

Partnership Convening

January 5, 2024



Agenda

Welcome

Recap: Cindy Pierce and Screenager
Questions and Discussion

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

Partner Updates

Recap

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 Against 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



Navigating Social Pressure: Mindful Substance Use During Holiday Gatherings

Nov 20, 2023



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

Alcohol Toolkits

NEW! Social Media Toolkit to Support Communication about Preventing Underage Drinking



NEW! Dry January 2024 Social Media Toolkit



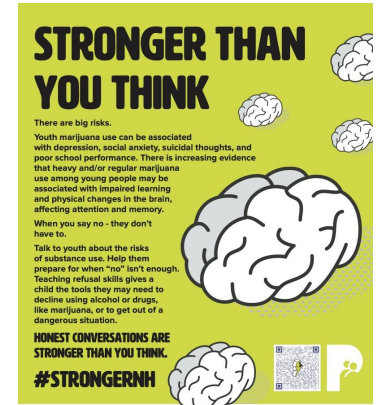
Stronger Than You Think Campaign

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



The developing brain (up to age 25) is impacted by substance use and can result in increased potential for developing a substance use disorder, dependence and poor mental health.

STRONGERNH.ORG

 **Partnership**
Alcohol and drug use are leading causes of death and disability in New Hampshire. The Partnership is a coalition of organizations that work together to prevent substance use and its consequences.

 **State of New Hampshire**
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 **Department of Health and Human Services**
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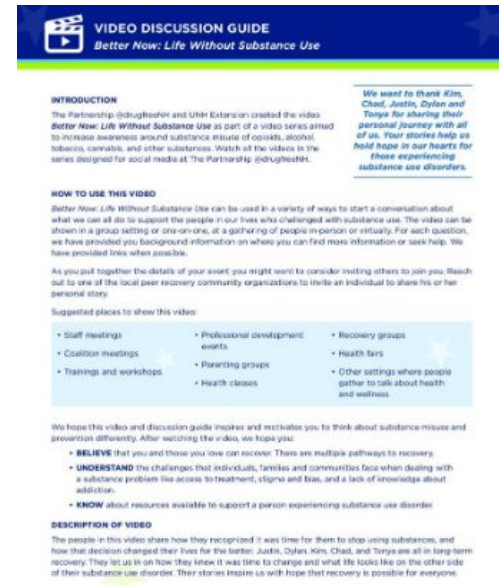
Better Now: Life Without Substance Use

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



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-mental-health/>

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

Thank you!

Questions? Comments? Contact us!

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Please complete the [Evaluation Form](#)