



THE GOVERNOR'S PREVENTION PARTNERSHIP

“Who we are”

April, 19
2023



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SUSTANCE USE PREVENTION IN EARLY CHILDHOOD

ITS NEVER TOO EARLY

April
2023



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What will we discuss?

- Is Substance Use Prevention necessary in Early Childhood?
- Risk & Protective Factors
- What can parents and caring adults do?



It's never
too early.

Prevention is promoting health & wellbeing,
and is important during all stages of life.

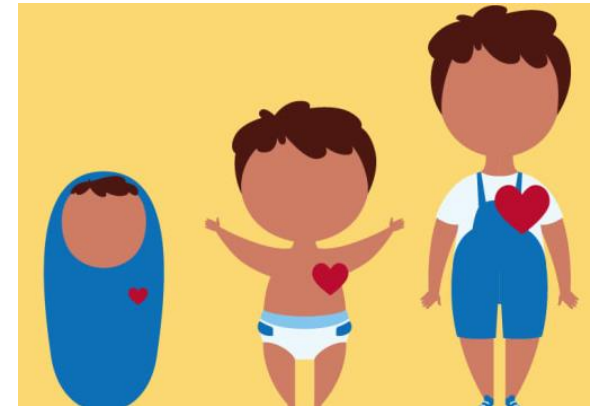
Substance Use Prevention in Early Childhood



- Skills and experiences in early childhood can setup long term success
- Improves biological functioning
- Ripple effect: prevention interventions can reduce future risky behaviors in general.
- Prevention interventions have benefits for parents/caregivers and siblings

Transitional periods during development are good opportunities to think about the need for prevention interventions.

- Prenatal (Conception – Birth)
- Infancy & toddlerhood (Birth – 3 years)
- Preschool (ages 3-6 years)
- Transition to School (ages 6-8 years)



Risk & Protective Factors



Risk & Protective Factors

Infancy & Toddlerhood

- Difficult temperament
(difficulty with self-regulation)
- Insecure attachment to
parent
- Uncontrolled aggression

- Mother's good nutrition
during pregnancy
- Highly responsive parenting



Risk & Protective Factors

Preschool Ages 2-4

○ Poor self-regulation



○ Demonstrating behavior control (good self-regulation skills)

Risk & Protective Factors

Transition to School Ages 5-8

- Lack of School Readiness
- Lack of classroom structure



- Mastery of school readiness skills (colors, numbers, letters, pre-reading during kindergarten)

Risk Factors

- **Stress**
 - Poverty, parental mental illness, maltreatment
- **Parental substance use**
 - Second hand smoke
 - Modeling behavior
- **Emergent mental illness**

Any Age



Protective Factors

Any Age



- Easy Temperament
- Parenting consisting of
 - ✓ warmth
 - ✓ consistency
 - ✓ Age-appropriate expectations
 - ✓ Praise for accomplishments
 - ✓ Consistent rules & routines
- Opportunities for interaction with peers
- Opportunities for physical exercise



What Can Parents and Caring Adults Do?

What can parents and caring adults do?

Infancy & Toddlerhood



- **Bonding between parent & baby**
- **Caring for basic physical needs**
- **Breathing, Co-regulating**

What can parents and caring adults do?



**Preschool
Ages 2-4**

- Explain importance of taking care of our bodies.
- Celebrate decision making skills.
- Teach to avoid dangerous substances in the home-cleaning products, bleach, etc. Only take medicines given by parents or other designated adult.
- Help child to understand the difference between real life and make believe
- Build problem solving skills. Allow your child to come up with and try different solutions to challenges.

What can parents and caring adults do?



Transition to School Ages 5-8

- Talk about substance related messages on TV/Movies or seen at school.
 - Ask what they have seen or heard, and what they think about it
 - Keep discussions focused on present- long term consequences are too distant for most kids this age
- Discuss difference between medicinal use and illegal use. Taking prescriptions the wrong way can be dangerous.
- Set clear rules and expectations.
- If adults use tobacco or alcohol, be mindful of the messages being sent. Avoid sending the message that it takes a drink or other drug to relax, relieve stress or have fun.

