



# BUILDING A HEALTHY WOLCOTT



## CASA AWARDED COMPETITIVE DRUG FREE COMMUNITIE GRANT



### Building A Healthy Wolcott Together

#### UPCOMING EVENTS

- **CASA Monthly Meeting**  
February 2, 2021  
6:00pm-7:00pm  
Via Zoom
- **CASA Monthly Meeting**  
March 2, 2021  
6:00pm-7:00pm  
Via Zoom
- **Myth Vs Fact Week**  
March 22-28
- **CASA Monthly Meeting**  
April 6, 2021  
6:00pm-7:00pm  
Via Zoom
- **Drug Take Back Day**  
April 24, 2021  
10:00am-2:00pm  
Wolcott Police Dept.
- **CASA Monthly Meeting**  
May 4, 2021  
6:00pm-7:00pm  
Via Zoom

We are very excited for years 6-10 of the Federal Drug Free Communities Grant!

CASA would like to thank our E-Board Members , coalition members, staff, and community supporters for making the commitment to Build a Healthier Wolcott .

Together we make a great team, One that will

continue to make a positive impact and help support youth and families in the Wolcott community .

If you would like more information about CASA , our work , or getting involved please contact Project Director Haley Shoop at [Hshoop@wolcottps.org](mailto:Hshoop@wolcottps.org)

#### Coming Together to Collaborate: DFC - 12 SECTORS

DFC Coalitions are made up of community leaders representing twelve sectors that organize to meet the local prevention needs of the youth and families in their communities. These twelve sectors are shown .



Wolcott CASA

#### CASA

is the Local Prevention Council, making efforts to educate and empower our community in order to reduce the misuse of substances such as drugs, alcohol, tobacco, vaping, and prescription medications. CASA offers trainings, community events, and education to the youth and families of Wolcott.

SAMHSA's programs and campaigns offer information, training, and technical assistance to improve the quality and delivery of behavioral health services across the nation.

**“There’s an app for that.”**



## AlcoholFX

Alcohol's Effects on the Brain (AlcoholFX) is a free, science-based app that teaches students ages 10 to 12 how alcohol can harm their brains if they drink. Based on lesson plans from SAMHSA's Reach Out Now Initiative, the app can easily integrate with instruction in 5th- and 6th-grade classrooms. This app is only available on tablets.



## Talk. They Hear You. Mobile App

“Talk. They Hear You.” is a free mobile app that helps you prepare for one of the most important conversations you may ever have with your children about underage drinking. The app provides parents and caregivers of children and teens ages 9 to 15 with the tools and information they need to start talking with their children early about the dangers of alcohol.



## Suicide Safe Mobile App

For individuals at risk of suicide, primary and behavioral health care settings provide unique opportunities to connect with the health care system and access effective treatment. Suicide Safe is a free mobile app that helps providers integrate suicide prevention strategies into their practice and address suicide risk among their patients.



## KnowBullying Mobile App

Research shows that parents and caregivers who spend at least 15 minutes a day talking with their children or teens help build strong relationships, and prevent bullying. SAMHSA's free KnowBullying app will help you boost your children's confidence, resilience, and build effective strategies for facing bullying.

## How to Build Your Resilience

There is no playbook for maintaining emotional health during a global pandemic, and people are struggling. Resilience is the process of adapting in the face of adversity, trauma, tragedy, or other significant sources of stress. Becoming resilient helps you work through difficult events, but it also helps you grow and improve

**Step 1: Build Your Connections**-We all need support in life, not just in a crisis. Building a support network of empathetic and compassionate people helps you feel less alone in times of need.

**Step 2: Learn Coping Skills**-We all need to hone our coping skills during this crisis so that we can work through the emotional shifts we are likely to experience in an adaptive way.

**Step 3: Adjust Your Thought Process**-It's difficult to maintain an optimistic outlook when the future feels so uncertain, but positive thinking will help you focus

