

# BEST

# YEAR 7

2022-2023



**Bristol  
Eliminating  
Substance Use  
Together**

# SECTOR REPRESENTATIVES

**SCOTT ROSADO**

BUSINESS SECTOR

**CHAD LAYTON**

CIVIL ORGANIZATION SECTOR

**SARAH LARSON, MS**

GOVERNMENT SECTOR

**ANGELIKA KARWOWSKI, MPH**

HEALTHCARE SECTOR

**LT. ROBERT OSBORNE**

LAW ENFORCEMENT SECTOR

**JOHNNY BURNHAM**

MEDIA SECTOR

**ANICIA LOCKHART**

PARENT SECTOR

**PASTOR TODD WILLIAMS**

RELIGIOUS SECTOR

**SARA HALE**

SCHOOL SECTOR

**CONOR BURKE**

SUBSTANCE MISUSE SECTOR

**RENEE SINGLETON**

YOUTH SECTOR

**JOSEPH FORTUNA**

YOUTH SERVING SECTOR

**SAMANTHA RAJOTTE**

YOUTH SERVING SECTOR

## CO-CHAIRS

SAMANTHA RAJOTTE

ANICIA LOCKHART

## PROJECT COORDINATOR

MICHAEL TINGLEY, MPH

# AT A GLANCE

Year 7 of the Drug-Free Communities grant began in October of 2022. The year started without a Project Coordinator, as the previous Project Coordinator left in August of 2022. Furthermore, there was no Project Associate. During this time Tom Fulton, a previous Project Associate, was brought on as a consultant.

There was not an October coalition meeting, because of an event related to the tragedy that occurred in Bristol that month. A November meeting was held on the 10th and the coalition discussed a SWOT analysis. Strengths included strong representation from sectors and good representation at events in the community. Weaknesses included lack of engagement from coalition members and inability to collect data from students. Collaboration was seen as great opportunity.

At the December meeting Mike Tingley was introduced as a finalist for the Project Coordinator position. Steve Bynum and Sarah Larson discussed their meeting with the Board of Education regarding the surveys. The meeting was successful and the assistant superintendent agreed to have the survey sent out on Parent Square.

On December 19, 2022, Mike Tingley started as the new Project Coordinator. Mike's first goal was to meet individually with each coalition member. During the January meeting Mike presented his vision for BEST. One of the first projects Mike wanted to focus on was a brand awareness campaign.

That campaign went on to include two billboards, flyers about the coalition and sponsorships at events.

Mike created a new Instagram page and continued to post on Facebook. He also updated the website.

Conor Burke, Bill Lamonte, Josh Lamonte and Anicia Lockhart joined the coalition in January. In late January Mike attended CADCA in Washington D.C.

In February the surveys were sent out and students began filling them out. Once the period ended 953 students in Bristol had filled out the survey.

Rea Mushrall began work as the Project Associate on March 3, 2023. At the March meeting it was announced that Erica Benoit would be stepping down as Media Sector Rep. Current Business Sector Rep, Johnny Burnham, replaced her as Media Sector Rep. Scott Rosado was voted in as Business Sector Rep.

During the last week of March, Mike did 24 presentations on vaping at Chippens Middle School. All 6th, 7th and 8th graders at the school received the presentation.

Drug Take Back Day occurred on April 22nd and BEST was in attendance.

In May, BEST took part in National Prevention Week. During this week BEST donated books on mental health and substance use to both libraries, placed drug-oriented table tents in the high school cafeterias, promoted mental health at the high schools by tabling, handed out no sale under 21 retailer mats, and held a Prevention in the Park event at Rockwell Park.

Sandy Kamens won the award for Coalition Member of the Year at the Youth and Prevention Leader Awards.

BEST collaborated with Region 10 Community Wellness Coalition, in June, to make posters for LGBTQ+ mental health. The poster linked to resources via a QR code.

BEST helped Bristol Blues baseball team put on their Pride event. BEST created T-shirts, recruited vendors and tabled at the event with information catered to the LGBTQ+ community.

At the end of June BEST submitted and the State Opioid Response (SOR) grant from Amplify and received the funds in July.

