

That’s A Wrap! CCPWR Fall - Winter 2025 Update

The Connecticut Center for Prevention, Wellness, and Recovery (CCPWR) offers comprehensive resources, programs, and trainings for students, professionals, and the general public.

From October to December 2025, CCPWR programs achieved a range of accomplishments and demonstrated continued success in their work. **Read about the notable highlights below!**

[To learn more about all the programs of CCPWR, please visit our webpage here.](#)

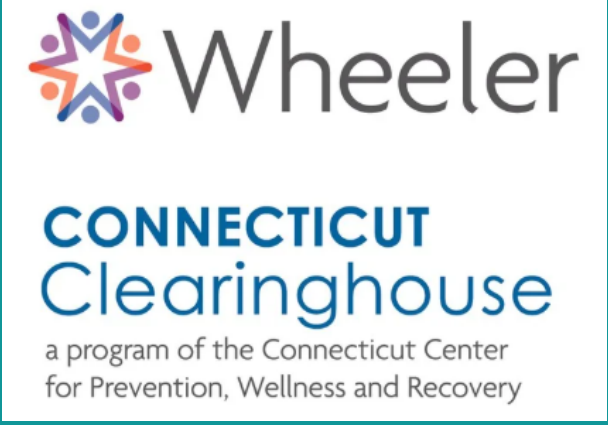
The CCPWR team at Wheeler’s Annual Staff Recognition Breakfast.



On December 23, 2025, during a press conference, **Cathy Sisco**, Senior Director of CCPWR, joined **Senator Richard Blumenthal** and **Sabrina Trocchi**, President and Chief Executive Officer of Wheeler Health, to provide an overview of the harms associated with nicotine products, including nicotine pouches, and to highlight the importance of prevention strategies at both the national and state levels.

The Connecticut Clearinghouse:

The state’s premier library and resource center with information and resources on substance use and mental health, prevention, health promotion, harm reduction, treatment and recovery, wellness, and related topics. These resources are available at no cost for all of Connecticut’s families, schools, professionals, communities, and the general public.



This quarter, the Connecticut Clearinghouse **brought a festive approach to its work and resources**. In October, we hosted a month-long skeleton scavenger hunt on social media that brought viewers throughout the building while highlighting our resources. We created fun and educational Halloween-themed social media shareables. To close out the season, the Connecticut Clearinghouse refreshed its space by developing **new winter-themed decorations**.



Our staff continued outreach efforts across the state, delivering presentations and connecting with communities through conferences, schools and community events. Through this work, we reached more than **1,900 individuals** statewide. **Some of these events included:**

- The CT Association for Health, Physical Education, Recreation & Dance Conference
- Breast Cancer Awareness: Health & Wellness Fair
- Plainville Public Schools Career Gallery
- CT Youth Services Association Conference

Staff also hosted a virtual presentation for school social workers and psychologists, with approximately **300 people** in attendance. Following the presentation, over 50 people signed up for a Connecticut Clearinghouse membership.

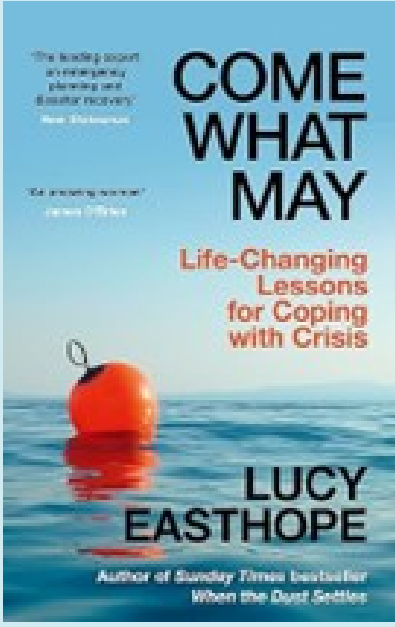


During this quarter, the Connecticut Clearinghouse distributed over **13,000 pamphlets**, over **200 posters**, over **400 promotional items** and nearly **5,000 factsheets**.

