

Youth Yellow Pages

The Youth Yellow Pages is designed to help young people located community resources. The people and organizations involved in putting this booklet together have tried to provide accurate information on each topic area. This information is not meant to take the place of professional advice. If medical or other assistance is required, services of competent professionals should be sought.

Attention

The community effort that developed this directory was the result of our concern for you. The agencies mentioned in this directory have trained personnel to help you with difficult situations. Please seek immediate help when you have a serious problem. You are encouraged to involve a parent or other trusted adult in addition to utilizing the resources provided in this directory.

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Youth Service Bureaus in Middlesex County

Agency	Family Counseling	Individual Counseling	Group Counseling	Youth Employment	Crisis Intervention	Information & Referral	Wilderness Programs	Peer Advocates	Mentoring	Community Service Projects	After School Activities	Summer Programs	School/Court Liaison
Clinton Youth and Family Services (860) 669-3894	X	X	X		X	X		X	X	X		X	X
Cromwell Youth Services (860) 632-3448	X	X	X	X	X	X			X	X	X	X	X
Durham-Middlefield Youth & Family Services (860) 349-0258						X		X	X	X	X	X	X
East Haddam Youth & Family Services (860) 873-3296	X	X	X		X	X		X		X	X	X	
East Hampton Youth & Family Services (860) 267-9982	X	X	X		X	X	X			X		X	X
Haddam-Killingworth Youth & Family Services (860) 345-7498	X	X	X	X	X	X			X	X	X	X	
Middletown Youth Center (860) 343-3894											X		
Old Saybrook Youth & Family Services (860) 395-3190	X	X	X	X	X	X	X	X	X	X	X	X	X
Portland Youth & Family Services (860) 342-6758	X	X	X	X	X	X				X	X	X	X
Tri-Town Youth Services Bureau, Inc. (860) 526-3600	X	X	X	X	X	X		X	X	X	X	X	
Westbrook Youth & Family Services, Inc. (860) 399-9239	X	X	X	X	X	X			X	X	X		

ABUSE and NEGLECT

Abuse

If you or someone you know is being hurt either physically, sexually or emotionally, please tell someone. There are people in our community who can help. First consider talking with your parents or caretakers. If unable to talk with a parent or caretaker, you can talk to your teachers, clergy, guidance counselors, coaches, the Department of Children and Families, and school based health centers. No child, youth or adult should live with the fear of being abused.

Neglect

Neglect is the failure to provide necessary food, shelter, clothing, medical care, education or supervision. It is also the failure to protect a young person from harm. If someone younger than 18 is abused, neglected or homeless, the Department of Children and Families (DCF) must help them. In the event of abuse, neglect, or homelessness, a young person will be placed in either a group home, foster home, shelter or have someone (a relative or adult friend) appointed as their guardian.

If you or someone you are concerned about is being abused or neglected, call:

Infoline		2-1-1
D.C.F. (Department of Children and Families)	www.dcf.state.us	(860) 638-2100
D.C.F. Hotline		1-800-842-2288

ALCOHOL, TOBACCO and other DRUGS

Many young people are tempted to try alcohol, tobacco or other drugs for a variety of reasons. Some people experiment because they are curious, to escape problems, because of peer pressure, or to have a good time. Even small amounts of alcohol/tobacco/drugs change the way a person acts, thinks and feels, and even interfere with both physical and mental development. It is important for you to know the risks and make safe decisions.

Dangers of using alcohol and drugs:

- overdose and possible death
- memory loss
- addiction
- consequences of what one says or does while drunk or high
- physical illness
- AIDS (if needles are shared)
- accidents
- problems with family and friends
- poor school grades

WARNING SIGNS: You, or someone you know, are in TROUBLE when you:

- drink/do drugs because of problems
- think of hurting yourself
- drinks/do drugs by yourself
- can't think clearly or concentrate
- try to cut back on use and fail

If you think you or someone you know has a drug problem, talk to a parent, teacher, guidance counselor, or other adult you trust. If for some reason you can not, please consider using the following resources:

Prevention

CT Clearinghouse	www.ctclearinghouse.org	1-800-232-4424
Match Against Tobacco	www.matchcoalition.com	1-888-336-6282
Governor's Prevention Partnership	www.preventionworksct.org	1-800-422-5422
Middlesex Cty. Substance Abuse Act. Council	www.ctprevention.com	(860) 347-5959
CT Communities for Drug Free Youth		1-800-422-3234
Child & Family Agency of SE Connecticut (Essex)		(860) 767-0147, x.1308
The Rushford Center	www.rushfordcenter.org	(860) 346-0300

Treatment

The Connection	www.theconnectioninc.org	(860) 343-5510
The Connection – Valley Shore Center (Old Saybrook)		(860) 395-6380
Rushford	www.rushfordcenter.org	(860) 346-0300
St. Francis Care Behavioral Health (Portland)	www.stfranciscare.org	1-800-251-6474
Alcohol and Drug Hotline		1-800-729-6686
Alcoholics Anonymous (Middletown)		(860) 530-9511
Alcoholics Anonymous (24 hour answering service)	www.ct-aa.org	1-888-624-6063
Al-Anon (24 hour answering service)	www.ct-al-anon.org	1-888-825-2666
Alateen (24 hour answering service)	www.ct-alateen.org	1-888-825-2666
Narcotics Anonymous (24 hour answering service)	www.ctna.org	1-800-627-3543
Substance Abuse Helpline	www.drughelp.org	1-800-DRUG-HELP

BULLYING

Bullying means any overt acts by a student or a group of students directed against another student with the intent to ridicule, humiliate or intimidate the other student while on school grounds or at a school-sponsored activity, which acts are repeated against the same student over time. Bullying is not tolerated in schools and is dealt with very strictly.

