



Coalition Catch-up

Welcome back to another edition of... Coalition Catch-up! Here, you will be able to read our latest Coalition news, stay up to date with all the fantastic opportunities we offer for the community and get caught up on what was discussed during our last meeting!

Upcoming Events:

- March 8th at Noon: March Coalition Meeting
- March 8th at 7 PM- Social Media for Parents at Lewis Mills
- March 23rd from 1-3PM- Burlington Community QPR/Naloxone Training
- April 19th at Noon- April Coalition Meeting
- April 22nd- National Drug Takeback Day

FREE TRAINING OPPORTUNITIES!

CHOOSE TO ATTEND BOTH TRAININGS OR PICK ONE!
TRAININGS WILL BE HELD AT THE BURLINGTON TOWN HALL!!

March 23rd, 2023 1-3 PM

QPR GATEKEEPER SUICIDE PREVENTION

From 1pm-2pm

QPR stands for Question, Persuade, and Refer — 3 simple steps anyone can learn to help save a life from suicide. As a QPR-trained Gatekeeper you will learn to recognize the warning signs of suicide, how to offer hope, and how to refer to resources in the community to help save a life. QPR is a nationally recognized, evidence-based training that grants participants certification considered active for three years.



NALOXONE ADMINISTRATION OVERDOSE PREVENTION

From 2pm-3pm

Participants of this training will learn:

- Overdose prevention strategies
- Brief history of Opioid Waves
- Local resources and supports
- Signs and symptoms of an overdose
- How to administer Naloxone
- Current protective legislation



Attendees will receive a FREE Naloxone Kit with two 4-ML doses of Naloxone.

If interested in registering for either or both trainings, contact:

Darian Graells at darian.graells@mccallbhn.org
OR

Tricia Twomey at twomey.t@burlingtonct.us OR

Register on myburlingtonrec.com



2.8.2023

February Meeting Highlights:

For those of you who may not have made it to our February meeting, here is a summary of what we discussed!

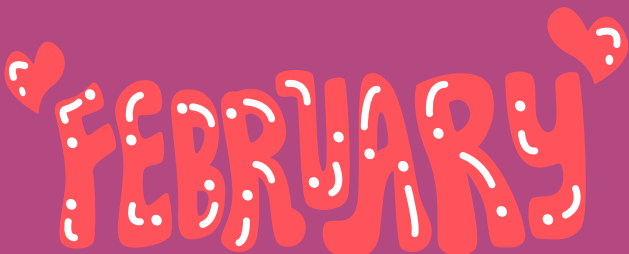
Updates:

- PCC Part B- Our recruitment postcards have been sent out, and so far we have had several people utilize the contact us form to input their information. An introduction email was sent to all individuals who submitted contact info.
- LPC- The remainder of our vaping myths postcards are in the process of being mailed out! We are also in the works of scheduling another Hidden in Plain Sight training this spring!

New Business:

- We are in the planning stages of our youth survey implementation. This year we are using Youth Voices Count, which is extremely youth-centered and has been used by over 15 other towns in Connecticut!
- We were also presented with an amazing speaker opportunity through one of our Youth Coalition members, we spent some time during our meeting watching the presenter's video on Youtube and discussing the most effective way to make an event out of this speaker opportunity!
- We discussed some specific sectors we need to better engage and the best methods to do so!

Please feel free to join us at our next meeting for some fun icebreakers and a productive conversation about how to promote wellness and substance use prevention in YOUR community.



Current Projects

Here's a little overview of a FEW of our MANY current projects. This section will contain updates, project summaries, and initiatives we are completing



THOSE WHO HOST LOSE THE MOST!

One night of providing underage teens alcohol can land you a misdemeanor charge, up to a year in jail, and a \$2,000 fine!

IS IT WORTH IT?!



REGION 10
COMMUNITY
WELLNESS COALITION
WWW.R10COALITION.COM

SIGN UP FOR OUR EMAILS!

STAY IN TOUCH

Naloxone Training

We conducted our first Naloxone administration training of the new year on February 8th! HUGE shoutout to Harwinton Ambulance Association for hosting us! We were able to train a total of fifteen people on the history of opioids, how to recognize an opioid overdose, how to administer Naloxone and protective legislation! Stay tuned to find out when our next training will be!

Burlington Tavern Day

We have been invited to attend Tavern Day again in Burlington! We attended last year and it was an amazing opportunity to engage with the community and increase familiarity about our coalition and our mission! Last year we were able to add roughly ten new people to our mailing list! Any opportunity to increase community awareness is a great one!

Mobile Campaign Update

We continue to receive bi-monthly reports from our media company and our ad seems to have made some impressions! Since July 25th, we have delivered 660,177 impressions and out of those people, 1,970 of them visited the social host tab on our website! We hope to continue the mobile ad, and change the design up to match with our social host campaign.

Youth Coalition Update

While our Youth Coalition didn't get a chance to meet in February, we are looking forward to our March Meeting! The youth coalition officers created a quick two minute video introducing the Youth Voices Count survey to 7-12th graders! We will also be conducting a Youth Coalition Focus Group to learn more about youth trends regarding substance use, mental health, and impacts of the pandemic on teens! At our March meeting, we will begin to work on our mental health psa focusing on healthy coping skills! We also will begin to plan an event involving our potential speaker, and create a list of general themes for our social media page so we can become more active on it again!

