

# COALITION WELCOME PACKET



**Region 3**  
*Serving Killingly, CT*

# A Little about Us:



## Vision

To create a welcoming space that celebrates diverse backgrounds and supports everyone on their journey to a healthier lifestyle. Together, we can create a vibrant and empowering community that inspires positive change.



## Mission

To promote a healthy Killingly community with partners and coalition members through education, awareness, and advocacy for youth substance prevention.



## Youth

Reduce recent use of vaping among youth ages 12-17 in Killingly by a 5% reduction, from 4% in 2021 on the Killingly School Survey to 3.8%, on the school survey by June 30, 2026.



## Coalition Based

Strengthen Killingly coalition capacity and effectiveness by increasing coalition membership, sectors represented, and opportunities for member participation by June 30, 2026.



## Parent Norms

Decrease parents reporting no risk of youth harming themselves when they use electronic cigarettes 2 points from 18.3% to 16.3% by June 30, 2024

# Meet the Coalition Coordinators

## Julia Resener

Julia is the Assistant Development & Prevention Coordinator at United Services, Inc. She has a background in outreach and prevention work with survivors of domestic and sexual violence. Julia has a certification as a Tobacco Treatment Specialist. She is an avid reader, enjoys cooking, going on walks/ hiking, and spending time with her friends, family, & cats in her free time.



## Nina Mendez

Nina is a Youth Peer Advocate at United Services, Inc. She is working towards her associate's degree in Medical Laboratory Technology, and Environmental Science: Natural Resources. Nina is new to her position, but has been involved in community work for years. She enjoys reading, taking walks in nature, and spending time with family in her free time.





# Coalition Timeline

2021

- Coalition became established
- Parent and caregiver presentations began
- First survey went out to multiple Killingly schools

- Tabling at school events started
- Coalition was promoted through local radio, and social media
- Youth education session for 8th graders through Killingly Parks and Recreation
- Working closer with Killingly school administration

2022

- Presentations continue
- Got our first youth peer advocate
- Coalition went full time, adding an additional coalition coordinator as well as an evaluator
- Started working with our local chapter of young marines
- A social media page has been created for the coalition
- Did our first DEA Drug Take Back Day, we continue to do it bi-annually

2023

- Began holding a Vaping Education Group for youth referred through the Youth Services Bureau and Juvenile Review Board
- Worked with Killingly Intermediate School's TOP group doing a school vaping prevention campaign
- Working with Killingly Intermediate School's 8th graders on how to talk to 5th graders about vaping and its dangers
- Attending open houses and parent teacher conferences at the local schools
- Attended mental health events at Killingly High to discuss substances
- Attended wellness events at a local college
- We got another Youth Peer Advocate

2024

- Youth Survey was done in February
- Marketing content created with a marketing agency
- Killingly Intermediate School and Killingly High School implemented an educational component on vaping to procedures for students caught with vapes
- Compliance checks were completed in May with all stores that were inspected passing



# Local Youth Data

Survey last done in February 2024



**65.4%** of youth reported getting vapes from friends, **30.3%** others buying them for them, and **29.9%** from parents without permission.

**78.6%** of youth report vaping nicotine, followed by **42.9%** using cannabis or THC.



The overall average age of initiation was **13** for all youth in regards to vaping.

**5.5%** of youth report that they occasionally binge drink.



**57.8%** of youth reported the access of alcohol are from parents **with** permission, **39.3%** at a party **with** adult permission, **33.3% without** parent permission.

Youth use alcohol for the following reasons primarily for **enhancement, social, and coping motives.**



Vaping products with nicotine are the second most used substance among Killingly youth, with **9.6% of youth reporting ever having used vaping products for nicotine** and **3.6% reporting recent use.**

