



May 2025 News & Resources

Next Stamford Prevention Council Meeting

May 23rd, 12 - 1:30 PM,
In person only
Stamford Government Center,
6th floor

Other May Observances

- National Nurses week
- National Women's Health Week
- National EMS week

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

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Mental Health Awareness Month

Mental Health Awareness Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives and to celebrate recovery from mental illness." Substance Abuse and Mental Health Services Administration (SAMHSA)

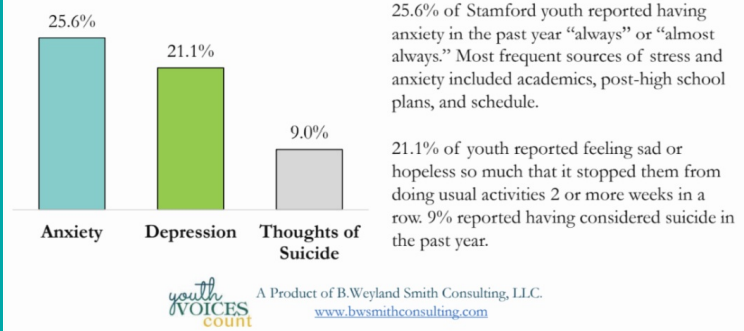
[SAMHSA](#) for more resources

Results from the May 2024 Stamford Youth Survey administered to 7-12th graders

Follow us!



Mental Health in the Past Year



to see the full report go

to <https://www.stamfordpreventioncouncil.org/data>



31 Tips to Boost Your Mental Health | Mental Health America

Download printable calendar tips (PDF) 1. Write down three specific self-care goals for the month and post them where you'll see them. Read more about self-care 3. Check in on your own mental health. Take a mental health test at mhascreening.org. It's free, anonymous, and confidential. 5.

Read More

National Prevention Week

National Prevention Week is a public education platform showcasing the work of communities and organizations across the country that are preventing substance use and promoting positive mental health

NATIONAL PREVENTION *Week*

A CELEBRATION OF POSSIBILITY

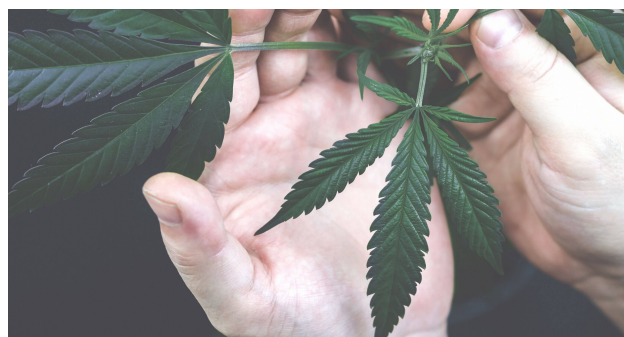
May 11-17, 2025



National Prevention Week is taking place from May 11-17, 2025! Get involved by sharing your [#MyPreventionStory](#) on social media, using SAMHSA's [planning toolkit](#), and hosting your own prevention event or activity.



Alcohol, mental health and the brain



New evidence suggests stronger link between teen cannabis use and psychotic disorders

Study first to show age-dependent link

This information looks at alcohol and how it can affect your brain and mental health. It is aimed at adults who want to learn more about alcohol, who are dependent on alcohol or who know someone who is.

Read More

between self-reported cannabis use and subsequent psychotic disorder diagnosis

Read More

TALK TO YOUR TEEN ABOUT THC



"I'd like to talk to you about THC."

THC (tetrahydrocannabinol) is the chemical in marijuana products (natural or synthetic) that makes users high (weed, vapes, dabs, edibles). THC is particularly harmful for teens, so talk to them early and often about abstinence. Here are some talking points:

- THC is legal for adults in some states but that doesn't make it legal or safe for teens.
- THC is particularly harmful for the adolescent brain and can lead to faulty development through the mid-20s.
- THC can keep you from reaching your full potential. Studies show teen users will earn less money later in life.
- THC potency is much higher today than when I was a teen. Hitting a dab pen today is the same as smoking 50 joints in the 1980s.
- THC impairs learning, IQ, memory, motivation, graduation rates, concentration, and math and reading achievement.
- THC is the #1 predictor that a teen will go on to use harder substances (over alcohol).
- THC damages your lungs and heart in addition to your brain and causes health problems.
- THC stays in your brain for four weeks and is very hard to stop once addicted.
- THC results in higher levels of truancy, aggression, fighting, and psychotic disorders.
- THC affects coordination, depth perception, and reaction time, so you should never get in a car with someone who has used THC.
- THC use as a teen makes it more likely you'll have depression or suicidal thoughts. It doesn't help with anxiety or stress long term.
- THC products should be declined if offered at a party. It's hard to say no when others around you are using it, but you can always blame it on me.

