



June 2025 News & Resources

Stamford Prevention Council Meeting

We meet bimonthly September to May on the 4th Friday of the month 12-1:30 pm. More details to follow in the July newsletter.

In this issue...

- Announcements
- Pride Month
- Men's Health Month
- Summer Safety
- Training & Events
- What's Happening in Stamford

Other June Observances

- First day of summer
June 20th
- Juneteenth

To learn more about Juneteenth please click [here](#)

Reports & Data Why Alcohol Hits Women Harder

Alcohol use among women has surged to match men's rates, but women face far greater health risks even at lower consumption levels. A growing body of research is uncovering key neurobiological sex differences that influence why and how women drink, with stress being a more prominent

Pride Month

June is Pride Month, a time to honor and uplift the LGBTQIA+ community, celebrate diversity, and promote inclusivity. In Stamford, Pride Month 2025 is marked by a vibrant array of events that emphasize visibility, resilience, and community. Festivities kicked off with a flag-raising ceremony at the Government Center on June 2 and will culminate with the launch of a new Family Group during a June 27 showing of "Wicked" at Mill River Park

As the Stamford Prevention Council, we recognize the importance of creating safe and affirming spaces for LGBTQIA+ youth. By fostering acceptance and understanding, we can help these young individuals build resilience and reduce the likelihood of substance misuse. For a full schedule of Pride events and ways to get involved, visit StamfordCTPride.com/events. Let's come together to celebrate love, identity, and community this Pride Month

motivator for women.. [Read more.](#)

[Click here for local resources & support.](#)

Follow us!



[LGBTQIA+ Youth and Substance Use Resources](#)

Pride Month



- JUNE**
- 02 | FLAG RAISING**
STAMFORD GOVERNMENT CENTER - 12PM
 - 06 | HAPPY HOUR + PRIDE LIGHTS**
HOP & VINE - 6-8PM
OLD TOWN HALL - 8:30PM
COMMUNITY PRIDE SHABBAT
SCALZI PARK - 5:30-7:30PM
REGISTER THROUGH WWW.UJF.ORG/PRIDE
 - 11 | CARL SICILIANO AUTHOR EVENT**
FERGUSON LIBRARY - 6:30-8:30PM
 - 14 | PRIDE BOOTHS**
THE FERGUSON LIBRARY - 10AM - 4PM
TCC PRIDE IN THE PARK (NORWALK) - 12PM - 5PM
 - 18 | MOVIE NIGHT**
Avon Theatre
THE ADVENTURES OF PRISCILLA, QUEEN OF THE DESERT
FREE MOVIE & POPCORN
MINI RECEPTION - 6:30PM
MOVIE - 7PM
 - 22 | PRIDE IN THE PEWS**
FIRST CONGREGATIONAL CHURCH
10:30AM-11:30AM
FOOD TRUCK TO FOLLOW!

[Click here for a full list of pride events](#)

Men's Health Month

June is Men's Health Month, a time dedicated to raising awareness about the physical and mental health challenges men face. From heart disease and cancer to depression and suicide, men are at increased risk for many serious health issues. In fact, men are nearly four times more likely to die by suicide than women, emphasizing the need for open dialogue and strong support systems.

The Stamford Prevention Council encourages regular health screenings, early detection, and creating safe spaces where men feel empowered to talk about their well-being. By promoting education and support, we can help men take charge of their health and live longer, healthier lives.

Let's use this month to check in, speak up, and support the men and boys in our community.



Mental Health - Men's Health Network

Ignoring mental health issues can have dire consequences. Men need to understand that their mental well-being is just as important as their physical health. Here are some compelling reasons to take charge of mental health: Improving Overall Well-being: Addressing mental health issues can lead to better physical health, improved relationships, and enhanced quality of life.

[Read More](#)

About Man Therapy

What began as a suicide prevention campaign has morphed into a men's mental health campaign where the goal is to support all men before they are ever in crisis. We remind men that taking care of their mental health is the manliest things a man can do, that therapy comes in many forms and connect men and their loved ones to information, tools and resources.