**5.8%** Killingly Youth report **lifetime use of vapes containing cannabis or THC**

**6.2%** Killingly Youth **report lifetime use of cannabis**

**13.3%** Killingly Youth **report lifetime use of alcohol**



# Funding



## Our coalition is funded through a DMHAS grant

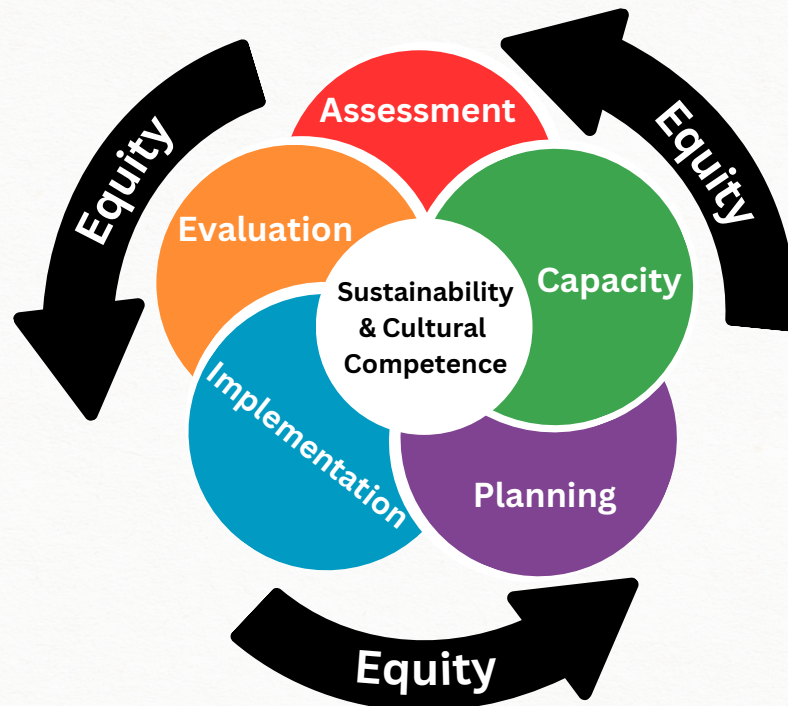
The Connecticut Department of Mental Health and Addiction Services (DMHAS) is a health care agency whose mission is to promote the overall health and wellness of persons with behavioral health needs through an integrated network of holistic, comprehensive, effective, and efficient services and supports that foster dignity, respect, and self-sufficiency in those they serve.



## Local Prevention Council

Local Prevention Councils (LPC) is given to us by Southeastern Regional Action Council (SERAC). LPCs are alcohol, tobacco, and other substance use prevention councils. The intent of this grant program is to facilitate the development of substance use prevention initiatives at the local level with the support of the Chief Elected Officials. The specific goals of an LPC is to increase public awareness of prevention and stimulate the development and implementation of local prevention activities primarily focused on youth.

# Strategic Planning Framework



The Strategic Prevention Framework (SPF) model promoted by SAMHSA is to supported coordinated, comprehensive, and data-driven planning. The five steps of the SPF guided by the two central principals.

**Cultural competence-** the ability of an individual or organization to interact effectively with members of diverse groups

**Sustainability-** the process of developing funding streams other than from grants and building an adaptive & effective system that enhances and maintains desired long-term results.

*These principals need to be integrated into each step to ensure an effective planning process.*

## The 5 steps:

**Assessment:** What is the problem?

**Capacity:** What do you have to work with? What are your human resources?

**Planning:** What works, and how do you build upon success?

**Implementation:** Put a plan into action- deliver evidence-based interventions as needed.

**Evaluation:** Examine the process and outcomes of interventions. Is it succeeding?

When the steps are implemented well it will strengthen the coalition and enhance their risk assessment when applying for funds.

**\*This process is not always linear while we start at assessment and move clockwise, many times we will revisit steps along the way.\***

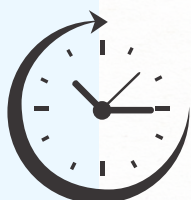


# The 12 Sectors



So, imagine a clock where each of the 12 hours is a key player in the community. At 1 o'clock, you have the schools, educating our future. At 2 o'clock there's local government, keeping things in order. Onto 3 o'clock healthcare jumps in, keeping us all healthy. As the big hand moves, each hour brings a new sector, like law enforcement, business, and faith-based organizations, each adding their unique cog to the machine.

By the time we hit 12 o'clock, we've come full circle, with all sectors working in unison. Just like a clock can't tell time if even one cog is out of place, a coalition can't function at its best unless all sectors are collaborating and contributing their part. This synergy is what keeps the hands of our coalition moving smoothly, ensuring our community is thriving.



