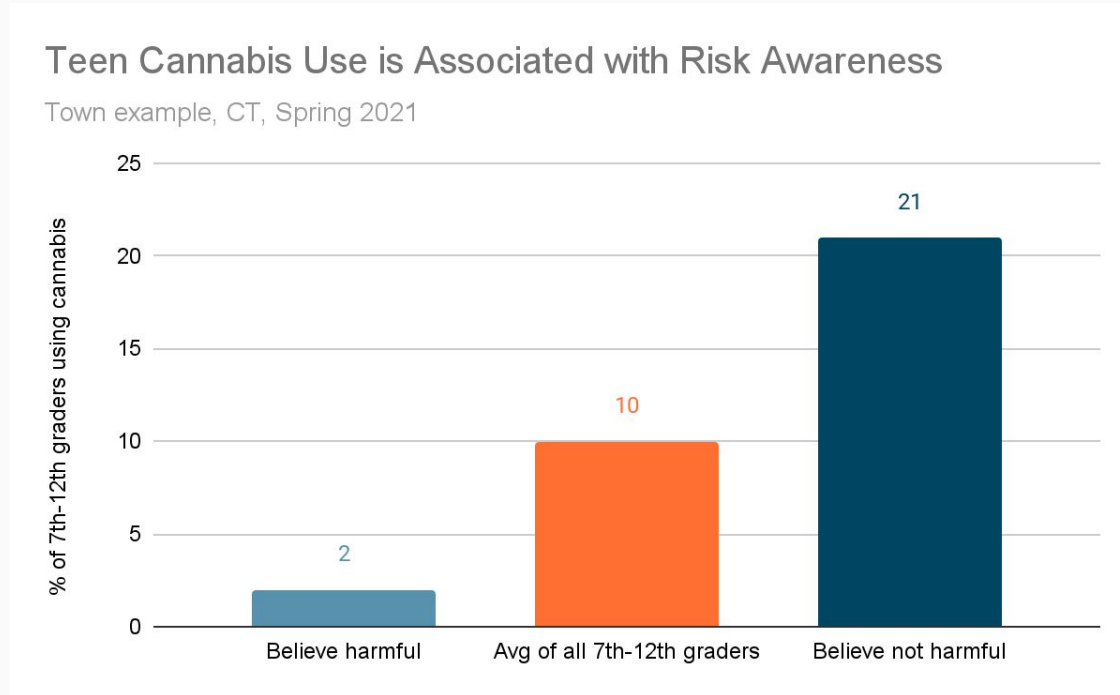
SAMHSA's National Survey on Drug Use and Health, Teens Aged 12-17



DuPont, R. L., Han, B., Shea, C. L., & Madras, B. K. (2018). Drug use among youth: national survey data support a common liability of all drug use. *Preventive Medicine*, 113, 68-73.

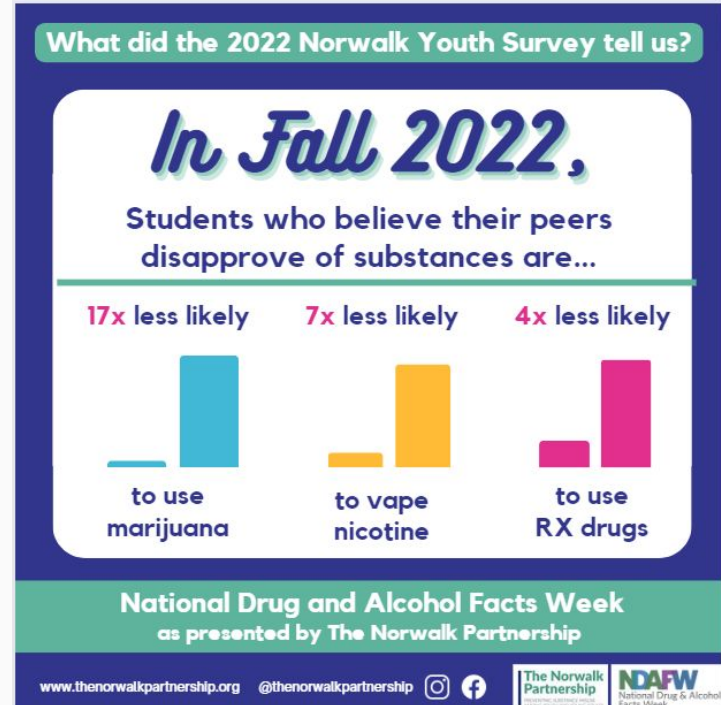
Perceptions matter!

