



Prevention

Training

Technical

Assistance

Service

Center

Example of Completed On Boarding “101” Template



Fairfield CARES

THE TOWN RESOURCE FOR HEALTHY CHOICES

Our Mission

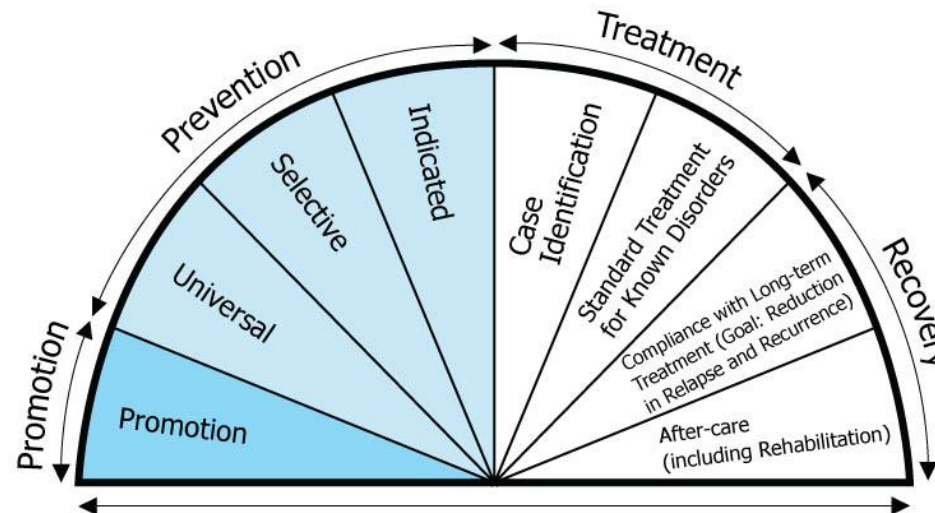


Fairfield CARES, established in 2009, is a town-wide organization of parents, school representatives, local business leaders, law enforcement, clergy, counseling professionals and youth services organizations.

Fairfield CARES is dedicated to preventing underage drinking and substance abuse, increasing awareness of the risks of addiction, promoting healthy choices and behaviors to increase personal wellness, and strengthening community well-being and resilience.

What is Prevention and the Strategic Prevention Framework?

- Prevention—Delivered prior to the onset of a disorder, these interventions are intended to prevent or reduce the risk of developing a behavioral health problem, such as underage alcohol use, prescription drug misuse and abuse, and illicit drug use.
- In the prevention field, collaboration allows for partners with different perspectives to work together towards solving a common problem. This approach leverages the expertise of multiple groups and increases the likelihood that their collective efforts will bring about change.
- *“The SPF grant program is intended to prevent the onset and reduce the progression of substance abuse and its related problems while strengthening prevention capacity and infrastructure at the state, tribal, and community levels.” SAMSHA*





Strategic Prevention Framework (SPF)

The five steps and two guiding principles of the SPF offer prevention planners a comprehensive approach to understanding and addressing the substance misuse and related behavioral health problems facing their states and communities.

The SPF includes these five steps:

- 1 . **Assessment:** Identify local prevention needs based on data. What is the problem?
- 2 . **Capacity:** Build local resources and readiness to address prevention needs. What do you have to work with?
- 3 . **Planning:** Find out what works to address prevention needs and how to do it well What should you do and how should you do it?
- 4 . **Implementation:** Deliver evidence-based programs and practices as intended. How can you put your plan into action?
- 5 . **Evaluation:** Examine the process and outcomes of programs and practices (Is your plan succeeding?)

