

## COMMUNITY EVENTS + TRAININGS

### DRUG TAKE BACK

*April 28, 10:00am-2:00pm • Deep River & Chester*

Prescription drug abuse in the United States is increasing at an alarming rate, and the majority of people who abuse prescription drugs obtain them from family and friends. Don't be part of the problem! Bring your unused and expired medications to either of these two **Drug Take Back locations**: Tri-Town Youth Services, 56 High Street, Deep River & Chester Village West, 317 W. Main Street, Chester.

### FAMILY FUN DAY!

*May 6, 11:00am-1:00pm • Bushy Hill Nature Center, Ivoryton*

Hosted by Bushy Hill Day Camp and Pequot/Sherwood Day Camp. FREE Family Fun Day on May 6th from 11:00-1:00. There will be games, hiking, food and music to celebrate family, community and wellness. Elementary students will bring their completed **BINGO CARDS** to this event to be entered into raffle for terrific prizes, including 1-week of Summer Camp at Bushy Hill.

### COMMUNITY BREAKFAST & TOWN HALL MEETING

*May 9, 8:00-10:00am • Camp Hazen YMCA, Chester*

Tri-Town's Substance Abuse Prevention Coalition invites residents to an important conversation about opioid use in our community. Local police will share updates from the field and Taylor Quijano from the Alliance for Prevention & Wellness will present "Opioids and Naloxone: What Community Members Need to Know." Learn, share your concerns and talk with neighbors about how you can be an agent of positive change.

### ANGST: ANXIETY DISORDERS ARE REAL, COMMON AND TREATABLE...LET'S TALK ABOUT IT!

*May 15, 6:00-8:30pm • John Winthrop Middle School Auditorium*

Documentary Screening & Talk Back, featuring Andy Buccaro, Founder of *Project Courage*. Anxiety is the precursor to so many mental health challenges. By opening a dialogue and normalizing (not trivializing) anxiety, we can help each other and ourselves. This event brings kids (ages 12+), parents, and community members together to talk about this universal issue, as well as the risks for teens who self-medicate with marijuana, alcohol or other drugs. We will share stories and provide tips and tools for managing anxiety in a healthy way.

### COMMUNITY MEDITATION & SOULFUL STRETCH

*May 16, 3:30-5:00pm • Deep River Congregational Church*

Join Angela Stevens, Yoga Instructor from Blue Moon Yoga in Deep River for an easy, supportive introduction to yoga and meditation. Designed specifically for people of all ages, this gathering will help all of us let go of stress and worry and focus on the gift of community. Take care of yourself and let positivity in, so that you may be an agent of positive change! *See more events on backside panel....*

EXPLORE • LEARN • REGISTER • DONATE  
GET INVOLVED + BECOME A CHAMPION

[tritownys.org](http://tritownys.org)

### QUESTION, PERSUADE, REFER: SUICIDE PREVENTION TRAINING

*May 16, 5:00-6:30pm • Deep River Public Library*

The QPR method was developed to detect and respond to warning signs of suicide. QPR works from a foundation of knowledge, compassion and understanding. Early intervention may help prevent the development of suicidal thoughts and feelings. QPR is not a form of counseling or treatment, rather it is intended to offer hope through positive actions. Recognize the warning signs!

### WAIT UNTIL 8<sup>TH</sup>

The SAPC Parent Advisory Committee is launching the *Wait Until 8<sup>th</sup> Campaign*, encouraging local parents to wait until 8<sup>th</sup> grade before providing their child with a smartphone. Research shows that adolescent social media use is linked to depression, poor sleep, unhealthy body image and fear of missing out. By signing the *Wait Until 8<sup>th</sup> Pledge* online, parents will learn together and support each other when marketing and social pressures to purchase a smartphone grow. Look for more information at the SAPC Information Tables at events in May or online: [tritownys.org](http://tritownys.org).

## RESOURCES: PREVENTION + SUPPORT

### SURVIVORS OF SUICIDE LOSS SUPPORT GROUP OF SOUTHEASTERN CT

*1<sup>st</sup> & 3<sup>rd</sup> Thursdays each month, 6:30pm • Lymes' Youth Service Bureau*

59 Lyme Street, Old Lyme, CT. Join hands as we walk on this journey together towards healing, one breath at a time. We are a group of survivors, together to offer support, comfort, and understanding. This group offers a chance to share helpful resources, and to give and receive support through the long grief process. Call to register: Ann Irr Dagle, 860-625-5280 or email [btdmemorialfoundation@gmail.com](mailto:btdmemorialfoundation@gmail.com).

