



East Haddam
Youth & Family Services, Inc.

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Fall 2015

Upcoming Events

Youth Helping Youth

Wednesday September 23
6:00-7:30pm @ EHYFS

Prescription Drug Take Back

Saturday September 26
10:00am-2:00pm @ the River
House

Back to Basics Parenting: How to Let Go Without Losing Control

Tuesday October 6
7:00-9:00pm @ the HS Library

Family Lego Night

October 9
6:30-8:00pm @ the ES Café

Open to all students (grades K-
5) and their families

Coffee Talk

October 13 & November 10
10:00-11:00am
@ Two Wrasslin' Cats

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.

A Note From the Director:

EHYFS provides a range of services including prevention, counseling, juvenile justice diversion, social services, community education, positive youth development and advocacy. We are supported by municipal funds, public and private grants, and private donations. The agency supports two full-time and two part-time positions, one of which is dedicated to the Federal DFC grant. Drug and alcohol counseling is provided for students through a contract with the Rushford Center. All services are offered at no cost to the client so that no one is refused services for financial reasons.

The Year in Review: FY 2014-15 has been a busy year for EHYFS. Our services have included:

- On-going counseling for 44 youth and families
- Homework assistance programs for 67 middle school students
- Positive youth development groups involving 29 high school students
- Our Juvenile Review Board has diverted 14 youth from the Juvenile Justice system to local, community-based interventions
- Weekly Teen Coffee House in partnership with Two Wrasslin' Cats.
- Monthly Community Coffee Talks at Two Wrasslin' Cats
- Parent and community education programs
- Employment opportunities for youth through our youth job bank program
- 85 children were included in this year's Holiday campaign
- 30 East Haddam residents received assistance with fuel, housing and other related issues throughout the year.

EHYFS guides and is directly involved in the work of the East Haddam Local Prevention Council to address drug and alcohol use among our youth. This past year, the council has:

- Started Parents Helping Youth and worked with them to create a social norms campaign focusing on positive role modeling
- Presented three community education programs
- Implemented 12 Party Patrols
- Created educational materials on marijuana and prescription drugs
- Conducted presentations to the community on substance use among EH kids
- Conducted trainings for restaurants on responsible sale and service of alcohol
- Honored two local business owners for their asset-building initiatives

Our agency continues to grow and expand its programs and services. As always, the staff and Board of Directors appreciate the support, interest and involvement of East Haddam residents in creating a community where youth and families thrive.

EHYFS New Staff:

EHYFS is happy to welcome a new staff member to the agency. Melanie Meyer is coming on board as our new counselor. She is replacing Emily Murphy who has moved on to her own private practice.

Melanie holds a Master's Degree in Marriage and Family Therapy from Central Connecticut State University. She has experience working with children, teens, adults and families, in both individual and group treatment. She will be available to see students during the school day upon referral from the school guidance departments. Youth and/or families can also schedule appointments for after school by contacting EHYFS at 860-873-3296.

East Haddam Local Prevention Council:

The Local Prevent Council is busy this Fall participating in school festivities and hosting events. On August 31st we participated in Middle School First Day, and will attend open houses to provide information to parents.

The Local Prevention Council will be hosting the following events:

- East Haddam Unplugged Family Trivia Night: Enjoy a tech free night with family and friends. September 18th 7-8:30pm Middle School Cafeteria: Reserve your space today (860) 873-3296.

- National Prescription Drug Take Back Day: Return any unused or expired medications. September 26th 10am-2pm East Haddam River House, 7 Main Street Complex.

- School Assembly for High School: During Red Ribbon week on October 21st two individuals will tell their stories of addiction starting as teens and their road to recovery.

- Presentation for Parents: Conversation with an experienced parent with a child in recovery from addiction. October 28th 7-8:30pm location TBD.

We will be planning additional events throughout the school year. If you are interested in helping the EHLPC with our efforts, please contact Colleen Sullivan at 860-873-3296 or visit our webpage www.ehlpc.org.

