

Supportive Resources

Teens Breaking Barriers

Holiday Safety Tips

Every Holiday Should Be A Safe Holiday



Brought to you By:

Teens Breaking Barriers

The Winter Holidays are near and Teens Breaking Barriers wants to inform the community on tips to celebrate safely.

Dixwell Newhallville Clinic

660 Winchester Ave.

New Haven, CT 06511

Tel:(203)776-8390

www.dncmhs.org

Saint Raphael's

Evening Chemical Dependency Program

1294 Chapel Street

New Haven, CT 06511

(203)784-8790

www.srhs.org/psychiary/psy_chemical.asp

SATU

One Long Wharf Dr.

New Haven, CT

Tel: (203) 974-5777

http://www.dmhas.state.ct.us/cmhc/Documents/Services/Services_SATU.htm

Funded in part by: Connecticut Department of Mental Health & Addiction Services

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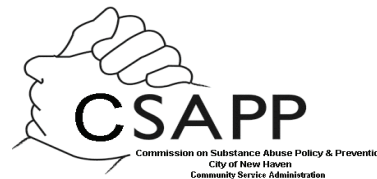
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City of New Haven

Commission on Substance Abuse Policy and Prevention
Community Services Administration

165 Church Street

New Haven, CT 06510

Phone:203-946-8445

Fax:203-946-8587

www.cityofnewhaven.com/SubstanceAbuse/index.asp

John DeStefano Jr., Mayor

Kica Matos, Community Service Administrator

Esther Armmand, Director

**Teens Breaking Barriers
Wishes Everyone A Safe and
Happy Holiday**



**A Great Gift to Give this Holiday Season...
SOBRIETY!!
Happy Holidays!!**



Safety Tips

Adults

If you're going to drink, drink Responsibly

- Don't Drink and Drive
- Take a cab home or use a designated driver
- If you're not drinking, stay aware of those who are
- Never leave your drink unattended
- It is illegal to serve minors alcohol on private property, with minimum exceptions

Minors

- The legal age to drink is 21.

Remember you can always have the "Buzz Without The Booze."



Depression and Violence



Depression is an emotional state of mind characterized by feelings of gloom and inadequacy, leading to withdrawal. You may feel:

- Emotional- easily aroused to emotion; quick to weep, be angry, etc. Using alcohol to escape from your worries and troubles
- Sad- Feeling helpless or hopeless.
- Suicidal-having a negative view of your self, situation, and future. Seeing death as the only solution.
- Fatigue- lack of energy.
- Agitated-you may seem restless, irritable, annoyed and even violent (e.g. fighting, verbal, and domestic abuse)

Domestic violence increases during the holiday season because stress runs high causing people to turn to alcohol as an outlet.

It's important to know that alcohol only worsens the symptoms of depression!!

Fun Virgin Drinks

(Non Alcoholic Beverages)

Egg Nog

1 cup plus 1 table spoon of sugar

½ teaspoon of vanilla extract

¼ teaspoon of ground nutmeg

2 cups of whipping cream

2 cups of milk

Mix Well

Playwright Punch

2 oz. of cranberry juice

3 oz. of pineapple juice

2 oz. of orange juice

1 drop of lemon-lime soda

Mix Well

Serve over ice, garnish, and a slice of orange or cherry

Merry Sunshine

3 oz. of orange drink (Sunny Delight)

3 oz. of cranberry juice

1 drop of lemon-lime soda

Pour into glasses

Add equal parts of orange drink and cranberry juice

Mix Well

