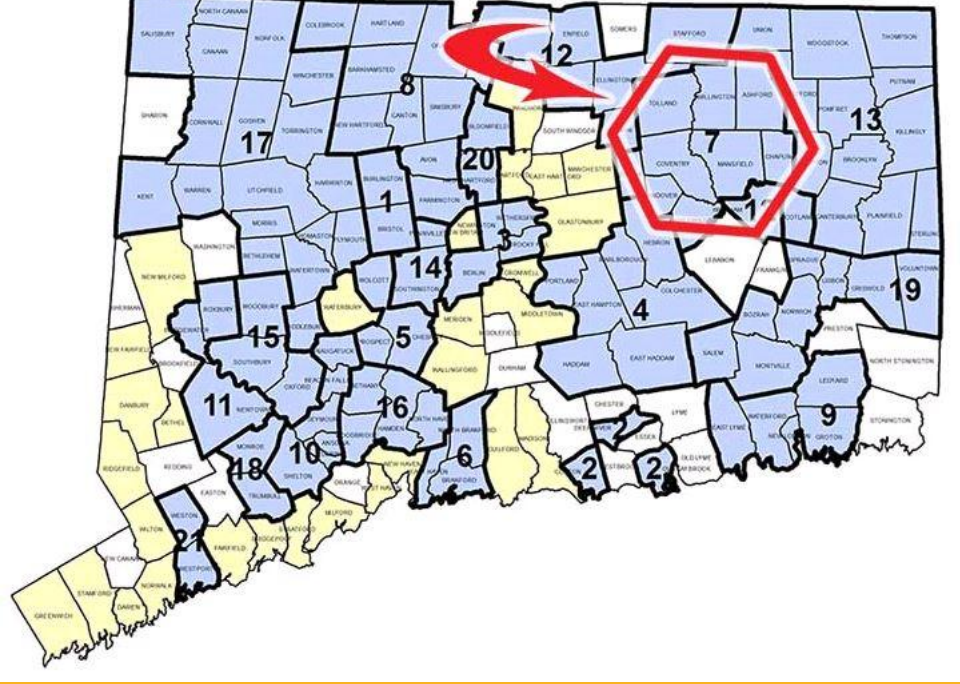


SPOTLIGHT SPEAKER

CECILE SERAZO RN, BSN
COMMUNITY HEALTH AND
WELLNESS COORDINATOR

EASTERN HIGHLANDS
HEALTH DISTRICT (EHHD)



TEN TOWNS: ASHFORD, ANDOVER,
BOLTON, CHAPLIN, COLUMBIA,
COVENTRY, MANSFIELD, TOLLAND,
WILLINGTON

SERVING 79,045 RESIDENTS

EASTERN HIGHLANDS HEALTH DISTRICT



The Eastern Highlands Health District strives to put our motto of "preventing illness and promoting wellness" at the forefront of all services we offer. The environmental health program provides the basic duties for which the Health District is best known, and their services are the backbone of our efforts to "prevent illness" in our communities.

COMMUNITY ENGAGEMENT

COVID-19 AWARENESS & PREVENTION CLINIC



FREE VACCINES (5 Y/O+)



FREE TEST KITS (2 / PERSON)

BENTLEY MEMORIAL LIBRARY
206 BOLTON CTR RD, BOLTON

MON MAY 15TH 4-6:30PM

HOSTED BY EHHD
WWW.EHHD.ORG



FREE SCREENINGS:
APRIL 6: UCC TOLLAND 11am-12:30pm
APRIL 28: TOLLAND HIGH SCHOOL 5:30-6:30pm
More info in Hot Topics at EHHD.org
All are welcome! No appointment needed!

Stay on top of your Blood Pressure.

the force of your blood pushing against the walls of your blood vessels as your heart pumps it around your body.

KNOW YOUR NUMBERS
MANAGE RISK FACTORS
ADOPT HEALTHY HABITS

NORMAL **ELEVATED** **HIGH**
Also called Hypertension

EHHD
Eastern Highlands Health District

SOURCES

SOURCES:
ices (860) 798-6583
ocial Services (860) 647-9196
vices (ACCESS Agency)
(860) 450-7400 x7430
rvice (860) 742-5324
arvice (860) 429-3315
ices (860) 871-3612
(860) 774-2020
ervices (860) 487-3118

ON COUNCILS:
ction for Substance Abuse Elimination
sect.org (860) 568-4442

ional Action Council (SERAC)
860) 848-2800

L RESOURCES:
Resources
h.org (877) 884-3571

Mental Health & Addiction Services
ov/DMHAS (860) 563-4086

(800) 426-7792; (860) 456-1311

ms, Inc.
grams.org (860) 450-7122

EMERGENCY

Treatment options for someone struggling with addiction come in many options.