The youth sector representative, CJ Gibbs, graduated high school and therefore left the coalition in June. In July the coalition voted to make Renee Singleton the new Youth Sector Rep. Mike attended the Mid-Year CADCA conference in Dallas during July. The end of July saw the departure of the Project Associate, Rea Mushrall.

In August, Pastor Todd stepped down as co-chair of the coalition, but stayed on as Religious Sector Rep.

Monthly Narcan trainings began on August 1st and also took place on September 5th.

At the September coalition meeting, a vote was taken to approve Anicia Lockhart as the new co-chair of BEST. Anicia was elected. The LPC grant was submitted on September 13th.



# MEETINGS

## MEETINGS - attendance

November 10th – 10

December 8th – 12

January 12th – 17

February 9th – 15

March 9th – 18

April 13th – 12

May 11th - 17

June 8th - 10

July 13th - 11

August 10th - 14

September 14th – 17



**Bristol  
Eliminating  
Substance Use  
Together**

A DRUG-FREE COALITION FOCUSED ON REDUCING YOUTH SUBSTANCE MISUSE



**OPEN TO  
THE PUBLIC**

**JOIN THE  
COALITION**

Program Coordinator  
Michael C. Tingley, MPH  
michaeltingley@bristolct.gov

**2023  
MEETINGS**

|              |                |
|--------------|----------------|
| January 12th | July 13th      |
| February 9th | August 10th    |
| March 9th    | September 14th |
| April 13th   | October 12th   |
| May 11th     | November 9th   |
| June 8th     | December 14th  |

Location: Bristol Public Library  
5 High Street, Bristol  
Time: 3:30PM-4:45PM

For more information visit:  
[www.best4bristol.com](http://www.best4bristol.com)

**PURPOSE**  
The purpose of the coalition is to engage various sectors of the community to collaborate in an effort to reduce youth substance use in Bristol, Connecticut.

**MISSION**  
Work toward unifying the community to promote wellness through increasing education, implementing strategies and enforcing policy to prevent substance misuse by youth.

**VISION**  
Develop a culture of awareness and sustained action that will promote positive youth development and a healthier community.

CALL US: (860) 314-4690

\*An October meeting did not take place due to the tragedy.

- Highest attendance: March (18)
- Lowest attendance: November & June (10)
- Average attendance: 13.9
- 39 different people attended throughout the year
- Angie Karwowski and Sandy Kamens had perfect attendance (every meeting from Nov – Sept)

# ATTENDED AT LEAST ONE MEETING

Erica Benoit  
Conor Burke  
Johnny Burnham  
Steve Bynum  
Nina Chanana  
Raven Cody  
Katie D'Agostino  
Joe Fortuna  
Tom Fulton  
Christie Ganavage  
CJ Gibbs  
Jesse Johnson  
Sandy Kamans  
Heidi Kapral  
Hedy Kelley  
Alicia Krar  
Angelika Krawowski  
Bill Lamonte  
Josh Lamonte

Sarah Larson  
Chad Layton  
Anicia Lockhart  
Ashante Malone  
Josh Medeiros  
Aubrey Minkler  
Rea Mushrall  
Lt. Robert Osborne  
Shauna Lee Pangilinan  
Ann Petitti  
Samantha Rajotte  
Christine Robinson  
Scott Rosado  
Erick Rosengren  
David Ryan  
Renee Singleton  
Michael Tingley  
John Wilkinson  
Pastor Todd Williams  
Kristi Wright

# WELLNESS SURVEY

The Wellness Survey was completed in March of 2023. There were 972 respondents. 487 middle school students and 485 high school students filled out the survey.

## Respondents

Girls: 51%

Boys: 44%

Non-binary: 3%

Prefer not to say: 2%

## MENTAL HEALTH

- 1/4 said they experienced depression in the last year.
- 3/10 said they experienced persistent anxiety in the past year.
- Females reported significantly higher rates of anxiety, depression and thought of self-harm than males

