# **AUGUST NEWSLETTER**

MIDDLETOWN SUBSTANCE ABUSE PREVENTION COUNCIL



## **August Coalition Meeting**

Our meeting will take place on 8/14 at 1PM on ZOOM

RSVP to cassidee.mcdonnell@hhchealth.org to receive the link!

### **Mark your Calendars!**

Narcan Training: August 7th, 2024 at 9AM at the Russell Library

Paint Night: August 22nd at 6PM at the Russell Library

We hope to see you there!

# WHAT HAS OUR COALITON BEEN UP TO?

We spent time at the Middletown Farmers Market and cannot wait to be back in August on the 23rd! Come by and see us!

We continue to spend time building our connections and planning for the upcoming year!



### **YOUTH SECTOR UPDATES**



Our public service announcements on underage drinking have been playing at local gas stations. They are also being played online through streaming such as iHeart Radio with above 90% completion rates.

Our youth sector will be represented at community back to school events at Beman and Middletown High this month. We cannot wait to see everyone!



### YOUTH ARTICLE BY OUR YPA JULIE-ANN

To manage back-to-school anxiety, students should talk about their feelings, establish a routine, stay organized, and practice self-care. Seeking support from school or community resources can also help ease the transition.



#### **COMMUNITY SHOUTOUTS**

A shoutout to our community partners at Perk on Main and Taino Smokehouse for participating in our TIPS training. We trained over 20 individuals in safe serving interventions and the CT serving laws!



A shoutout to the Russell Library for hosting us for some upcoming events!



