



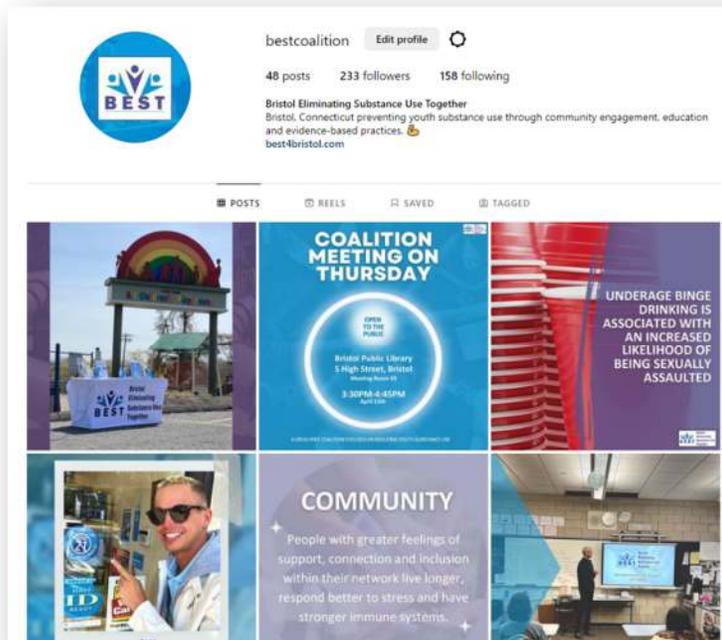
**Bristol
Eliminating
Substance Use
Together**

Mike Tingley's First 4 Months

W/BRISTOL ELIMINATING SUBSTANCE USE TOGETHER (BEST)

April 13, 2023

SOCIAL MEDIA



INSTAGRAM

We've created a new Instagram. At present there are 48 posts and 233 followers. That is 57 more followers than our previous Instagram account had. Over 100 of these followers are from Bristol high schools. These posts share educational topics about substance use and mental health. They also include events that BEST attends and special announcements.

FACEBOOK

In Mike's first 4 months BEST's Facebook has gained 50 new followers (401 to 451). Our rate of new followers has increased within a 4 month period. For reference, from January 2022 to Mike's start date in December 2022 (11 months) the Facebook page gained 50 followers.

HIGH SCHOOL INVOLVEMENT

PEER TO PEER

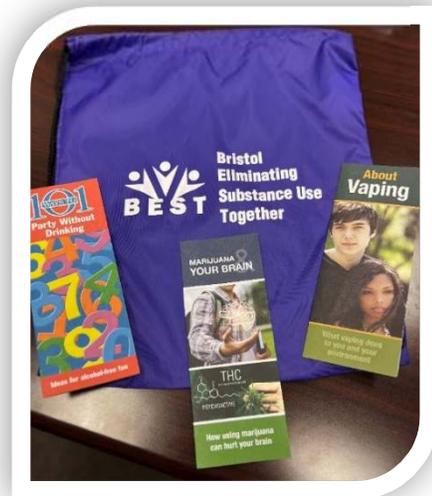
Youth & Family Coordinator, Aly Phelan, and Mike collaborated on a Peer-to-Peer program with two Bristol Central High School juniors. A prevention project related to vaping and other substances was created. The students decided to do a quiz game during lunch about substances. Many students came up to the table and won prizes if they got the answer correct. Prizes included fidgets and BEST swag. Informational posters were also crafted by the students, Mike and Community

Engagement Coordinator, Erica Benoit. LPC grant funds were used for this project.



BRISTOL CENTRAL GRAD PARTY

Mike reached out to the parents running Bristol Central's safe grad party. Together they came up with the idea to have drawstring bags filled with informational pamphlets. All students in attendance will receive these bags. There is also a plan in place to do a Jeopardy game about substance use and mental health on the buses on the way to the event.



BRISTOL CENTRAL RESTORATIVE PROGRAM

Mike has met with Principal Pete Winger and Assistant Principal Ryan Broderick to discuss what BEST can do for the high school. They have come up with a plan for Mike to present in the school every Wednesday. Mike will lead a group for students who have been caught using substances in school. The restorative program will be based on SMART Recovery, which Mike has been certified to train. The program will be 4 sessions with a follow-up with parents/guardians. The program focuses on motivation, coping skills, dealing with urges and more. Mike will also be present during lunch to build relationships with students.

BRISTOL EASTERN SPEAKER

Mike had a meeting with the principal and others at Bristol Eastern. They asked Mike to attend their assembly featuring a speaker with lived experience. Mike attended the assembly and was present after to speak with students who needed to talk. Mike handed out pamphlets and BEST swag.



