

TNP Annual Meeting

Networking | Year in Review | Recognitions | Looking Forward
May 31, 2023

**The Norwalk
Partnership**

PREVENTING SUBSTANCE MISUSE
AMONG YOUTH AND YOUNG ADULTS

Networking

Please pick up resources, sign your Coalition Involvement Agreement, & enjoy refreshments!

We ask that you meet at least two people:

- Connect with someone you haven't spoken to in a long time
- Connect with someone you don't know

About The Norwalk Partnership

We are a coalition involving the City, Schools, Nonprofits, Businesses, Parents, Teens & other stakeholders working together **to prevent substance misuse and promote mental wellness in Norwalk youth & young adults.**

We conduct surveys, develop initiatives, provide training, create supports & resources, sponsor the Norwalk Strong clubs & more! Join us!



- Please visit thenorwalkpartnership.org for info & resources
- Follow us on Facebook & Instagram @thenorwalkpartnership

How we work

- State-designated community prevention coalition
- 12 required sectors and 30+ community agencies as partners
- Funded through CDC DFC grant (Positive Directions) & LPC grant (Human Services Council)
 - \$134,000 total for 2022-23
 - \$60,000 in City ARPA grants this year for teen initiatives
- Work based on survey findings & 7 strategies for community prevention



Year in Review

Highlights:

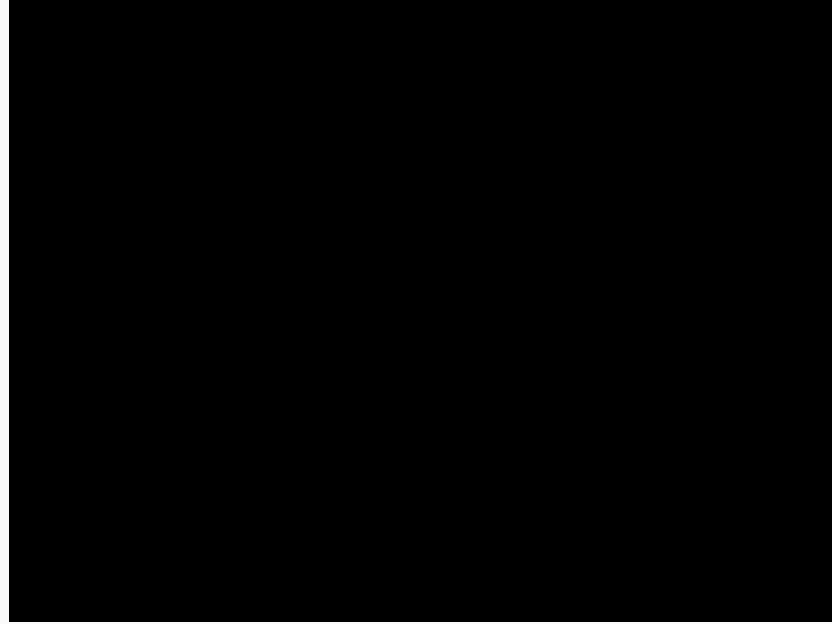
- Youth survey, other data sharing
- Education to teens, parents, health teachers
- Teen support programs & clubs
- NorWALK for Mental Health
- Liquor Stickers campaign
- Cannabis advocacy & legislative forum

2022 Norwalk Youth Survey

- ~4000 respondents in grades 7-12
- New questions about disordered eating, bullying, trusted adults, out of school time activities
- Results presented to Board of Education, principals and asst principals, faculty and SGC, TNP, Norwalk ACTS
- Key findings embedded into parent programs (Freshman Forum, Mentoring Program, HIPS, CP101) and social media

	Sample Count	Population Count	Response Rate (%)
Middle (Grades 7-8)	1500	1753	86%
High (Grades 9-12)	2469	4028	61%
All (Grades 7-12)	3969	5781	69%

Key Findings from the Norwalk Youth Survey



Other Data Sharing

- Substance-related ER visits by Norwalk residents
- Infographics
- National Drug & Alcohol Facts Week factsheets by our teen clubs

NATIONAL DRUG AND ALCOHOL FACTS WEEK

NORWALK STRONG CLUB

1 in 4 students who use alcohol claim it causes problems at home, at work, or with friends

Vaping & drinking aren't as popular in Norwalk as you may think! Among our juniors & seniors, only 1/10 uses alcohol and only 1/12 vapes nicotine.

