

YOUTH SCOOP

Montville Youth Service Bureau

836 Old Colchester Road, Oakdale, CT 06370

Office Hours: 8:00 am to 4:30 pm

Program Hours: ASP 2:00 pm to 6:00 pm

February 2021

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I realize that so many of us wanted to shut the door on 2020 and make 2021 look & feel differently right away, but we have to do our best to be patient & kind as we look forward to a return to some sense of "normal"... In the meantime let's do our best to focus on the positive things in our lives and treasure all special moments!

Make Valentine's cards for those you love, and yes, even make some to share with a neighbor, a friend or even a stranger... Everyone **needs love** and sometimes it is expressed and given in the most simple, but impactful ways! All you need is some construction paper, markers, or crayons. Here at MYSB we encourage our kids to see the value of having a good heart all year around, but it never hurts to add some flowers & sweets to the mix, too!
Happy Valentine's Day from our family to yours!

This month's "Scoop" is packed with important information, events, ideas, & programs we encourage you to share with others, participate in, or just so you keep "in the know" about important "happenings" in the Montville community.

February celebrates the importance of our Black History and we encourage everyone to reflect on the impact & contributions so many Black American men & women have given to the story of our American history!

"You're not so blind with Patriotism that you can't face reality. Wrong is wrong, no matter who says it or does it." –Malcom X



Have a Fabulous & Fun-filled February!
Stay safe & healthy,

Barbara

Montville Youth Advisory Board

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Social Media



Montville Youth
Service Bureau

MontvilleYSB



Did you know...?

In our town of Montville 13 of our firefighters (paramedics & EMTs, too) AND 23 of our police officers are trained in NARCAN (Naloxone HCI) Administration.

To learn more about the Connecticut Opioid Crisis,

Visit Change the Script at

www.drugfreect.org

**CHANGE
the SCRIPT**

The more you know...

Opioid related deaths have grown in the last year. In Connecticut, through September 2020, 912 people have been lost to opioid related overdoses. That's a 10.4% increase from the same time last year, 84.8% involved fentanyl. According to the Department of Public Health, deaths are highest among 34-44 year old white males residing in a variety of urban, suburban, and rural communities.

Opioids are a class of drugs that include the illegal drug heroin & synthetic opioids such as fentanyl. Pain relievers available legally by prescription, such as oxycodone (OxyContin[®]), hydrocodone (Vicodin[®]), codeine, morphine, and many others are also considered opioids.

Children and adolescents are at a greater risk than adults of becoming addicted when exposed to opioid drugs prescribed for sports injuries, dental work, or surgery. They are very effective at reducing severe pain in the **short term**, but they can be very addictive, especially if they are misused. It is important for families to keep their prescription drugs locked up and away from young people. **Long term use of opioids, even when prescribed**, changes the way our body and brain works.

Prescription Drug Drop Boxes

The best way to dispose of unused or expired medications (prescription and over the counter) is to drop them off at a drop box! Montville is lucky enough to have three in our town!

Montville Public Safety- 911 Norwich New London Turnpike
Troop E- 395 Northbound
Mohegan Tribal Police- 49 Sandy Desert Road

Asset of the Month

Positive Family Communication

Young person and their parents communicate positively, and young person is willing to seek help of counsel from parents.

Developmental Assets are 40 research-based, positive experiences and qualities that influence young peoples development, helping them become caring, responsible and productive adults. The more of the assets a young person has, the more successful they can become.

Youth News!

Columnist of the Month

Nicole Hudson - 8th Grade
Positive Family Communication

Communicating with your family is very beneficial for your mental and physical health. Your parents are always there to help you be the best person you can be. Ever since I was little, my dad has always been there to help me with soccer. I can always go to my dad with questions and he takes time to help solve the issues with me. I'm also comfortable going to my mom to talk about school issues, my confidence, etc. I've learned your parents are never there to judge you, they are there to help you to succeed in life. Parents want the best for you, and will never try to put you down.

Healthy Relationship Week

February 8th- 12th

MYSB and MHS YAC will be hosting a virtual Healthy Relationship Week!

Join us on Instagram and Facebook throughout the week as we discuss healthy vs. unhealthy relationships, answer trivia questions and learn how you can be entered to win a great giveaway just for wearing purple!

