



East Haddam
Youth & Family Services, Inc.

East Haddam Youth & Family Services, Inc.

Spring 2018

Upcoming Events

Senior Citizens' Prom

"Fly Me to the Moon"

Saturday, May 5

6:30-8:30 pm

East Haddam Senior Center

Elementary Family Night

Ice Cream & Twister

Friday, May 11

6:30-8:00 pm

Elementary School Cafeteria

Family Game Night

Friday, May 25

6:30-8:30 pm

Grange Hall

Contact Information:

Telephone: 860-873-3296

Fax: 860-873-3243

Email:

youthandfamily@ehyfs.org

Visit www.EHYFS.org for
additional information or
if you are interested in
receiving future editions of
this newsletter.

You can also find us on
Facebook

A Note From the Director:

High school prom and graduation are fast approaching. They are celebrations filled with excitement and anticipation that highlight important milestones our youth have achieved as they move from adolescence toward adulthood. They are occasions to be shared and enjoyed and many of our teens are already thinking about post-prom/graduation parties with friends. For some, this also means thinking about alcohol and drug use. For many, the temptation to drink or use drugs is greater during this time than any other time during the year.

Parents must be aware of the pressure their teens might be under and set appropriate boundaries and expectations about drinking and drug use.

Some Tips for Parents

Party Your Child Is Giving:

1. Expect and encourage calls from parents of teens who are invited confirming the party time and place.
2. Inform parents and teens that there will be no alcohol or drugs permitted in your home or on your property.
3. Plan on being home during the entire party and exercise proper supervision.
4. Inform teens that leaving and then returning to the party will not be permitted.
5. Call parents of teens who arrive at the party under the influence.
6. Know who is invited. Enforce a NO CRASHING policy!

Party Your Child Is Going To:

1. Call the parents of the party giver to:
 - Verify the occasion.
 - Make sure a parent will be home.
 - Be sure that alcohol and drugs will not be permitted.
2. Agree upon a specific time your child will return home before your child leaves for the party.
3. Know how your teen will get to and from the party, and if needed, be available to provide transportation.
4. Give your child a "safe word" – one they can text to you as an alert if they are in an uncomfortable situation and don't want their peers seeing them make a phone call.

Continued on the next page

5. Tell your child never to ride home with a driver (including an impaired adult) who has been drinking or is under the influence of drugs. Instruct them to call you for a ride if needed.
6. Be awake, or be sure to have them wake you when they arrive home.
7. Avoid spontaneous “sleepovers” when possible.

The best way to avoid the occurrence of parties where underage drinking and drug use is happening is to prevent them from ever getting started. Police and trained civilians will be doing Party Patrols during prom weekend, the weekend after graduation and randomly throughout the spring and summer. Parents, concerned citizens and youth can report underage drinking, drug use and parties any time by calling or texting our confidential tip line.

Please remember:

Party Patrols are not about arresting kids. Calling the Tip Line is not a betrayal of trust.
Party Patrols are about prevention, safety and protecting our kids.

<p><u>Confidential Tip Lines</u> Voice Message: 860- 873-5013 Text Message: 860-615-9909</p>

Youth Job Bank:

How does the Job Bank work?

- Any East Haddam youth ages 12 through 17 may submit an application to have their name listed in the Job Bank
 - Any East Haddam resident may call EHYFS to request a youth to hire
 - EHYFS provides names of potential employers based on type of job
 - The youth/parent contacts the employers directly

Job Conditions

- Employment request consist primarily of temporary and part time work
- Wages, hours, transportation and any needed equipment must be agreed upon by the employer, youth and parents

Types of Work Include:

Babysitting, Yard Work, Mother’s Helper, Odd Jobs, Tutoring, House Cleaning, Pet Sitting & Other

Applications can be found at ehyfs.org & should be returned to EHYFS

For more information, contact EHYFS

(860) 873-3296
youthandfamily@ehyfs.org
387 East Haddam Moodus Rd
Moodus, CT 06469
P.O Box 572

Local Prevention Council:

By John Fournier - Prevention Coordinator

Lately, we have heard a lot about the impact opiate abuse has on our society. News outlets across the country have covered the effect it has on people's health, the related increase in crime, and the trauma it causes family and friends. The costs have been immense and sometimes addressing the issue can seem an impossible task. Fortunately, more and more we are hearing about the steps communities are taking to fight back against the opioid epidemic.