We acquired several new resources, including library books and educational bookmarks. These new resources covered topics such as stress relief and coping strategies. **Some of these new titles are featured to the right.**

In addition, with support and funding from the CT Department of Public Health Suicide Prevention Program, we obtained several new suicide prevention resources. These materials are available to order [here](#).

We continued to expand resource accessibility by adding new languages to the “Resources in Other Languages” page on our website. Newly added languages include Haitian Kreyòl, Portuguese, Russian, Polish, and Spanish. This webpage can be found [here](#).



This quarter, the Connecticut Clearinghouse **hosted 8 educational forums** that covered a range of topics, including domestic violence, technology, grief and more, with **over 250 total people in attendance**. Some of these educational forums included:

- Survivor-Centered and Trauma-Informed: Complexities and Considerations for Working with Domestic Violence Survivors
- Designed to Hook: A Prevention Professional's Guide to Digital Wellness
- Grief 101: What is Grief, How Does It Impact Children and Families, and Where Can We Go for Help?

To view and sign up for future educational forums, please visit this [webpage](#).



Change the Script:

A Connecticut public health campaign aimed at increasing awareness of the risks of prescription drug misuse and preventing overdoses through education on safe medication use, storage, disposal, and the opioid overdose reversal drug, naloxone. The campaign features a variety of print and digital materials, medication lockboxes, medication disposal bags, and the Change the Script Community Resource Vans.



This quarter, the Change the Script campaign **attended 30 events** and reached **more than 1,800 individuals** across the state. These events included reconnecting with partner organizations to support consistent, targeted outreach with key populations. The campaign participated in several conferences, including the Practical Strategies for Overdose Conference in Bristol and the CT Association for School-Based Health Centers conference in Southbury. **See photos from events below.**

Looking forward, the Change the Script campaign plans to continue building new partnerships and visiting additional communities across Connecticut throughout 2026. The campaign is also working on a **statewide public access naloxone cabinet project** planned for 2026.

To learn more about reserving the Change the Script van or find out how to make public access naloxone a reality in your community, contact them at DrugFreeCT.org.



Connecticut Healthy Campus Initiative (CHCI):

A statewide collaborative of all campuses in CT, committed to creating and sustaining healthy campus and community environments. Key focus areas include underage and high-risk drinking prevention, mental health promotion, suicide prevention, and opioid and stimulant education and awareness. CHCI provides monthly professional development trainings on various topics during the academic year, grantee technical assistance, and hosts a listserv with prevention information, trainings and funding opportunities.



The Connecticut Healthy Campus Initiative kicked off the 2025-2026 academic year with a **“Connecticut Drug Trends”** presentation in October presented by Robert Lawlor, Jr., Drug Intelligence Officer, New England High Intensity Drug Trafficking Areas (HIDTA) Overdose Response Strategy (ORS) and Anna Gasinski, Public Health Analyst-ORS, CDC Foundation/New England HIDTA.

