March 2018
Message from Maria

Dear friends;

This month we have the opportunity to talk with you a bit about prevention….a topic near and dear to my heart! I’m excited for you to see that McCall is deeply committed to delivering high quality, effective prevention programs. These initiatives are made possible by several funders. We receive grants from the federal and state government as well as private philanthropic organizations. That says a LOT about what we value – as a nation, as a state and as a community of people. Effective prevention is NOT simply telling kids about the ravages of the disease. It’s not a catchy ad campaign. Prevention is this…building evidenced based curricula into every single school, home and pediatrician’s office in America. Giving parents and doctors the tools to prevent, identify and intervene with adverse childhood events. Providing kids with healthy coping skills and delaying the age of first use to allow their brains to fully develop. This is the most worthwhile investment I can dream of for our

Prevention

Direct Services

Research shows a high correlation between addiction and the age of first use of alcohol and or drugs. The likelihood of meeting criteria for either a substance abuse or dependence disorder is significantly higher if use occurs in the early teenage years. For example, 15.2% of individuals who start drinking by age 14 eventually develop alcohol abuse or dependence as compared with just 2.1% of those who wait until they are 21 or older. The Prevention Department at the McCall Center for Behavioral Health is working each and every day in our area schools, homes and communities to help provide early intervention and prevention programming to help prevent substance abuse in our youth and through adulthood.

The primary goal of McCall’s Prevention Department is to delay first use by changing community attitudes about substance abuse, especially among young students and their families. Research shows that for each dollar invested in prevention, a savings of up to $10 in treatment for alcohol or other substance abuse can be realized. In addition to our numerous coalitions focused on community level change the Prevention Department at McCall conducts numerous evidence-based prevention programming. These include Botvin LifeSkills Training (LST), Not On Tobacco (N-O-T), Girls Circle, Insight, Health Class Presentations, Parenting Support Services, Early Childhood Consultation Partnership (ECCP) and Recovering Together.

In conjunction with the Northwest Corner Prevention Network and with support from the Foundation for Community Health and the Berkshire Taconic’s Northwest Corner Fund, McCall has implemented the Botvin LifeSkills Training program in all six middle schools in the Region One School District

Botvin LifeSkills Training (LST) is a comprehensive substance abuse prevention program that focuses on targeting the social and psychological factors that initiate high risk behaviors rather than simply educating participants on the dangers of drug and alcohol use. By building self-confidence and strengthening the skills needed to successfully handle challenging situations, LST has been proven time and again to significantly reduce the risks of alcohol, tobacco, drug use and violence. Currently in its second year in the Region One School District, the LST program is proving to be a favorite class for many area youth and educational professionals. Most importantly, pre and post test results show that the program is achieving the goals set forth in the curriculum.

To learn more about the Botvin LifeSkills Training program or any other McCall Prevention program please visit our website or give us a call at 860-496-2139.
children – and our communities. McCall is a known leader in these efforts – and we are exceptionally proud of that.

Thank you – friends – for the value you place on prevention.

All my best,

Maria

Make a difference in someone's life and support McCall today.

Our mission is to provide comprehensive integrated substance abuse and mental health treatment to help people lead healthier and more productive lives.

Your donation will directly support our prevention, recovery and community programs and help us provide clients with the support they need regardless of their ability to pay. Click here to donate today!

Upcoming Prevention Activities

The Torrington Coalition to Reduce Youth Substance Use will be holding their monthly coalition meeting on April 24th from 2:30-4:00 pm on the McCall Center campus.

The Northwest Hills Prevention Connection (NHPC) is co-hosting a Naloxone Training on April 3rd from 6:00-8:00 pm at the Beardsley Library. Registration is required and space is limited. Please email jfavorite@nwcty.org for more information.

For more information please see NHPC's Facebook page

The Northwest Corner Prevention Network (NCPN) is hosting three events in April:

April 6th from 1:30-5:30 pm the 2nd Annual Wellness Fair at Housatonic Valley Regional High School.

April 13th at 6:00 pm Community Opioid Panel Discussion at the Housatonic Valley Regional High School

April 28th from 10:00 am-2:00 pm National Prescription Take Back Day at the Kent Town Hall in Kent, CT and at the Connecticut State Police Troop B Barracks in Canaan, CT

For more information please see NCPN's Facebook page