

WINTER
2019



The
BAYTEAM

PREVENTION NEWS FROM THE BARRINGTON ADULT YOUTH TEAM
www.thebayteam.org

buzz

SPOTLIGHT ON THE BAY TEAM'S INTERN NATALIA TOVAR



Natalia Tovar, a senior from The Met School in Providence, works at The BAY Team two days a week, helping with data, information dissemination, and general support. In her spare time, she likes reading, soccer, and animals. She also has a part time job at Texas Roadhouse where she trains new staff in line dancing. After graduation, Natalia plans to pursue a degree in pharmaceutical sciences and hopes to get her PhD. Natalia will be focusing on E-cigarettes for her senior project with educational presentations on the danger of vaping to her peers and staff at the Met.

IT'S TIME WE TALK

Connecting the community through a series of discussions and events promoting emotional well-being, sponsored by the BAY Team and the Barrington Public Library through generous funding from the RI Foundation and Friends of the Barrington Public Library. See the Barrington Public Library website for up to date information and locations. Upcoming events include:

Films – *Inside Out* – 4/20 at 1pm, *Into the Light*, *Chronic State*, and *The Ripple Effect*.

Human Library – check out people instead of books! Learn unique stories through in-person interviews.

Chronic Pain Self-Management – 2/14-3/21, Thursdays 9:30am-1, Register with Jessica D'Avanza 401-247-1920, x321 or jessicad@barringtonlibrary.org

CVS Pharmacists Teach – 4/28 2pm, Learn important information about opioid medications. Adult and teen sessions will give you plenty to talk about at the dinner table.

Community Book Discussion – *Dreamland* by Sam Quinones

Teen study breaks – stress management, warm cookies, during the BHS spring exam period. Learn how to use the new Oculus virtual reality equipment for relaxation.

Mental Health 1st Aid – various sessions offered in April and May. Contact the BAY Team for possible stipend to attend.



THE FUTURE OF THE BAY TEAM

The BAY Team is a volunteer prevention coalition with a mission to promote a safe and healthy Barrington through collaboration and communication. Since terming out of our federal Drug Free Communities grant, we now receive only limited funding through the RI Department of Behavioral Health Developmental Disabilities and Hospitals, Department of Health, and through grants and donations. This money is about 10% of the budget we have worked with over the past 10 years. We receive no money from state or town budgets. There continues to be a need to fund prevention of alcohol, tobacco, and marijuana misuse, especially with the emergence of electronic cigarettes.

Through the statewide system of regionalization, the BAY Team works with the East Providence, Bristol and Warren coalitions to address substance misuse and promote health across the lifespan. The regional East Bay Coalition has been awarded new funds to address the opioid overdose crisis over the next two years.

Community members are encouraged to volunteer and donate to the BAY Team. We especially need parents of younger children to join us. We meet monthly on the first Monday of the month at 8:45am in Town Hall. Donations may be mailed to The BAY Team at 283 County Road.

MOUNT SNOW SKI TRIP

Tuesday, February 5
 (A Professional Day in the Barrington
 Public Schools)

Enjoy an exciting day of New England skiing! Families, single adults and students are welcome on an outing to West Dover, VT for a great day of skiing or snow-boarding. Unaccompanied students* are welcome, but must have written parental permission to attend. Permission slips will be mailed home with trip confirmation letters and must be brought to the motor coach, signed by parent or guardian. Early morning departure from Barrington; depart ski area at 4:30 PM and return to Barrington approximately 9:00. DEADLINE to register: January 30. No exceptions! **FEE: \$100.** Includes round-trip motor coach transportation, full-day lift ticket and North East Action Sports' adult escort. Those wishing to ride the bus only and not ski are welcome for \$58 per person. *Students younger than 12 are welcome, but must be accompanied by a parent or other responsible adult. Co-sponsored by Barrington Community School and The BAYTeam, Call BCS at (401) 245-0432 or visit North East Action Sports www.neactionsports.com.



The Barrington Adult Youth Team
 Barrington's Prevention Coalition

The BAY Team
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Denise Alves, Coalition Director
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www.thebayteam.org

Find us on 

EDIBLE FORMS OF MARIJUANA LOOK IDENTICAL TO REAL CANDY



Learn more at Rlprevention.org

ARE WE SURE OUR CHILDREN WILL BE ABLE TO TELL THE DIFFERENCE?

HEALTHY DECISIONS: THE IMPORTANCE OF FAMILY

As children grow, they are increasingly influenced by peers, social norms, and the media. Yet throughout child development, families continue to be impactful. **Parents build a solid foundation for their children by establishing positive family values, modeling effective stress management, teaching how to overcome challenges, establishing rules, enforcing limits, and practicing good communication.** To problem-solve, one must think about a conflict and then make an effective decision. Often problem solving occurs under stress. A parent can demonstrate weighing pros and cons and making their own effective decisions. Modeling healthy stress relief strategies will further encourage youth to develop their own coping mechanisms. For you, this might be daily walks, socializing with friends, or a particular hobby. Whatever it is, verbalize to your children what you do and why. **Research proves that when parents monitor, supervise, and set boundaries, their children are at lower risk as teens for using drugs and alcohol.** For example, limiting technology use to 1-2 hours each day will allow a child to develop other skills and interests and spend less time absorbing media. By discussing family values and priorities and engaging in activities as a family, parents and children develop trust in one another, helping a child to internalize family values, even when surrounded by other influences. To learn more, watch our video series **Parenting IS Prevention** on YouTube.

BAYOUTH SCHOLARSHIP APPLICATIONS DUE 4/1/19

Each year the BAY Team awards scholarship funds to a student who has worked with Mrs. Royley, the Student Assistance Counselor at BHS through the HOPE Club. Interested students should contact Mrs. Royley before April 1, 2019.