

Since 2009, MPC has created successful substance use prevention programs in Milford. It is a proud legacy that our community needs to sustain. The outcome data from our programs reflects a large and positive impact on our youth and families. Yet now, MPC needs your support more than ever. We are nearing the end of our ten-year federal grant that supports most MPC programs. Please, we need you to get involved right now. Help us figure out how we can keep substance use prevention going strong in our community.

Visit our website at [milfordprevention.org](http://milfordprevention.org). Learn more about how you can support our mission.

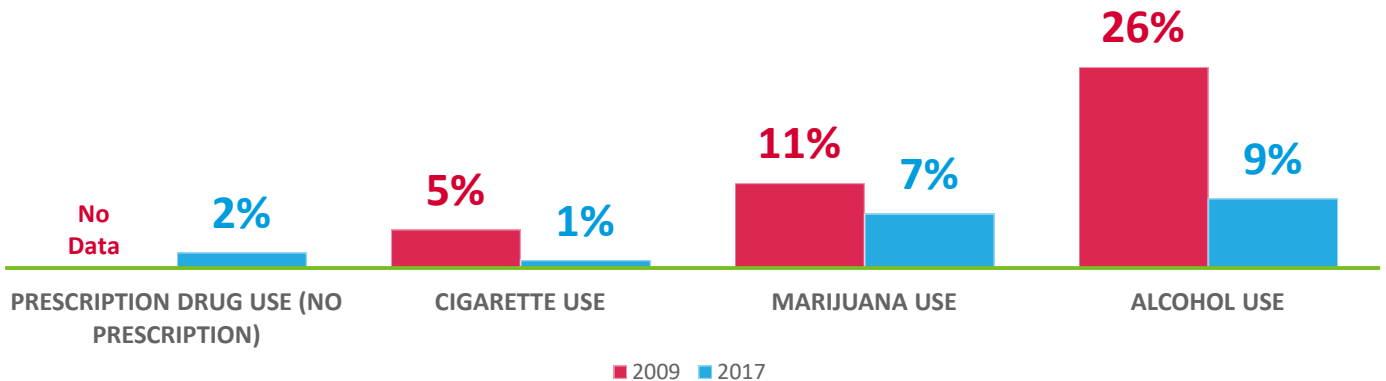
*Wendy Gibbons*  
Wendy Gibbons, LCSW  
Program Director

*Lou LaVecchia*  
Lou LaVecchia  
Chairman



## Prevention Works!

Since 2009, substance use rates among Milford youth have decreased. Past month use rates of alcohol decreased 65% and past month use rates of marijuana decreased 57%.



Data Source: Milford Youth Survey, 2017 (7<sup>th</sup>, 9<sup>th</sup> & 11<sup>th</sup> grade students, Milford Public Schools)

# Our mission is to reduce drinking and substance use among young people. We do this through education about the health risks and by working with law enforcement and others in our community.

- ✓ One of only two communities in Connecticut to secure a three-year federal grant from the Substance Abuse and Mental Health Services Administration for expanded education to prevent opioid misuse
- ✓ Hosted a community training on how to administer Narcan®, the only FDA-approved nasal form of naloxone for the emergency treatment of known or suspected opioid overdose
- ✓ Collaborated with Milford Hospital to co-present SCOPE of Pain, a live training for health care professionals on how to safely prescribe opioids
- ✓ Collected 760+ pounds of medications for safe disposal through the MedReturn Drug Collection Unit at the Milford Police Department



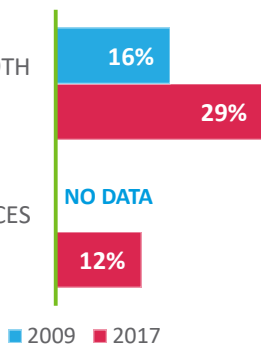
- ✓ Held 7<sup>th</sup> Annual Prevention Billboard Design Contest for all Milford middle school and high school students
- ✓ Hosted first annual Wellness Day to support nearly 800 Milford students during final exams
- ✓ Held 7<sup>th</sup> Annual Freshman Substance Use Education Forums for 400+ students, plus their parents
- ✓ Held 6<sup>th</sup> Annual Senior Transition Forums for 400+ graduating students at both local high schools
- ✓ Expanded sustainability efforts through new community events, such as our first YogaThon to raise funds for education to prevent opioid misuse
- ✓ Launched community awareness campaign on the potential health risks associated with vaping



## Still Work to Be Done

INCREASE IN ALCOHOL BINGE DRINKING (AMONG 7TH, 9TH AND 11TH GRADERS)

INCREASE IN USE OF ELECTRONIC CIGS OR VAPING DEVICES (AMONG 11TH GRADERS)



Up 81% since 2009!

Data Source: Milford Youth Survey, 2017 (7<sup>th</sup>, 9<sup>th</sup> & 11<sup>th</sup> grade students, Milford Public Schools)

\*New Trend

## What Can YOU Do?

### Parents

- Secure alcohol and medications in your home
- Talk to kids about the risks of substance use

### Businesses

- Donate to support our mission
- Encourage employees to volunteer in the community

### Educators

- Advocate for MPC programs in our schools
- Set high standards in your classroom around informed, healthy choices

### Community Members

- Volunteer for MPC – by doing so, you help your family, your neighbors, and all of Milford