

Fall  
2018

PREVENTION NEWS FROM THE BARRINGTON ADULT YOUTH TEAM  
[www.thebayteam.org](http://www.thebayteam.org)

# The BAYTEAM

# buzz

## EAST BAY TOBACCO YOUTH COUNCIL LIGHTS UP THE STATE'S HEALTH EQUITY CONFERENCE



*EBTYC member displays an electronic cigarette disguised as a pen*

Youth from Barrington, Bristol, Warren, and East Providence, working under a grant from the RI Department of Health, recently presented at the RI Convention Center about their work on model tobacco policies. Electronic cigarette usage is rising rapidly amongst youth and policies that ban flavorings, increase the age of sale to 21, and control where and how tobacco products are sold help limit youth access. Ninety percent of current adult smokers began smoking as teens, so whatever we can do to prevent youth use will pay off in fewer deaths and illnesses in adulthood.

## IT'S TIME WE TALK

Look for more information to come about this exciting new program for 2019 featuring book group discussions, fascinating presenters, intriguing films, and exciting activities like virtual reality. **It's Time We Talk:** Connecting the community through a series of discussions and events promoting emotional well-being: sponsored by The BAY Team, Barrington Public Library, and Friends of Barrington Public Library through a grant from the RI Foundation.

Join us for the kick-off presentation featuring *Barbara Van Dahlen* and *Change Direction* on Sunday afternoon 1/27 at the Barrington Library. There will also be food and a resource fair.



## BAY TEAM UPDATE – 10,000 VOLUNTEER HOURS & 10 YEARS OF SUCCESS!

The \$125,000 per year grant that has supported the BAY Team for the past 10 years came to an end on September 30. A commemorative booklet is now available and chronicles the success this funding has brought to Barrington. While youth substance use has decreased during this time, new challenges abound including the overdose epidemic and electronic cigarettes (aka Juuling) as well as changing marijuana legislation, and the continued prevalence of youth alcohol use. With significantly less funding, the BAY Team continues to need community help – volunteers and funding are always welcome. We generally meet the first Monday of each month at 8:45am in Town Hall.



**PREVCON IS  
COMING!**  
**PLEASE JOIN US  
FOR A STATEWIDE  
CONFERENCE  
FOCUSSED ON BRAIN  
DEVELOPMENT**

\* Come to  
\* Barrington's  
Tree Lighting \*  
\* Festival! \*

December 1, 2018  
11:00am–5:30 pm  
Barrington Town Hall



Thank you to all who participated in this year's Barrington Day of Caring.

The success of the event came in the words and smiles of those we helped in our community.

## THE BAY TEAM

The Barrington Adult Youth Team  
Against Alcohol and Drug Abuse

The BAY Team  
Barrington Town Hall  
283 County Road  
Barrington, RI 02806

Denise Alves, Coalition Director  
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www.thebayteam.org

Find us on 

# 1 IN 6 TEENS WHO USE MARIJUANA WILL BECOME ADDICTED



Learn more at  
[RIprevention.org](http://RIprevention.org)

## ARE WE SURE WE WANT THIS FOR OUR KIDS?

**Count It, Lock It, Drop It** is one way we can all help rid our community of excess prescription medications. Count your pills on a regular basis to ensure that none are missing. Make sure you are securing all medications. A locked cabinet or bag is the best way to keep pills safe. Drop off any unwanted medications at the Public Safety Complex, any day, any time.




## WHAT'S ALL THE BUZZ ABOUT SOCIAL EMOTIONAL LEARNING?


### Social Emotional Learning/Competency

The ability to understand, manage, and express emotional aspects of one's life

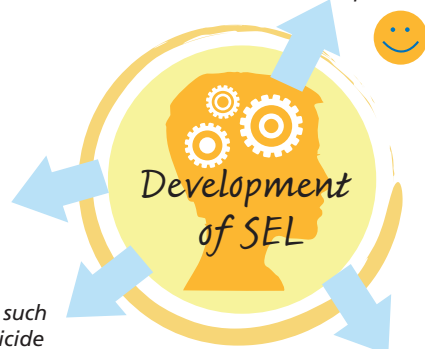
### 5 Core Competencies that SEL develops:


- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision Making

 Positively make emotional adjustments and experience mental health

 Prevents at-risk behaviors, such as substance abuse and suicide

Leads to fewer negative behavioral problems and less emotional pain



 Produces better grades and test scores

### Rhode Island SurveyWorks Results: BARRINGTON GRADES 6-12

**65%** Do not feel they are understood as a person in school

**79%** Do not feel connected to adults at school

**52%** Say stress has interfered with their ability to participate in school.

**60%** Do not feel like they matter at school

**48%** Feel like they do not belong at school