# Sector Member & Volunteer Roles

## The primary role of coalition members include:

- Represent the voice and perspective of one of the sectors that is a part of the community and influences the community.
- Serve as a champion and ambassador of the coalition and its community prevention strategies
- Foster a workspace that is inclusive and supportive for the coalition
- Participate in the development, implementation, and evaluation of the coalition's prevention plan
- Support sustainability efforts by connecting coalition strategies to resources- new or existing, as well as promoting policy and/or environmental changes that benefit your community

## Responsibilities:

- Continue to learn and understand the SPF process and evidence-based prevention strategies.
- Attend at least eight full coalition meetings each year to review progress on the SPF (actual vs goal), work through challenges, find solutions, network, and celebrate successes along the way.
- Participate in short term action teams, time-limited work groups, or task forces necessary to the coalitions SPF activities. This may include volunteering on coalition-sponsored or affiliated events and activities.
- Serve in coalition leadership roles such as coalition chair, co-chair, or short term action team chair.
- Look through materials & documents and provide feedback.
- Facilitate access to other community resources relevant to the coalition's work such as access to leaders, priority populations, data sets, subject matter experts, or funding.

We understand that these roles can be challenging due to everyone's busy schedules. We hope each person can contribute in whatever way they are able.





# Local Partnerships



KILLINGLY  
PUBLIC LIBRARY  
A World Of Possibilities.



Troop D



Killingly  
Public Schools



Northeastern Connecticut  
Chamber  
of COMMERCE



Head Start



Westfield  
Church



True To You Coalition



# Substance Use Dictionary

To help educate members on popular terms used by youth.

## Disposables:

**ELF Bar**



**HYDE**



**GEEK Bar**



**FLUM**



**Snowwolf**



**PUFF**



\*Sativa marijuana disposable\*

## Refillable Systems:

**Box Mod**



**Suorin Drop**



**VAPORESSO**



## Closed Pod (uses disposable pods):

**JUUL**



**BLU**



## \*THC Pens\*

**Kind Pen**



**CCELL**



## Vapes that do not look like vapes:



## Other Popular Nicotine Products

Zyn pouches





# Popular terms, Phrases, & Slang for Substances

**Aerosol-** Mist produced by a vape is often but mistakenly called vapor. Aerosol produced by a vape looks like cigarette smoke to some extent. Vape products do not produce aerosol unless someone is inhaling from the device.

**Atomizer (Atty)-** The atomizer is the part that vaporizes the e-liquid. When the power is applied to the atomizer, the coil will heat, thus vaporizing the liquid.

**Battery, Batt-** Provides power to the heating element. The battery will warm the e-liquid and create vapor.

**Blanks-** Empty cartridges a user fills with e-liquid of their choosing.

**Blinker-** Taking a hit from a vape or dab pen for so long that the device starts to blink because the system thinks it's dying or failing, about a 10-second inhale.

**Bump-** refers to snorting substances (i.e. cocaine)

**Cartridge, Cart-** "A refillable vape juice container"

Truth Initiative

**Clone-** A knock-off of an authentic device that is generally less pricey.

**Closed Pod System-** A type of device that uses disposable pods containing e-liquid; the body of these devices are meant to be recharged.

**Clouds-** A popular term used for the mist produced during vaping

**Dab-** Concentrated forms of cannabis that come in several textures, flavors, and strengths. They are sticky and are a variety of colors: yellow, amber, brown, and white.

**Dab pen-** Used when consuming THC concentrates. When using this device it is also known as vaping.

**Disposables-** Devices that are for one-time use. They can range from 600 puffs to 10,000.

**Drip-** The term used for adding drops of e-liquid into a cartridge, tank, or clearomizer

**E-Cigarette Vaping Products Use Associated with Lung Injury (EVALI)-** A serious medical condition in which a person's lungs become damaged from substances in e-cigarettes and vaping products. Most often occurs when using THC products.

**Fiend, Fiending-** A person who is always trying to find and consume nicotine

**Ghost-** A vape trick where a person consumes and holds as much vapor as possible for as long as possible.

**Hit, Rip, JUUL, Drag-** "Refers to a single 'puff' from a vape device. "

Truth Initiative

**Juice, e-liquid, liquid, e-juice-** Liquid that becomes an aerosol when using a vape

**Greening-** Act of throwing up after consuming THC products.

**Milligrams (mg)-** The measurement used with the amount of nicotine found in vape juice



# Popular terms, Phrases, & Slang

**Milliliters (ml)**- The measurement for the amount of liquid found in a pod or cartridge

**Mod**- A 3rd generation of vapes which don't resemble cigarettes. These devices often allow users to customize the batteries, tanks, and coils in the device to modify temperature, voltage, and resistance to create different clouds.