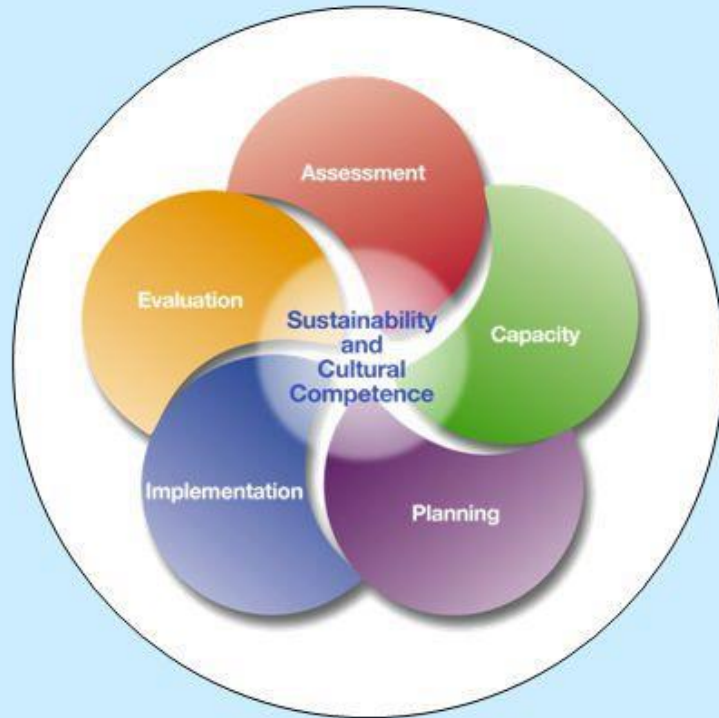
The SPF is also guided by two cross-cutting principles that should be integrated into each of the steps:

Cultural Competence. The ability of an individual or organization to understand and interact effectively with people who have different values, lifestyles, and traditions based on their distinctive heritage and social relationships.

Sustainability. The process of building an adaptive and effective system that achieves and maintains desired long-term results

Strategic Prevention Framework

Supports Accountability, Capacity, and Effectiveness



Assessment

Profile population needs, resources, and readiness to address needs and gaps

Capacity

Mobilize and/or build capacity to address needs

Planning

Develop a Comprehensive Strategic Plan

Implementation

Implement evidence-based prevention programs and activities

Evaluation

Monitor, evaluate, sustain, and improve or replace those that fail

SPF: Data driven public health model, multi-disciplinary team approach, dynamic and responsive to local needs

To Learn more about the SPF Framework:
[The SPF Guide](#)