### OPEN AA MEETING FOR BEGINNERS

*Mondays, 7:00-8:00pm • Woodmont Congregational Church*

1000 New Haven Ave., Milford

### OPEN AA MEETING FOR YOUNG PEOPLE & ADULTS

*Thursdays, 7:00-8:00pm • Deep River Congregational Church*

### AL-ANON MEETING

*Wednesdays, 7:00pm • Trinity Lutheran Church*

109 Main Street, Centerbrook. For anyone who believes that their life has been affected by someone else's drinking, either today or in the past.

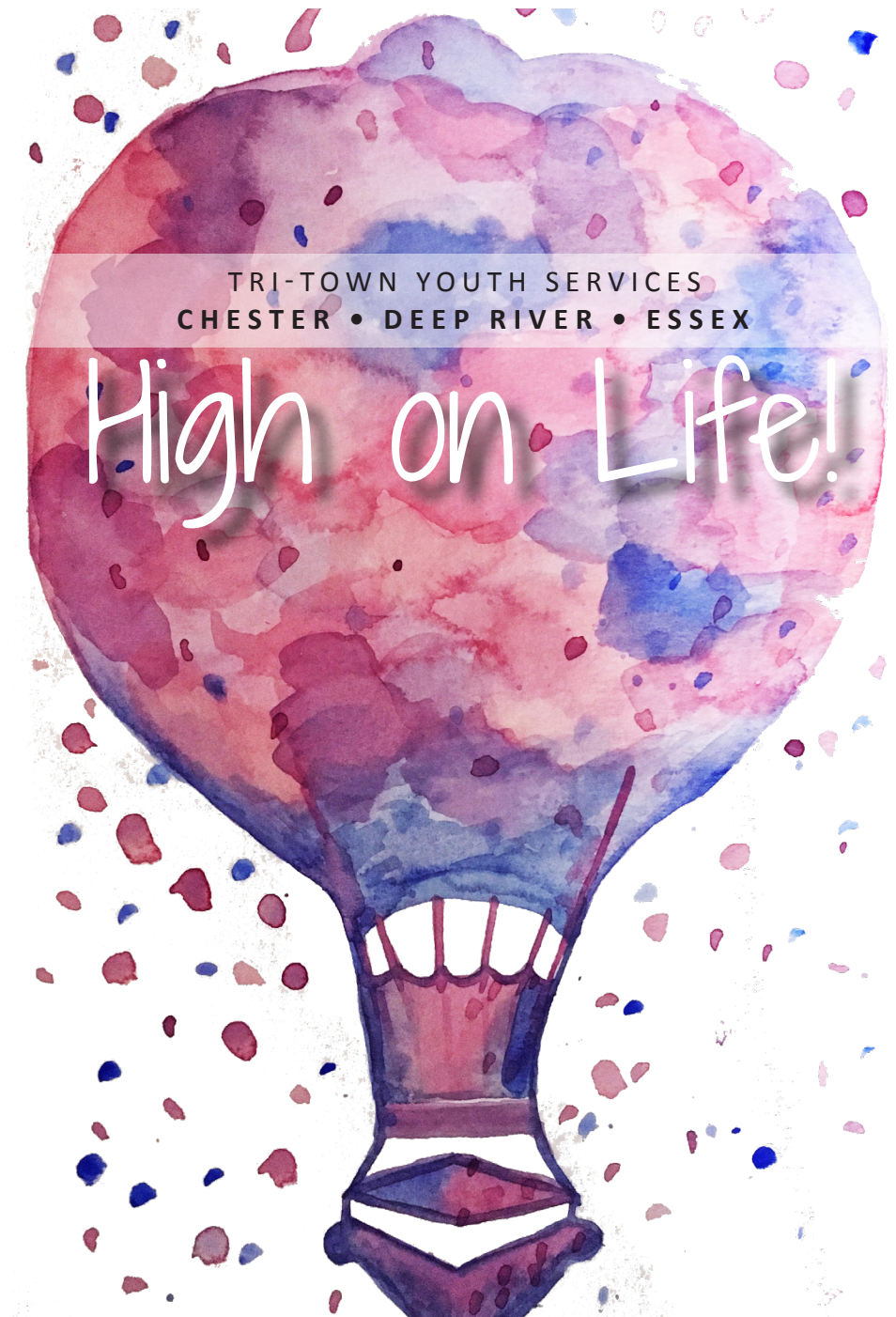
### ALA-TEEN MEETING

*Wednesdays, 7:30pm • First Congregational Church*

(Rear building entrance) 26 Meetinghouse Lane, Madison. For teenagers whose lives have been affected by someone else's drinking, either today or in the past.

### SUBSTANCE ABUSE PREVENTION COALITION

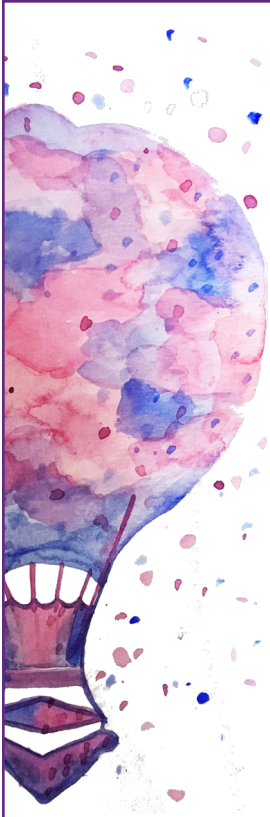
Join us! SAPC supports the development and implementation of necessary, ever-changing efforts to maintain strong health and positive well-being in our community. View more details, including how you can join a Work Group at [tritownys.org](http://tritownys.org).



## April 28-May 19, 2018

29<sup>TH</sup> ANNUAL TRI-TOWN COMMUNITY CALENDAR





**Dear Neighbor,**


As I sit to write a message for this year’s *High on Life* bulletin, I’m reflecting a bit on the current events that have been shaping conversations in coffee shops, fueling our fears as parents and driving so many of us to work harder to find solutions to the problems that exist in our communities. We see, and know, and understand suffering. We know people battling addiction. We see young people who have lost friends to violence. We hear stories of the lonely, the hurting and the lost. Compassion, frustration and fear tug at our heartstrings, daily. How do we make sense of these times we are living in?