**Nic**- Abbreviated term for nicotine.

**Nicotine salt or salt nicotine**- is a nicotine base combined with an acid(s). This process creates a salt nicotine solution, reduces the throat hit, and heightens the strength of nicotine vape juice.

**Nic sick**- When a person takes a large inhale from their vaping device and feels lightheaded or uneasy. The consumption of the product is often above the person's tolerance.

**Open/Refillable System**- These systems require vape juice and come in a variety: box mods, pens, and refillable pods. These devices have refillable tanks or pods that aren't thrown out after singular use. These systems are used more by experienced and mature vapers because they require more upkeep and are modified to be able to do tricks.

**Pen**- another term used for a vape

**Pod**- "A non-reusable pre-filled container of vape juice that snaps/slides into a device."

Truth Initiative

**Puff**- The act of inhaling then exhaling a form of smoke usually marijuana or vape.

**Rip it**- "Refers to vaping as much as a user can tolerate."

Truth Initiative

**Skin**- A personalized sticker that a user can wrap their device in.

**Starter kit**- A kit that includes essential vaping equipment created for beginners to vaping. Most starter kits come with an atomizer, batteries, a charger, and several cartridges often filled with juice.

**Stig**- A disposable vape that comes in different flavors; and has roughly as many puffs as a pack of cigarettes.

**Tank**- "Top portion of a box mod or refillable pen that holds the e-liquid."

Truth Initiative

**Throat hit/ kick**- The tingling sensation in the back of someone's throat when puff from a vape contains nicotine.

**Vape juice/E-Juice**- Used in an open/refillable system and comes in many flavors. Nearly all vape juice contains nicotine and is made of vegetable glycerin or propylene glycol, water, and flavorings. There is more than 10,000 flavors on the market including fruit, menthol, vanilla, etc.



# Popular terms, Phrases, & Slang

**Vape Nation-** A group of vapors who practice, work on, and have immense skill doing vape tricks; also a popular hashtag.

**Vapors tongue-** After vaping for a while your taste buds have become desensitized.

**Vit E-** Another term used for Vitamin E Acetate, which is linked to illness related to vaping THC

Truth Initiative

**Yayo-** popular slang term for cocaine

**Za, Zaza-** slang term for cannabis

**Zero, Stealth Mode-** When a user holds in the puff they just inhaled after taking a hit of a vaping device in an attempt to hide their use

**ZYN-** Nicotine pouch brand that comes in several flavors and nicotine strengths. Nicotine pouches are a type of smokeless product that dissolves in the mouth.

## Emoji's

### Prescription Drugs

Oxycodone



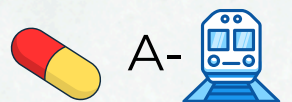
Percocet



Xanax



Adderall



### Dealer Signals

Dealer Advertising

High Potency

Large Batch

Universal for Drugs



### Other Substances

Mushrooms

Cough Syrup

MDMA & Molly

Stoned



Cocaine



Cannabis

# Contact Info



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Scan the QR code for our Instagram



Scan the QR code for our website



# A bit about you

**Please check off which sectors you fall under:**

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Parent                              | <input type="checkbox"/> Schools                    | <input type="checkbox"/> Civic & Volunteer Organizations |
| <input type="checkbox"/> Business                            | <input type="checkbox"/> Youth Serving Organization | <input type="checkbox"/> Healthcare Professionals        |
| <input type="checkbox"/> Media                               | <input type="checkbox"/> Law Enforcement            | <input type="checkbox"/> Youth                           |
| <input type="checkbox"/> State, Local, & Tribal Government   |   | <input type="checkbox"/> Substance Use Organization      |
| <input type="checkbox"/> Religious & Fraternal Organizations |   |  |

**What short term(s) action team would you be interested in joining?**  
[These will only meet on a few occasions total over the months listed](#)

- |  |  |
|--|--|
| <input type="checkbox"/> Policies/Enforcement (Sept-Nov) | <input type="checkbox"/> CVAT (August/September) |
| <input type="checkbox"/> Marketing Campaign (July-Oct)   | <input type="checkbox"/>                         |

**What is something you would like us to know about you?**

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**What do you hope to get from this coalition?**

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**Best way to get in contact with you?**

- |                                |       |
|--------------------------------|-------|
| <input type="checkbox"/> Email | _____ |
| <input type="checkbox"/> Text  | _____ |
| <input type="checkbox"/> Call  | _____ |

**\*If you have read member roles and responsibilities, please sign below\***

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**Name** **Signature**