Coalition Needs Assessment

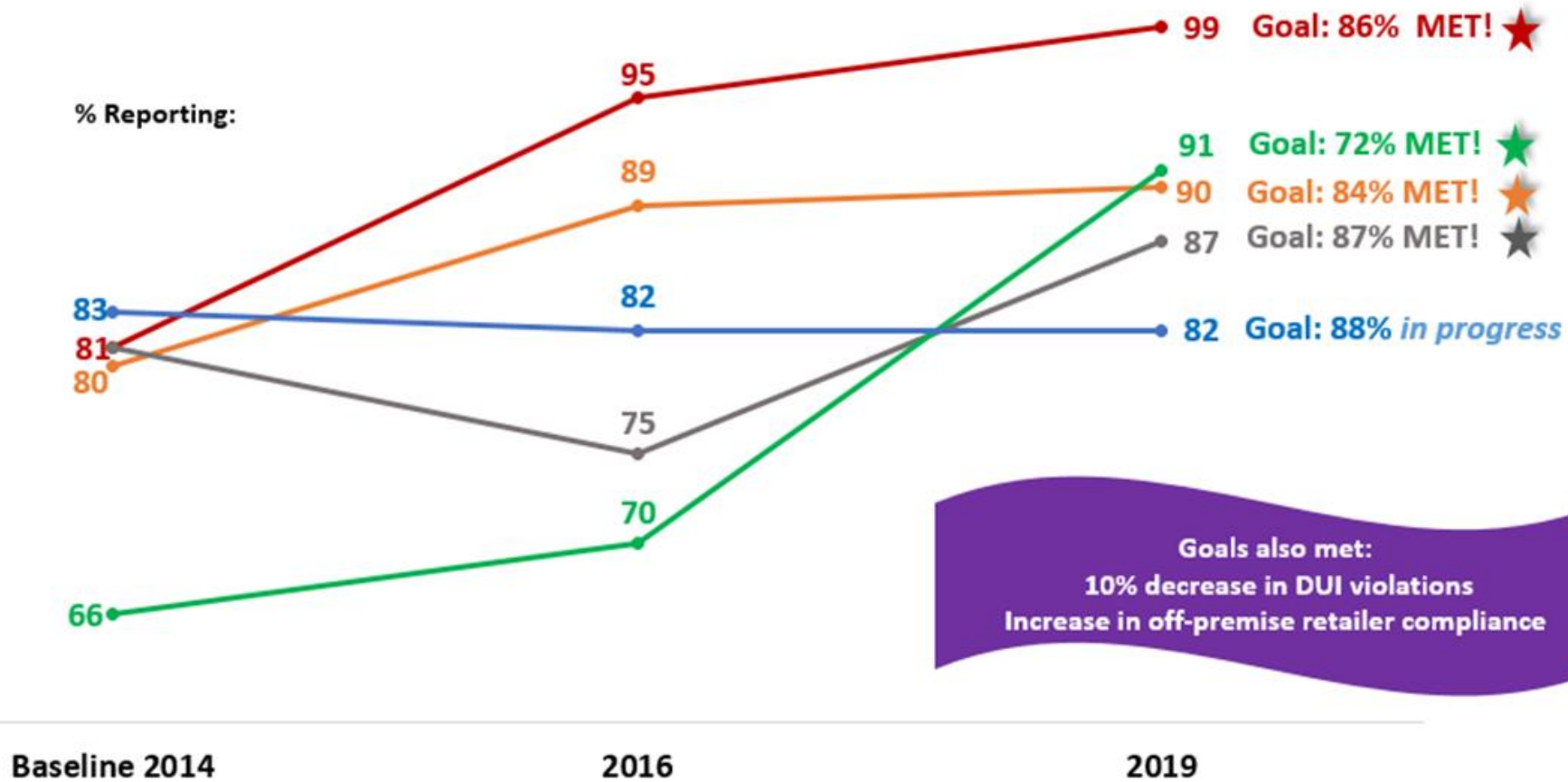
Priority Substance: Alcohol

Target Population: Youth, Grades 7-12

Evidenced Based Strategies:

- Coalition Capacity Building
- Enforcement of Liquor Laws
- Youth Engagement
- Social Norms Media Campaigns

Meeting our Goals



- Parental knowledge of alcohol effects on developing brain
- Parental monitoring/rules that discourage underage drinking
- Knowledge of Social Host Law
- Parents feel underage drinking is "very wrong"
- Perception of harm of underage drinking

Key Goals (option 2)


Goals:	Baseline 2014	2016	Goal	2019	Goal Met?
20% Decrease of 30-Day use of alcohol among youth ages 12-18	25%	28%	20%	21%	No
5% Increase in parental knowledge of the effects of alcohol on the developing adolescent brain	81%	95%	86%	99%	Yes
4% increase in parental monitoring/rules that discourage underage drinking	80%	89%	84%	90%	Yes
6% increase of knowledge in the Social Host Law	81%	75%	87%	87%	Yes
6% Increase in 12 th graders who report parental disapproval of underage alcohol use as "very wrong"	66%	70%	72%	91%	Yes
5% Increase in the perception of harm of alcohol use among youth	83%	82%	88%	82%	No
A 10% Decrease in DUI violations	236	125	212	Goal Met in 2016	Yes
An Increase in off-premise retailer compliance	87%	100%	92%	Goal Met in 2016	Yes

SPF at Work

We Believe In A #LifeNotWasted Coalition Capacity

FC completes Community Needs Assessment

Determines alcohol as the priority youth substance

 CSC Grant received from DMHAS in partnership with Positive Directions

Peer and Social Norms and Enforcement of Liquor Laws goals identified

- Alcohol Compliance Checks
- Merchant Education
- Professional Development for Officers
- Fairfield CARES Youth Committee
- Youth Outreach/Activities
- Community Education
- Social Norms Campaign