[Read More](#)

Summer Safety

SUMMER SAFETY GUIDE

Stamford
Prevention
Council



SUN SAFETY

Protect yourself while enjoying the sun!

- **Use Sunscreen:** SPF 30+; reapply every 2 hours or after swimming/sweating.
- **Wear Protective Gear:** Sunglasses, wide-brimmed hats, and long sleeves.
- **Seek Shade:** Especially between 10 AM – 4 PM when UV rays are strongest.
- **Stay Hydrated:** Drink plenty of water—don't wait until you're thirsty

KNOW THE SIGNS OF HEAT ILLNESS:

Heat Exhaustion: Dizziness, headache, nausea, cool/clammy skin.

Heat Stroke: Hot/dry skin, confusion, rapid pulse—**call 911 immediately.**



MEDICATION SAFETY

Hot weather can change how your meds work.

- **Store Properly:** Avoid leaving meds in cars or direct sunlight.
- **Sun Sensitivity:** Some medications (antibiotics, diuretics, antidepressants) can increase sunburn risk—ask your doctor.
- **Stay on Schedule:** Travel and summer fun can disrupt routines—set reminders if needed.
- **Avoid Mixing with Alcohol:** Many medications interact poorly with alcohol and can increase dehydration or drowsiness.



SUBSTANCE USE AWARENESS

Celebrate responsibly and stay safe.

- **Alcohol + Heat = Risk:** Alcohol increases dehydration and impairs judgment.
- **Stay Cool & In Control:** Limit use, drink water between alcoholic beverages, and never mix substances.
- **Never Drive Impaired:** Arrange a designated driver, rideshare, or public transportation.
- **Look Out for Others:** Watch for signs of overdose or heat-related complications in those using substances. Emergency? Call 911. Don't wait.

QUICK TIPS CHECKLIST

- ✓ Sunscreen on?
- ✓ Water bottle packed?
- ✓ Medications stored safely?
- ✓ Ride home planned?
- ✓ Stay Smart. Stay Safe. Have Fun.

MORE INFORMATION

- [cdc.gov/extremeheat](https://www.cdc.gov/extremeheat)
- [samhsa.gov](https://www.samhsa.gov)
- [fda.gov/drugs](https://www.fda.gov/drugs)

OUR WEBSITE



Dive into summer with

Sun-sational

SUMMER SAFETY TIPS

from BCDAC, Inc.



It is not safer to let your kids drink at home. Set clear expectations that you do not condone underage drinking in your home - or at someone else's.



Don't be a party to underage drinking. Keep alcohol safely secured in your house at all times, especially if leaving kids at home.



Clearly label and separate drinks in coolers, monitor alcohol and make your expectations clear to your kids and other adults at social gatherings.



Fentanyl is found in many substances, including manufactured pills. A young person may think they're taking something else. Be prepared - keep Narcan on-hand.



Keep medications safe in your home and dispose of medications that are no longer needed.



Make sure medications are secure when traveling and be sure to check beach houses, rentals and Airbnbs to make sure medications haven't been left behind or are accessible.



More free time in the summer may mean more time spent on electronics. Consider setting limits on the amount of time your kids spend on their devices.



Kids can gamble through card games, lottery tickets, video games, fantasy sports and other internet challenges. Learn more about the signs of youth problem gaming and gambling: www.bcdac.org/youth-problem-gambling



Be sure to visit www.bcdac.org for more information and resources!



Bucks County Drug & Alcohol Commission, Inc.
215-444-2700



Paid for with Pennsylvania taxpayer dollars.

Summer is here, please watch this PSA and take the steps to help save lives at the pool.



Risky Drinking Can Put a Chill on Your Summer Fun

Summer is a wonderful time for outdoor activities with family and friends. For some people, a day at the beach, on the boat, or at a backyard barbecue will include drinking alcohol beverages. But risky drinking and summer activities don't mix.

[Read More](#)



The Spike In Teen Alcohol Abuse During Summer

More than 11,000 kids try alcohol for the first time during the months of June and July. This can lead to dangerous consequences, including alcohol abuse.

