

The Northwest Hills  
Prevention Connection's



NORTHWEST HILLS  
**PREVENTION  
CONNECTION**

# SPRING NEWSLETTER

## Newsletter Highlights

VAPING + MENTAL HEALTH | BRYAN'S STORY

---

YOUR FIRST DAY WITHOUT VAPING - TIPS

---

2025 HOPE IN ACTION TRAININGS

---

VAPING

# VAPING + MENTAL HEALTH | BRYAN'S STORY



" I would consider myself a really positive and healthy person so even I'm surprised at how deep this vaping habit went and how much I let it affect me. Nobody's immune to it but everyone can take themselves out of it."

For Bryan, vaping started as a social thing at parties. Eventually, he found that nicotine was controlling his emotions more than he realized.

Watch the episode to find out how quitting created space for a new, healthy, creative lifestyle.

**smokefree**teen

# Your First Day Without Vaping

**Your first day without vaping can be tough. Here are five steps you can take to handle your quit day.**

## 1. Do Not Vape

On your quit day, the most important thing is that you don't vape—not even one hit. Having a plan for how you will deal with triggers and urges to vape can make your quit day easier. Take it one day at a time. Focus on getting through today without vaping.

Revisit your quit plan to stay focused and confident during your quit day. If you haven't made a quit plan yet, it's not too late. Build your [personalized quit plan now](#).

**If you smoke cigarettes or use other tobacco products, now is a good time to quit those too.** We know it can seem challenging to quit smoking or using other tobacco products at the same time as quitting vaping, but [becoming totally tobacco free is the best thing you can do for your health](#).....

**CONTINUE**

# 2025 HOPE IN ACTION TRAININGS

## HOPE IN ACTION

*NALOXONE OVERDOSE PREVENTION TRAINING*  
*Discover the Science of Saving Lives*



Join Western CT Coalition's immersive webinar that equips you with life-saving skills to prevent opioid overdoses.

Gain the knowledge and confidence to:

- Recognize the signs and symptoms of opioid overdose
- Administer naloxone (Narcan) and reverse overdoses
- Identify harm reduction strategies and support resources
- Advocate for overdose prevention in your community

### NARCAN 2025 SCHEDULE

All trainings are held from 10:00-11:15 AM on Zoom

Narcan: April 29

Narcan: June 3

Narcan: June 24



WCTC

[CLICK HERE TO REGISTER](#)

# 2025 HOPE IN ACTION TRAININGS

## HOPE IN ACTION



*QPR SUICIDE PREVENTION TRAINING*  
*Uniting Research & Compassion to Save Lives*

Join Western CT Coalition for an immersive webinar that equips you with life-saving skills to prevent suicide and become a *Merchant of Hope*.

In this training, you will:

- Recognize warning signs of suicide
- Use the "Question, Persuade, Refer" (QPR) approach to connect individuals to help
- Become a beacon of hope for others

### QPR 2025 SCHEDULE

All trainings are held from 1:00-2:45 PM on Zoom

QPR: April 30

QPR: May 28

QPR: June 25



WCTC

[CLICK HERE TO REGISTER](#)



NORTHWEST HILLS  
**PREVENTION  
CONNECTION**



The 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

## Adults

Our volunteer community coalition meets monthly to discuss ways of preventing drug 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.

**Here are a few ways you can get involved:**

- Share our information online
- Attend monthly meetings or NHPC events
- Volunteer at events or outreach table

## Youth

### Middle School, High School & College Students

The NHPC Council is an alliance of individuals, where all members agree to work together to allow our youth to be strong, safe, and substance free.

**Get involved with the NHPC to:**

- Enhance your college application
- Connect with community members
- Challenge yourself
- Improve your community
- Make a difference
- Learn new skills

## 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](mailto:cohm@nwcty.org) to be added to our distribution list!

Become a coalition member today!

**SCAN ME!**



For more information about NHPC

# CONTACT

**Catharina Ohm**

860-601-1873

cohmenwcty.org



NORTHWEST HILLS  
**PREVENTION**  
**CONNECTION**

**Follow Us on Facebook for NHPC  
updates, events, information & more!**



[www.facebook.com/NHPCConnection](https://www.facebook.com/NHPCConnection)