BRISTOL EASTERN PARENTS' NIGHT

Mike and Rea tabled at Bristol Eastern's Parents' Night on March 9th. They handed out pamphlets and BEST swag.

MIDDLE SCHOOL INVOLVEMENT

BEST PARTNERS WITH TOMORROW'S LEADERS TODAY (TLT) PROGRAM

Tomorrow's Leaders Today is a after school program funded by the state. Mike visits Chippens Middle School and Northeast Middle School on Mondays (switching schools every other Monday). Mike and students work on projects related to substance use and mental health. So far students and Mike have focused on anxiety, reasons not to use substances and bullying.



PRESENTATIONS AT CHIPPENS

Mike met with the wellness teachers at Chippens Middle School and they came up with the idea of Mike presenting to all students about vaping, cannabis and other drugs. Mike put together two presentations, about 30 slides each, based on grade level. Mike has given 25 presentations to 6th, 7th and 8th graders during the end of March/beginning of April.



COALITION MEETINGS

There have been 3 coalition meetings (January, February, March).

Attendance at meetings:

January: 17

February: 15

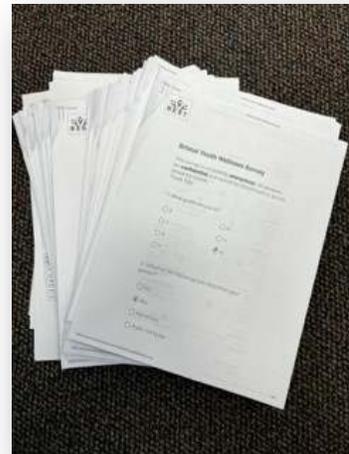
March: 17

Conor Burke, Johnny Burnham, Anicia Lockhart and Scott Rosado have been added as new sector representatives.

SURVEYS

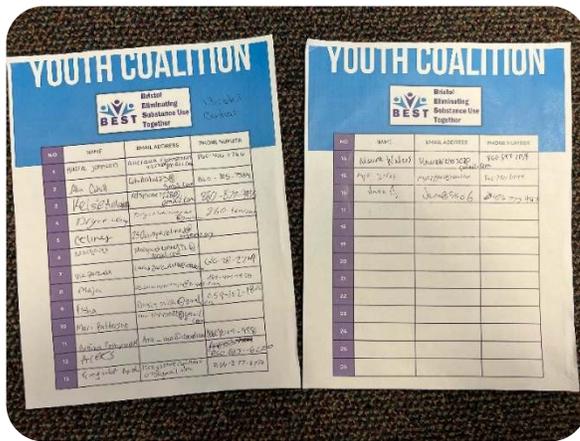
After Steve Bynum spoke with the Board of Ed, Sara Hale helped get the surveys out to middle school and high school students. This resulted in hundreds of returned surveys. Mike Tingley also went around town and received completed surveys, as well. At the end we had 972 completed surveys. Our last survey that was completed in 2020 had 281 completed surveys.

Nina Chanana has finished creating the Wellness Summary.



YOUTH COALITION

Mike Tingley met with Dianne Laverio-Ward, the Behavior Intervention Specialist at Bristol Eastern. She introduced him to 9 students who would be a great fit for BEST's Youth Coalition. Mike also tabled during lunch at Bristol Central and had 16 students sign-up. Mike has created promotional flyers and sent out emails to all of the students interested in joining. Friends were encouraged to attend.



MARKETING

PROMOTIONAL FLYER

Mike Tingley and Erica Benoit worked together to craft a promotional flyer for BEST. The flyer has been delivered to over 30 businesses in town and is regularly handed out.



PROMOTIONAL ITEMS

Mike Tingley created promotional items on 4Imprint to hand out. This is to help get BEST's name out in the community.

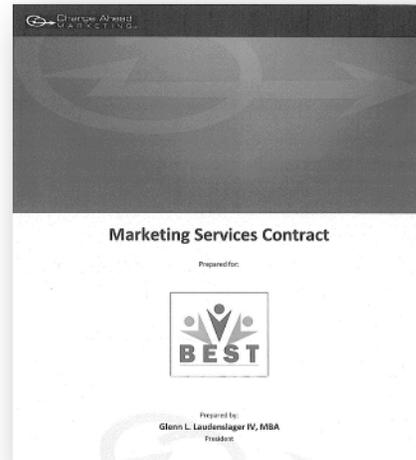
APPAREL

Mike Tingley created BEST hats to give out to coalition members and T-shirts to wear at events.