Through the incredible work of the Tri-Town Substance Abuse Prevention Coalition, I have seen that we can move through our fears and stresses by getting involved and dedicating ourselves to making our community safer, healthier and happier. Ordinary people- your neighbors- come together each month to learn more about problems, brainstorm solutions and take action. I am grateful to the Coalition volunteers who work so hard for the tri-town and demonstrate that We

Can All Be Agents of Positive Change!

The Tri-Town Substance Abuse Prevention Coalition has pulled together an incredible calendar of events, activities and workshops about **anxiety, stress management, prescription drug abuse and suicide prevention**. Learn with us and find out how YOU can be an agent of positive change!

Allison Abramson  
Executive Director, Tri-Town Youth Services  
Chair, Tri-Town Substance Abuse Prevention Coalition



*The 2018 High on Life program is the 29<sup>th</sup> annual wellness and substance abuse awareness and prevention week, coordinated by Tri-Town Youth Services and the Tri-Town Substance Abuse Prevention Coalition (April 30-May 6). The impact of the week is a collaboration of many sectors of our communities working together! As a result of combined efforts, the “week” has been extended to include events during National Prevention Week, as well (May 14-19). We hope you find this bulletin a helpful guide to our community events during this time.*

WHAT'S HAPPENING WITHIN OUR SCHOOL COMMUNITY

### NATIONAL SCREEN FREE WEEK

*April 30-May 6*

Children, families, whole schools and communities will rediscover the joys of life beyond the screen. Plan to unplug from digital entertainment and spend all that free time playing, daydreaming, creating, exploring and connecting with each other!

**BINGO!** Tri-Town created a fun BINGO card for kids to track screen-free time and good deeds all week. Students will receive cards at school. Those who complete the card can be entered into a drawing for prizes at **Family Fun Day on May 6 at Bushy Hill** (See Community Events panel).