### Thoughts of self-harm:

Female – 21%  
Male – 10%

### Persistent anxiety:

Female – 39%  
Male – 15%

### Persistent sadness:

Female – 29%  
Male 13%

## SUBSTANCE USE

### Substance use in past 30 days

Alcohol

High school – 5%

Middle school – 1%

### Lifetime use

Alcohol

High school – 12%

Middle school – 11%

Cannabis

High school – 6%

Middle school – 3%

Cannabis

High school – 12%

Middle school – 6%

Nicotine

High school – 7%

Middle school – 3%

Nicotine

High school – 12%

Middle school – 8%

RX Drugs

High School – 2%

Middle school – 2%

RX drugs

High school – 5%

Middle school 4%

- Most Bristol youth report that their parents disapprove of underage substance use (around 92%)
- Peer disapproval of using substances if around 79%
- Alcohol and vapes are perceived to be the easiest substances to get

# TABLING AT EVENTS

1. Tabling at Aquatics Center: (1/24)
2. Peer To Peer @ Central: (1/28)
3. Bristol Central Lunch Table (3/8)
4. Parents Night @ Bristol Eastern: (3/9)
5. Everything Expo: (3/28)
6. Child Abuse Prevention Month at Page Park: (4/11)
7. Child Abuse Prevention Month at Rockwell Park: (4/13)
8. Drug Take Back Day: (4/22)
9. Youth Prevention Leaders Awards: (5/10)
10. Prevention in the Park: (5/11)
11. Mental Health Awareness Month @ Central: (5/12)
12. Mental Health Awareness Month @ Eastern: (5/22)
13. Bristol Eastern Grad Party: (6/13)
14. Juneteenth: (6/19)
15. Pride Night: (6/21)
16. Vaping Prevention Day at Rockwell Park: (6/29)
17. Farmer's Market: (7/8)
18. Summer Concert Series: (7/11)
19. Community Conversations: (8/3)
20. True Colors Trade 5K: (8/5)
21. Rockwell Festival: (8/19)
22. Bristol Central Freshman Orientation: (8/22)
23. Bristol Eastern Freshman Orientation: (8/23)
24. Back To School Bash: (8/28)
25. Statewide Opioid Overdose Awareness Day: (8/31)
26. Bristol Opioid Overdose Awareness Day Vigil: (8/31)
27. Table @ Bristol Eastern Lunch: (9/5)
28. Table @ Bristol Central Lunch: (9/7)



# PRESENTATIONS

## MIDDLE SCHOOL VAPING

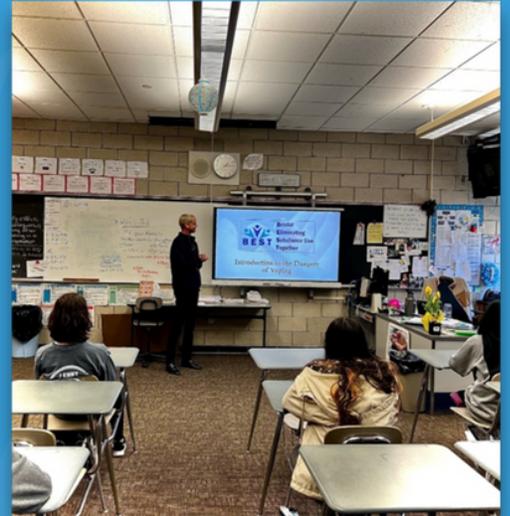
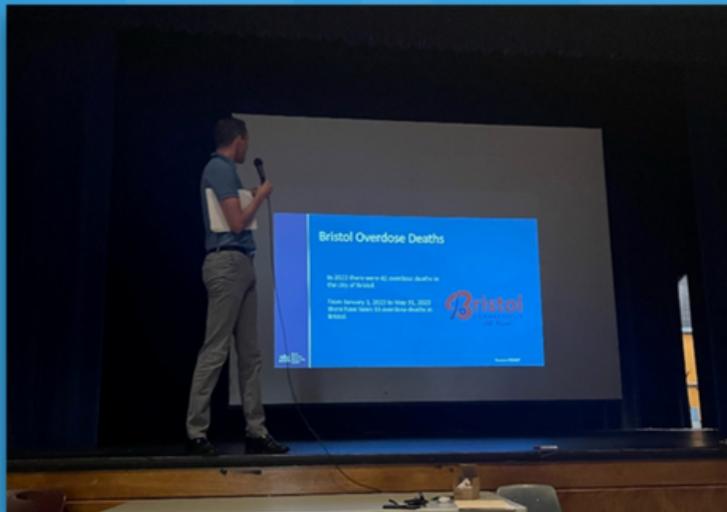
Completed from March 27 – April 3 at Chippens Middle School

