

The Northwest Hills
Prevention Connection



NORTHWEST HILLS
PREVENTION
CONNECTION

APRIL NEWSLETTER

Newsletter Highlights

BE IN THE KNOW - CANNABIS CT

XYLAZINE
DRUG SUPPLY WARNING

BE IN THE KNOW

CANNABIS CT

www.beintheknowct.org



Know the Laws

Cannabis is legal for adults 21+, but there are limits regarding possession and growing marijuana plants. Just like with tobacco and alcohol, it is illegal for anyone under 21 to purchase, use, or possess cannabis.



POSSESSION

An individual may possess and use up to 1.5 oz of cannabis.



RETAIL

Retail sales will begin on January 10, 2023.



DUI

Driving under the influence of cannabis is against the law. It is against the law for both drivers and passengers to use cannabis in a vehicle while it is operating.



STORAGE

Individuals in Connecticut may also store up to 5 oz in a locked container at home or transport it in a locked glovebox or trunk.



GROW

Medical marijuana patients can grow up to 3 mature and 3 immature plants at home (up to 12 total plants per household). All adults 21+ will be able to grow under the same rules starting July 1, 2023.



TRAVEL

Driving across state lines with cannabis is illegal and can lead to federal criminal charges.



MINORS

It is illegal for adults to provide cannabis to minors.



EMPLOYMENT

Some jobs may prohibit an employee from using cannabis, even when they are off the clock.

BE IN THE KNOW

CANNABIS CT

Store it LOCKED!



Like many other substances, cannabis is toxic for children and pets. Make sure children cannot access cannabis products in any form. A safe storage plan can help lower the risk of accidental ingestion.

BE SAFE. REMEMBER TO:

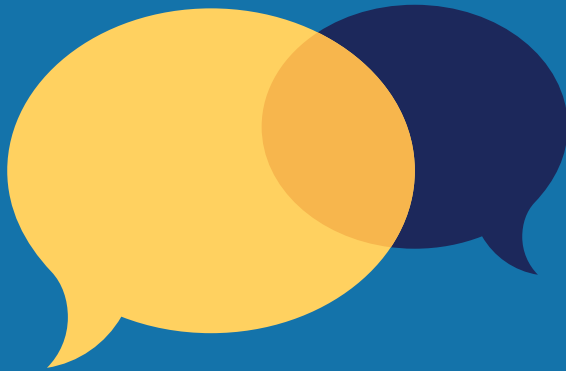
- Keep cannabis in a secure and locked place. Cannabis products should be out of sight and out of reach of children and pets to avoid accidental ingestion.
- Store cannabis products in their original containers and keep the label. Labels on cannabis products from licensed cannabis establishments will have important information including how much THC is in the product.
- Consider using a safe or lockbox with a combination lock or keypad.
- Make a list of cannabis products in your home. Knowing exactly what cannabis products you have in your home can help with medical treatment in case of accidental ingestion.

HOW TO SAFELY DISPOSE OF CANNABIS WASTE

It's important to know how to safely dispose of cannabis, cannabis products and cannabis waste. These items may contain high levels of THC and can be dangerous to both children and animals if ingested.

- Cannabis waste should be mixed with other waste material, like coffee grounds or kitty litter, so it can't be used.
- The waste mixture should be in a taped and sealed container, like an empty yogurt cup, and thrown into regular trash.
- If cannabis packaging is recyclable, throw **EMPTY** and **CLEAN** containers away with other recyclables.
- If the packaging is not recyclable, throw the **EMPTY** package away with the regular trash.
- Do not flush cannabis products or packaging down the sink or toilet.





TALK WITH YOUR KIDS ABOUT CANNABIS RISKS.

You are the number one influence on your child.

It's never too early—or too late—to talk to your kids about the risks of cannabis use. Research shows that having a strong relationship with parents significantly influences children's decisions.

Key tips for talking about marijuana with young people:

1

Plan to have many short talks. You don't have to cover everything at one time.

2

Keep it light and informal; have talks while driving or going for a walk.

3

Make your expectations and feelings about drug use clear.

4

Let them know you are always available to talk.

5

Be sure to keep the conversation going; issues facing children change as they get older.

