



Substance misuse prevention and mental health promotion happens here, CT. Prevention happens all year long, too. Local Prevention Councils and community coalitions lead prevention efforts in their communities. This NPW Library Toolkit has suggestions to begin a new partnership with your local library or enhance an existing partnership. National Prevention Week is a great opportunity to start but prevention activities can happen anytime during the year.



NATIONAL PREVENTION WEEK
May 9th - May 15th, 2021



National Prevention Week is an annual health observance dedicated to increasing public awareness of, and action around, mental health and/or substance use disorders. NPW is the perfect time to promote and celebrate prevention activities and resources in our communities. Communities make prevention happen every day –not just during NPW- so continue promoting and celebrating the prevention work in your community!

Purpose of National Prevention Week

The three primary goals of National Prevention Week are to:

- Involve communities in raising awareness of substance use and mental health issues and in implementing prevention strategies, and showcasing effectiveness of evidence-based prevention programs;
- Foster partnerships and collaborations with federal agencies and national, state and local organizations dedicated to improving public health;
- Promote and disseminate quality substance use prevention and mental health promotion resources and publications.



National Prevention Week's daily themes

- Monday, May 10: Preventing Prescription Drug and Opioid Misuse
- Tuesday, May 11: Preventing Underage Drinking and Alcohol Misuse
- Wednesday, May 12: Preventing Illicit Drug Use and Youth Marijuana Use
- Thursday, May 13: Preventing Youth Tobacco Use (E-Cigarettes and Vaping)
- Friday, May 14: Preventing Suicide

NPW in Connecticut is coordinated by a Planning Committee that is led by Wheeler's Connecticut Clearinghouse and includes: the Connecticut Department of Mental Health and Addiction Services (DMHAS), the Connecticut Department of Public Health (DPH), The Governor's Prevention Partnership (GPP), the Prevention Training and Technical Assistance Service Center (TTASC), Regional Behavioral Health Action Organizations (RBHAOs), and Local Prevention Councils and other coalitions serving Connecticut communities.



Why Libraries?

National Prevention Week is the national health observance that promotes and celebrate communities' substance misuse prevention and mental health promotion initiatives. Communities can partake in national and state NPW activities and design their own.

NPW has daily themes to help communities organize their activities:

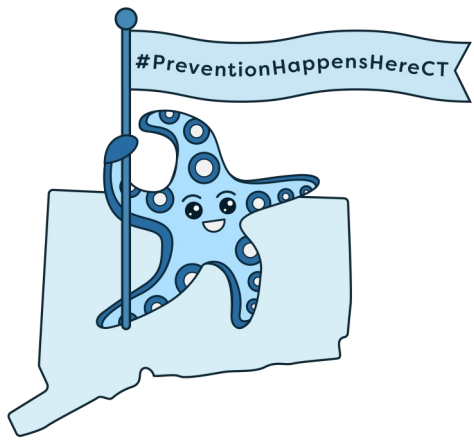
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Traditionally, communities celebrate National Prevention Week with in-person events and community and school messaging. Examples include

- educational programs with expert speakers
- community forums with youth sharing recent data
- health fairs and block parties that combine information, access to community organizations and opportunities for family fun
- youth created public service announcements
- health facts through social media postings.

COVID-19 with its social distancing guidelines has eliminated in-person events but it has also provided new opportunities to partner and promote prevention. For example, did you know that during COVID-19 alcohol purchases and use has increased? That community organizations report increased rates of youth and families seeking help with stress, loneliness, anxiety, substance misuse?

Local Prevention Councils and community coalitions dedicated to substance misuse prevention and mental health promotion are encouraged to collaborate with local partners. What local partner is better at reaching community residents and sharing information than libraries? An opportunity exists for coalitions to help libraries expand their prevention resources and for libraries to get to know their local coalitions better and the activities they sponsor. A few coalition-library partnerships have piloted NPW activities in the past. Let's expand their success in creating community partnerships to enhance community health.