Teens who perceive substance use as risky are less likely to use:



Perceptions matter!

Teens who perceive their parents &/or peers as disapproving are less likely to use:



Research on individual substances



DID YOU KNOW?

- **Alcohol** is *causally* linked to 7 types of cancer. ([The Lancet, Jan. 2023](#))
- **Cannabis** is addictive (more so for teens) and is associated with mental health problems. Frequent cannabis use during adolescence is associated with IQ loss of up to 8 points. ([SAMHSA](#), [CDC](#))
- **Vaping** increases heart rate and blood pressure and can cause acute cardiovascular events. E-cig or Vaping-Associated Lung Injury (EVALI) can include nicotine poisoning, trauma from battery explosions, and injury to the gastrointestinal, cardiovascular, and neurological systems. ([American Heart Association, August 2023](#))

How aware are we as coalition members?

- How many drinks can your body handle? Why is binge drinking dangerous?
- What's in a vape? What's the difference between vaping and dabbing?
- What's THC vs CBD?
- What's "greening out"?
- How long do edibles last?
- How long should someone wait to drive after using weed?
- Why is it risky to borrow someone's Xanax or Ritalin?
- What happens when someone uses alcohol & weed at the same time?
- What is hotboxing?
- Is second-hand smoke from vapes dangerous?
- What's the deal with nicotine pouches like Zyn? What is kratom?
- What are "counterfeit" drugs?
- What is xylazine?



Our Work: How we
respond to the
challenge

The Norwalk Partnership

PREVENTING SUBSTANCE MISUSE
AMONG YOUTH AND YOUNG ADULTS

The Strategic Prevention Framework



The 7 strategies for community change

Prevention uses a public health model to address individuals in their community and in the larger environment:

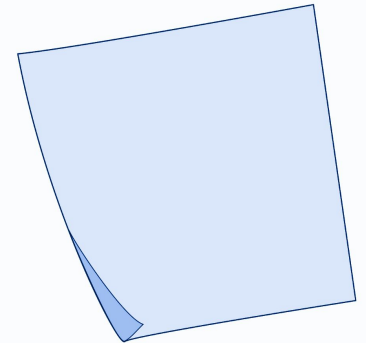
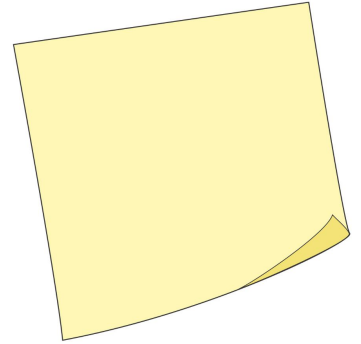


Input into this year's workplan

Please visit the flipcharts showing TNP's plans for the 7 strategies this year. Use sticky notes to do the following:

1. Add any prevention-related work that your agency/group will be doing this year. We want to reflect *all* the work being done!
2. Add your name to any activity you want to be involved in (like hosting a training, planning an event, doing outreach, etc.).
3. Share your questions or feedback with the TNP Leadership Team member at that station.

After this activity, we will wrap up with next steps & announcements before breaking for some networking time.



Next Steps & Announcements



Norwalk TEEN NIGHTS OUT

FREE fun, substance-free social events for high school students from Norwalk!

Next free event for Norwalk 9th-12th graders:

PAJAMA PARTY!