If you or a loved one is experiencing a life-threatening emergency, call **911** or report to the nearest emergency room.

Day Kimball Healthcare Crisis Services - Townsend ER, 24/7
(860) 928-7503 • 320 Pomfret St, Putnam

Rockville Hospital ER 24/7
(860) 872-0501 • 31 Union St, Vernon

Manchester Memorial Hospital ER 24/7
(860) 646-1222 • 71 Haynes St, Manchester

Windham Hospital ER 24/7
(860) 456-6715 • 112 Mansfield Ave, Willimantic



**The Opioid Epidemic:
Our Communities,
Our Concern**



SUBSTANCE ABUSE TREATMENT RESOURCE

Department of Mental Health & Addiction Services
1-800-563-3333
Toll-Free 24 hours a day/7 days a week

Eastern Highlands Health District
www.ehhd.org (860) 450-7122

EHHD
Eastern Highlands Health District

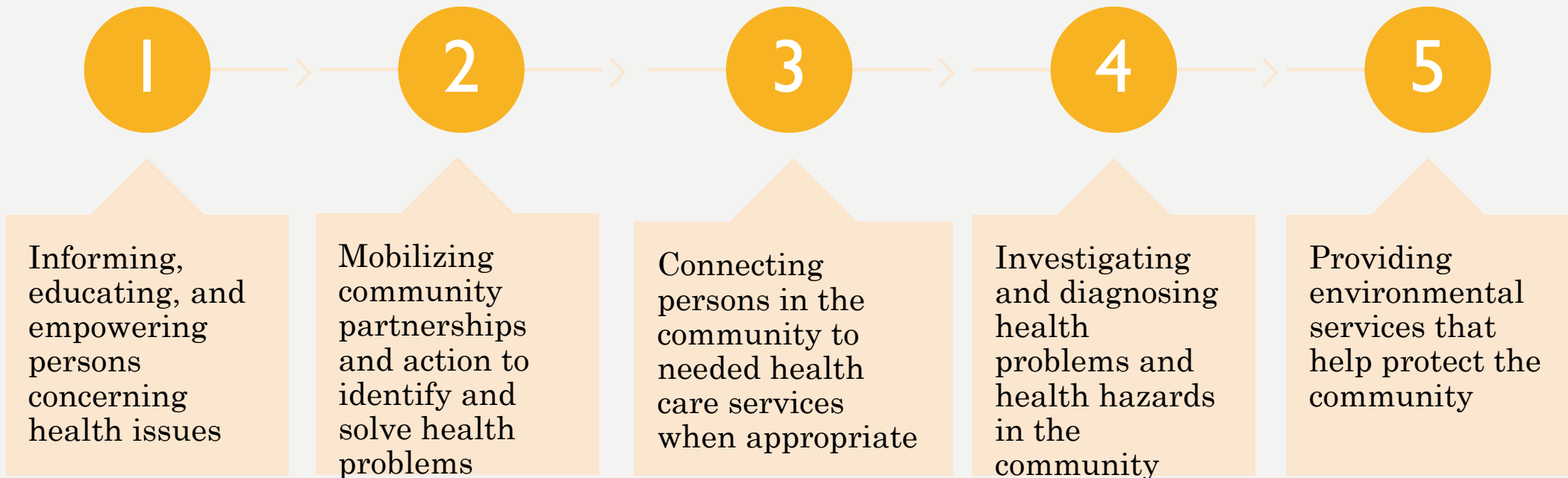
HEALTHY FOODS | FUNDING & PARTNERSHIPS | WEBSITE QUICK GUIDE | PHYSICAL ACTIVITY | COMMUNITY HEALTH QUICK AUDIT | CONTACT US

WELCOME TO THE HEALTHY COMMUNITIES TOOLKIT

Resources for small, rural communities in New England and beyond.