[Read More](#)

Prevention of Heat Illness

During periods of high temperature and humidity, there are things everyone (particularly people at high risk) should do to lessen the chances of heat illness:



Stay well hydrated and drink plenty of water.



Limit your time in the sun, especially between 10am and 2pm, when the sun's rays are most intense.



Avoid over-exertion, particularly during warmer periods of the day.



Dress in loose fitting, light-colored clothing and a hat to minimize skin exposed to the sun.



Keep windows shut, and draperies, shades or blinds drawn during the heat of the day; open windows in the evening or night hours when the air outside is cooler.



Move to cooler rooms during the heat of the day.



If not on a low salt diet, sports drinks or salty snacks can help replace salt lost to sweating.



During a heat event, one good way to cool down is to take a bath or shower.

Summer Sun Risks

Many medications, including some antipsychotics and antidepressants, can make your skin more sensitive to the sun, putting you at risk for severe sunburn and placing you at potentially greater risk of skin cancer. You can avoid these risks by doing the following:

- Stay indoors or do not spend much time in the sun.
- Wear clothing that covers your arms and legs and a hat when in the sun.

- Use a broad spectrum sunscreen with a Sun Protection Factor (SPF) value of 15 or higher. Apply as directed.

Air Quality Risks

- Be aware of air quality and check advisories that tell you when the level of air pollution can make breathing difficult, especially if you have a respiratory disease.

- Take recommended actions to reduce exposure, such as staying indoors and avoiding exercise or prolonged exertion when outdoors.

Medication Storage

Heat and humidity can alter potency of your medications. Store medications in a cool and dry place away from direct sunlight.



State of New Jersey
Phil Murphy, Governor
Tahesha L. Way, Lt. Governor



Department of Human Services
Sarah Adelman, Commissioner

Summer Heat and Sun Risks

When Taking Psychiatric Medications



NEW JERSEY HUMAN SERVICES
DMHAS
Division of Mental Health and Addiction Services

Sun-Sensitizing Drugs

Sun-sensitizing drugs have side effects when people taking them are exposed to the sun. Find out more.

[Read More](#)

[Click to View & Download](#)

Trainings & Events

WOMEN AND GAMBLING-RELATED HARMS:

Intersectional Complexities and Opportunities for Success

JUNE 16, 2025 | 1:00 PM – 2:00 PM | ZOOM

TRAINING OVERVIEW

The training will provide participants with a comprehensive overview of the often-overlooked intersection between gender and problem gambling. We will discuss the psychological and socio-cultural challenges faced by women, and how those intersectional variables may influence women's involvement in problematic or risky gambling. Unique solutions and targeted interventions or support systems tailored for women will also be discussed.



Presented by
Alyssa N. Wilson, PhD., BCBA-D, LBA (MO), ICGC-I, Associate Professor of Psychology at California State University, Fresno

LEARNING OBJECTIVES

- ✓ Describe intersectionality.
- ✓ Describe differences in gambling prevalence rates between men and women.
- ✓ Identify biopsychosocial-spiritual risk factors for women to develop gambling-related harm.

REGISTER HERE

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**CCB and IPGCC CEUs
will be available.**



**CONNECTICUT
Clearinghouse**
a program of the Connecticut Center
for Prevention, Treatment and Recovery



Fun Activities In Stamford



Ferguson library hosts a wide variety of activities for adults, teens and kids. For more information go to Ferguson Library [Website](#) and click on events. All activities are free.

STAMFORD ARTS & CULTURE

EVENT GUIDE JUNE 2025

For more information on June events, visit
[www.stamfordct.gov/government/
boards-commissions/arts-culture-commission](http://www.stamfordct.gov/government/boards-commissions/arts-culture-commission)



[Download the Junes Guide](#)

Want to learn more? Visit
<https://www.stamfordpreventioncouncil.org/>
Stamford Prevention Council
StamfordPreventionCouncil.org



Stamford Youth Services Bureau | 888 Washington Blvd. 6th floor | Stamford, CT 06901 US

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