## NARCAN TRAININGS

Recreation Leader Training (6/20)

August Monthly Training (8/1)

September Monthly Training (9/5)



# CONFERENCES

## CADCA Washington

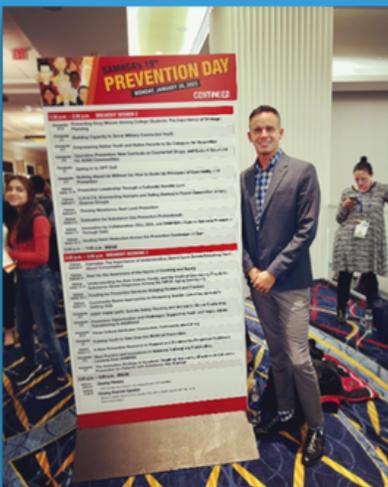
(January 29 - February 3)

## CADCA Mid-Year Dallas

(July 16 - July 20)

## Harm Reduction Conference

(September 22)



# BILLBOARDS

1. Middle Street (5/22) – Lock up your medications
2. West Washington (7/10) – BEST awareness (“Let’s eliminate underage substance use together”)
3. Route 72 (7/10) – BEST awareness (“Get facts and resources to help prevent underage substance”)
4. Route 6 (8/28) – Opioids (“Talk openly with your teens about the negative effects of opioids”)
5. Route 72 (8/28) – Opioids (“Pain management for youth sports injuries doesn’t have to include opioids”)
6. Middle Street (9/18) – Narcan training dates



# WINDOW CLINGS

1. CT Smoke and Vape Shop
2. Smoking Ape (728 Farmington)
3. Smoking Ape (74 Farmington)
4. VapeLife
5. Avalon Smoke Shop
6. 420 Smoke & Vape
7. Discount Tobacco
8. Lite It Up Smokeshop
9. Tobacconist
10. Shell (57 Middle St)
11. Maple End Package Store
12. Burlington Ave Wine & Spirits
13. Crazy Bruce's Discount Liquors
14. Sunoco Gas Station (201 North St)
15. Valero (1053 Farmington)
16. Bristol Liquor Outlet
17. Citgo (44 South Street)
18. Cumberland Farms (191 Central St)
19. BP (89 Stafford Ave)
20. Mobile (330 Middle St)
21. Citgo (527 Middle St)



# RETAILER MATS

1. 420 Smoke & Vape – 16 E Main St
2. Avalon Smoke Shop – 45 N Main St
3. BP – 89 Stafford Ave
4. Bristol Smoke Shop – 948 Pine St
5. Citgo – 436 Broad St
6. Citgo – 36 E Main St
7. Citgo – 54 Farmington Ave
8. Citgo – 527 Middle St
9. Citgo – 44 South St
10. Cumberland Farms – 266 Pine St
11. Discount Tobacco – 123 Farmington Ave
12. E's Deli & Grocery – 259 W Washington St
13. Gasman – 180 Riverside Ave
14. Haze Smoke Shop – 274 Middle St
15. Jordan's Market and Smoke Shop – 198 Burlington Ave
16. Mobile – 330 Middle St
17. Range Fuels – 115 School St
18. Shell – 57 Middle St
19. Smoke N Vape – 899 Farmington Ave
20. Smoking Ape – 74 Farmington Ave
21. Smoking Ape – 728 Farmington Ave
22. Sunoco – 201 North St
23. Tobacconist – 1214 Farmington Ave
24. Valero – 1053 Farmington Ave
25. Valero – 228 Pine St
26. VapeLife – 294 Middle St
27. Xpress Fuel – 34 Farmington Ave



# OPIOID LAWN SIGNS

OVER 50 SIGNS PLACED IN:

- Rockwell Park
- Brackett Park
- Page Park
- Federal Hill Green
- Wilson Field
- Casey Field
- Seymour Park
- Dennis Malone Aquatics Center



# BROCHURES

### SECTORS OF THE COMMUNITY

A Drug-Free Communities (DFC) Coalition is a community-based formal arrangement for cooperation and collaboration among community groups or sectors. Each group retains its identity and agrees to work together toward a common goal.