You are 17x less likely to use marijuana if your friend group discourages it. Healthy friendships make a difference!

Norwalk High School youth who have used any substance in their lifetime are more likely to report symptoms of anxiety, depression, and self-harm

Contact help: Teen Talk counselor at miltone@norwalkps.org; 218B

Data taken from the Fall 2022 Norwalk Youth Survey

Recognizing edibles

Edibles look just normal foods or drinks... but they contain THC, the drug from the cannabis (marijuana) plant that makes people high.

Common edibles include:

- Gummy bears, lollipops, candies
- Baked goods (cookies, brownies)
- Sweetened beverages like soda and lemonade

Effects of edibles on children and teens

- Edibles can take between 1/2 and 2 hours to take effect. During that time it's easy to keep eating edibles which leads to an overdose.
- Children exposed to cannabis might:
 - Act lethargic
 - Feel dizzy
 - Have trouble walking/sitting
 - Have an accelerated heart rate
 - Have trouble breathing
- In 2021, there were **over 4,000** poison control calls about marijuana overdoses for children under 12

Parent Guide to Edibles

Keep edibles away from children

- Keep THC products locked up and/or stored in out-of-reach locations. (Same with your alcohol & prescription medications!)
- Don't let kids see you using edibles-- this may tempt them to try
- Avoid edibles that are packaged like real candy
- Talk to your children's caregivers. A Colorado study found that children are often exposed to edibles through babysitters, family members, and friends.

Warn your children about edibles

- Teach toddlers/young children NEVER to eat or drink food or candy without permission from a trusted adult.
- Talk regularly to middle & high school students about the risks of substances, including edibles. Choose informal settings, like the car or the dinner table.
- Clearly state the expectation that children should not use substances until they are of legal age.
- Teach your kids never to get in a car with an impaired driver.
- Tell your kids that you're always there for them. Have an exit plan for unsafe situations, day or night.

If your child eats an edible:

- Call the poison control hotline: 1-800-222-1222
- Check the wrapper for how much THC was consumed

If symptoms are severe, call 911 immediately.

The Norwalk Partnership
Westport
Westport
Westport

TNP Parent Survey

The Norwalk
Partnership
PROVIDING SUPPORT AND SERVICES
FOR STUDENTS AND COMMUNITY

NORWALK HIGH SCHOOL AND MIDDLE SCHOOL PARENTS!

We need your feedback to help us help your teens!

Please take 3
minutes to fill out
our parent survey!



Your responses help us...

- Identify at-risk students
- Fund initiatives like Teen Nights Out
- Create the projects you want to see!

surveymonkey.com/r/TNPParent2023

The Norwalk
Partnership
PROVIDING SUPPORT AND SERVICES
FOR STUDENTS AND COMMUNITY

¡PADRES DE JOVENES EN LOS GRADOS 6 A 12!

*¡Sus respuestas nos ayudarán a apoyar a los
adolescentes de Norwalk!*

Por favor tome 3
minutos para llenar
nuestra encuesta de
padres.



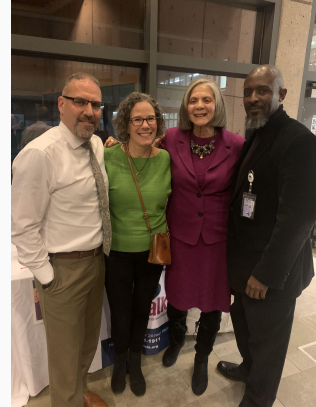
Tus respuestas nos ayudan...