[GET MORE TIPS](#)



HEALTH IMPACTS



STORE IT LOCKED



RESOURCES

[CLICK HERE TO READ MORE](#)



LITCHFIELD COUNTY
OPIATE TASK FORCE

XYLAZINE

Drug Supply Warning

XYLAZINE is similar to clonidine but is not used in humans. It is used commonly in veterinary medicine to sedate and provide pain control for animals. Xylazine has been found mixed into Fentanyl, a powerful opioid.



BASED ON DATA IN 2021, THERE WERE 301 UNINTENTIONAL DRUG OVERDOSE DEATHS INVOLVING XYLAZINE IN CONNECTICUT

*CT DPH SUDORS DASHBOARD (2023)

XYLAZINE'S EFFECTS:

- Pain Control
- Sleepiness/Sedation
- Low heart rate
- Low/decreased body temperature
- Low blood pressure
- Decreased breathing





LITCHFIELD COUNTY OPIATE TASK FORCE

XYLAZINE MAY BE PRESENT WHEN:

- Effects of the substance feel longer
- Xylazine is used as a cut to elongate the high of fentanyl
- Low heartrate and/or dizziness
- Individuals may not respond to Naloxone in the expected way

TIPS ON XYLAZINE



Start low, go slow. Xylazine may stay in your system for hours and can build up over time so be careful because the doses can pile up.



If you take clonidine and suspect xylazine is in your fentanyl, consider decreasing your dose or monitor your blood pressure/heart rate carefully.



If somebody is overdosing, you should still use naloxone as Xylazine is often mixed with an opioid (fentanyl)



People who use xylazine may be at an increased risk of wounds, even in non-injection locations. Keep an eye on your skin and tend to wound early. Apply ointment (Neosporin, Vaseline, Medi honey, or hexagon) to a nonstick gauze or Xeroform. Place on wound.



LITCHFIELD COUNTY OPIATE TASK FORCE

PLEASE COME SEE US AT ANY OF OUR LITCHFIELD COUNTY OPIOID TASK FORCE ROVER SITES. A LIST OF OUR ROVER SITES CAN BE FOUND AT [HTTPS://WWW.LCOTF.ORG/HARM-REDUCTION/](https://www.lcotf.org/harm-reduction/)

**FOR RESOURCES & SUPPORT
PLEASE CALL US 1(860)256-811**





Northwest Hills Prevention Connection (NHPC) is dedicated to helping prevent youth substance use in Northwestern Connecticut, specifically in the towns of Barkhamsted, Norfolk, New Hartford, Colebrook and Winchester. Through a unique network of community members, we provide area families with an understanding of substance use disorder and the benefits of not using. This knowledge provides empowerment, helping community members to make the best choices for themselves.

CORE STRATEGIES OF NHPC

NHPC follows an evidenced-based, public health model known as the Strategic Prevention Framework (SPF). The five steps and two guiding principles of the SPF offer coalitions a comprehensive process for addressing the substance misuse and related behavioral health problems facing their communities



HOW DO WE PREVENT UNDERAGE USE OF ILLICIT SUBSTANCES?

♥ MINIMIZE ACCESS

♥ EDUCATE

♥ GROW COMMUNITY SUPPORT

Get Involved

Our volunteer community coalition meets monthly to discuss ways of preventing substance use among youth and families. We plan events, recruit for our coalition, make decisions on educational materials and educate ourselves and the community about various substances and their consequences. Keep reading to learn how to get involved in our coalition!

MEETINGS

NHPC meetings occur monthly on the first Thursday of the month from 8:30 am - 9:30 am via Zoom.

All meetings are open to the public.

E-mail cohm@nwcty.org to be added to our distribution list!

COMMUNITY MEMBERS AND STUDENTS

We encourage community members and students to be part of the conversation! If you would like to get involved, please email: cohm@nwcty.org

Our Members

Kim Fiduciak	School Based	Dave Wood	Law Enforcement
Sarah Toomey	Treatment & Winsted Representative	Jill Johnson	School Based
Lindsay Rodgers	Faith	Julissa Martinez	Youth Serving Agency
Andrew Lyon	Prevention	Catharina Ohm	Chair
Kathleen Vaill	Winchester Town Government	Andrew Bakulski	School Based
Tara Yard	Norfolk Town Government	Dawn Whalen	New Hartford Representative
Tanya Risucci	Winchester Town Government	Concetto Marino	Youth Representative
Haley Stevens	Youth Serving Agency	Gina Sartirana	Colebrook Representative



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APRIL
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Upcoming Newsletters

MAY 2023

JUNE 2023