Asset Building in Action:

A snapshot of community members who make a difference everyday

The Local Prevention Council recently hosted a business appreciation breakfast to acknowledge and thank those businesses who support youth in East Haddam. We presented two Outstanding Asset Builder Awards to Jack Herman from Nathan Hale Pharmacy and Mark Thiede from Two Wrasslin' Cats. These two individuals have provided youth in our town with significant support.

Jack provides financial support to the youth in our community through donations and youth employment. Mark opens his business and welcomes youth for weekly coffee house and provides a safe, substance free location for youth to come together and hang out. Our community and youth are very lucky to have such wonderful individuals.

Thank you again for all that you do for this community!!!



Back to Basics Parenting: How to Let Go Without Losing Control

October 6
7:00-9:00pm

Nathan Hale-Ray High School Library

Featuring guest speaker Alicia Farrell, Ph.D.

Please RSVP 860-873-3296



Letting go of our children begins at birth and never ends! It is one of the hardest and most important challenges we face as parents. There are no hard and fast rules to accomplish this feat but there are guidelines to follow along the way. No matter the age of your children this workshop will be useful to you in down-to-earth and practical ways. Come. Learn. Ask. Be inspired. We will cover the following and more:

- Over parenting and its' consequences.
- Why and how to get back to basics.
- When and how to let go at all ages.
- Your questions answered!

Teen Coffee House:

FREE!

Thursday Nights

6:30-8:00pm

Two Wrasslin' Cats Coffee House & Cafe

Open to all EH students (grades 9-12)

Funded by an annual donation from The East Haddam Lions, Teen Coffee House (organized by EHYFS and Two Wrasslin' Cats) offers high school students the opportunity to hang out with their friends, have something to eat or drink, play music, or simply listen and talk with one another.

Youth Helping Youth:

Youth Helping Youth is a high school leadership group that works in conjunction with East Haddam Youth & Family Services to provide positive experiences for all youth in EH. This year we will continue the "Mean It, East Haddam" campaign, conduct sticker shock events and hold 4th & 5th grade socials. We will also hold the fifth annual Polar Plunge Fundraiser. YHY members also serve as volunteers for numerous EHYFS activities include Elementary Family Nights and Homework Hangout.

If you're interested in joining YHY, the first meeting for new and returning members will be held on September 23rd.

Contact youthhelpingyouth@hotmail.com for additional information.



2015-2016 Meeting Schedule:

6:00-7:30pm @ EHYFS (387 East Haddam-Moodus Rd.)

September 23, October 7; October 21; November 4; November 18; December 2; January 6; January 20;
February 3; February 17; March 2; March 16; April 6; May 4; May 18; June 1

Red Ribbon Week: October 23-31



In 1986, citizens in California began wearing red ribbons to show their support in the war against drugs. The Red Ribbon has now become a symbol for the drug free movement throughout the United States. When the red ribbon is worn by students, teachers and parents, it powerfully symbolizes each individual's commitment to preventing drug use in schools, workplaces and communities. This national celebration allows educators, parents, community groups, students and others to focus on the work being done to stop the spread of drugs and draw attention to the millions of children and young adults who have pledged to live drug-free. Please show your support for this week by wearing a red ribbon. Ribbons can be found at all East Haddam schools as well as EHYFS.

Great American Smokeout: November 19

The American Cancer Society is marking the 39th Great American Smokeout by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life - one that can lead to reducing cancer risk.



Tobacco use remains the single largest preventable cause of disease and premature death in the US, yet more than 43 million Americans still smoke cigarettes.

However, more than half of these smokers have attempted to quit for at least one day in the past year. Quitting is hard, but you can increase your chances of success with help. The American Cancer Society can tell you about the steps you can take to quit smoking and provide the resources and support that can increase your chances of quitting successfully. To learn about available tools, visit www.cancer.org.

East Haddam Anonymous Tip Line:

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

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

**See Something, Hear Something,
Say Something!**

**Report Underage Alcohol and Drug Use
Call the Anonymous Tip Line**

860-873-5013

*Sponsored by
East Haddam Youth & Family Services, Inc.
State and Local Police
East Haddam Local Prevention Council*