

MAKING PREVENTION A PRIORITY IN THE REGION I COMMUNITY



ANNOUNCEMENTS

National Prevention Week took place May 10-16! This annual observance, led by Substance Abuse and Mental Health Services Administration, highlighted the importance of prevention and building healthy, safe communities. Although the week has passed, the message of prevention continues year-round through education, awareness, and community connection. SAMHSA also provides helpful resources and ideas for continuing prevention efforts and conversations beyond Prevention Week. You can learn more about the week-long event [here](#).

As we head into warmer months, NCPN will be out in the community more frequently at local events. Be sure to keep an eye out for our table, we'll have resources, Narcan, lockboxes, swag, and information available.

We are currently building a youth coalition made up of highschool students who want to make a difference in their communities.

This is a space for youth to:

- Share their voices and ideas
- Work on meaningful projects
- Build leadership skills
- Connect with peers across the region

If you or someone you know is interested, stay tuned, we'll be hosting a virtual intro meeting soon!

What We've Been Up To

This past month has been full of connection and community!

Thank you to everyone who came out for **DEA Drug Take-Back Day** on April 25th! Although it was a rainy day we collected 1.8 pounds of unused and expired medications, every bit makes a difference in helping keep our communities safe. We had Narcan available for those who wanted it as well as cannabis/medication lockboxes! If anyone who missed us would like Narcan or a lockbox please reach out to us here or send an email to efoster@hysbct.org.

We had a great time tabling at the **Sharon 5 Mile Road Race**, despite the chilly weather! It was wonderful seeing familiar faces and meeting new ones. A big thank you to the Sharon Day Care for hosting such a great event.

We also worked co-hosted the screening of **Screenagers: Growing Up In The Digital Age**, which sparked meaningful conversations around youth, screen time, and mental health. It was powerful to see families, educators, and community members come together to engage in open and honest dialogue.

This event would not have been possible without our incredible partners, thank you to the **Region 1 Workgroup**, the **Colonial Theatre** for hosting, **Housatonic Youth Service Bureau (HYSB)**, and **McCall Behavioral Health** for collaborating with us. We're so grateful for the shared commitment to supporting youth and creating spaces for these important conversations.

Between March and April, NCPN hosted two **Gizmo's Pawesome Guide to Mental Health** readings for youth and families, one at David M. Hunt Library and one at Scoville Memorial Library. Gizmo is a child-focused mental health program that helps children learn about emotions, coping skills, and emotional wellness through storytelling and discussion.

Put A Face To The Name

THIS IS EMMA, OUR PREVENTION COORDINATOR

Emma is the prevention coordinator for NCPN. She holds a B.A. in Psychology from Keene State College and is passionate about empowering youth, supporting mental health, and promoting substance use prevention throughout Region One. In her role, she has the opportunity to collaborate with community partners to strengthen prevention efforts and contribute to creating a healthier, more connected community. Emma is working toward her Master's in Social Work. Outside of work, she loves making art, spending time outdoors, hiking, and going for runs.



THIS IS ANTONIO, OUR PREVENTION FACILITATOR

Antonio is the prevention facilitator for NCPN and McCall serving the Northwest Corner of Connecticut. Leading the implementation of best practice youth substance prevention initiatives in the Region 1 school district. Antonio is a Southern Connecticut State university Alumni, with his focus in Psychology. Besides school he loves hiking, car shows and going to the gym. Antonio has been in the substance and mental health field for 5 years and he's excited to be serving the Northwest Corner of Connecticut.



YOUTH VOICES COUNT SURVEY

Last spring, local students in the region participated in the **Youth Voices Count (YVC) Survey**. This survey helps us better understand the real experiences, challenges, and needs of young people in our community. The information gathered is incredibly valuable and directly guides our prevention efforts, programming, and priorities.

We are so grateful to all the students who participated and helped ensure that youth voices are heard and reflected in the work we do.