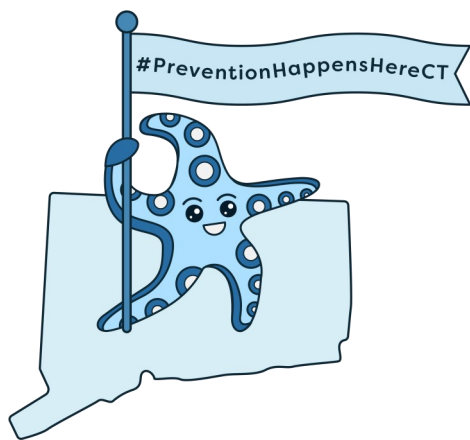


Library Activities to support prevention

Local Prevention Councils and community coalitions partner on prevention and health promotion activities to educate residents about substance misuse, problem gambling and mental health promotion. These partnerships have featured

- Table displays using books featured in the attached book list with book lists and book marks for library patrons. Consider a display of rotating books over select months or the year. National health observances include:
 - March is Problem Gambling Awareness Month
 - April is Alcohol Awareness Month
 - May is National Prevention Week and Mental Health Awareness Month,
 - September is National Recovery and Suicide Prevention Month
 - October is Drug Awareness Month and Red Ribbon Week occurs the last week in October
 - November has the Great American Smoke-out on the third Thursday of the month
 - December is National Impaired Driving Prevention Month
- Compile your own booklist featuring current substance misuse prevention, treatment and recovery, problem gambling, and mental health promotion titles.
- Use the enclosed book list to compare against your available books and add new ones.
- Feature books in your monthly social media, email blasts, newsletters, etc.
- Provide copies of the Starfish coloring pages to children and families in the Children's Section or at the general check-out desk.
- Collaborate with your Local Prevention Council (LPC) or coalition including co-hosting
 - Book club using one of the books
 - Educational forum featuring local experts on substance misuse and mental health
 - Community trainings such as Mental Health First Aid
- Train staff in naloxone (Narcan) administration, the opioid overdose reversal medication, and make sure medication is available
- Share social marketing campaign materials that your Local Prevention Council or coalition is sponsoring

What ideas do you have for promoting mental health and prevention substance abuse in your community? What partners can you invite to join you?



Book List for Substance Misuse Prevention and Mental Health Promotion

Adults

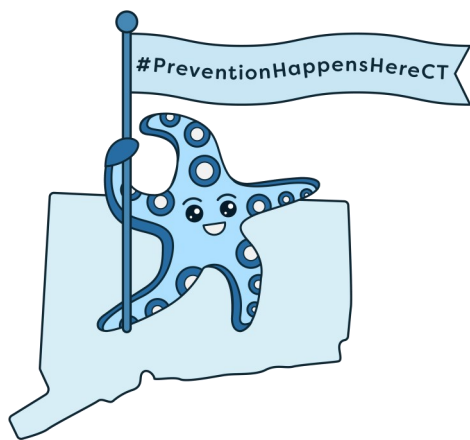
Non-Fiction

- Permission to Feel: Unlocking the Power of Emotions to Help Our Kids, Ourselves, and Our Society Thrive by Marc A. Brackett
- High Price: A Neuroscientist's Journey of Self-Discovery That Challenges Everything You Know About Drugs and Society by Carl Hart
- The Body Keeps Score: Brain, Mind, and Body, In the Healing of Trauma by Bessel Van Der Kolk, MD.
- Hidden Valley Road: Inside the Mind of An American Family by Robert Kolker
- Dopesick: Dealers, Doctors and the Drug Company that Addicted America by Beth Macy
- In the Realm of Hungry Ghosts: Close Encounters with Addiction by Gabor Mate
- Together: The Healing Power of Human Connection in A Sometimes Lonely World by Vivek Hallegere Murthy
- Helping Others With Depression Words to Say, Things to Do by Susan J. Noonan
- Pathological Gambling: Etiology, Comorbidity and Treatment by Dr. Nancy Petry
- Dreamland: The True Tale of America's Opiate Epidemic by Sam Quinones
- Nobody's Normal: How Culture Created the Stigma of Mental Illness by Roy Richard Grinker
- Clean: Overcoming Addiction and Ending America's Greatest Tragedy by David Sheff
- The Noonday Demon: An Atlas of Depression by Andrew Solomon
- My age of anxiety : fear, hope, dread, and the search for peace of mind by Scott Stossel
- The Collected Schizophrenias: Essays by Esmé Weijun Wang

