

Westbrook Partners for Prevention

Winter Newsletter – February 2022



WE ARE GRATEFUL!

As we look back on 2021, we are so grateful for families, school staff, businesses, law enforcement, youth leaders, and our other community partners who supported prevention efforts and helped our youth make safe, healthy decisions. We are proud to highlight just a few of our achievements over the past year:

- **Gateway to Opportunity Summer Youth Group** created an amazing video on substance use. [View here.](#)
- **Installation of FOUR community sharps boxes** throughout Westbrook to allow for safe disposal of any sharps. [See locations here.](#)
- **Free community event at the Westbrook Performing Arts Center with a screening the film *Jacinta*.** This was followed by a panel discussion with Jacinta, Brittany Reichmann, film director Jessica Earnshaw, State of Maine Director of Opioid Response Gordon Smith, and Cumberland County District Attorney Jonathan Sahrbeck. 130 people attend this event. We handed out 150 Deterra bags to encourage safe prescription medication disposal, 100 doses of Narcan to reverse opioid overdoses, and connected people to recovery groups and community services.
- Robust multi-platform **informational campaigns focused on alcohol and prescription medication** misuse prevention.
- **Collaborative events** with Westbrook Police Department including National Drug Take Back Day in April & October; Compliance Checks in April and May; National Night Out in August; and Sticker Shock Campaign with youth in September.

In 2022, we are looking forward to continued coalition collaboration to increase awareness and promote other community initiatives! Among our priorities for this year are recruiting more PFP coalition members, focusing on meeting community needs relating to substance use prevention, reaching vulnerable populations through equitable practices, and amplifying youth voices.

TIPS FOR FAMILIES TO ENCOURAGE HEALTHY HABITS FOR YOUTH/TEENS

- Enjoy alcohol-free activities
- Select healthy food options
- Device-free mealtimes
- Exercise regularly
- Get enough sleep
- Spend time with family and friends

FUN IDEAS!

Westbrook Winterfest
March 5, 10a-2p
Free at Riverbank Park

Pick up a free grab and go activity kit at Walker Memorial Library (for teens and adults)



WESTBROOK PARTNERS FOR PREVENTION

Supporting a safe and healthy future for Westbrook youth

FOR MORE INFO

Email: partnersforprevention@westbrookschoools.org

www.westbrookpartnersforprevention.org

Supported by the Westbrook School Department and the Drug-Free Communities Support Program