You can find the survey results [here](#) or through our website: ncpncoalition.org.

COMMUNITY SURVEY

We currently have an ongoing community survey available, and we'd love your input! Your feedback helps us better understand the feelings and needs of the community and further enables us to serve youth and families with targeted local prevention programming and services. This survey is voluntary and confidential and takes most people 5-10 minutes to complete. Survey results will be analyzed and summarized by an independent evaluator.

Everyone who completes it will be entered into a raffle to win a **\$100 gift card to LaBonne's Market**.

Scan this QR code to access the survey or find it [here](#)!



Coming Up

MEETINGS & EVENTS

July 30 @ 10:30AM: Gizmo Reading at David M. Hunt Library (Falls Village, CT)

[ADD TO CALENDER](#)

Free Resource

NARCAN, LOCKBOXES, AND MORE

We offer Narcan, medication lockboxes, Deterra pouches, quit kits and more. Available for free at our events or by request. Reach out or stop by to pick up what you need.

[CONTACT NOW](#)

HOUSATONIC YOUTH SERVICE BUREAU CORNER



SUPPORTING THE SOCIAL, EMOTIONAL, AND MENTAL WELL-BEING OF CHILDREN, YOUTH, AND FAMILIES THROUGHOUT REGION I THROUGH COUNSELING SERVICES, YOUTH PROGRAMS, PREVENTION INITIATIVES, ADVOCACY, AND COMMUNITY COLLABORATION.



UPCOMING EVENTS

Upcoming Golf Tournament: June 22

HYSB's annual Golf Tournament will take place on June 22 at Sharon Country Club. Registration and sponsorship opportunities are still available. Community support from this event helps HYSB continue creating opportunities for Region 1 children and families to thrive. For more information about this event or to sign up, visit this link: secure.qgiv.com/event/2026hysbgolftournament

ANNOUNCEMENTS

Counseling Services

This school year, HYSB clinicians and art therapists provided support to more than 75 students from Region 1 and Indian Mountain School. Services addressed a variety of needs including anxiety, behavioral concerns, school-related challenges, social-emotional development, and family transitions. As the school year concludes, HYSB will continue providing support through summer counseling services for students and families throughout the region!

HYSB Highlights

This past month was filled with community celebration, youth advocacy, and programs that strengthened connection, friendship, and support for local students and families.

Gratitude Gala Success

Housatonic Youth Service Bureau held its Gratitude Gala on April 25 at Indian Mountain School, and the event was a tremendous success. Guests enjoyed dinner, dancing, silent and live auctions, and opportunities to connect and celebrate community support. Thank you to everyone who sponsored, donated, and attended the event – your support helps make HYSB's work possible.

CYSA at the Capitol

On May 5, HYSB BSW intern May attended CYSA at the Capitol at the Connecticut State Capitol alongside students, youth service bureau members, and state representatives. Discussions focused on youth mental health, the impact of social media, youth empowerment, mentorship, and the importance of creating spaces where young people feel heard and valued.

Friendship Groups & Lunch Bunch Programs

Over the past six months, HYSB's Friendship Group and Lunch Bunch programs at Kellogg School helped students build social skills, strengthen friendships, and practice cooperation, communication, and emotional awareness through engaging group activities and discussions. HYSB also facilitated a **Kindergarten Friendship Group** focused on kindness, inclusion, teamwork, and celebrating differences. Students explored what it means to be a good friend while participating in fun activities designed to encourage connection and confidence.

Put A Face To The Name

THIS IS AILEEN, OUR YOUTH CLINICIAN & JUVENILE REVIEW BOARD CASE MANAGER

Aileen is a Licensed Professional Counselor Associate dedicated to helping individuals at all stages of life navigate challenges and foster personal growth. She brings diverse experience in mental health and addiction counseling across residential, outpatient, and inpatient settings. With a focus on active, engaged listening, Aileen works to build strong rapport and a supportive therapeutic relationship with each client. She views counseling as a safe, nonjudgmental space to explore thoughts, feelings, and emotions openly. Committed to developing a collaborative therapeutic alliance, Aileen supports clients through life transitions, depression, anxiety, self-discovery, and other personal challenges.