Memoirs

- The Man Who Couldn't Stop—OCD & The True Story of A Life Lost in Thought by David Adam
- Beautiful Things, A Memoir by Hunter Biden
- Brain on Fire : My month of madness / by Susan-nah Cahalan
- Portrait of an Addict as a Young Man and 90 Days by Bill Clegg
- Formation: A Woman's Memoir of Stepping Out of Line by Ryan Leigh Dostie
- Marbles—Mania, Depression, Michelangelo and Me by Ellen Forey
- Blackout: Remembering the Things I Drank to Forget by Sarah Hepola
- Basketball junkie : a memoir by Chris Herren and Bill Reynolds
- I'm Telling the Truth, but I'm Lying: Essays by Bassey Ikpi
- Guts by Kristen Johnston
- Parched by Heather King
- Drinking: A Love Story by Caroline Knapp
- Gambling Gambling Gone by Lance Libel
- Heart Berries: A Memoir by Terese Marie Mailhot
- How to Murder Your Life by Cat Marnell
- Hello I Want to Die, Please Fix Me Depression in the First Person by Anna Mehler Paperny
- Girl Walks Out of a Bar: A Memoir by Lisa Smith
- Unwifeable: A Memoir by Mandy Stadtmiller
- My age of anxiety : fear, hope, dread, and the search for peace of mind by Scott Stossel
- Into The Muck by Joe Turbessi
- Between Breaths: A Memoir of Panic and Addiction by Elizabeth Vargas
- The Collected Schizophrenias: Essays by Esmé Weijun Wang
- Headcase
- LGBTQ Writers & Artists on Mental Health and Wellness

**Family Memoirs, Teens and Young Adults, and
Children and Family Books on page 2**



Book List for Substance Misuse Prevention and Mental Health Promotion

Page 2

Family memoirs

- A common struggle : a personal journey through the past and future of mental illness and addiction by Patrick J. Kennedy & Stephen Fried
- Beautiful Boy: A Father's Journey Through His Son's Addiction by David Sheff
- Crazy, A Father's Search through America's Mental Health Madness by Pete Early
- Terry: My Daughter's Life-and-Death Struggle with Alcoholism by George McGovern

Fiction

Party Girl: A Novel by Anna David

Teens and Young Adults

- (Don't) Call Me Crazy: 33 Voices Start the Conversation About Mental Health
- The Weight of Our Sky by Hanna Alkaf
- Alateen: Hope for Children of Alcoholics Revised ed. Edition by Al-Anon Family Group Head, Inc.
- The Lightness of Hands by Jeff Garvin
- Looking for Alaska by John Green
- For Teenagers Living With a Parent Who Abuses Alcohol/Drugs Paperback by Edith Lynn Hornik-Beer
- Hey, Kiddo by Jarrett J. Krosoczka (graphic novel)
- The Art of Losing by Lizzy Mason
- Twelve Steps to Normal by Farrah Penn
- Dreamland (YA edition): The True Tale of America's Opiate Epidemic by Sam Quinones
- We All Fall Down: Living with Addiction by Nic Sheff
- High: Everything You Want to Know About Drugs, Alcohol, and Addiction Paperback by David Sheff and Nic Sheff
- History Is All You Left Me by Adam Silvera,
- Changing Ways, Breaking Free, and Choosing Life, three book series by Julia Tannebaum
- The Spectacular Now by Tim Tharp