Kim Bova Photography

GOALS/OBJECTIVES:



WORKING TO KEEP YOUTH SAFE

Making Our Parks Tobacco-Free



A Toolkit sponsored by the Tolland County
Community Health Action Response Team

How Eastern Highlands Health District Supports Youth

- ☀ **Health & Safety Education** – Teaching bike safety, nutrition, and healthy lifestyle habits.
- 💉 **Vaccination Clinics** – Providing immunizations to protect against preventable diseases.
- 🚲 **Community Programs** – Organizing events like bike safety programs and wellness challenges to promote active living.
- School & Childcare Support** – Ensuring safe environments through health inspections and guidance.
- ♥ **Empowering Youth for a Healthier Future** – Organizing a presentation and questions and answer panel “The Opioid Epidemic: Our Communities, Our Concern”, tabling at youth events, tobacco-free toolkits, bringing harm reduction groups to community events with Naracan training and free kits

INTERSECTING WITH THE BOLTON PREVENTION COUNCIL

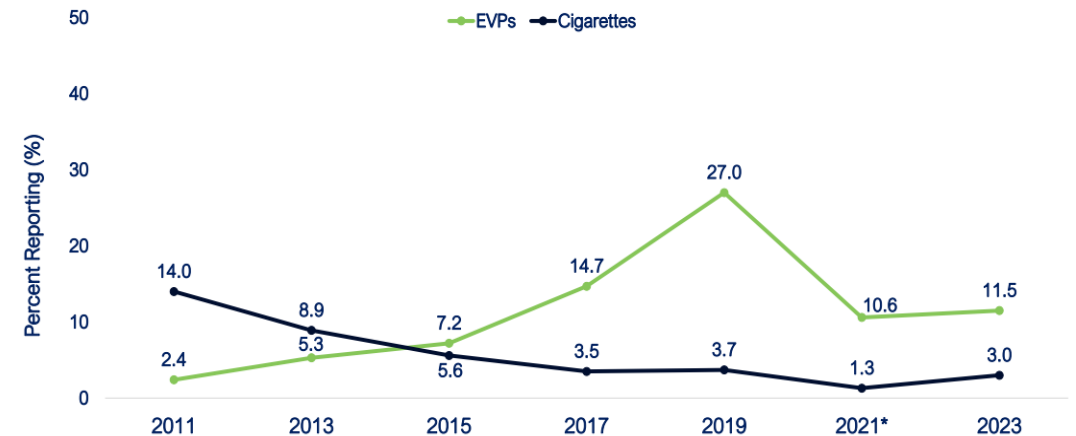
- **Substance Use Prevention:** EHHD supports the Bolton Prevention Council (BPC) by providing data, resources, and guidance on substance use trends among youth, helping to develop evidence-based prevention strategies.
- **Health Education & Outreach:** EHHD collaborates with BPC to offer educational programs on mental health, healthy decision-making, and substance use prevention for students, parents, and community members.
- **Community Partnerships:** EHHD connects BPC with regional and state-level public health initiatives, fostering partnerships that enhance prevention efforts and expand available resources.
- **Policy & Advocacy Support:** EHHD assists BPC in advocating for policies that promote youth well-being, such as tobacco and vaping regulations, school wellness initiatives, and community-based prevention strategies.
- **Event Collaboration:** EHHD partners with BPC on community events, such as health fairs, workshops, and youth engagement activities, promoting a healthy and supportive environment for young people in Bolton.

SOME WORRISOME CT DATA

According to the [National Center for Drug Abuse Statistics](#), Teenagers in Connecticut are 7.47% more likely to have used drugs in the last month than the average American teen.

Alcohol remains the substance of highest use prevalence in Connecticut compared to all other substances.

Percent of High School Students Reporting Past 30-Day Use of Electronic Vapor Products (EVPs) vs. Cigarettes in CT, 2011-2023



Note: The language around electronic vapor products has changed over the years. In 2017 and earlier, the survey asked about current "e-cigarette" use rather than vapor products.
*Caution should be taken when comparing CSHS 2021 data to that of previous years due to differences in methodology in survey collection.

Source: CSHS (CT YRBS)

[From The State of the State: Substance Use in Connecticut A presentation to the Alcohol and Drug Policy Council August 20, 2024](#)

BPC Spotlighted Speaker Series

THANK YOU



Cecile Serazo



serazocc@ehhd.org



www.EHHD.ORG

RESOURCES

- Alcohol and Drug Policy Council, August 20, 2024, *The State of the State: Substance Use in Connecticut*, https://portal.ct.gov/-/media/dmhas/publications/state-of-the-state-presentation_adpc_080124.pdf?rev=b8119cc679454904a3bdf0ebe68f1a99&hash=0177BAC97E3DB913CD8F4400A3EBE8E2
- Eastern Highlands Health District, April 1, 2025, Website: <http://www.ehhd.org/tobaccofree>
- National Center for Drug Abuse Statistics, *Drug Use Among Youth: Facts and Statistics*, access: 04/02/2025, <https://drugabusestatistics.org/teen-drug-use/#:~:text=Teenagers%20in%20Connecticut%20are%207.47,marijuana%20in%20the%20last%20month.>