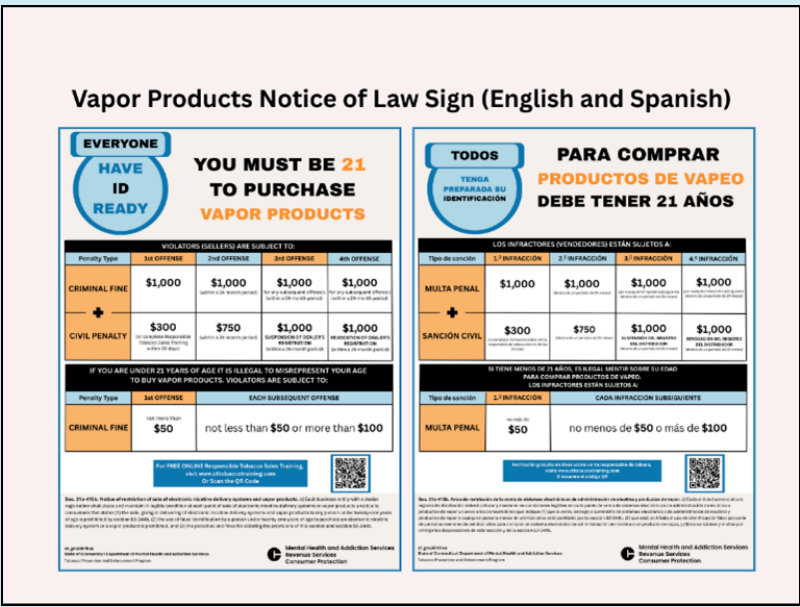
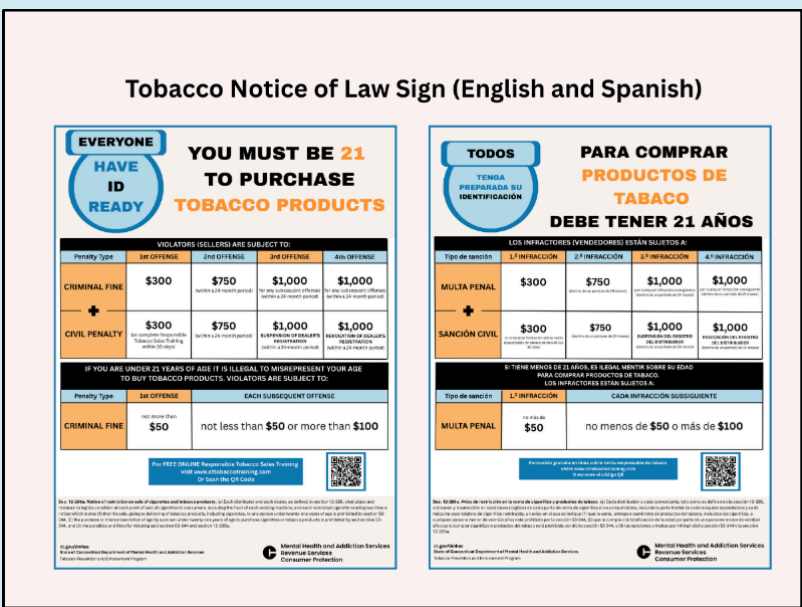
In November, Cindy Clouner, Managing Director of the Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery, presented **“Moving Upstream: Building Collaborative Solutions for Environmental Prevention.”**

In December, Rich Lucey, Senior Prevention Program Manager, Community Outreach and Prevention Support Section, U.S. Department of Justice Drug Enforcement Administration, presented **“Preventing Drug Use Among College Students: Current Trends, The Dangers of Counterfeit Pills, and the Importance of Strategic Planning.”**

Connecticut Tobacco Merchant and Community Education (TMCE):

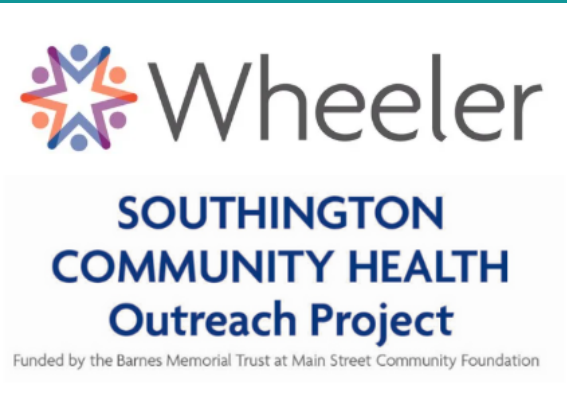
An initiative aimed at reducing access to tobacco, oral nicotine, and vapor products for youth until 21. Statewide activities are carried out by the TMCE Steering Committee comprised of state agency partners, prevention professionals, local coalitions and retailers who inform the campaign process.

Tobacco Merchant and Community Education has **continued its rebrand and update of tobacco education materials**. They are currently prepping new materials to be distributed to retailers across the state. **See rebrand examples below.**



Southington Community Health Outreach Project (SCHOP):

Helps Southington residents access information and resources related to behavioral health – including mental health, substance use, and overall well-being by providing comprehensive support. The program works to reduce barriers to care and mitigate existing gaps, creating a less stigmatizing and healthier community. Southington Community Health Outreach Project is funded by the Bradley H. Barnes & Leila U. Barnes Memorial Trust at the Main Street Community Foundation, in partnership with Wheeler Health.