2015
Needs Assessment and Capacity



1,432 Social Media Followers

www.fairfieldct.org/fairfieldcares

- ✓ Chief of Police becomes Co-Chair. Strong collaboration on enforcement.
- ✓ Strategic and Implementation Plans Completed
- ✓ 12+ Community Stakeholder Sectors Represented
- ✓ Student Surveys Conducted
- ✓ FC Youth Committee Developed



Carma Creative Marketing works with Fairfield Youth to design Social Norms Campaign incorporating local data



2017
Implementation



#LifeNotWasted and Not Under Our Roof campaign launches to address peer and social norms and enforcement of liquor laws

Fairfield Police Department partners on alcohol merchant training and ID mat distribution

Social Norms Campaign incorporated into Fairfield Public Schools Health Curriculum

2018
Evaluation

Short Term Outcomes

- ✓ 18% increase in parent knowledge of effects of alcohol on the brain
- ✓ 10% increase in parent rules that discourage underage drinking
- ✓ 6% increase in Social Host Law Knowledge
- ✓ 100% Merchant Compliance
- ✓ 47% decrease in the # of DUI's

Coalition Vitality Assessment to promote continuous improvement

2019
Sustainability

Long Term Outcomes

- ✓ 25% increase in 12th graders who report parent disapproval of underage drinking
- ✓ 4% decrease in 30 day use among youth grades 7-12



Coalition Forward

1. Emerging Trends: Address Community and Youth Developmental Asset Gaps
2. Secure diverse sources of **Funding**
3. Sustain and Expand Community **Partnerships**
4. Continue to engage **Youth** in decision making and initiatives
5. **Social Norms:** Continue cross sector awareness and education on youth substance use
6. Maintain **Law Enforcement** presence within the coalition
7. Host Community **Events and Programming**

Evidenced Based Strategies

Coalition Stakeholder Groups Option #1

- Police Department
- Mental Health Service Providers
- School Representatives
- Social and Health Services
- State and Local Representatives
- Faith Based Organizations
- Fairfield University and Sacred Heart
- Fairfield Youth Committee- High School Students
- Positive Directions, of Westport, is the grant recipient in partnership with Fairfield Cares to support prevention efforts and goals within the Fairfield community.



**Coalition
Stakeholder
Groups Option #2
Add specifics about
sector partners.**



Local Prevention Councils (LPC's)

Background and Purpose: The CT Department of Mental Health and Addiction Services' (DMHAS) Prevention and Health Promotion Division, in collaboration with the Regional Behavioral Health Action Organizations (RBHAOs), annually funds over 150 community-based Local Prevention Councils (LPCs), grass-roots coalitions that build community capacity to plan and implement substance use/misuse prevention strategies for all ages.

Overarching 2021 State Goal: Reduce vaping use rates by 5% by 2025 among 12-18 year-olds. Goal 1: To reduce vaping use rates among 12-18 year-olds by targeting related risk and protective factors. Goal 2: Increase public awareness of substance abuse prevention.

Strategy Type: LPC programs utilize at least two of the six CSAP identified prevention strategies (information dissemination, education, community-based processes, alternative programming, environmental, and program identification and referral) in their community programs.

Examples: Adapting school health curriculum to include vaping education, raising community awareness around the use of youth vaping and dangers, compliance checks on sales to minors, hosting parent speaker and communication events, creating a social norms campaign around vaping with youth groups, partnering with coalition sectors and RHBO's on events and campaigns.

Our Structure

Department of Mental Health and
Addiction Services

Chair

Treasurer

Committee #1
Chair

Committee #2
Chair

Committee #3
Chair

Secretary

Committee #1
Members

Committee #2
Members

Youth
Committee
Members

Other Stakeholder Representation: Local Pharmacist, Chamber of Commerce, Parks and Rec, RHBO, Health Department, BOE member, PTA Rep, etc.