Representatives from 12 sectors organize and meet to address local youth substance use. Together, as a coalition, they are driven by local conditions to implement local solutions that will build a safe, healthy, and drug-free community.

### OUR MISSION

The mission of BEST is to work toward unifying the community to promote wellness through increasing education, implementing evidence-based strategies and enforcing policy to prevent substance use by youth.



**Bristol  
Eliminating  
Substance Use  
Together**

A Drug-Free Community  
Prevention Coalition



**Drug-Free Communities**

Local Problems Require Local Solutions

 **bestcoalition**  
 **thebestcoalition**

### CONTACT US

(860) 314-4690  
 51 High Street  
 Bristol, CT 06010

[best4bristol.com](http://best4bristol.com)

### BACKGROUND

While substance use disorder is prevalent among all racial groups, it disproportionately burdens Black/African American communities. Black/African American people face higher rates of morbidity, mortality and adverse social and legal consequences. Furthermore, resources for substance use disorder is less available for Black/African American people. Communities with a higher percentage of Black/African American residents are less likely to have an outpatient substance use disorder facility that accepts Medicaid.

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## RACIAL DISPARITIES

RELATED TO  
**SUBSTANCE  
USE**

(860) 314-4690  
**BEST4BRISTOL.COM**

### Systemic Racism's Impact

Studies have found systemic racism to be the health outcomes of Black/African American people. Factors include deeply rooted institutional racial biases that structure the experience of all Americans, the effect of racism-related stressors on the biological functioning of Black/African American people, and the conscious and unconscious biases that shape behaviors directed at people of color. This fact sheet includes health care providers.



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## LGBTQ Youth & Mental Health



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Substance Use  
Together**

 **bestcoalition**  
 **thebestcoalition**

### Background

Members of the LGBTQ community are at a higher risk of experiencing mental health conditions. This is not due to being inherently prone to it, but rather because of mistreatment and stigma within society. LGBTQ youth are twice as likely to report experiencing persistent feelings of sadness and hopelessness than heterosexual youth. Transgender youth are twice as likely to experience depressive symptoms, seriously consider suicide, and make a suicide attempt compared to LGB youth. Facing discrimination, prejudice, denial of civil and human rights, harassment and family rejection can impact the mental youth of LGBTQ youth.

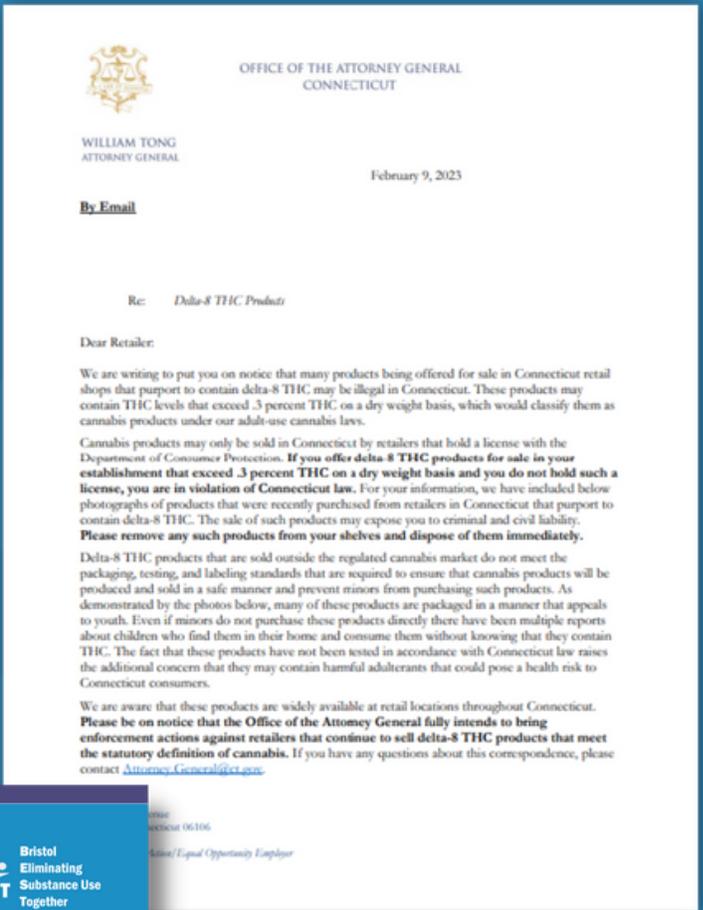


(860) 314-4690  
**best4bristol.com**

# POLICY

## Attorney General Warning Notice

Delivered to Bristol smoke and vape shops in February



## CONNECTICUT'S SOCIAL HOST LAW



### WHAT IS THE LAW?

The Social Host laws are established in the Connecticut General Statutes: Section 30-89a for alcohol, and Section 21a-421ccc for cannabis.