Children and Families

- Gizmo's Guide to Pawsome Mental Health, CT Department of Mental Health and Addiction Services
- My Dad Loves Me, My Dad Has a Disease: A Child's View: Living with Addiction by Claudia Black
- Permission to Feel: Unlocking the Power of Emotions to Help Our Kids, Ourselves, and Our Society Thrive by Marc A. Brackett
- Wishing Wellness: A Workbook for Children of Parents With Mental Illness Paperback by Lisa A. Clarke
- An Elephant In the Living Room The Children's Book Paperback by Jill M. Hastings and Marion H. Typo
- The Dog Nobody Wanted by Jill Horan
- Hey, Kiddo by Jarrett J. Krosoczka (graphic novel)
- Stanley Will Probably Be Fine by Sally J. Pia
- Pilar's Worries by Victoria M. Sanchez
- Finding Perfect by Elly D. Swartz



Connecticut's Prevention Campaigns

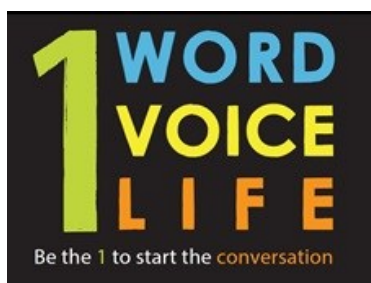
Find more information about the campaigns and how to order or download materials at drugfreect.org. Ask your Local Prevention Council or coalition if they are sponsoring a social marketing campaign.

Let's **#MentionPrevention**

[Let's #MentionPrevention](#) is a grassroots substance use prevention, education and awareness campaign with the mission of strengthening Connecticut communities through the power of communication.

CHANGE the **SCRIPT**

[Change the Script](#) is a statewide campaign that connects town leaders, healthcare professionals, treatment professionals, and individuals with the resources they need to face prescription drugs and opioid misuse – and write a new story about what we can accomplish when we all work toward a shared goal. Information about safe storage, safe use and safe disposal is featured.



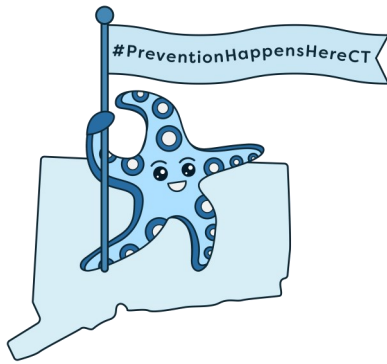
[One Word, One Voice, One Life, Be the One to Start the Conversation](#) is the awareness campaign created by the CT Suicide Advisory Board. [Gizmo's Pawesome Guide to Mental Health](#), a book for children and families that teaches healthy coping skills is also available.



[Recovery Friendly Workplace Toolkit](#)

LiveLOUD

[Living with Opioid Use Disorder \(LOUD\)](#) If you or someone you know is struggling with opioids or other substances, you are not alone. There are ways to connect and get the support you need.



Substance Abuse Mental Health Services Administration (SAMHSA), US Department of Health and Human Services

The “Talk. They Hear You.” campaign aims to reduce underage drinking and substance use among youths under the age of 21 by providing parents and caregivers with information and resources they need to address alcohol and other drug use with their children early.

Public Services Announcements including **radio, tv, print and social media ads, and posters** are available at <https://www.samhsa.gov/underage-drinking/partner-resources/psas>.

The PSAs target children and teens at different ages so parents can begin early and continue the conversation as youth grow and face new situations.



Customizable **brochures** are also available. An example from one brochure:

“I got invited to a party. Can I go?”

Ask your child if an adult will be present at the party or if he or she thinks children will be drinking. Remind your child that even being at a party where there is underage drinking can get him or her into trouble. Use this time to establish or reinforce your rules about alcohol and outline the behavior you expect.

Educator resources reinforce the conversation are available at <https://www.samhsa.gov/underage-drinking/partner-resources/materials-school>

Brief videos with discussion prompts are available for community and school meetings
<https://www.samhsa.gov/underage-drinking/partner-resources/discussion-starter-video>



National Institute of Drug Abuse Parent Resources for Preventing Teen Drug Use

Science on Demand: NIDA's Drug and Alcohol Lessons and Activities

This toolkit offers science-based activities and resources on drug use and addiction for educating teens.