THIS IS MAY, OUR INTERN


May is in the 3rd year of her Bachelors in Social Work at Charter Oak State College. She is honored to support HYSB in strengthening the emotional health of youth and families. May's guiding principle is that there are no troubled people, just troubling situations, that with assistance, will be overcome. Forging partnerships with all the local agencies is the key to thriving families and our greater community. Spending free time with her family and pup, being outdoors, singing, and giving back are May's joy.




GET CONNECTED

 860-824-4720

 info@hysbct.org

 246 Warren Turnpike
Falls Village, CT 06031

 hysb.org

Community Resources

MENTAL HEALTH • SUBSTANCE USE • PARENTING SUPPORT

If You Need Help Right Now

If you or someone you know is in immediate distress:
Call or Text 988 – Suicide & Crisis Lifeline (24/7 support)
Text HOME to 741741 – Crisis Text Line (24/7 text support)
Find Treatment: [findtreatment.gov](https://www.findtreatment.gov)
SAMHSA Helpline: 1-800-662-HELP (4357)

Mental Health Support

NAMI (National Alliance on Mental Illness)

[nami.org](https://www.nami.org)

Education, support groups, and family resources.

CDC Mental Health Resources

[cdc.gov/mentalhealth](https://www.cdc.gov/mentalhealth)

Tools and information on stress, anxiety, and youth mental health.

Substance Use & Prevention

SAMHSA

[samhsa.gov](https://www.samhsa.gov)

Prevention tools, treatment locator, and family support resources.

Find Treatment Services

[findtreatment.gov](https://www.findtreatment.gov)

Search for local mental health and substance use treatment options.

Talk. They Hear You. (SAMHSA)

[samhsa.gov/talk-they-hear-you](https://www.samhsa.gov/talk-they-hear-you)

Guidance for parents/caregivers on talking with youth about alcohol and drugs.

Talking With Your Child/Teen

CDC Parent Resources

[cdc.gov/mentalhealth/tools-resources](https://www.cdc.gov/mentalhealth/tools-resources)

Conversation tools for talking with youth about mental health and substance use.

SAMHSA Family Resources

[samhsa.gov/families/parent-caregiver-resources](https://www.samhsa.gov/families/parent-caregiver-resources)

Tips for communication, warning signs, and support strategies.

Local Support In The Northwest Corner

Housatonic Youth Service Bureau (HYSB)

[hysb.org](https://www.hysb.org)

Provides youth and family services including counseling, prevention programming, youth development opportunities, and support for emotional and behavioral health needs at no cost.

McCall Behavioral Health Network

[mccallbhn.org](https://www.mccallbhn.org)

Offers substance use treatment, recovery support, outpatient counseling, prevention services, and mental health care across the region.

Northwest Corner Prevention Network

[ncpncoalition.org/resources/](https://www.ncpncoalition.org/resources/)

Offers Narcan distribution, medication lockboxes, Deterra drug deactivation kits, quit kits, prevention resources, QPR (suicide prevention) trainings, and outreach at community events across the region.

Northwest Community Health Services

[nwchs.org](https://www.nwchs.org)

Provides community-based healthcare including behavioral health services, primary care, and support for individuals and families seeking accessible health and wellness resources

Mountainside Treatment Center

[mountainside.com](https://www.mountainside.com)

Specializes in substance use treatment and recovery services, including detox, inpatient and outpatient programs, recovery coaching, and family support services.

Local school-based counseling services

Available through area school districts and provide accessible mental health support, counseling, and student wellness services.

SUPPORT IS ALWAYS AVAILABLE. EARLY CONVERSATIONS AND CONNECTION CAN MAKE A LASTING DIFFERENCE.