- Financiar proyectos como Teen Nights Out
- Identificar jóvenes en riesgo
- Crea los proyectos que quieras ver

surveymonkey.com/r/TNPParent2023

Norwalk's 1st Freshman Forum

- For 9th graders & parents (bilingual)
- Interactive activities fair (alcohol goggles, marijuana trivia, resources & more)
- Youth & adult speakers
- Youth-made videos
- Later in Spanish at Family Center



Other Education

- QPR suicide prevention trainings to ~300 teens
- Johnny's Ambassadors marijuana peer education by teens
- SPORT Prevention Plus Wellness for teens
- Drop-in teen Q&A sessions about vaping, marijuana, coping skills
- Courageous Parenting 101 (English & Spanish)
- Hidden in Plain Sight parent awareness trainings (English & Spanish)
- Overdose awareness/Narcan trainings
- Foro para familias sobre salud mental y uso de sustancias
- MADD Power of Parents
- Today's Marijuana: What Parents Need to Know
- Screenagers Under the Influence
- Education for health teachers



Teen Support Groups

City ARPA grant to Positive Directions funded the “Moving On” Program:

- 2 HS boys groups (10 weeks each)
- 2 HS girls groups (10 weeks each)
- SMART Teens group
- QPR suicide prevention, SPORT Prevention & Wellness, & substance trainings
- Social-recreational activities

Hosted & co-facilitated by YBI. SMART is led by HSC and The Hub



Norwalk Teen Nights Out

A series of fun, substance-free social events on weekend nights

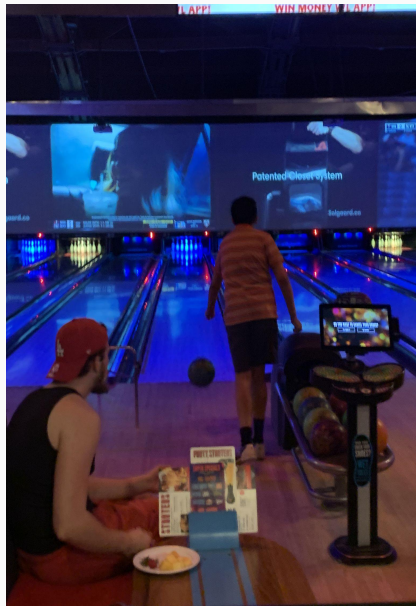
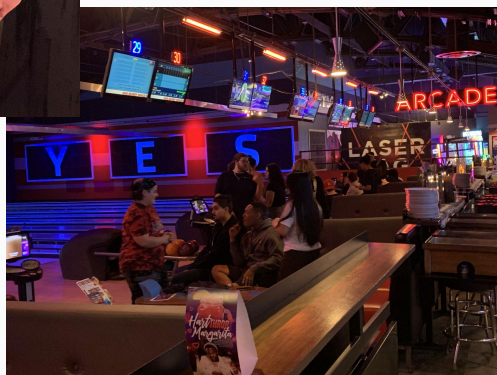
- Bowling night (38 students)
- Ice skating night (110 students)
- Off the Wall Kreationz (35 students)
- More to come!

In response to Youth Survey data

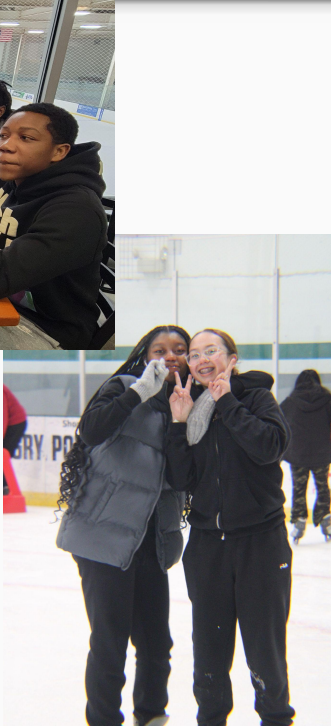
Funded by City ARPA grant



Norwalk TEEN NIGHTS OUT



Norwalk TEEN NIGHTS OUT



Norwalk Strong Clubs

- Videos for Freshman Forum
- Awareness about youth survey
- Peer-to-peer education about marijuana in health classes
- Interactive activities in cafeteria
- Bulletin boards & posters at schools
- Speakers at NorWALK for Mental Health
- Input into Teen Nights Out



