

Prevention Through Connection



Promoting Health & Wellness through prevention in our Community

Spring 2024

Warren Prevention Coalition Supports Learn365RI Program

Back in August of 2023 Governor McKee announced the awarding of the Learn365RI grants with Warren being one of those recipients. The grant went into effect on October 1, 2023 and runs through September 30, 2024. The Town will work in collaboration with the Warren Prevention Coalition, Parks and Recreation, Police, and Fire Departments. Other organizations/stakeholders partnering with us include the Warren Health Equity Zone, The Senior Center, our local East Bay Paper, and the Bristol/Warren School Department.



Students from Kickemuit Middle School potted plants that would be sold to students and staff at KMS during the holiday season. Money raised was used to buy food items that were put in bags and given to KMS students with food insecurities.

Learn365RI is a program that supports student learning and building leadership skills for youth, utilizing STEAM (Science, Technology, Engineering, Art, and Mathematics). While some may be familiar STEM education, when supported by the principles of art and design, it becomes STEAM education by leveraging creative thinking. STEAM education bridges the arts with technical subjects, engaging more students.

Program Objectives

- **Academics Support:** We offer students tutoring sessions to help strengthen their core academic skills in subjects such as math and reading. We address any knowledge gaps and provide targeted interventions to enhance their understanding and confidence.
- **Enrichment Activities:** We provide engaging and hands-on enrichment activities to expand students' knowledge and stimulate their curiosity. These can include STEM Projects, arts and crafts, interactive games and field trips fostering a love for learning beyond the classroom.
- **Personalized Approach:** We tailor the tutoring sessions and activities to meet the specific needs and learning styles of each student. We recognize their strengths, weaknesses, and interests to create a customized learning experience that maximizes their potential.
- **Building Confidence and Independence:** We work to empower students to become independent learners by fostering critical thinking, problem solving skills, and self-directed learning strategies. This will boost their confidence and instill a growth mindset that promotes resilience and perseverance.
- **Collaboration and Communication:** We will encourage collaboration among students through group projects, peer-to-peer interactions, and cooperative learning activities. Foster effective communication skills, teamwork, and respect for diverse perspectives.

Program Components

The components of Learn365RI that help us to achieve these goals include Needs Assessment, Individualized Tutoring, Small Group Sessions, Enrichment Workshops, Progress Monitoring, Parent Involvement, and ending with Culminating Events showcasing the students' achievements.

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April Is Alcohol Awareness Month

Alcohol Awareness Month is dedicated to increasing public knowledge about the dangers of alcohol and the effects and causes of alcohol use disorder by encouraging all Americans to reflect on their relationship with alcohol.

What is the aim of Alcohol Awareness Month?

The National Council on Alcoholism and Drug Dependence (NCADD) introduced Alcohol Awareness Month in 1987. Its primary goal is increasing public awareness and education about alcohol and alcohol use disorder (AUD), formerly known as “alcoholism.” Areas of focus include alcohol use risks, AUD treatments and prevention, and the effects of alcohol misuse on individuals, families, and communities.

How to Support Alcohol Awareness Month

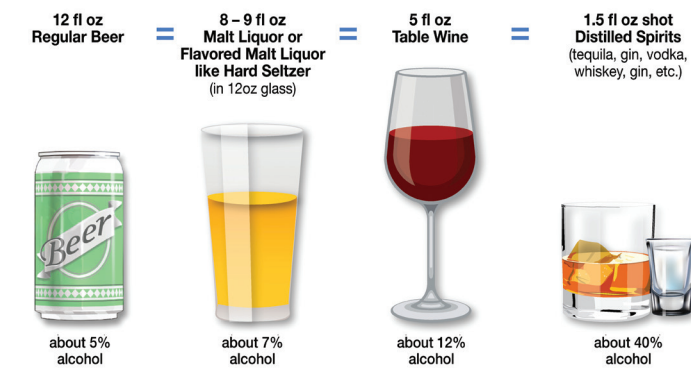
Your local community might have events planned for Alcohol Awareness Month but, if not, there are several ways you can participate in raising awareness on your own.

