

MONTHLY
NEWSLETTER



<https://middletownsubstanceabusepreventioncouncil.com/>

JULY NEWSLETTER 2024

Our next meeting will be on
August 14th at 1PM on Zoom!

RSVP to cassidee.mcdonnell@hhchealth.org

STOP BY AND SEE US AT THE
Middletown Farmer's Market

We will be there on

July 12th: 10AM-2PM

August 23rd: 10AM-2PM



What have we been up to?



June PRIDEfest

We started June at PRIDEfest with, hosting a sand art activity for the community, and promoting our coalition.

Cruise Night on Main

We promoted safe medication disposal at Cruise Night on Main Street by distributing Deterra Disposal Bags mission and coalition.



GPP: Youth Leadership

We attended the Governors Prevention Partnership Youth Leadership Conference

YOUTH HIGHLIGHT

During the 100 Deadliest Days between Memorial Day and Labor Day, teens face increased risks on the road due to distractions and passenger influence.

Connecticut has specific driving laws for teens to follow, including:

- **Teens can only drive alone or with a licensed adult over 20 when they first get their license.**
- **After 6 months, they can drive with immediate family members.**
- **Driving is restricted to 5 A.M. to 11 P.M., with some exceptions.**
- **All device use, including hands-free phones and GPS, is prohibited.**

Parents should lead by example, set boundaries, and discuss consequences to promote safe driving habits. Adhering to these laws can reduce crashes and fatalities among teens during the summer months.

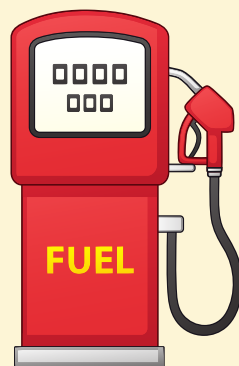
**Check out the full article by our YPA Julie-Ann here:
[100 Deadliest Days for Teens](#)**

CURRENTLY PLAYING!

Our Youth Peer Advocate Arya worked with other youth on an Underage Drinking Awareness campaign that you can check out at the gas stations in Middletown and on iHeart Radio!

Where can you find our gas station ads?

- Middletown GasMan 28 Broad St.
- Middletown Irving 302 East Main St.
- Middletown Citgo 1075 Newfield St.
- Middletown Fuel + 708 Washington St.
- Middletown Mobil 929 Washington St.
- Middletown Citgo 619 Saybrook Rd.
- Middletown Valero 339 South Main St.
- Middletown Mobil 427 South Main St.



WHAT'S NEXT?

NARCAN TRAINING

Where? Russell Library
Hubbard Room

When: August 7th @ 9AM

All participants will be given
a FREE Narcan kit



Public Health
Prevent. Promote. Protect.



**RUSSELL
LIBRARY**
grow connect strive thrive



***SCAN THE QR CODE TO
REGISTER FOR EVENT***



MEMBER SHOUTOUT



ASK A QUESTION, SAVE A LIFE

FREE Suicide Prevention Training

Tuesday, July 16, 2024

1:00 pm - 2:00 pm

Russell Library

Meeting Room 2

123 Broad Street, Middletown, CT

As a QPR-Trained Gatekeeper, You'll Learn to:

- Recognize the warnings signs of suicide
- Know how to offer hope
- Know how to get help and save a life

***All participants will receive a QPR Gatekeeper certificate and booklet.**



Public Health
Prevent. Promote. Protect.

Our friends over at the City of Middletown, Connecticut Health Department are hosting a QPR training session at the Russell Library on Tuesday July 16th from 1PM-2PM.