



East Haddam
Youth & Family Services, Inc.

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Fall 2016

Upcoming Events

Youth Helping Youth

Wednesday September 21
5:30-7:00pm @ EHYFS

Teen Coffee House

Thursdays—
Beginning September 22
2:30-5:00 pm
@ Two Wrasslin' Cats
Open to all EH students
(grades 9-12)

1st Annual Ride or Stride

Sunday October 9
Registration begins at 7:30 am
Moodus Sportsmen's Club

Elementary Family Night

October 14 & November 11
6:30-8:00pm @ the ES Café

Open to all students (grades K-5) and their families

Safe Home Alone Readiness Program

October 18, 25 & November 1
5:00-6:30 pm
@ Nathan Hale Ray MS

Contact Information:

Telephone: 860-873-3296

Fax: 860-873-3243

Email:

youthandfamily@ehyfs.org

Visit www.EHYFS.org for additional information or

EHYFS provides a range of services including prevention, counseling, juvenile justice diversion, social services, community education, positive youth development and advocacy. We are supported by municipal funds, public and private grants, and private donations. The agency supports two full-time and three part-time positions, one of which is dedicated to the Federal DFC grant. Drug and alcohol counseling is provided for students through a contract with the Rushford Center. All services are offered at no cost to the client so that no one is refused services for financial reasons.

The Year in Review:

FY 2015-2016 has been a busy year for EHYFS.

Our services have included:

- On-going counseling for 48 youth and families
- Homework assistance programs for 48 middle school students
- Positive youth development groups involving 27 high school students
- Our Juvenile Review Board has diverted 8 youth from the Juvenile Justice system to local, community-based interventions
- 105 children were included in this year's Holiday campaign
- Weekly Teen Coffee House in partnership with Two Wrasslin' Cats.
- Parent and community education programs
- Employment opportunities for youth through our youth job bank program

EHYFS guides and is directly involved in the work of the East Haddam Local Prevention Council to address drug and alcohol use among our youth. This past year, the council has:

- Conducted over 16 Party Patrol operations
- Provided information to community members about the importance of securing prescription drugs
- Honored two local business owners for their asset-building initiative and work with our local youth
- Conducted 6 community education presentations
- Ongoing collaboration with physicians and dentists to provide information on safe use of medications to parents and youth
- Supplied drug lock boxes in an effort to secure medications targeted for abuse

Our agency continues to grow and expand its programs and services. As always, the staff and Board of Directors appreciate the support, interest and involvement of East Haddam residents in creating a community where youth and families thrive.

Local Prevention Council:

By Robin Callahan - Prevention Coordinator

Compared with what adults get stressed about, it might seem like our children don't have that much to get stressed about. But kids have their own concerns, and often feel stress. That stress can become very overwhelming, particularly if they don't have effective coping strategies.



Growing a Healthy Community

A KidsHealth® Kids Poll (www.kidshealth.org) explored what kids stress about the most. The poll showed that kids are dealing with stressors in their lives in both healthy and unhealthy ways. While many children may not say as much, they do want their parents to help them cope with their feelings.

Some stressors included: grades, school, homework; family, friends, peers, gossip and teasing. Some of those who answered said that when they were upset, they take it out on themselves, either by physically hurting themselves or others. Some kids seek other unhealthy ways (like alcohol or drugs) to deal with stress.

The poll also revealed important news for parents: Though talking to parents ranked 8th on the list of most popular coping methods, 75% of the youth surveyed said they want and need their parent's help in times of trouble. When they are stressed they look to their parents to help them solve the problem, try to cheer them up, or just spend time together.

What parents can do:

- Notice out loud. Casually observe that they might be upset and that you are interesting in hearing about it if they want to talk. Putting feelings into words is a valuable tool no matter what the age.
- Listen to them. Listen attentively and calmly with patience, interest and caring. Avoid the urge to be judgmental or to tell them what they should have done. Encourage them to tell the whole story by asking questions, and let them take time to tell you what is upsetting.
- Help them think of things to do. Suggest activities that your kids can do to feel better now and to solve the problem at hand. Encourage them to think of a couple of ideas--you can get the brainstorm started but let them do the work. Sometimes talking and listening and feeling understood is all that is needed. If they cannot come up with any ideas don't be afraid to change the subject and move on.
- Just be there. If your child doesn't seem talkative, suggest doing something together like taking a walk, watch a movie, shoot some hoops, or ask them to help with dinner. Even when kids don't want to talk, they usually don't want their parents to just leave them alone.