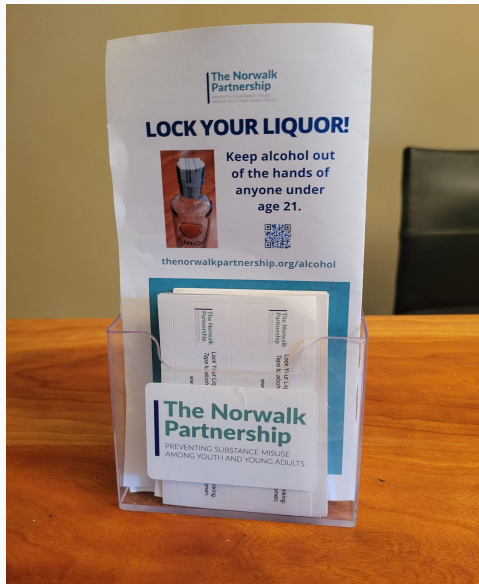


NorWALK for Mental Health! Walk & Wellness Fair



Liquor Stickers

Keep these on hand if you work with families!



LOCK YOUR LIQUOR!

We have
Liquor Stickers!



**Keep your alcohol out of the hands
of anyone under age 21.**



Legislative Forum

- 2nd forum as partnership between Norwalk and Westport
- Led to multiple legislative bills being submitted
- **Recent Win:** Narcan will be sold in vending machines!
 - Thank Norwalk Rep. Tracy Marra!
- **ACTION ALERT! Bills Currently Awaiting Final Vote:**
 - HB6699 - health warning labels, regulation of Delta products - passed House, on Senate calendar
 - HB6915 - prevention funding - awaiting House vote
 - HB6694 - allow outdoor cannabis grow - passed House, on Senate calendar

An invitation to our state representatives:

PLEASE JOIN MEMBERS OF LOCAL PREVENTION COALITIONS FOR A

Legislative Breakfast on Cannabis in CT

NEW DATE! NOW VIRTUAL

A conversation with stakeholders from Norwalk and Westport, including prevention & health, youth services, and law enforcement

Please RSVP for Zoom:

JANUARY 12, 2023 | 8:30AM | ZOOM
RSVP AT [POSITIVEDIRECTIONS.ORG/EVENTS](https://www.positivedirections.org/events)

Recognitions & Transitions

Recognitions

Outstanding Leader Award: **Jim Martinez**

Outstanding Leader Award: **Denique Weidema-Lewis**

Lifetime Youth Supporter & Leadership Award: **Tory Sullivan**

Advocacy Award: **Nicole Hampton**

Sector of the Year: **Norwalk Public Schools**

Community Partner of the Year: **Norwalk Health Department**

Welcomes

New leadership team members:

- **Cadence Pentheny**, Triangle Community Center, representing the fraternal sector
- **Chief Walsh or Sgt Gulino**, Norwalk Police Department, representing the law enforcement sector
- **Rob Pennington**, Assistant Superintendent, NPS

Looking Forward

Looking Forward

Next year: Year 5 of DFC funding

How you can help:

- Help push out parent survey
- Join our marijuana/vaping, alcohol, Teen Nights Out, or data committee
- Please sign Coalition Involvement Agreement today!
- Subscribe to thenorwalkpartnership.org, follow us on social media, and *share to your networks!*

Upcoming dates (please share!):

- Pride in the Park: June 10th
- Day of Training for out-of-school time providers: June 21 (jbuccolo@norwalkacts.org)
- YBI Community Day: July 22 (diggins@ybict.org)
- Overdose/Narcan trainings: August 31 (bfitzgerald@positivedirections.org)