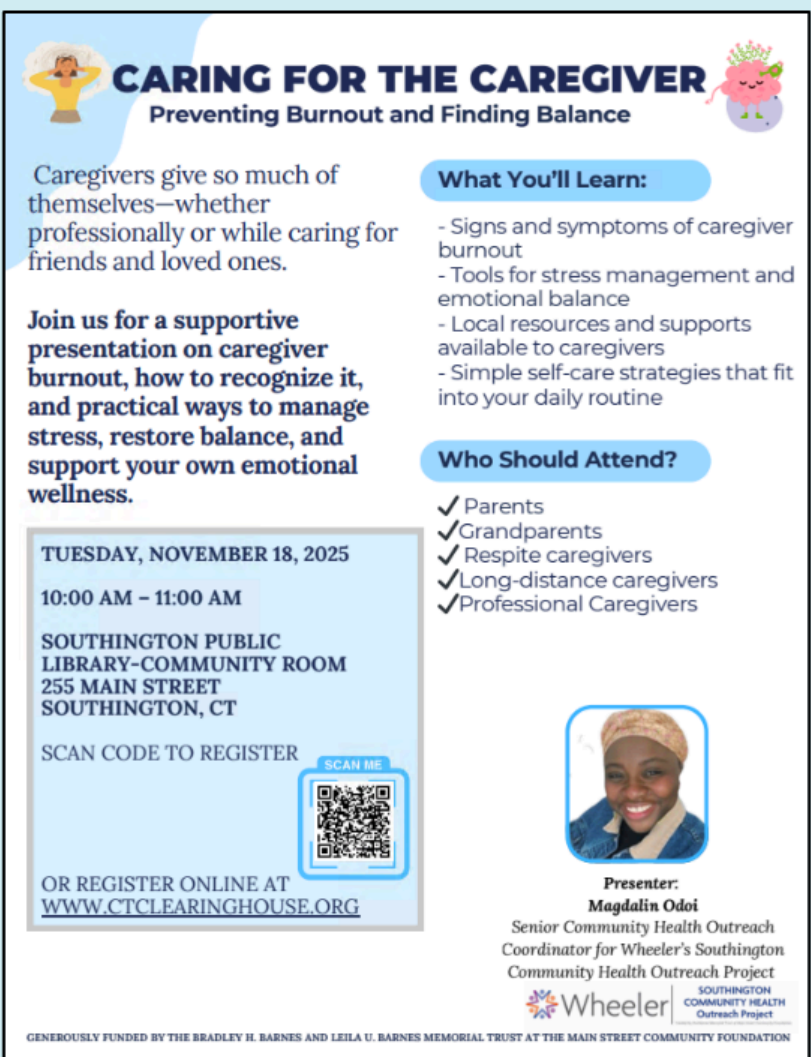


During this quarter, **regular ongoing outreach efforts** were conducted at several locations, including the Southington Public Library, Southington YMCA, Calendar House Senior Center, and Bread for Life, with each month highlighting a different behavioral health topic.

On November 18, the project hosted a **caregiver burnout presentation** at the Southington Public Library for Southington residents. The presentation focused on the impact of caregiver burnout on mental health, prevention strategies, and available support. It also included **shared experiences** from people who discussed how caregiving has affected their lives.

Additionally, the **Southington Behavioral Health and Social Services Stakeholders’ Group** continued to support community collaboration through its **bi-monthly meetings** and **bi-monthly newsletter**. The group brings together local agencies, schools, town departments, and organizations serving older adults, LGBTQ+ communities, and other populations to share resources and address community needs, with an average of approximately 30 stakeholders attending each meeting.

The **Stakeholders’ Newsletter** next edition is scheduled to be released in February 2026. View December’s newsletter [here](#).



Mental Health First Aid (MHFA):

An evidence-based, early intervention public health program. It teaches adults how to recognize signs and symptoms of a mental health challenge and utilize a five-step action plan to support the individual and connect them with appropriate help/resources. Several versions of the training are offered including adults, youth, public safety, higher education and older adult.