Committee Descriptions

Leadership Committee:

- **Consists of the Chair, Secretary, Treasurer, Coordinator and Chairs of the other coalition committees. The Leadership committee meets to ensure compliance with grant requirements, provide implementation plan oversight, and budget fidelity. Their primary duty is to collaborate with public and private middle and high schools through their PTAs and school staff, as well as government and community agencies in sponsoring activities to accomplish the goals of the Coalition. Coordinate the work of the Programming Committee with other standing committees of the Coalition. Add contact for chair if desired.**

Youth Committee:

- **With support from adult advisors, their primary duty is to address issues that are important to young people with ownership and clear leadership roles. They will focus on public awareness activities, youth volunteer led programs and social change campaigns. In addition they will provide youth input into Coalition activities, represent the coalition at functions. Coordinate the work of the Youth Committee with other standing committees of the Coalition. Add contact for chair if desired.**

Resources Committee:

- **Conducts activities needed to sustain the work of the Fairfield Cares Community Coalition, including primarily the data management, membership recruitment, and financial development functions, as well as, coordinating the Resources Committee's work with other standing committees of the Coalition. Add contact for Chair if desired.**

Member Roles

- Attend monthly meetings
- Attend committee meetings
- Help access data sets and influencers
- Help recruit members and other partners/sponsors
- Attend coalition community events
- Help identify additional resources
- Share the work of the coalition back to your other organizations, i.e..
PTA, Rotary Club, Chamber of Commerce

Member Role(s) by Time

- PTA Representative Example: 3 Hours
- Attend the monthly coalition meeting – 1 hr.
- Email or report back to the larger PTA group on coalition activities and messaging and how the PTA can spread the information to the larger parent and school community. .5 hr.
- Attend the coalition film screening and parent panel event. 1.5 hr.

Funding Sources

Connecticut Strategic Prevention Framework Coalitions (CSC) Initiative

The goals of the CSC Initiative are to prevent the start and reduce the progression of substance abuse and to promote positive mental health at the community level utilizing the Strategic Prevention Framework or similar public health planning model.

In Fairfield, the CSC Priority substance is alcohol use in youth grades 7-12, focusing on Social Norms and Enforcement of Liquor laws.

State Opioid Response (SOR) Grant

The grants aim to address the opioid crisis by increasing access to medication-assisted treatment using the three Food and Drug Administration (FDA) approved medications for the treatment of opioid use disorder, reducing unmet treatment need, and reducing opioid overdose related deaths through the provision of prevention, treatment and recovery activities for opioid use disorder

Local Prevention Councils (LPCs)

This initiative supports 150 plus local, municipal-based alcohol, tobacco and other drug (ATOD) abuse prevention councils. The intent of this grant program is to facilitate the development of ATOD abuse prevention initiatives at the local level with the support of the Chief Elected Officials. The specific goals of Local Prevention Councils (LPCs) are to increase public awareness of ATOD prevention and stimulate the development and implementation of local prevention activities primarily focused on youth.

A current LPC focus will be on Youth Vaping Prevention

Mental Health First Aid Training

Friday February 10th and Monday February 13th, 2017 8:30-12:30
Fairfield Police Department
100 Reef Road
Fairfield, CT

If someone is having a heart attack or choking, you know how to help!
But do you know how to help if someone is anxious, depressed, suicidal, delusional, or abusing alcohol or other drugs?

Mental Health First Aid is an interactive course that will give you the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. As a Mental Health First Aider, you will learn:

- ✓ The prevalence of mental illnesses in the U.S.
- ✓ The potential warning signs of the most common mental health disorders.
- ✓ A 5 step action plan to assist an individual in crisis.
- ✓ Resources available to help someone with a mental health problem.

Who should take Mental Health First Aid training?

- Front desk personnel
- Primary care professionals
- School personnel, nurses, and educators
- First responders, fire, police and corrections officers
- Nursing home staff
- Employers, human resources professionals, and business leaders
- State policymakers
- Volunteers and the general public.

About the Instructor

*Dawn M. LUDWIN is private practice in Fairfield, CT serving the mental health needs of the community. She has been a MHA A instructor since 2009, providing over 75 MHA training courses throughout Fairfield County.

*\$75 per person includes light refreshments, 2 day training, manual, handbook, and 3-year certification. To register, email ladwin@fairfieldct.org or call 203-331-7458

Attendees must attend both days in order to receive certification. Seating is limited to the first 30 registrants

Recent Community Events



What is Narcan™?