AWARENESS CAMPAIGN

BEST has recruited Charge Ahead to help them with an Awareness Campaign about BEST. Charge Ahead is currently developing a strategy, concept and theme for the campaign.



SOCIAL MEDIA CARDS

Mike Tingley has created social media business cards to hand out to the community. This will help draw them to BEST's social media platforms. There are QR codes that will bring them to our Instagram and Facebook.



POTENTIAL PSA W/DONOVAN CLINGAN

Mike Tingley received an email from a man saying that he was an agent for Donovan Clingan of the UCONN Huskies men's basketball team. Mike contacted Donovan via Instagram to see if this was his agent. It was not. However, Donovan seemed interested in working with BEST on something. Mike reached out to Motion, Inc to give us a quote for a 30 second PSA with Donovan. This is not set in stone, but an idea.

COMPLIANCE



WINDOW CLINGS

Mike Tingley and Erica Benoit worked together to craft a No Sale Under 21 window cling. These are being delivered to retailers within the community. Bristol-Burlington Health District and the City of Bristol were awesome enough to let us include their logos on the window cling to help give us more clout.

Retailers that have received the window cling, so far:

| | |
|------------------------------|-----------------------------------|
| CT Smoke and Vape Shop | Maple End Package Store |
| Smoking Ape (728 Farmington) | Burlington Ave Wine & Spirits |
| Smoking Ape (74 Farmington) | Crazy Bruce's Discount Liquors |
| VapeLife | Sunoco Gas Station (201 North St) |
| Avalon Smoke Shop | Valero (1053 Farmington) |
| 420 Smoke & Vape | Bristol Liquor Outlet |
| Discount Tobacco | Citgo (44 South Street) |
| Lite It Up Smokeshop | Cumberland Farms (191 Central St) |
| Tobacconist | BP (89 Stafford Ave) |
| Shell (57 Middle St) | Mobile (330 Middle St) |
| | Citgo (527 Middle St) |

PARTNERSHIPS

BREAKING THE CYCLE

Mike Tingley, Josh Medeiros and the Mayor met with a representative from Breaking The Cycle. The program is for youth with substance use disorder. They go biking in Bristol park trails. Mike later met with three men who run the program and the collaboration will likely result in T-shirts being made with BEST's logo on it, as well as Breaking The Cycle's. The youth coalition will also be involved and attend the gatherings, serving as mentors.

BRISTOL BLUES PRIDE

BEST will be collaborating with the Bristol Blues for their Pride event on June 21st. Mike Tingley, Aly Phelan (Youth and Family Coordinator) and Jay Crowley (Youth and Family Coordinator) met to discuss ideas. Mike Tingley later met with Jordan Scheiner from the Bristol Blues to discuss ideas. A T-shirt will be created for the event that will include BEST's logo on it. BEST will table at the event.

NATIONAL PREVENTION WEEK



STEPS, CASA, BEST PARTNERSHIP

After meeting with STEPS and CASA, the prevention coalitions have decided to collaborate for National Prevention Week in May. We are in the process of creating counter mats for retailers in our towns. The mats will feature all of our logos with QR codes to our websites

CHIPPANEE GOLF CLUB LAWN SIGNS

Chippanee Golf Course has given BEST the okay to create lawn signs to put throughout the course the Saturday of NPW. These lawn signs will have facts about substances like opioids.

NAPKINS AT ICE CREAM SHOPS

Sarah Larson came up with the idea to ask ice cream shops in town to use napkins that we develop. These napkins will be purple, have our logo on it and have a substance use related fact.

TABLE TENTS AT RESTAURANTS/SCHOOLS

Table tents with preventative messages regarding BEST's target substances have been created to put on restaurant tables and school cafeteria tables.

LIBRARY BOOK DONATIONS

BEST has purchased books on mental health and substance use for the libraries in town. Both libraries are on board with it. The books will be displayed in the libraries during NPW with information about BEST.



EVENTS

CADCA

Mike Tingley attended the CADCA conference in Maryland at the end of January/beginning of February.



EVERYTHING EXPO

BEST tabled at the Chamber's Everything Expo on March 28th. Mike, Rea, Angie, Pastor Todd, Sandy and Anicia were in attendance.



CHILD ABUSE AWARENESS MONTH AT PAGE PARK & ROCKWELL PARK

BEST tabled at Page Park on April 11th and Rockwell Park on April 13th with Youth and Community Services. Mike spoke with patrons, gave out info and increased followers on Instagram.



PERSONNEL

PROJECT ASSOCIATE HIRED

Aurelia Mushrall has been hired as the Project Associate for BEST



GRANT APPLICATION

YEAR 8 RE-APPLICATION

The DFC Year 8 Application has been completed and submitted