Focus on helping your children become good problem solvers. Kids who learn how to roll with life's ups and downs, put feelings into words, calm down when needed, have an easier time of bouncing back earlier. By learning healthy coping strategies, kids can manage stress better in the future!

Safe Home Alone Readiness Program:

For children ages 10 and older

This four-hour program provides valuable safety information for children who stay home alone.

The course consists of two 90-minute classes

followed by a one-hour graduation. It is required that at least one parent attend the graduation. Through role playing, hands-on activities, and speakers from local police and fire departments children will learn basic fire, medical and personal safety tips. Students who attend all three classes will receive a Certificate of Completion.

Dates: October 18, 25 & November 1

The last class is the graduation with required attendance of at least one parent

Time: 5:00-6:30pm

Location: Middle School Library

There is no cost to attend this event, but space is limited.

Call East Haddam Youth & Family Services by October 11th to register
(860-873-3296).

Youth Helping Youth:

By Sophie Gable— Public Relations Coordinator

As the coming school year approaches, high school students should be aware of the numerous clubs they can participate in. Youth Helping Youth is a leadership group run under East Haddam Youth & Family Services.

Our main goal is to create a safe community where students feel valued. We support substance free activities and strive to create a closer knit community.

Some of the activities we participate in include; Elementary Family Nights, 4th and 5th grade socials and Homework Hangout. YHY also sponsors the annual Polar Plunge fundraiser. In addition to planning and hosting these events we also raise awareness for drug and alcohol prevention. Youth Helping Youth is an extremely rewarding club where members learn how to be leaders in their community.

We are currently recruiting new members! If you are interested or have any questions about this group, e-mail us at youthhelpingyouth@hotmail.com or text @YHY to 81010 to join our contact list. Interested students should attend our first meeting on Wednesday, September 21st. We look forward to meeting you!

2016-2017 YHY Meeting Dates

5:30-7:00pm @ EHYFS (387 East Haddam-Moodus Rd. Moodus)



September 21
October 5,19
November 2,16,30
January 4,18
February 1,15
March 1,15,29
April 26
May 10,24
June 7

Red Ribbon Week: October 23-31



In 1986, citizens in California began wearing red ribbons to show their support in the war against drugs. The Red Ribbon has now become a symbol for the drug free movement throughout the United States. When the red ribbon is worn by students, teachers and parents, it powerfully symbolizes each individual's commitment to preventing drug use in schools, workplaces and communities. This national celebration allows educators, parents, community groups, students and others to focus on the work being done to stop the spread of drugs and draw attention to the millions of children and young adults who have pledged to live drug-free. Please show your support for this week by wearing a red ribbon. Ribbons can be found at all East Haddam schools as well as EHYFS.

Teen Coffee House:

Thursdays - Beginning September 22
2:30-5:00pm

Two Wrasslin' Cats Coffee House & Cafe

Open to all East Haddam students (grades 9-12)

Two Wrasslin' Cats
Coffee House & Cafe



374 Town Street
East Haddam, CT

High school students are welcome to come and hang out with friends, listen to or play music, talk, read, do homework, play board games etc. First beverage is free, courtesy of East Haddam Youth & Family Services and the East Haddam Lions Club. Additional snacks and drinks will be sold.

For more information, contact EHYFS (860-873-3296)

East Haddam Tip Line:

The East Haddam Police/Resident Troopers Office have established a confidential Tip-Line to receive information from concerned citizens about parties or gatherings where underage alcohol and/or drug use is happening. The Tip-Line is answered by a voice mail system and reviewed by a Police Officer. You will receive a return call only if you provide your contact information and request a callback. All information is kept confidential.

NEW TEXT MESSAGE FEATURE: You can now text information to **860-615-9909**.

Because the Tip-Line is confidential, it is important that you provide as much information and detail in your message as possible.

Use the confidential tip or text line



Report Underage Alcohol and Drug Use

*A collective effort
makes us stronger to
help our kids be drug
and alcohol free.*

Call: 860-873-5013

Text: 860-615-9909