- **Wear a red ribbon:** Make a red ribbon pin or find one online to show your support for Alcohol Awareness Month.
- **Participate in an alcohol-free 72 hours:** The NCADD encourages everyone to make the first weekend in April an alcohol-free one. The organization suggests doing this with friends and family so you can support each other. If the weekend is difficult for you or a loved one, it can be a sign to seek professional treatment.
- **Host dry parties:** These alcohol-free, or “dry” parties in could include “themed” non-alcoholic drinks and mixers.
- **Talk with kids and teens about alcohol:** Talking about alcohol can help prevent underage drinking, and this month is a great time to get the conversation started. The Substance Abuse and Mental Health Services Administration (SAMHSA) has resources on its website to help you talk with kids as young as age 9, high schoolers, and teens heading off to college about the risks of alcohol.
- **Talk with family and friends about alcohol:** Starting a conversation about alcohol misuse with a loved one can be tough, but it can also be lifesaving. If you’re concerned about a loved one’s drinking, this is a good time to check in with them.
- **Look at your own relationship with alcohol:** Alcohol Awareness Month can be a great time to monitor and track how much alcohol you drink, which can allow you to spot potential overuse.

Do you want to change your relationship with alcohol?

Recognizing that you want to change your relationship with alcohol is a big step, and it can be overwhelming to think about, including treatment. Fortunately, there are organizations you can turn to for support.

What Is a Standard Drink?



Each beverage represents one standard alcoholic drink, defined in the United States as any beverage containing .6 fl oz or 14 grams of pure alcohol. The percentage of pure alcohol, expressed here as alcohol by volume (ale/vol), varies within and across beverage types. Although the standard drink amounts are helpful for following health guidelines, they may not reflect customary serving sizes.

Whether you are looking for counseling, peer support groups, accountability, or recovery tools, you have options.

Interested in seeking help? Here are some options:

- **Alcoholics Anonymous (AA):** AA is known for its 12-step recovery approach. You can see whether this program works for you by checking out one of its chapters. 514 Main St., Warren, Lower level. Daily, 7am – 8am
- **East Bay Recovery Center:** Find in-person meetings, online group support, and a wealth of additional resources. This inclusive program welcomes all seeking support on their recovery journey. 31 Railroad Ave., Warren, 401.289.2055
- **SAMHSA’s National Helpline:** A toll-free hotline, available 24 hours a day, 7 days a week for support in English and Spanish. Call 800-662-4357 or visit SAMHSA online to reach the helpline and get information about resources in your local area.
- **National Institute on Alcohol Abuse and Alcoholism (NIAAA):** If you’re looking for professional counseling to help you change your relationship with alcohol, the NIAAA can help you find therapists, recovery programs, and medical care near you.
- **Gays and Lesbians in Alcoholics Anonymous (GaL-AA):** Members of the LGBT community can find supportive and welcoming AA meetings with GaL-AA.

Adapted from article by [healthline.com](https://www.healthline.com).

May is Mental Health Awareness Month

Recognition and education are important ways to remove the stigma associated with mental illness. Mental Health Awareness Month creates a time and space to start a conversation.



This national month of awareness has been recognized since 1949 by mental health activists and practitioners across the country, working to educate the public about mental illness, raise awareness around research and treatments, reduce the stigma, and celebrate recovery from mental illness. Due to misconceptions and stigma surrounding mental health issues, people often suffer in silence and don't seek treatment. Awareness is vital to improving understanding of mental health and increase access to healthcare for those who need it.

Whether or not someone personally suffers with a mental health issue, Mental Health Awareness Month helps people recognize the ways mental illness impacts their lives, educates people about available services, and highlights ways to advocate. Almost every day the news reports some devastating news about mental illness — often in a way that further stigmatizes individuals.

Recognition and education are important ways to remove the stigma associated with mental illness. Mental Health Awareness Month creates a time and space to start a conversation. Talking openly about mental health can reduce the misconceptions and stigma and can encourage those who are suffering to seek help and find a support network.

Mental Health Resources

- **East Bay Recovery Center:** Confidential and anonymous resource for treatment of mental and substance use disorders. 2 Old County Rd., Barrington. 401.246.1195
- **988 Suicide & Crisis Lifeline:** The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, as well as best practices for professionals in the U.S.
- **National Alliance on Mental Illness:** A national organization that provides advocacy, education, support and public awareness so all individuals and families affected by mental illness can build better lives.
- **The Trevor Project:** 24/7 crisis support services to LGBTQ+ young people. Text, chat or call anytime to reach a trained counselor.