QUESTIONS AND COMMENTS





OUR MISSION AND VISION

The Governor's Prevention Partnership builds statewide capacity to prevent underage drinking and substance use and builds strategic alliances to promote the overall well-being of Connecticut's future workforce.



For 34 years, the Governor's Prevention Partnership has been at the forefront of youth prevention in Connecticut. What started with a focus on the effects of drugs in the workplace has evolved to respond to the emerging threats that face Connecticut's young people.



What we do:

- Promoting Healthy Communities





Community-based prevention initiatives such as increasing connections with adults through Community



Por Los Ninos CT. Facebook Page
site Where you can find upcoming
events, videos, and community
resources and learn about how to
start a conversation with your child
today.



Resources

PREVENTING YOUTH SUBSTANCE USE 10 TIPS FOR PARENTS/CAREGIVERS

Saying "Just Don't Do Drugs" Isn't Enough

 <p>START THE CONVERSATION</p> <p>Even if your child seems uninterested or doesn't want to talk—they are listening to you!</p>	 <p>EMBRACE PROBLEM-SOLVING</p> <p>Ask your child what situations they may find themselves in, then help think of ways to handle them. Try to understand their point of view.</p>
 <p>LISTEN TO YOUR CHILD</p> <p>Talk to your child without judging—they want to feel heard and understood. Asking open-ended questions is helpful.</p>	 <p>HAVE FAMILY RITUALS</p> <p>Family dinners, game nights, and other activities are great ways to build trust with your child and make starting these conversations easier.</p>
 <p>SET A GOOD EXAMPLE</p> <p>Your children are always watching you. Remember that your actions speak louder than words and children learn behaviors at home.</p>	 <p>KNOW YOUR CHILD'S FRIENDS</p> <p>Make sure to talk to the parents or caregivers of your children's friends, so you know who they're spending their time with.</p>
 <p>SET LIMITS WITH YOUR CHILDREN</p> <p>Have set rules and consequences for when rules are broken. Start talking to your child about substance use no later than third grade.</p>	 <p>CHECK ON YOUR CHILDREN</p> <p>Know where your children are and check in on them frequently.</p>
 <p>WATCH FOR WARNING SIGNS</p> <p>Changes in mood, appetite, behavior, or sleep patterns could all be warnings signs that something isn't right.</p>	 <p>SEEK HELP WHEN NECESSARY</p> <p>You don't have to do this alone! Talk to your neighbors, family, or other parents, and use your community as your support system!</p>

CONVERSATION STARTERS

1. "WHAT ARE YOUR FRIENDS SAYING ABOUT ALCOHOL, VAPING, OR CANNABIS? WHAT DO YOU THINK? CAN WE LOOK UP SOME INFORMATION TOGETHER?"
2. "HAVE YOU BEEN IN A SITUATION WHERE YOU HAD THE OPPORTUNITY TO USE DRUGS? HOW DID THIS MAKE YOU FEEL AND WHY?"
3. "DO YOU WANT TO PRACTICE DIFFERENT WAYS TO SAY NO OR GET OUT OF THAT KIND OF SITUATION? I CAN GIVE YOU IDEAS ON WHAT TO SAY - LIKE, I DON'T WANT TO GET IN TROUBLE, I'M NOT INTO THAT, MY PARENT(S) WOULD BE REALLY MAD, I'VE GOT OTHER THINGS TO DO, ETC."
4. "HAVE YOU SEEN SOMEONE EMBARRASS THEMSELVES OR MAKE A POOR DECISION WHILE UNDER THE INFLUENCE OF ALCOHOL OR DRUGS?"

EVEN IF YOU HAVE USED IN THE PAST, THIS IS ABOUT THEIR FUTURE. BE HONEST AND OPEN, INCLUDING WHY YOU DON'T WANT THEM TO DRINK OR USE DRUGS. YOUNG PEOPLE WHO HEAR FROM THE ADULTS THEY LOVE ARE 50% LESS LIKELY TO USE SUBSTANCES.



Community Cafe

- Creating Safe spaces.
- Leading conversations.
- Empower and Educate.
- Provide Resources.