We hope to "see" you there!

#yacaboutit #Montvillewearspurple

Teaching young people about healthy relationships & ways to avoid physical dating violence can reduce physical and sexual dating violence by

60%

Love is Respect
Text "Loveis" to 22522

"There is always light, if only we're brave enough to see it. If only we're brave enough to be it."

~Amanda Gorman~

trending now



February Birthdays

Lilly English - 12th

Marcus Guerrero - 28th

After School Program

Heart Healthy Month

MYSB will be celebrating Heart Healthy Month with delicious, healthy snacks for all of our ASP participants!

All snack recipes will be posted on our social media pages so you can recreate the snacks at home!

Stay tuned for all the healthy treats coming your way!!



Random Acts of Kindness Day

Wednesday, February 17th

MYSB will be creating thank you cards to send out to local heroes as a tribute to all the hard work that has gone unnoticed over the last 12 months!

Grab a few to decorate yourself for someone you know!

“In a world where you can be anything... be kind.”

Payment Reminder:

The 2020-2021 program fee has been broken into weekly payments. \$175 is due, per child, for the second half of the school year.

Weekly payments of \$10 per child should be put in the payment drop box on the sign in table.

Payments must be made regardless of attendance, unless it is COVID-19 related. Please contact Dianne with any questions.

Dianne@montvilleyouth.org

MYSB Inclement Weather Closing Policy

If schools close early **DUE TO SNOW**, the After School Program will be closed. If schools remain open, we will be open, however, we ask that families pick their children up at their earliest convenience, in order to ensure everyone's safety.

"Tell Me Something Good!"

Valentine's Day Giveaway!

Wednesday, February 10th

Montville Community Center

9:30- 4:00pm or while supplies last

Stop by and pick up a special Valentine's Day craft,
coloring/activity sheets & a delicious snack!

This is a zero contact pick up!

Stay tuned for a St. Patrick's Day & Easter Giveaways in March!

Dynamic Duo of the Month

Jimsly and Stephen are two members of the MHS Youth Action Council who have made the best of the last year!

Despite being unable to meet for our regular meetings these two young men have provided their peers with positive social media posts and helped organize and collect data for our youth mental health survey.

They are currently working on mentoring our middle school YAC members to create a PSA about gambling, creating a mental health campaign, and putting together a youth vaping campaign. Jimsly and Stephen have really turned a negative into a positive and have all the while kept smiling and laughing. It has been a pleasure to watch them work to keep their community (mentally) healthy throughout this pandemic! Thanks for all you do guys!

It wouldn't be as fun without you!

Jimsly & Stephen



February Food Frenzy

**YAC & MYSB need your help to restock the shelves
of our local foodbank!**

We are asking for the following donations:

Tuna, SPAM, Peanut Butter, Cereal & SpaghettiO's

Donations can be dropped off at the Montville
Community Center

Monday-Friday 9 am to 4:30 pm.

All donations will be given to Montville Social Services

Stay tuned for updates about additional places you can donate food items!

February 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 ASP 2- 6 pm	2 ASP 2- 6 pm	3 Office Hours 8- 4:30	4 ASP 2- 6 pm	5 ASP 2- 6 pm	6 Center Closed
7 Center Closed	8 ASP 2- 6 pm	9 ASP 2- 6 pm	10 Office Hours 8- 4:30	11 ASP 2- 6 pm	12 ASP 2- 6 pm	13 Center Closed
14 Center Closed	15 Closed Presidents Day	16 Office Hours 8- 4:30	17 Office Hours 8- 4:30	18 ASP 2- 6 pm	19 ASP 2- 6 pm	20 Center Closed
21 Center Closed	22 ASP 2- 6 pm	23 ASP 2- 6 pm	24 Office Hours 8- 4:30	25 ASP 2- 6 pm	26 ASP 2- 6 pm	27 Center Closed
28 Center Closed						



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YOUTH SCOOP

Remember to stay tuned to The Youth Scoop, the Montville Community Booklet, our website: www.montvilleyouth.org and our Facebook page for up-to-date program, service & event information, or give us a call at 848-7724 to speak with a staff member. We will be happy to assist you in any way we can!