Narcan (naloxone) is an opiate antidote. Opioids include heroin and prescription pain pills such as oxycodone, codeine and morphine. Narcan is a prescription medicine that blocks the effects of opioids and reverses and overdoes.

Who can be prescribed Narcan™?

Trained individuals are allowed to possess and administer Narcan to a person having an overdose.

This event is funded in whole by grant # 14079100203-01 from the United States Department of Health and Human Services (HHS) Substance Abuse and Mental Health Services Administration (SAMHSA) through the CT Department of Health Services and Addiction Services (DHAS). All comments are solely the responsibility of the authors and do not necessarily represent the official views of SAMHSA or HHS.

FREE Narcan Training*
Date: Thursday March 8, 2018
Time: 6:30 pm – 8:00 pm
Place: Sacred Heart University, Main Campus
University Commons
5151 Park Avenue, Fairfield, CT 06825

- Training will include:
- Overdose Prevention Strategies
 - Signs and Symptoms of Overdose
 - How to Administer Naloxone
 - Good Samaritan Law
 - Support Information and Resources

*Registration is required. Narcan kits are available to those who are uninsured. Please bring your insurance & prescription card for the mobile pharmacist. Call 2-1-1 for more Narcan Trainings in your area. Register today!

<https://fairfieldcaresnarcantraining.eventbrite.com>



#LifeNotWasted

All American Addict

REAL AND RELATABLE STORIES OF ADDICTION, ITS EFFECTS, AND THE ROAD TO RECOVERY

2018
02 MAY

FAIRFIELD LUDLOWE HIGH SCHOOL
7:00 PM - 8:30 PM
EVENT/D&A MODERATOR
TIM MORRIS, SAC

Overdose is the leading cause of death for Americans under 50 and affects people from every walk of life. Hear personal accounts of addiction and hope from a talented storyteller living in recovery and the parents of an addicted child. Teenagers and parents will benefit most from this powerful message.

SPEAKERS



LARISSA BROWN
18-year-old senior at Fairfield High School



TIM MORRIS
Senior at Fairfield High School

Learn from a Licensed Master of Social Work, who earned a graduate degree from the University of Pennsylvania, who accompanied an addicted teenager to the emergency room to receive treatment for an overdose. Hear from a parent whose son overdosed on heroin and spent time in the hospital. Hear from a parent whose son overdosed on heroin and spent time in the hospital.

This is a free event sponsored by Fairfield CARES Community Coalition and the City of Fairfield, Ludlowe and Fairfield High Schools.

Thank you to our sponsors: Fairfield CARES, Fairfield High School, Fairfield Police Department, Fairfield Fire Department, Fairfield Public Schools, Fairfield Public Health, Fairfield Public Library, Fairfield Public Works, Fairfield Public Safety, Fairfield Public Works, Fairfield Public Library, Fairfield Public Health, Fairfield Public Library, Fairfield Public Health, Fairfield Public Library, Fairfield Public Health.

For more information, visit www.fairfieldcares.org or call 203-331-7458.

CHANGE the SCRIPT

Prescription Drug Take Back-Event at the Expo!

Bring your unused or expired

- Prescription and over-the-counter solid medications
- Tablets and capsules
- Pet medicines

For Safe Disposal



MARCH 11TH
11AM - 4PM

FAIRFIELD HEALTH & FITNESS 2018 EXPO

4th Annual Community Wellness Event

Fairfield CARES



Your unused medication can be a prescription for trouble.



Available 24x7x365 at the FPD

MEDICATION DROP BOX
FREE - SAFE - ANONYMOUS

Keep unused medications safe from our kids, and out of our water supply and landfill. Bring medications in original containers with the label removed.

Accepted: prescription, over-the-counter, pot medication, vitamins/supplements, insulin, antibiotics, inhalers, needles (Hepatitis), hydrogen peroxide, aerosol cans, patches and ointments, medication samples, narcotic waste.

Not Accepted: sharps, needles (Hepatitis), hydrogen peroxide, aerosol cans, patches and ointments, medication samples, narcotic waste.

