

WEST HARTFORD SUBSTANCE ABUSE PREVENTION COMMISSION (SAPC)

Program Accomplishment 2006-2007

West Hartford PACT – The commission reprinted a brochure originally created 7 years ago to sensitize and educate 4th and 5th grade and middle school parents regarding adolescent substance abuse. The commission reprinted 4,000 brochures and distributed them to 4th through 8th grade parents through the schools at the beginning of the school year. The distribution also included a letter from the commission chair. Brochures were made available at some parent nights at elementary and middle schools and placed in key locations around town. They were also included in Goody Bags at the Bridge's Family Fun Run. The PACT brochure and pledge card are posted on the Town website and The Bridge Family Center website. The brochure includes a parent pledge to be returned to the commission. The commission believes that many parents, even if they do not sign and return the pledge card, are at least sensitized to the issue of underage substance use and the accompanying issues. **We printed and distributed 4,000 PACT brochures. No follow-up mailings were conducted this year (\$737.00 for printing/mailings/education).**

Tobacco – A bullet in the PACT brochure described above identifies tobacco as a gateway drug. The commission worked with Leisure Services to produce an eye-catching anti-smoking flyer that was distributed last fall to the parents of children grades K-5 and to parents of young people involved in town sports. **The brochure was distributed to 5,750 adults (\$858.97).**

Town Newsletters – The *West Hartford Family* newsletter was published 2 times during the year and distributed through the schools and by mail to parents of school children. The first issue, "Mean Girls," was distributed or mailed to parents grades 5-12. The second issue, "Lessons From Spilt Milk," was distributed/mailed to parents of grades K-12. Both issues were placed around town and mailed to several town organizations and agencies **(5,525 of issue one and 9,750 of issue two)**. The purpose of the newsletter is to provide support resources for families; to educate on issues and events important to families; to discourage underage drinking and smoking; and to promote positive healthy alternatives to substance abuse **(\$1,868.62 for paper, printing, mailings)**.

Tune-In to Life Week - A week of programs and events was held from April 23-28, 2007 to promote positive healthy drug-free lifestyles for people of all ages, discourage underage drinking, and raise community awareness about drug and alcohol use and abuse. Events of the week included a Family Fun Run; Family Fun Swim; an educational program for parents on underage drinking; a family dance party for preschoolers and their families; and a fifth grade poster project. Educational pieces concerning the prevention of underage drinking were targeted and sent to the parents of 6th graders in public and private schools. **Fourteen events/activities were held; 1,407 young people and 1,183 adults participated (\$2795.48).**

Dance/Concert for Senior Citizens – An intergenerational dance/concert, *A Trip Down Memory Lane*, was held in April during *Tune-In to Life* week. Senior citizens listened to and danced to the music of students in the Hall High Jazz Band. It has become an annual event, as both seniors and students seem to love it—160 seniors attended. It was held in the auditorium of St. James's Church (part of *Tune-In to Life* budget and participation number).

Underage Drinking Prevention – Commission member Stephen Guest continued to work towards changing the culture of underage drinking by regularly reporting to the Commission, working with the CT Coalition to Stop Underage Drinking, and working with colleges and the Federal Department of Education to urge enforcement of underage drinking laws on college campuses. He had an article on the subject published in the Chronicle of Higher Education. He was instrumental in creating awareness in the community about the town Ordinance and the new CT law on underage drinking and on educating parents and kids on the serious consequences for hosting alcohol parties for minors.

Support Groups for High School Students Who Are Struggling with Substance Use – The SAPC invited AA speakers to the Commission meeting to educate members on their services and then in turn the speakers worked with students in the schools who might be struggling with substance abuse. **SAPC presentation to 25 members, including 2 youth.**

National Alcohol Screening Day – West Hartford Human Services and The Bridge in cooperation with the Commission sponsored National Alcohol Screening Days in the West Hartford Town Hall and another site and at The Bridge's Teen Center. The goal of the days was to educate the public on the potential risks associated with drinking. **15 adults stopped by the display in Town Hall and another site and 25 teens participated in the Teen Center evaluation.**

Community of Concern – The two high schools in West Hartford kicked off *Community of Concern*, a grass-roots initiative begun in the Washington, D.C. area and based on a 28-page booklet, *A Parent's Guide for the Prevention of Alcohol, Tobacco and Other Drug Use*. The SAPC continued to support and be involved with *Community of Concern*, and ordered 200 booklets to use to encourage participation by others and to solicit financial support to keep the program ongoing. **\$370 was used for the purchase of booklets for the fall kick-off and \$630 for expenses for a fall speaker and breakfast for SAPC members and town leaders and parents on the effects of alcohol on the adolescent brain (\$1,000 total). About 50 people attended the breakfast.**

Educational Program for Parents – Community of Concern sponsored several parent programs during the course of the year regarding substance abuse and other concerning issues involving teens.

CT Coalition to Stop Underage Drinking Conference – The commission sent 2 members to the conference in October 2006 **(2 people for a total of \$178).**

Total available from CASAC for year 2006-2007 = \$5675
Total for proposed programs = \$5675