PROMOTING SAFE SCHOOL ENVIRONMENTS



E3: ENCOURAGE, EMPOWER, ENGAGE

EMPOWERING YOUTH TODAY FOR A SUBSTANCE-FREE TOMORROW

E3 is an initiative of The Governor's Prevention Partnership, supporting an alcohol and drug free lifestyle among youth and increasing skills for healthy decision-making behavior. The program addresses drinking and substance use through self-exploration, reflection, learning, and support in a safe environment. E3 can be customized to meet individual needs and is delivered virtually or in-person.

HOW E3 WORKS



Youth Leaders and their Advisors are trained by The Partnership on how to implement the E3 curriculum to their group of young people. Each lesson is linked to state health education standards and emphasizes social and emotional learning.



Peer Leaders then facilitate the E3 lessons to their peers. The activities and discussions help youth develop the skills they need for healthy decision-making and build knowledge of the harms of substance use.



The E3 program culminates in an Awareness Campaign, where youth use what they've learned in the program to develop their own awareness campaign about the dangers of substance use.



The Partnership provides ongoing support to both the Peer Leaders and the Advisors to ensure successful implementation on the program and to update the curriculum as necessary.

For more information, contact:
Jessica White - Program Manager, Communities and Schools
Jessica@PreventionWorksCT.org





YOUTH ADVISORY BOARD



FUTURE PREVENTION LEADERS YOUTH CONFERENCE

June 23, 2023

9:00 am - 3:00 pm
Central Connecticut State University

Sponsored By:





.Prevention Conversations:

- Fentanyl
- Naloxone Community Training
- The Legalization of Cannabis
(The impact on Our Community)

CANNABIS in CT



May 09, 2023
6:00 pm - 7:00 pm
Zoom

FIND OUT:

*What You Need to Know to
Help Keep Young People Safe!*

LEARN:

- CT Cannabis Laws
- How Cannabis impacts youth development
- How to talk about Cannabis with young people



Hosted in Partnership with

**GROTON ALLIANCE FOR
SUBSTANCE USE PREVENTION**

REGISTER:

www.PreventionWorksCT.org





What we do:

- Increase Positive Connections with Adults / Youth.





MENTOR is the unifying champion for quality youth mentoring in the United States. Our mission is to expand the quality and quantity of mentoring relationships nationwide. The potential is equally distributed; the opportunity is not. A significant driver of healthy development and opportunity is whom you know and who's in your corner. Thirty years ago, MENTOR was created to expand that opportunity for young people by building a youth mentoring field and movement—the result: a more than 10-fold increase in young people in structured mentoring relationships. Today, we are the expert voice representing a movement that is diverse and broad and seeps into every aspect of daily life – meeting young people everywhere they are, from schools to workplaces and beyond.



MENTOR



National Mentoring Resource Center



The Governor's Prevention Partnership is an affiliate of MENTOR: The National Mentoring Partnership and an official Technical Assistance Provider of the National Mentoring Resource Center, a project of MENTOR and the Office of Juvenile Justice and Delinquency Prevention.



Everyday Mentoring



Shaping Tomorrow's Leaders: Everyday Mentoring Workshop

April 27, 2023
10:00 a.m. - 11:30 a.m.

zoom

Ignite the transformative
power of **Everyday
Mentoring** in Eastern
Connecticut and become
a beacon of guidance,
support, and inspiration
for our youth, **creating a
brighter future one
moment at a time.**

» REGISTER
NOW!

PreventionWorksCT.org

Mentoring for Prevention- Opioid Series

REAL Mentors are Prevention: How **Mentoring** Can Prevent **Opioid Misuse**

COHORT A

MONTHLY SESSION DATES:

1. 02/13/2023 • 6-7 pm
2. 03/13/2023 • 6-7 pm
3. 04/10/2023 • 6-7 pm
4. 05/08/2023 • 6-7 pm
5. 06/12/2023 • 6-7 pm

zoom



Register for the Series:
PreventionWorksCT.org



Susan Sarmiento

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Engagement

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CONTACT INFORMATION



**Connect with us for more information about
The Governor's Prevention Partnership**

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THANK YOU