Safely Dispose of Prescription Medicines

Learn how to properly dispose of unused medicines.

Family Checkup: Positive Parenting Prevents Drug Abuse

Learn the five parenting skills important in preventing the start and progression of drug use.

Dr. Nora Volkow: A Message to Parents

Listen to NIDA Director talk with parents about drug use and teens.

Principles of Adolescent Substance Abuse Prevention for Early Childhood

Learn ways to prevent the initiation of drug use for your child.

Preventing Teen Drug Use: How To Talk With Your Teen

Partnership for Drug-Free Kids

Learn how to have meaningful conversations about drugs and alcohol with your child.

Teen Prevention: Prescription Drug Safety & Vaping

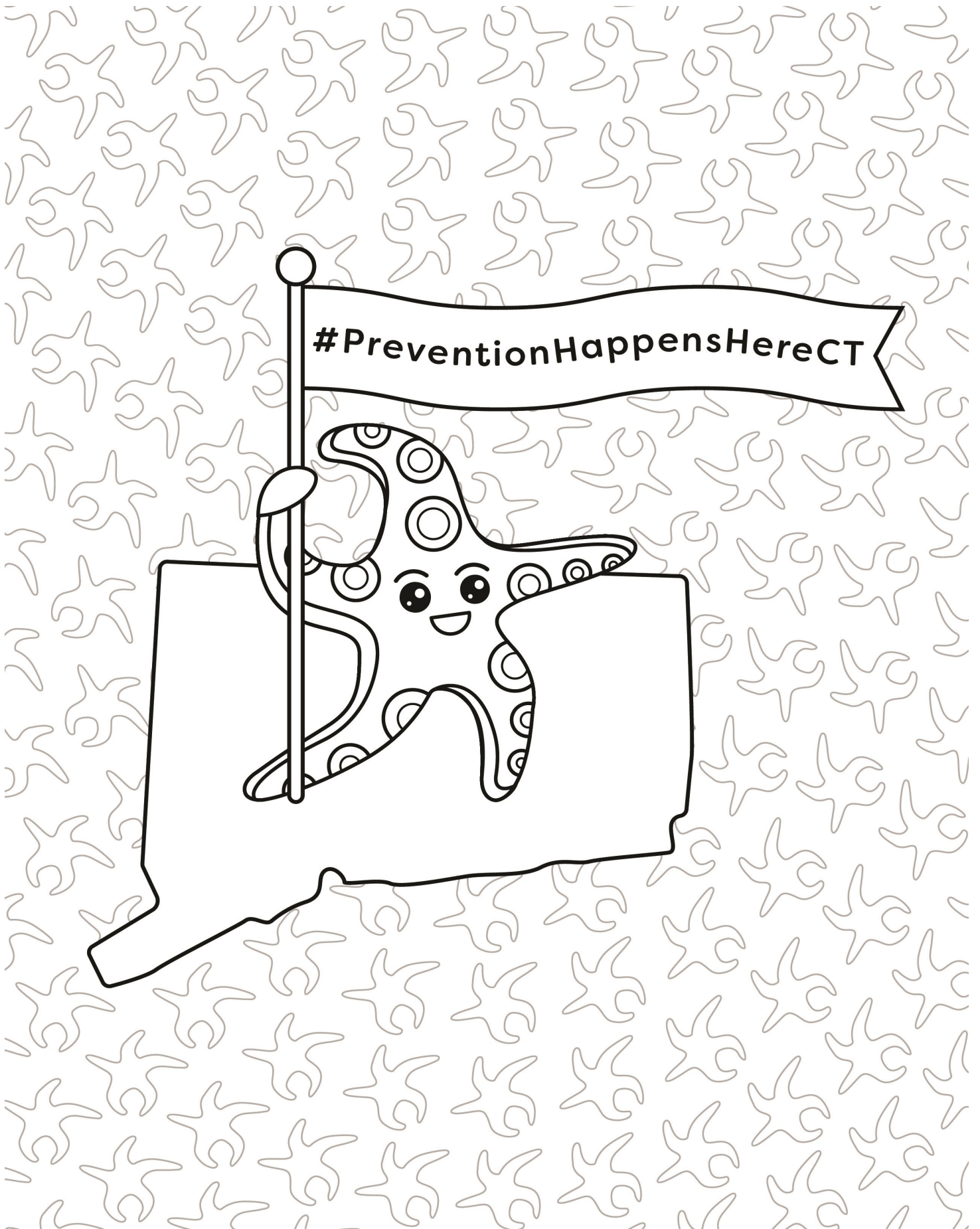
National Institute on Drug Abuse experts share information on the expanding and evolving challenges teens are facing when it comes to prescription drug safety and vaping.