This (xxx) will be our code word if you need me to pick you up, anywhere, anytime, no questions asked.



www.drugabuse.gov/publications/drugfacts/marijuana & www.samhsa.gov/substance-use/learn/marijuana/risks

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Promoting Mental Health and Well-Being in Schools

Promote youth mental health and well-being with the action guide's six proven in-school strategies.

Read More



NPW — A WEEK OF TRAININGS



NATIONAL PREVENTION WEEK

National Prevention Week is a national public education platform bringing together communities and organizations to raise awareness about the importance of substance use prevention and positive mental health. **This year, National Prevention Week will be observed from May 11-17.**

Week of Trainings

Each day, we will be holding a virtual training **at 3PM, and one Wednesday at 9AM** to bring awareness to different topics of our behavioral health initiatives.

REGISTRATION

Scan this QR code to register, or follow the link below. After registering, you will receive a virtual Zoom link to the training.



<https://form.jotform.com/catalystct/national-prevention-week-2025>

Monday: Understanding Substance Use Disorder

Tuesday: Vaping 101

Wednesday: Community Conversations on Gambling @ 9AM
Cannabis 101 @ 3PM

Thursday: Question, Persuade, Refer

Friday: Alcohol 101



STATEWIDE PREVENTION CELEBRATION!

Prevention is for Everyone

Join us for an educational, entertaining and fun-filled day to celebrate prevention efforts happening around Connecticut!

**NATIONAL
PREVENTION
WEEK**
A CELEBRATION OF POSSIBILITY



#PreventionHappensHereCT

WHEN: May 17, 2025
TIME: 11 AM - 6 PM
WHERE: Danbury Fair

Activities Include:

- Mascot Appearances
- Therapy Animals • Clown
- Prevention Themed Games
- Face Painting • Photobooth
- Storybook Reading
- Juggling Performance
- DJ • Balloon Animals

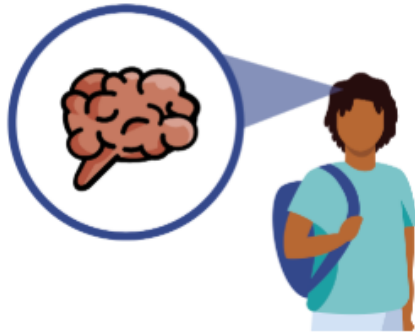
Sponsored by the Connecticut Department of
Mental Health and Addiction Services

[Click Here to Learn More!](#)

Training & Events

Inside the Teen Mind: Cannabis Facts for Parents and Teens

Inside the Teen Mind:



Cannabis Facts for Parents and Teens

Date: Wednesday, May 14th 2025

Time: 7:00 p.m. - 8:00 p.m.

Platform: Zoom

Join us for an eye-opening session that bridges scientific research with practical understanding. This engaging training provides evidence-based insights about cannabis and adolescent brain development in an accessible, judgment-free environment.

You'll gain valuable knowledge about:

- How cannabis specifically interacts with the developing teenage brain.
- Current research on impacts to mental health, memory, and decision-making abilities.
- Practical strategies for having informed family conversations about cannabis use.
- Tools for recognizing and addressing potential concerns.



Stamford Early Childhood Fair

• **Saturday, May 17**



MILL RIVER PARK Carousel Lawn

9:30AM - 12:30PM

Rain Date: May 31st

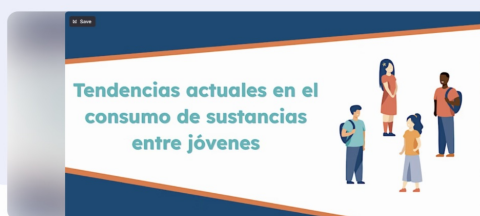
FREE

Come learn about the many preschool and family home childcare programs in Stamford and explore numerous health, education, and social service resources available.

Activities:

- Arts & Crafts
- Facepainting
- Story Time
- Games
- Bubbles

Sponsored by:



Tuesday, May 27

Current Trends in Youth Substance Use - Presented in Spanish

Free
May 27 - 6:00 PM EDT

[Get tickets](#)

Equip yourself with knowledge on current drug trends and prevention strategies. Make a difference in your community.

Vaping Trends, Myths, & Prevention Strategies



Wednesday, May 28

Vaping Trends, Myths, and Prevention Strategies

Free
May 28 - 7:00 PM EDT

[Get tickets](#)

Uncover latest vaping trends, debunk common myths & learn evidence-based prevention strategies to protect our youth.