These efforts have taken many forms in many communities across the nation. On the frontlines of substance abuse prevention are a broad array of social service agencies, support groups, educators, religious leaders, law enforcement, and others with a stake in blunting the impact of substance use. In East Haddam, our Local Prevention Council is here to unite those stakeholders and make the fight against drug abuse that much more cohesive and effective. We are here to assess our local problems, organize to deal with them, and leverage our combined skills and assets to reduce substance use. Part of that work is directly confronting opioid use in town.

We educate on the dangers of prescription drug misuse, and the connections between prescription drug abuse and heroin use. We provide information on the safe storage of medication, distributed at our local pharmacy, doctors, and dentists. We support the East Haddam Police Department in their biannual Prescription Drug Take Back Days, to divert unused medications from misuse. And we will continually assess, modify, and expand our efforts as needed in our community.

At the same time, it's important not to lose sight of other pressing local substance use issues in town. Far more young people in East Haddam use alcohol and marijuana than abuse opioids. According to data from our 2016 school survey, 17.1% of East Haddam youth in grades 7-12 drank alcohol in the last 30 days. This number is much higher if we consider just the 12th grade, where 41.2% of survey respondents said they had done so. Meanwhile, 15.3% of East Haddam youth in grades 7-12 reported marijuana use (again, 12th grade use rates are much higher at 40.0%). These use rates are especially concerning considering troves of scientific research that suggests alcohol and marijuana use seriously impacts brain development in young people. A recent study by the University of Connecticut, which included more than 1,165 participants, found that teenagers who were heavier users of marijuana and alcohol were less likely to get married, go to college, or have a full-time job when they grew up.

The stakes are high, but our local stakeholders are committed. To find out more about this important work, check out our website at ehlpc.org or find us on Facebook. We are always seeking community partners and volunteers to help us create a safe, happy, healthy community.

Save the Date!



Welcome to the Office:

We would like to welcome to our office, John Fournier and Mick Kelly. John will be serving as the Prevention Coordinator for the Local Prevention Council as well as the Youth Activities Coordinator for Youth and Family Services. Mick will provide counseling services for elementary, middle and high school students. Mick is pictured on the left, John on the right.



Youth Helping Youth:

Dance the night away! Youth Helping Youth, a high school youth leadership group that works with East Haddam Youth & Family Services, is hosting East Haddam's very first Senior Prom for citizens over the age of 60. There will be music from your childhood, baked goods made by Youth Helping Youth members, and fun activities to participate in. The theme is "Fly Me to the Moon!" This is a wonderful opportunity for senior citizens to socialize with friends as well as with our Youth Helping Youth members. May 5th from 6:30 to 8:30 p.m. at the East Haddam Senior Center will be a night you will never forget!



Call (860) 873- 5034 or come to the Senior Center to sign up, and be sure to take home an invitation. Space is limited so please RSVP by April 28th! You can contact us with any questions at youthhelpingyouthclub@gmail.com!

**NOT ONLY TEENAGERS
GO TO PROM...**

East Haddam Confidential Tip Line: 860-873-5013

The East Haddam Police/Resident Troopers Office have established a confidential Tip-Line to receive information from concerned citizens about parties or gatherings where underage alcohol and/or drug use is happening. The Tip-Line is answered by a voice mail system and reviewed by a Police Officer. You will receive a return call only if you provide your contact information and request a callback. All information is kept confidential.

TEXT MESSAGE FEATURE:

You can now text information to 860-615-9909.

Because the Tip-Line is confidential, it is important that you provide as much information and detail in your message as possible.

Use the confidential tip or text line



Report Underage Alcohol and Drug Use

*A collective effort
makes us stronger to
help our kids be drug
and alcohol free.*

Call: 860-873-5013

Text: 860-615-9909