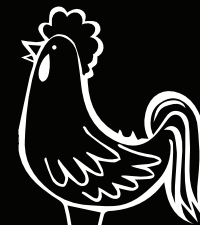
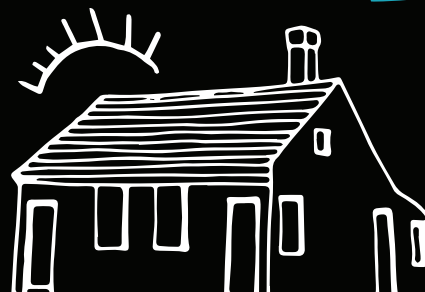


For more information  
or for ways to become  
involved, contact:

**EAST HADDAM YOUTH  
& FAMILY SERVICES**

860-873-3296  
[www.ehlpc.org](http://www.ehlpc.org)  
[www.ehyfs.org](http://www.ehyfs.org)



MEAN IT.  
LIVE IT.  
DO IT.



Funded by East Haddam Youth & Family Services through a grant from Middlesex United Way and East Haddam Local Prevention Council through the Drug Free Communities Support Program.

**EAST HADDAM YOUTH & FAMILY SERVICES**



# THE SPIRIT OF EAST HADDAM

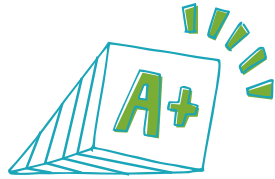


East Haddam is a family where everyone works together to make the town a better place.

It has rural country charm and sensible Yankee attitude. It's a town that has a cattle farm and a world-class Opera House within blocks of each other and neither feels out of place. Most importantly, it has an amazing sense of humor about its quirks and contradictions that make it truly an American original.

Community matters here.

Our efforts to make our town a better place for our youth are working.



OUR MOST RECENT SURVEY SHOWED THAT:

OUR YOUTH  
FEEL LOVED +  
SUPPORTED

⇒⇒⇒ 72%

of our kids receive high levels of love and support from their families.

OUR YOUTH  
ARE INVOLVED +  
CONNECTED

⇒⇒⇒ 65%

of our kids participate in school and/or community-based activities, clubs and organizations.

OUR YOUTH KNOW  
POSITIVE VALUES +  
RESPONSIBILITY

⇒⇒⇒ 71%

of kids in our town stand up for their beliefs and act on their convictions.

Providing support, encouragement and high expectations gives our youth a solid foundation to make healthy choices about their lives.

MOST OF OUR KIDS ARE ON THE RIGHT TRACK:



81%

report NOT using alcohol



88%

report NOT using marijuana



96%

report NOT using prescription drugs

But we face challenges that threaten that foundation.



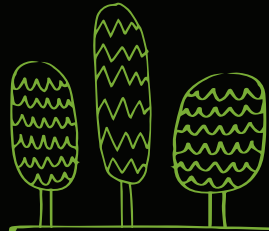
OUR MOST RECENT SURVEY ALSO SHOWED THAT:

21% of our kids perceive that adults in our community value them. → 79% OF OUR KIDS DIDN'T

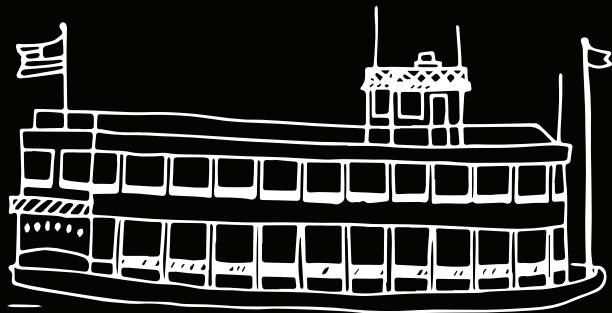
31% believe that parents and other adults model positive, responsible behavior. → 69% OF OUR KIDS DIDN'T

27% feel that youth are given useful roles in our community. → 73% OF OUR KIDS DIDN'T

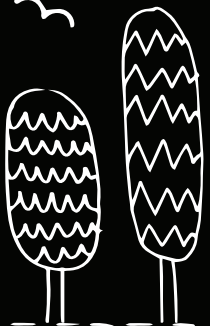
If we want our kids to continue to make positive choices, we need to lead by example and do a better job of showing them that they matter.



LET'S MEET THE CHALLENGE BY →



BEING  
STRONGER  
TOGETHER

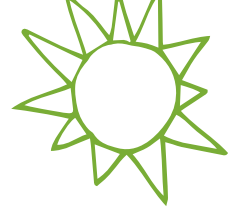


HELLO



WE ARE THE EAST HADDAM  
YOUTH & FAMILY SERVICES

We envision a community where all youth and families feel connected, respected and valued and where all sectors of the community provide for the well-being of its citizens.



Our vision requires participation. You can:

- ⇒ Be active in the lives of our youth.
- ⇒ Truly listen to one another and respect different points of view.
- ⇒ Get involved in our community.
- ⇒ Recognize that what you say and do influences how you're seen by others.
- ⇒ Support youth programs and activities.



# HOW WE MEAN IT. LIVE IT. DO IT.



**TAMMY SPURGEON** ⇒ Parent

“My involvement in our community focuses on providing our youngest children with meaningful experiences, being a positive role model, and letting them know that they are supported in school, as well as in the community.”

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**MEGHAN QUINN** ⇒ Student

“I volunteer my time as an assistant dance teacher to provide instruction and support to younger dancers. As a role model, it is my responsibility to put forth my best effort and ensure that fellow dancers are in a positive learning environment.”

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**ROBERT RAINES** ⇒ Teacher

“I support kids by investing in them as individuals. When kids know that you care about more than just their grades, they are empowered to be the best version of themselves.”



**MATT TUNG** ⇒ Student

“The way I support kids in our community is by just being a good friend and person. While I am always ready to help someone on the any of the problems they may face, I believe that the best way to supportive is just to be a nice, outgoing person who makes their everyday life more fun.”

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**PETE GOVERT** ⇒ Community Member

“I support youngsters in our community by keeping them in mind while making decisions on town boards, asking them what they think, playing music with them and otherwise recognizing their presence. I do it because it is important for kids to feel connected. It is critical for the community.”

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**JEFF RHOADES** ⇒ Officer East Haddam Police

“I support our kids by teaching DARE, attending Teen Coffee House and by being active on the Juvenile Review Board and East Haddam Local Prevention Council. I think it is important for kids to realize that police officers serve as advocates and resources to them.”



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Everyone has a role to play—  
everyone can make a difference.  
Take the challenge with us.

Mean it. Live it. Do it.

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Here are some things you can do:



- Smile and say hello when you encounter a young person around town.
- Get to know the parents of your children's friends.
- Always ask where your kids are going, who they are going with, and when they'll be home.
- Solicit young people's input in all decisions that affect them.
- Seek out adult mentors and healthy role models.
- When you see a young person helping with a community event, thank them for volunteering.
- Get involved in the community through volunteering.
- Build a relationship with a child through babysitting, playing catch with a neighbor or volunteering as a coach or coaching assistant.
- Attend youth sporting events, concerts, plays or other activities.