Friday, September 29, 2023 | 6-9pm
YBI, 25 Van Zant Street, 4th Floor

Ice breakers | Board games | Pillow fight |
Music | Photo booth | S'mores & popcorn
Wear comfy PJs and bring a pillow!

Please
RSVP!



RSVP using the QR code or at
thenorwalkpartnership.org/events

Follow @teennightsout for Instagram updates!

The TNO initiative is organized through The Norwalk Partnership, a city-wide coalition of agencies and individuals, and sponsored by the Mayor's Office. TNO is affiliated with the Norwalk Youth Services Advisory Board.

MOBILIZE RECOVERY DAY OF SERVICE COMMUNITY CLEAN UP

Norwalk River Rowing 1 Moodys Ln

Saturday
September 30
10AM - 1PM

CLICK ON THE
MOBILIZE RECOVERY TO RSVP
OR USE THE QR CODE BELOW




Join us at the Norwalk Community Cannabis Forum

On Tuesday, October 3rd, 2023 from 5:30 - 6:30 PM
@ Norwalk City Hall in the Community Room

The City of Norwalk and local and state partners will discuss responsible cannabis use and the health and well-being of the community ahead of dispensaries opening in Norwalk.

Meet Our Panelists:

 Mayor Harry Rilling Mayor of Norwalk, CT	 Steve Kleppin Director of Planning and Zoning for the City of Norwalk	 Ryan Harold District Safety & Security Supervisor of Operations for Norwalk Public Schools	 Margaret Watt Prevention Director at Positive Directions & Co-Chair of The Norwalk Partnership
 Denique Weidema-Lewis Behavioral Health Program Manager at the CT Department of Mental Health and Addiction Services in the Prevention and Health Promotion Division	 Michael LaFrieda Chief Operating Officer for Shangri-La Dispensary	 Dennis So Director of Retail Operations at Fine Fettle	 Police Chief Walsh Norwalk Police Department

I♥NORWALK

Next Steps & Announcements



ANXIETY MANAGEMENT FOR TEENS AT HIGH FOCUS - NORWALK

Monday, Tuesday and Thursday | 3pm - 6pm

PROGRAM HIGHLIGHTS



- **Customized support** designed specifically to address the unique challenges faced by teens dealing with anxiety
- **Experienced therapists** who specialize in working with teenagers and create a safe and comfortable environment where they can express themselves freely
- **Evidence-based therapeutic approaches** to empower teens with the skills and strategies they need to manage anxiety effectively
- **Holistic wellness** promotes a balanced lifestyle through mindfulness, self-care and healthy coping mechanisms



ANXIETY MANAGEMENT FOR TEENS AT HIGH FOCUS - NORWALK

What can teens and their families expect from this program?


- **Individual Counseling:** Access to one-on-one sessions with our skilled therapists to explore their thoughts, feelings and behaviors in a confidential setting
- **Group Sessions:** Opportunity to connect with peers facing similar challenges, fostering a sense of community and support
- **Skill-building Workshops:** Practical tools and techniques for managing anxiety, including relaxation exercises, stress management and mindfulness practices
- **Family Involvement:** Resources for parents and caregivers to better understand and support their teens



The Power of ME: Craft for Kids


El Poder de Mí: Manualidad para Niños

Thursday (Jueves), 10/26, 6pm
Grades (Grados) 2 - 5



Kids in grades 2-5 and their caregivers can join us to make a craft showcasing their powers and what makes them unique. The Norwalk Partnership will be available to answer parent questions and provide resources on learning to make safe choices.

Únase a nosotros para hacer una manualidad que muestre sus poderes y lo que los hace únicos. Norwalk Partnership estará disponible para responder preguntas de los padres y ofrecer recursos para aprender a tomar decisiones seguras.



Norwalk Public Library
1 Belden Ave. Norwalk, CT.
www.norwalkpl.org
203-899-2780 x 15131