### MINDFULNESS DURING SCREEN FREE WEEK

*April 30-May 6 • Essex Elementary School*

Essex Elementary School will start each week with a Mindset for the week that is repeated each morning. Then a Mindful Moment is put out each day that is connected to the Mindset. This is to get students thinking and reflecting each day.

### WINDOW PAINTING

*May 1 • Main Street, Deep River*

Deep River Elementary School 6<sup>th</sup> graders, directed by art teacher Diana Carfi, will paint windows along Main Street in Deep River. This annual event has become a rite of passage for Deep River students, which connects youth and business leaders to our week-long celebration.

### PROJECT ACES: ALL CHILDREN EXERCISING SIMULTANEOUSLY

*May 2, 9:00am • All Elementary Schools*

ACES takes place on the first Wednesday in May as part of National Physical Fitness and Sports Month. Called “the world’s largest exercise class,” Project ACES invites millions of children from all over the world to exercise together to promote proper health and fitness habits.

### SPRING BAND CONCERT

*May 2, 6:30pm • Chester Elementary School*

Prsented by 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> grade instrumental students. *The Spring Art Show & Chorus Concert has been rescheduled for May 31, 5:30pm, bring a picnic!*

### TOWN MEETING & TIP A TEACHER

*May 3 • Deep River Elementary School*

Grades 3 & 5 will be hosting a school-wide Town Meeting. The overarching theme is *Friendship* with the lower grades focusing on *Acceptance* and the upper grades focusing on *Diversity*. This is also the date of “*Tip a Teacher*,” our school-wide service learning project; this year’s recipients are Lana Bargnesi and Call to Care Uganda.

CHESTER DEEP RIVER AND ESSEX ELEMENTARY SCHOOLS

### SPRING CONCERT & NIGHT OF THE ARTS

*May 3 • Essex Elementary School*

Get ready for *High on Life Week* with an evening of the arts! Our Night of the Arts includes an Art Show at 5:30pm, 5<sup>th</sup> grade Hat Show at 5:45pm, and the Spring Concert at 6:30pm. *Our in-school concert will also be on May 3, at 1:30pm.* This is an opportunity to celebrate the arts and positively celebrate every students’ progress.

### WALK FOR PUERTO RICO/YOGA STUDIO/AFTER SCHOOL GAMES

*May 4 • Chester Elementary School*

Walk-a-thon led by student leaders to support Puerto Rico | All-day yoga studio for students & teachers offered by Terry Tovey | After school board games! (3pm)

### SPRING BAND CONCERT

*May 7, 2pm & 6:30pm • Deep River Elementary School*

### INTERACTV PLAYERS & KINDNESS ROCKS

*May 17 • Deep River Elementary School*

Interactv Players present an anti-bullying assembly which follows with students participating in the Kindness Rocks Project. Time TBD.

### D.I.R.T.

*April 30 • John Winthrop Middle School*

A one-man show that explores the challenges and decisions that young people face every day. DIRT gets to the heart of issues related to drugs, bullying, and self-esteem, resonating with audiences in a real and meaningful way.

### SPRING CONCERT

*May 16, 7:00pm • Valley Regional High School*

### VALLEY REGIONAL HIGH SCHOOL FILM FESTIVAL

*May 17, 7:00pm • Essex Town Green*

Music and Photography Exhibit at Gazebo 7:00, Film Festival Starts at sundown, 8:00. All submissions have a positive message, reminding the community that we are agents of change. Bring a picnic, support young local artists!

### WARRIORS IN THE COMMUNITY

*May 18*

The entire Valley student body takes to the streets of Chester, Deep River and Essex, volunteering at local agencies and giving back to the community they love! This annual day of service culminates with a lunch and celebration at school.

*Throughout High on Life and National Prevention Week, Valley students will take a look at their own daily smartphone use. In Core Groups, they will discuss pros/cons of media saturation, and students will be encouraged to go Screen Free for at least one day! In the week leading up to Prom, students will talk about Teen Alcohol Use in their Core Groups. Warriors will have the opportunity to take The Valley Vow, pledging to make safe, healthy decisions during and after their prom celebration.*

JOHN WINTHROP MIDDLE SCHOOL VALLEY REGIONAL HIGH SCHOOL