

Partnership Convening

January 5, 2024





Welcome

Recap: Cindy Pierce and Screenager Questions and Discussion

NH Coalition Against Domestic and Sexual Violence: Overview, resources, discussion

Partner Updates







Friday, November 3 - Partnership convening with Cindy Pierce

- the interconnection between Social Media, hookup culture (substance use and sex) and internet porn that fuels feelings of sexual and social irrelevance
- how pressure and influences lead to unhealthy choices
- steps parents and other caring adults can take to engage with and educate young people around the topics of social media, substance use and healthy relationships

Thursday, November 9 - Partnership showing of Screenagers

- debunks myths and depicts strategies parents and schools can use to encourage healthy decision-making, support teen mental health, set limits, and create healthy home environments.
- teens' current reality of being flooded by images on social media, movies, and TV shows about vaping, drugs, and alcohol.
- ways young people are using their wisdom and strength to help each other and themselves through this complicated terrain around substance use





Healthy Relationships

What are you seeing? What are your concerns?

What strategies are working? What is needed?





NH Coalition Agains Domestic and Sexual Violence





Partner Updates





Partnership Updates





NEW Podcast Episodes







NEW Blogs

The Digital Dilemma: A Reflection on Screenagers Under The Influence

Dec 21, 2023



Upcoming Guest Blog: Youth Vaping with the CADY YAAC's



Navigating Social Pressure: Mindful Holiday Gatherings







Alcohol Toolkits

NEW! <u>Social Media Toolkit to</u> <u>Support Communication about</u> <u>Preventing Underage Drinking</u>



NEW! Dry January 2024 Social Media Toolkit





Available for download at: drugfreenh.org





Stronger Than You Think Campaign

StrongerNH.org

Supports open conversations between parents, caregivers, and adults and the young people in their lives.

Cannabis, Alcohol, Fentanyl, Stimulants

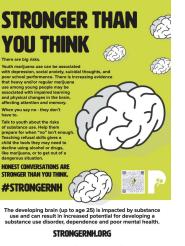
- Access social media toolkit
- Download digital materials
- Order free printed materials



HELP THEM UNDERSTAND

Talk with the youth in your life about only taking medication as prescribed by their healthcare provider.

#STRONGERNH











Better Now: Life Without Substance Use

DrugFreeNH.org/Reducing-Substance-Use

Five NH residents in recovery let us in on how they knew it was time for a change and what life looks like on the other side of their substance use disorder. Their stories show that recovery is possible for everyone.

Access:

- Webpage
- Better Now Video
- Video Discussion Guide to further the conversation in your community



VIDEO DISCUSSION GUIDE Better Now: Life Without Substance Use

INTRODUCTION

The Tenturship (disciplene) or and Unit Extension costed the video Refer Year. UN Without Substance Use as part of a video series annuel to increase averances anismed substance misute of opixids, alcohal followice, samathis, and other substances. Would all the video is the series designed it social mode at the Portnership geologicativity.

We want to thank Kim, Chad, Justin, Oylan and Tonya for sharing their personal journey with all of us. Your stories help us hold hope in our hearts for those experiencing substance use disorders.

HOW TO USE THIS VIDEO

Better Meer L/B Without Solatance for can be used in a veining et ways to start a conversation about what we can all do support the pergine now how end challenged with subtrative use. The video can be betterin a group starting or main-one, as a guidring of people impairs on entituality. For each backton, we have provided into a starting contain-one, as aguidring of people impairs on entituality. For each backton, we have provided into when people. We have a start of the people in the start is a start to be the people of the start in the people of the start in the start is a start of the start in the start is a start of the start in the start is a start of the start in the start is a start of the start in the start is a start of the start is a start of the start in the start is a start of the st

As you pail together the datafix of your event you might won't to consider initing others to one you, Reach out to one of the local peer recovery commanity organizations to initie an individual to share his on her personal stary.

Suggested places to show this video:

| Staff meetings Californ meetings Trainings and workshops Trainings and workshops Hearth classes | Recovery groups Health fairs Other settings where people gather to taik about health and wellmass |
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We hope this video and discussion guide insolves and metivates you to think about substance misuse and prevention differently. After wetching the video, we hope you:

- + BELIEVE that you and those you love can recover. There are multiple pathways to recovery.
- UNDERSTAND the challenges that individuals, families and communities face when dealing with
 a substance problem like access to treatment, stigms and bias, and a lack of knowledge about
 addiction.

. KNOW about resources available to support a person experiencing substance use disorder.

DESCRIPTION OF VIDEO

The seculi in this video share how they recording it was time for them to stop using substances, and how this decision changed ther takes for the batter, Julian, Julian, Ko, Chad, and Thangs and it is importent recovery. They is us in on how they lense it was time to change and what the locks like on the other side of their substances us donoted: them stanks and uses a with hope that necewary is possible for wereyone.



NEW Webpage

DrugFreeNH.org/For-Schools/School-Climate-and-Connectedness

Learn about the connection between youth substance use, mental health, and school.

This page answers questions such as:

- What is school connectedness?
- What can schools do to increase school connectedness?
- How can schools can boost protective factors for youth?
- How do schools get support to improve school climate?







NEW Webpage

https://drugfreenh.org/for-families/social-media-and-youth-mentalhealth/

In today's digital age, it's important to understand how social media influences the lives and well-being of young people.

This page touches on topics such as:

- Understanding the Influence of Social Media on Youth Mental Health
- Protecting Our Youth: What Parents and Caregivers Can Do
- Resources, Supports, and Services







How to Connect

Visit www.drugfreenh.org

- For information, every day actions, connection
 - Get the facts on specific substances and evidence based practices, local and national
 - Blog, Podcast, Videos
- To join mailing list (public facing bi-weekly emails with updates)
- To join listserv (Partners sharing more casual information job postings, training opportunities, updates in the field)
- To submit and view events

Connect on Social Media

Facebook, Instagram, LinkedIn, Twitter, TikTok, YouTube, Vimeo

Attend bi-monthly convenings, trainings, workgroups







Questions? Comments? Contact us!

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Please complete the **Evaluation Form**