During this quarter, a total of **10 Mental Health First Aid (MHFA)** trainings were held, reaching more than **226 participants**. This included five Adult MHFA trainings, one Higher Education MHFA, and four Public Safety MHFA courses.

Some comments about these trainings and the instructors include:

"The most helpful part of the course was reviewing common mental health struggles and being reminded to address them calmly, respectfully, and openly-reducing the stigma"

"I liked reading about the different mental health challenges and their early and later signs and risk factors because it helps give us concrete things to look out for to identify someone who might be struggling."

"The most helpful part of the course was the pace, the training style, the self-care plan. I appreciated the various aspects to self-care (physical, emotional, spiritual, etc)."

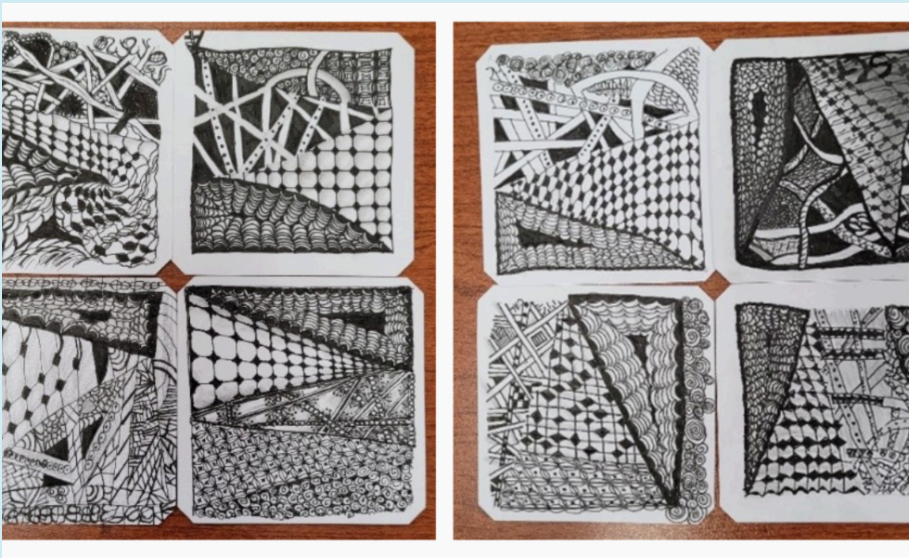
Youth Recovery CT

A program responsible for delivering a standardized workforce development and training curriculum that address the core competencies for MCIS staff who provide in person crisis stabilization services for youth. There are thirteen regular training modules offered on topics including crisis assessment, planning, and intervention, trauma-informed care, school refusal, and culturally responsive mental health care.



During this quarter, Youth Recovery CT (YRCT) hosted a variety of community presentations, trainings, and outreach activities across the state. **These events included:**

- **Wellness Wednesday - Zentangle for Recovery.** This was hosted in collaboration with the Connecticut Clearinghouse. See photos to the right.
- **DCF Learning Series - YRCT** staff were invited to do a brief program overview for DCF staff in October.
- **SMART Recovery en Español facilitator (2-day)** training in-person at CT Clearinghouse with five trainees completing the program to help expand Spanish-language SMART Recovery meetings in Connecticut.



YRCT participated in several tabling events and conferences throughout the quarter. **These events included:**

- CT Council on Problem Gambling Annual Conference
- VA-CT Recovery Event
- DMHAS Opioid Conference
- IOL and Hartford CCAR Informational Session

YRCT had a presentation proposal accepted for the **2026 SMART Recovery National Conference**. The SMART conference entitled "Bridges to Empowerment" takes place April 9 -10, 2026 in Orlando, FL.

The YRCT proposal "**Engineering Bridges to Empowerment: The Role of Youth, Young Adults and Families in Building Meaningful Recovery**" was accepted and will be presented as a breakout session at the conference.

This quarter’s accomplishments showcase the continued dedication and collaboration of the Connecticut Center for Prevention, Wellness, and Recovery (CCPWR) programs. Together, these efforts strengthen communities across Connecticut and reinforce CCPWR’s mission to promote prevention, wellness, and recovery for all.

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Connecticut Clearinghouse is funded by the Connecticut Department of Mental Health and Addiction Services.