

MAKING PREVENTION A PRIORITY IN THE REGION I COMMUNITY



ANNOUNCEMENTS

Community Banner Available for Summer Hosting

The Northwest Corner Prevention Network is looking for community partners, organizations, and local businesses who may be interested in hosting our positive social norms banner for a few weeks this summer. The banner has been displayed at the high school over the past few months and is designed to reinforce accurate perceptions of youth substance use and highlight the important role of parents in prevention messaging.

The banner reads: **"Did you know 9 out of 10 Region I high school students say their parents would disapprove of them vaping and more than 90% choose not to vape. Parents talk to your kids about vaping—they are listening."**

Our goal is to continue spreading this message across the broader community and strengthen awareness of the protective influence of clear family expectations and open communication. If your organization or business is interested in hosting the banner for a short period this summer, please reach out to Emma Foster. Email: efoster@hysbct.org

What We've Been Up To

As we head into summer, the Northwest Corner Prevention Network has been busy connecting with the community and expanding our prevention efforts!

At the end of May, we officially launched our **Positive Social Norms social media campaign**, featuring data from the Youth Voices Count Survey. Throughout the campaign, we'll be sharing messages that highlight the healthy choices most local youth are already making, helping to challenge misconceptions and reinforce positive behaviors around substance use and mental health. Be sure to follow along and share these posts to help spread the message throughout our communities.

You can also find NCPN at the **Summer Concert Series at Veterans Field in Sharon** Wednesday evenings throughout the summer! Stop by our table to say hello and pick up free prevention resources, educational materials, Narcan, medication and cannabis lockboxes, and fun giveaways. Whether you have questions about local resources, want to learn more about our programs, or are just looking for some NCPN swag, we'd love to connect with you.

We are currently collaborating with liquor stores across the region to distribute **"Lock Your Liquor" stickers**, along with informational sheets about Connecticut's social host law. These materials are available for parents and community members to take while shopping as an easy reminder about safe alcohol storage. Whether you're hosting graduation celebrations or planning to be away for the weekend and leaving your child at home, **the liquor stickers provide a simple way to help secure alcohol in the home and support safer environments for youth.**

Prevention Tip Of The Month: Keep The Conversation Going

Summer is a great time to slow down and reconnect with the young people in your life. With fewer structured demands and more flexible routines, everyday moments—**car rides, meals, outdoor activities, or errands** can become natural opportunities for meaningful conversation and connection.

Try asking open-ended questions like:

- "What's been the best part of your week so far?"
- "Is there anything you've been thinking about lately?"
- "Who do you enjoy spending time with right now?"

Listening without judgment is just as important as asking questions. When young people feel heard and supported, they are more likely to come to trusted adults with questions, challenges, or concerns in the future.

It's okay if conversations are brief or small; consistency matters more than having one big discussion. Regular check-ins, showing interest, and being present help build trust over time.

YVC data continues to show that while youth report relatively **low rates of past-month substance use**, most also report strong protective factors at home, including **clear family expectations around substance use**. These norms, paired with supportive relationships, are key influences in healthy decision-making.

Resources like the **Talk. They Hear You. campaign** can also help caregivers feel more confident starting and navigating conversations about alcohol, substances, and healthy choices, offering simple tools to turn everyday moments into prevention opportunities. Strong, supportive relationships remain one of the most powerful protective factors for youth. Staying connected during the summer months helps promote mental wellness, resilience, and healthy choices year-round.

Surveys



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)

September 17 @ 12:00PM: Monthly Coalition Meeting (Virtual)

[ADD TO CALENDER](#)

Free Resource

NARCAN, LOCKBOXES, AND MORE

We offer Narcan, medication lockboxes, Detera 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.



COUNSELING SERVICES

School Year Wrap-Up

As another school year comes to a close, HYSB is proud to reflect on the impact of its counseling program. During the 2025–2026 school year, our clinicians and art therapists:

- Served 78 youth from Region One schools and Indian Mountain School.
- Received 81 referrals from schools, families, and community partners.
- Provided over 1,050 counseling sessions to support youth and families.

While school-based counseling has wrapped up for the year, HYSB continues to offer summer counseling services to ensure children, teens, and families have access to support throughout the summer months.

HYSB Highlights

A Successful Day on the Green!

On June 22, the Housatonic Youth Service Bureau welcomed golfers, sponsors, volunteers, and community supporters to the Sharon Country Club for our Annual Golf Tournament. The event was a wonderful opportunity to bring the community together while raising support for HYSB's mission of helping children, youth, and families throughout the Northwest Corner.

The day was filled with friendly competition, great conversations, and a shared commitment to strengthening our community. We are incredibly grateful to everyone who participated, volunteered their time, donated prizes, and sponsored the tournament. Your generosity helps make HYSB's work possible.

Funds raised through this annual event help sustain programs that provide:

- **Individual and family counseling services**
- **School-based mental health support**
- **Youth development programming**
- **Juvenile Review Board services**

Every golfer, sponsor, volunteer, and donor played an important role in the success of this event. We sincerely appreciate the continued support of our community and look forward to another great tournament next year!



Did You Know?

DID YOU KNOW HYSB OFFERS...

Individual counseling

Family counseling

Art therapy

Juvenile Review Board services

Positive Youth Development programming

Prevention education through the Northwest Corner Prevention Network

If you or someone you know could benefit from HYSB services, contact us to learn more.

GET CONNECTED



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hysb.org



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
 SAMHSA Helpline: 1-800-662-HELP (4357)

Mental Health Support

NAMI (National Alliance on Mental Illness)

nami.org

Education, support groups, and family resources.

CDC Mental Health Resources

cdc.gov/mentalhealth

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

Substance Use & Prevention

SAMHSA

samhsa.gov

Prevention tools, treatment locator, and family support resources.

Find Treatment Services

findtreatment.gov

Search for local mental health and substance use treatment options.

Talk. They Hear You. (SAMHSA)

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

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

SAMHSA Family Resources

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

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

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

Northwest Corner Prevention Network

ncpncoalition.org/resources/

Offers Narcan distribution, medication lockboxes, Detera 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

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

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.