Virtual Training by
Crystal Collier, PHD, LPC-S

MAY 28, 2025

1:00 PM - 3:00 PM

Register here by
May 27th, 2025:



Wheeler CONNECTICUT
Clearinghouse
Mental Health & Addiction Services

GAMBLING & YOUTH

Learning Objectives:

Participants will:

- Learn the neurodevelopmental effects of high-risk behavior and specifically how lack of executive function results in overestimation error.
- Learn the prevalence of gambling among youth.
- Learn the difference between low and high-risk gambling as well as the symptoms of problem gambling.
- Learn how technology exacerbates problem gambling in youth.

Approved for 2 Contact Hours
through the CT Certification Board

CONNECTICUT
Mental Health & Addiction Services

Youth Mental Health FIRST AID Training

Youth Mental Health First Aid is designed to empower adults to be able to start conversations about mental health and substance use issues.



The training provides an action plan that teaches people how to identify and address potential problems including anxiety, depression, eating disorders and more.

Friday, May 30, 2025

9 a.m. to 4:30 p.m.

Park 215 | 215 Stillwater Avenue, Stamford

The training is being held **FREE** of charge for the community! The course is for informational purposes only and not medical/professional advice. Space is limited and lunch will be provided! Register today:
youthmentalhealthct@gmail.com

stamforyouthmentalhealthalliance.org

stamford youth
mental health
alliance

don't carry it alone.
WE'VE GOT YOU

BEYOND ‘DON’T DO IT’: REAL TALK ABOUT YOUTH SUBSTANCE USE & INTERVENTION

JUNE 3, 2025 **at 12:30 PM EST**
DR. BONNIE HALPERN-FELSHER

DIFFERENT TIME: 12:30 PM EST Telling kids to “just say no” isn’t enough – but what actually works? Join Dr. Bonnie Halpern-Felsher from the Stanford REACH Lab for a real, research-backed conversation about youth substance use. Learn why kids and teens take risks, how scare tactics and punishments often fail, and what parents, schools, and communities can do instead. This webinar will give you practical, science-based strategies to help young people make healthier choices while also addressing their mental health and well-being.

REGISTER

Stamford News

2025 Community Microgrant Program

The Community Microgrant Program (formerly the Neighborhood Grant Program) has awarded small grants for community-specific projects aimed at improving the quality of life across Stamford’s neighborhoods. Depending on the needs of a particular area, as determined by people who live there, grant funds are available to help a range of resident groups – from informal grassroots organizations and well-established associations to community-wide efforts – by supporting the activities and projects important to applicants.

This year, the Community Microgrant Program

has \$77,250 available to invest in Stamford's neighborhoods. The information below outlines how groups can be successful in applying for grant funding from this program.

[2025 Community Micro-Grant Cover Memo](#)
[2025 Community Micro Grant Application Form](#)
[2025 Community Micro Grant Application Form - WORD](#)
[W9 Form](#)
[Click here for the full list of recipients of the 2024 Community Microgrant Program.](#)

MAYOR CAROLINE SIMMONS
CITY OF STAMFORD, CONNECTICUT



TEL: 203-977-4150
EMAIL: MAYORSOFFICE@STAMFORDCT.GOV

Community Micro-Grant Program 2025
Mayor Caroline Simmons, City of Stamford
This application is available on the [City of Stamford's website](#)

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Grant Eligibility Criteria

The following entities are encouraged to apply for the Community Micro-Grant Program:

- Stamford-based nonprofit or charitable organizations
- Organizations that are not 501c3 entities

**Please Note: Applicants who do not have legal nonprofit status will need to identify fiscal agents (local 501c3 organization or City Department) willing to be responsible for handling grant funds on their behalf.*

The following entities are NOT eligible for the application process:

- For-profit organizations
- Individuals

2025 Grant Priorities

While all applications will be given consideration, projects that meet the following criteria will be given a higher priority rating for this grant cycle:

- Sustainable projects
 - Ideas or initiatives that have long-term, multi-year impact on the community
 - Investments in physical spaces, equipment, tools, etc. that will be helpful to the community for years to come
- New and Innovative projects
 - Ideas that require start-up funding to get a project off the ground
 - New, creative ideas to improve the community that have not yet been tried – pilot projects welcome!

Sample Project Types:

- Activation of an underutilized public space (i.e. program series, block party, community garden, etc.)
- Long-lasting beautification effort (i.e. murals, perennial gardens, planters, tree plantings, etc.)
- Public improvements and enhancements (i.e. benches, picnic tables, trash cans, paths, safety features, lighting, etc.)
- Wayfinding and place-making (i.e. artistic wayfinding on sidewalks, neighborhood branding on banners, etc.)

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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 MAY 2025

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



Download the April [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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