THE FACTS on Mental Illness in U.S.

- **1 in 5** adults (57.8 million adults) in the U.S. experienced mental illness in 2021.
- **46.3 million** people aged 12 or over had a substance use disorder in 2021.
- **65.4%** of U.S. adults with serious mental illness received treatment in 2021.
- **33.5%** of U.S. adults with mental illness also experienced a substance use disorder in 2021. (19.4 million individuals.)
- **3 million** Americans live in recovery after some form of substance use challenge.
- **3 out of 4** people who experience addiction eventually recover.

Coalition Celebrates National Prevention Week This May



National Prevention Week is a public education platform showcasing the work of communities and organizations across the country dedicated to raising awareness on the importance of substance misuse prevention and positive mental health.

We recognize that prevention happens every day, not just during the second week of May. As such, National Prevention Week is shifting to celebrate and promote year-round prevention initiatives including those by the Warren Prevention Coalition. SAMHSA created a new, ongoing virtual series to showcase, elevate, and celebrate the important prevention ideas, events, news, and activities that impact communities across the country. Throughout the year, the series will focus on spotlighting prevention organizations and cultivating social innovation to address the real needs of our communities and young people.

Coalition Supports Learn365RI (continued)

Learn365RI in Action

The students participating in the Learn365RI Program at Hugh Cole School continue to find ways to learn how to be leaders in their community. In January students learned about wildlife in this area with the help of Lauren Parmelee, Senior Director of Education at the Audubon Society of Rhode Island. The students researched birds in the area and created an informational book to accompany bird feeders that they made. A few of the feeders were placed in the school yard and students have reached out to a few local nursing homes to see if they're interested in a bird feeder and the informational book.



Jessica Medieros from the Hugh Cole School helps a student fill one of the bird feeders that they made. The feeders were part of a program in collaboration with the Audubon Society of Rhode Island to teach students about local wildlife.

Over the last 6 months, students from Project365RI at Kicke-muit Middle School have been busy raising money and awareness about childhood hunger in Rhode Island. They organized two different fundraisers to generate money to buy various food items for our students here at KMS who do not have food security. To date, the students have prepped over 50 bags of food. Their commitment and compassion for this project and the students that it is benefiting has been remarkable.

"Our Learn365RI grants will help us improve student outcomes across the state by empowering communities to offer more high-quality, out-of-school learning opportunities. By working together with education leaders and city and town representatives, we will ensure our students have the support and resources to recover and excel academically. With these investments in our kids, we are closer to reaching our goal of 1 million hours of additional learning for the students of our state."

— Governor Dan McKee

Another Learn365RI program involved a tutor and a science teacher from the school utilizing curriculum from the Woods Hole Oceanographic Institute. It is a free platform with several lessons on marine biology, mechanical engineering, math and the latest technology used to study marine animals and plants. Several articles and websites were used throughout the unit of study to model and practice reading comprehension strategies to help improve the students' reading levels. Instruction was given to the students during two sessions with an overview of technology and jobs at WHOI, journal writing, math practice, and reading comprehension strategies.

Community RESOURCES

East Bay Community Action Program (EBCAP)
100 Bullocks Point Ave., Riverside, RI 401) 437-1000

East Bay Center 2 Old County Rd., Barrington, RI
(401) 246-1195

East Bay Recovery Center 31 Railroad Ave., Warren, RI
(401) 302-6231 or 401-289-2055

BH Link Hotline — (401) 414-LINK (414-5465)
24/7 – help with a behavioral healthcare crisis.

St. Mary of the Bay Food Pantry
645 Main St., Warren RI (401) 245-7000 ext 19

Warren Health Equity Zone (HEZ)
790 Main St., Warren RI (401) 486-5195

For information, contact Ann Marie Roy at ARoy@townofwarren-ri.gov or Maria Ursini at Mursini@townofwarren-ri.gov.

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warrenprevention.com



Warren
Prevention Coalition

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