Both of these laws use the same language, clearly stating that while in your home or on your property, it is a crime to "knowingly or recklessly permit any minor to possess" alcohol and cannabis.

Connecticut's Social Host law was passed in 2012 to broaden and strengthen efforts to prevent underage drinking by holding parents and other adults liable. When the state legalized adult-use cannabis in 2021, the Social Host law was expanded to include cannabis as well.

### THIS MEANS IT'S ILLEGAL TO...

- Give minors access to alcohol or cannabis at your home
- Serve alcohol or cannabis to minors in your home
- Allow a party or event at your home where someone else will provide minors alcohol or cannabis

These laws also state that if you know a minor in your home or on your property is in possession of alcohol or cannabis, it's a crime to "fail to make reasonable efforts to halt such possession." This means you can be held criminally negligent for turning a blind eye to underage drinking. If you have reason to believe that minors are drinking at your home—even if you didn't personally plan a gathering or provide the alcohol or cannabis—you must try to put a stop to it.

### WHAT ARE THE PENALTIES?

Under the Social Host Law, it's a Class A misdemeanor to allow minors to drink alcohol or use cannabis in your home or on your property. For your first violation, you may be fined up to \$2,000 and receive up to one year in jail.

Depending on the situation, you could also face additional charges related to the incident. For example, if you are found to have provided alcohol to minors, you can be charged with a Class E felony, punishable by a fine up to \$3,500 and up to 18 months in jail. You may also be held civilly liable for injuries, accidents, or incidents that stem from underage drinking. This means if a minor becomes intoxicated on your property, and then commits a crime or gets into an accident resulting in injury, death, or property damage, you can be sued by the minor and/or by an injured third party.

### WHO CAN BE CONSIDERED A HOST?

Anyone who owns, rents, or controls property (indoor or outdoor) where a party or gathering is held is seen as a "host" under Connecticut's Social Host law. This includes homeowners, landowners, parents, and guardians. Young people may also be charged as hosts, such as in the case of teenagers who throw a party while their parents are out of town. There is no minimum age to be considered a host.

## CT Social Host Law Flyer

Delivered to the high schools and given out while tabling.



# NATIONAL PREVENTION WEEK

May 7 - 14, 2023

## Table Tents in High Schools



## Prevention in the Park

## Book Donations for Libraries



## Mental Health Awareness



# COLLABORATIONS WITH OTHER ORGANIZATIONS

## REGION 10 COMMUNITY WELLNESS COALITION

- Take Pride in your mental health journey - Poster

## BRISTOL BLUES

- Helped with organizing their Pride event. Created T-shirts, recruited vendors, provided decorations and tabled with educational information

## BRISTOL PUBLIC SCHOOLS

- Ordered 250 drawstring bags and filled them with educational pamphlets on cannabis, vaping and alcohol. These bags were for Bristol Central's Safe Grad Party
- Tabled at Bristol Eastern's Safe Grad Party with games and giveaways
- Established a 4-Point Program with Bristol Eastern and Bristol Central High School. This program will be an educational alternative/add on to ISS/OSS for using substances. The four points are building and maintaining motivation, coping with urges, managing thoughts, feelings and behaviors and living a balanced life.
- Tomorrow's Leaders Today (TLT) - Attended 15 sessions of the TLT program at Chippens and Northeast Middle School. BEST taught and did projects on substance use and mental health

## Department of Mental Health and Addiction Services

- BEST has joined DMHAS/CT Clearinghouse True to You Coalition, which focuses on reducing LGBTQ+ substance use. This is grant funded by DMHAS and run by CT Clearinghouse. BEST has attended the first meeting in September.