How flavors hook our kids

Dr. Volkow explains how and why flavors have been and continue to be a key component in hooking millions of kids on vaping.

Helpful Links for Parents

Find other resources that can help you understand teen drug use





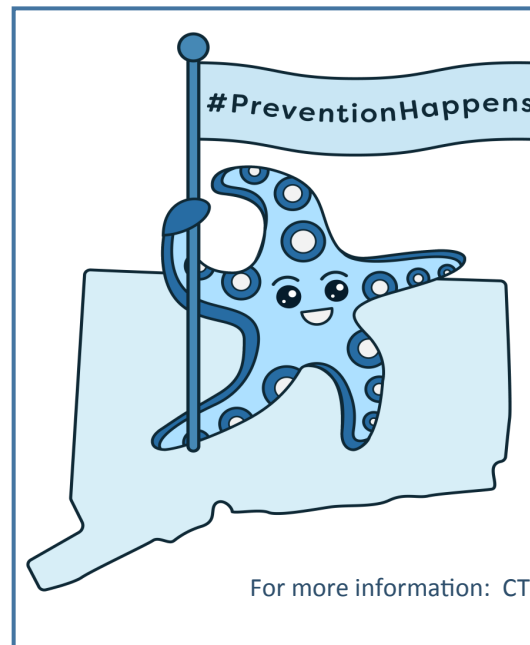
Prevention Bookmarks



Youth report their parents are one of the top reasons they do not use alcohol or drugs.

Young people whose parents talk with them about the risks of underage drinking and drug use are less likely to use these substances.

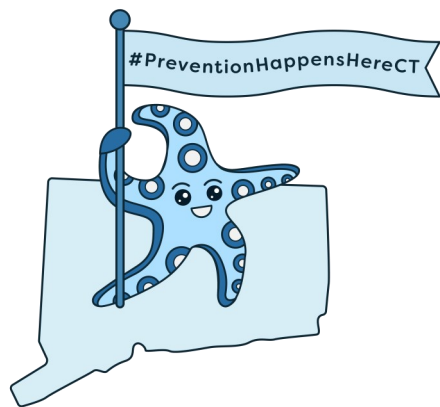
For more information: CT Clearinghouse at <https://www.ctclearinghouse.org/npw/>



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Connecticut Prevention Resources

[CT Department of Mental Health and Addiction Services
Prevention and Health Promotion Unit](#)

[CT Clearinghouse](#)

For more information about [CT National Prevention Week](#)

[CT Suicide Advisory Board](#)

[Center for Prevention Evaluation and Statistics](#)

[Governor's Prevention Partnership](#)

[Prevention Training and Technical Assistance Service Center](#)

Regional Behavioral Health Action Organizations (RBHAOs) are strategic community partners who work across the behavioral healthcare continuum and have a list of Local Prevention Councils. [For a map of the CT RBHAOs, contact information and the towns they serve.](#)

- [Alliance for Prevention Wellness](#), serving Region 2, New Haven and Middlesex Counties
- [Amplify](#), serving Region 4, Hartford and western Windham Counties
- [The Hub](#), serving Region 1, Fairfield County
- [SERAC—Supporting and Engaging Resources for Action and Change](#), serving Region 3, Eastern CT including New London, Tolland and eastern Windham Counties
- [Western CT Coalition](#), serving Region 5, Litchfield and northern Fairfield Counties