Open 24/7 days a week, 24 hours/day, Fairfield Police Dept. Lobby, 100 Reef Rd. www.fpdct.com

GENERATION FOUND


Just say NO was a slogan. This is a revolution.

GENERATION FOUND is a powerful story of young people, families, and their community fighting to save young people from the leading cause of death of their generation: addiction.

Join us for a special panel discussion and screening of **GENERATION FOUND**:
Monday, May 22, 2017, 7:00 p.m.
Fairfield Theater Company

Open to all parents, community members, and high school youth

To reserve your free ticket, please go to:
<https://www.eventbrite.com/generation-found-screening-tickets-3443775253>



Must-see for Parents and Caregivers



Stage One
Mon, 3/19 7 pm
Doors open 6:30
Panel Conversations following the movie

BREAKING POINTS

DRUGFREE.ORG #ENOMEDICINEABUSE

Parents, it's Prom Time!

Prom Season - A Time of Excitement, possibility, and temptation



From Spring Break to Prom, Senior Trips to Graduation Day, there are plenty of opportunities for teens to consider taking risks, especially drinking and drug use. It's important for parents to communicate clear rules discouraging teenage alcohol use.

REINFORCE YOUR EXPECTATIONS... Over 90% of Fairfield parents have clear rules discouraging alcohol use.

PROVIDE SAFE ALTERNATIVES... According to the Connecticut Social Host Law, it is against the law to serve alcohol to minors.

KEEP ASKING... Talk with your teen about their plans he or she has with friends, and where he or she will be going. Research shows that teens whose parents use effective monitoring practices are less likely to make poor decisions.

YOU ARE A POWERFUL INFLUENCE TO YOUR TEEN... Clear communication about your expectations is especially important. Current Fairfield Juniors and Seniors (95%) report that their parents' disapproval is one of the most important deterrents to their drinking alcohol underage.¹ So even when you think they may not be listening, keep talking...they hear you.

This Prom reminder was provided by Fairfield CARES in collaboration with Positive Directions. For more information, please go to www.fairfieldcares.org or Facebook at www.facebook.com/fairfieldcares



¹ 2014 Fairfield Community Survey, Positive Directions
² Search Institute, Profiles of Student Life: Attitudes and Behaviors survey: Fairfield Public Schools, 2010.

SAVE THE DATE

Attention Fairfield's Mental Health Professionals

Thursday, March 29
8 AM - 9 AM

Please join us for breakfast and a beginning. Commemorating the 25th Anniversary of Fairfield's Mental Health Network.

Sponsored by Fairfield Social Services Region Center for Senior Activities 100 Mona Terrace

Please call or email to register: 203-254-3166 www.mh@fairfieldct.org



OPIOID CRISIS

FAIRFIELD DEPARTMENT OF HUMAN SERVICES
Presents
THE CT OPIOID CRISIS AND NATIONWIDE INCLUDING EXTENT, NATURE, AND CONSEQUENCES INCLUDING STATISTICS, RESPONSE AND CT LEGISLATION

By SUSAN BOUFFARD, PHD
CT DEPT. OF MENTAL HEALTH AND ADDICTION SERVICES

Health Care Professionals & the Public Invited!

9:30 AM Wed., May 2
Bigelow Center for Senior Activities
100 Mona Terrace
Fairfield, CT 06824

RSVP requested: 203-256-3166 or sgreenpack@fairfieldct.org

Light breakfast provided. Program is free of charge. ♻️ Accessible.



To Connect

- Website: Add website address
- Facebook: Add Facebook Name/Link
- Instagram: Add Instagram Name
- Twitter: Add twitter handle
- Email: Add email address
- Coalition Coordinator: Add name and contact
- Coalition Chair: Add name and contact



Meeting Dates: Add Meeting date, time, location.

Regional Behavioral Health Action Organizations



<https://www.thehubct.org/>



<https://www.apw-ct.org/>



<https://www.seracct.org/>



<https://amplifyct.org/>



<https://www.wctcoalition.org/>