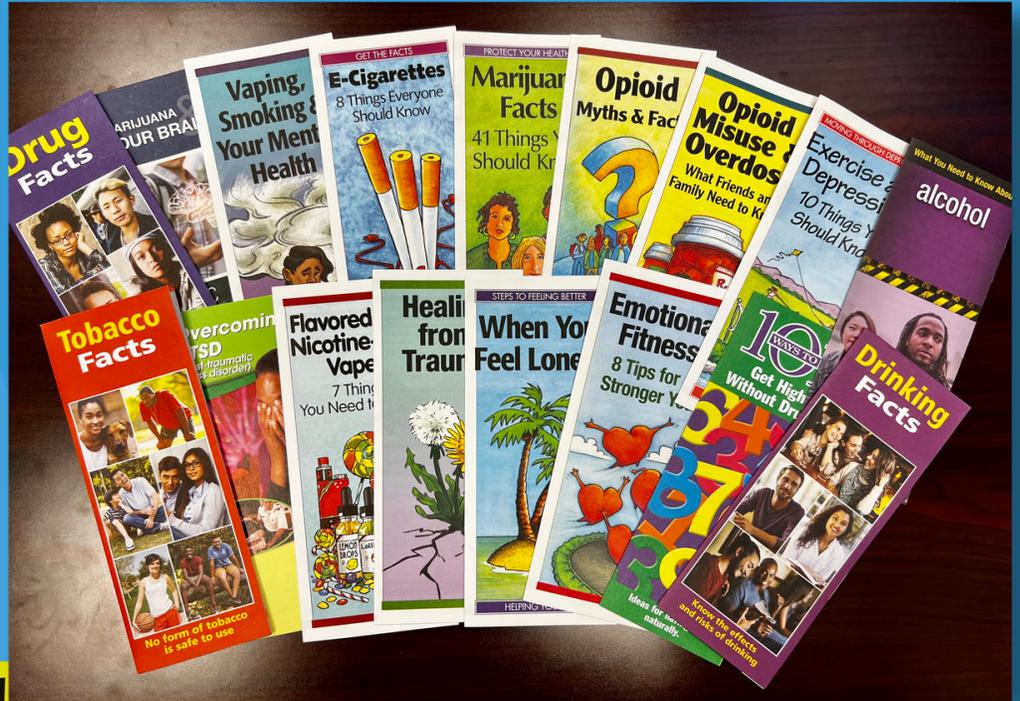
# BEST SWAG

- Chapstick ball
- First aid kit
- Tumbler
- Hot/Cold Pack
- Blue pen
- Purple pen
- Changing color bottle
- Phone pocket
- Stuffed dog
- Frisbees
- Baseball beach ball
- Stress balls
- Color-changing pencils



# RESOURCES DISTRIBUTED

These were some resources given out at tabling events, schools and libraries. The resources came from Connecticut Clearinghouse and various sites online.



# INSTAGRAM

bestcoalition Edit profile View Archive

127 posts 502 followers 324 following

**Bristol Eliminating Substance Use Together**

Bristol, Connecticut preventing youth substance use through community engagement, education and evidence-based practices. 🤝

best4bristol.com

335 accounts reached in the last 30 days. View insights

New

POSTS REELS SAVED TAGGED

**NARCAN TRAINING OCT. 3RD**  
5:30PM-6:30PM  
51 High Street  
Bristol, CT

**Harm Reduction Conference**

**Suicide is the fourth leading cause of death among 15 to 29-year-olds.**

**HEALTH EFFECTS OF COCAINE USE**

- CONSTRICTED BLOOD VESSELS
- DILATED PUPILS
- NAUSEA
- RAISED BODY TEMPERATURE
- FAST OR IRREGULAR HEARTBEAT
- TREMORS AND MUSCLE TWITCHES
- RESTLESSNESS

**Transitions can be hard. RECOVERY SUPPORT IS AVAILABLE.**

988 NATIONAL SUICIDE LIFELINE  
24/7 CALL, TEXT, CHAT

FREE NARCAN TRAININGS  
OCTOBER 3RD  
NOVEMBER 7TH  
DECEMBER 5TH  
5:30PM - 6:30PM  
Call (860) 314-4490

NATIONAL RECOVERY

127  
# of Posts

502  
# of New Followers

The new Instagram was created on December 22, 2022