If you have a problem with bullies, please talk to a parent, school counselor, administrator or teacher.

CAR ACCIDENTS

Because you can't be sure how much damage has been done to the vehicles, the extent of injury to drivers or passengers, or whether the other person has insurance, call the police and make a report.

Police are mandated to file a State Accident Report with the Department of Motor Vehicles within five days for all car accidents resulting in bodily injury or damages over \$1,000.

WARNING: Never run away from the scene of an accident.

What to do:

- stay calm
- make sure other people are all right
- check for witnesses
- do not move your car until the police arrive, unless it is causing a safety hazard
- always exchange names, addresses and phone numbers
- always exchange names of insurance companies and driver license numbers

For more information call:

Department of Motor Vehicles www.dmvct.org (860) 263-5700

Police Department where the accident took place

DRIVING LESSONS/ LICENSE

The best approach toward obtaining a Driver's License is to go through your school's driver education program. Your school might use a private company, or it might have its own program. Apply at either your school's main office or the guidance office.

The driving experience begins with a Learner's Permit. You must be at least 16. If 16 or 17, you must be enrolled in an accredited driver education course. You may obtain a Learner's Permit at any full service DMV (Department of Motor Vehicles) office. You must pass a vision and knowledge test.

To obtain a Driver's License, you must pass the DMV driving test which is by appointment only.

The specific requirements are in the State of Connecticut CMV Driver's Manual. Your driver education program will provide you with one or you may request one by calling (860) 263-5700.

EATING DISORDERS/ WEIGHT CONTROL

To grow and develop normally, good nutrition and exercise are essential. Our culture is overly concerned with dieting and being thin. While it is important to eat well and exercise, for some people dieting can get out of hand. Over- or under-eating to feel better about yourself, or to avoid feelings, is not healthy. This misuse of food is called an eating disorder and it can be life threatening. If you or someone you know is struggling with an eating disorder, tell a parent, guardian, teacher, guidance counselor, or other trusted adult. Help is available!

Anorexia Nervosa is an eating disorder. Because of emotional, environmental or physical factors, a person ignores the signs of hunger and refuses to eat. People with anorexia may already be thin but do not see themselves as thin. Anorexia is a very serious, even deadly eating disorder.

Bulimia is also an eating disorder. People suffering from Bulimia eat enormous amounts of food in very short periods of time and then to keep from gaining weight will throw up or take laxatives. The sufferer is often trapped within the destructive binge/purge cycle and can't stop.

Overeating and Compulsive Eating are also unhealthy habits and may be signs of emotional or physical problems. If you are concerned about eating behaviors/weight, talk with your doctor or call:

<u>Infoline</u>		<u>2-1-1</u>
<u>Connecticut Self-help Network</u>		<u>(203) 624-6982</u>
<u>Nat. Assoc. of Anorexia and Eating Disorders</u>	<u>www.anad.org</u>	<u>(847) 831-3438</u>
<u>Family Counseling Center (Newtown)</u>		<u>(203) 426-8103</u>

EDUCATION

Completing your education is one of the most important things you can do for yourself. Problems with friends, family, money, health or work may interfere with school, but don't give up. You have a legal right to stay in school, even if you are pregnant, have special needs or are ill. There are alternative ways to complete your education. Talk to a teacher or guidance counselor.

General Education Development Test (GED)

The GED is a program for students who have stopped attending high school. Getting a GED can open doors to jobs, colleges, and job training programs. You are eligible to take the test if you are 16 or older and have officially withdrawn from high school

Programs Offered Through Middletown Adult Education

High School Completion – They have three ways to complete your high school education:

1) Adult High School Credit Diploma Program:

Complete a minimum of 20 credits. For adults 16 and over and withdrawn from high school.

2) GED Diploma Program:

Complete a series of national standardized tests. You can prepare to take the GED through free classes, or take a practice GED test to determine your next steps. For ages 16 and older and no longer enrolled in school.

3) External Diploma Program: This is a high school diploma program for mature adults who have acquired their academic skills through life and work experience. Participants must demonstrate their skills through the successful completion of a series of assignments.

Basic Skills – Basic skills offers remedial help in reading, writing and math for students ages 16 and older and no longer enrolled in school.

English as a Second Language – English classes assist speakers of other languages to improve English communication at home and on the job.

Citizenship – Citizenship programs prepare students to fulfill INS requirements for citizenship.

Family Learning – Family Learning provides early childhood education and adult academic instruction. It also reinforces the parent-child relationship and enhances parenting skills through a variety of services and components.

ADULT EDUCATION

Middletown Adult Education	www.middletown-adulted.org	(860) 343-6044
Adult Education (East Hampton)		(860) 365-4000
Adult Education (Old Saybrook)		(860) 395-3183
Literacy Volunteers of America	www.literacyvolunteers.org	(860) 347-0337
LEARN – Clinton site		(860) 861-3139

EMOTIONAL and MENTAL HEALTH

Taking care of your body and mind is really important. You can get mental health services free or at a reduced cost (called “a sliding fee scale”). In most cases services are confidential. Parental consent is not always required for mental health services, treatment and testing; however, sharing problems and speaking openly with your parents is advisable.

Before going to the places listed in this section, call and ask: what services are offered? Who can receive services? How are charges handled? Do I need an appointment? Do I need parental permission? Most

clinics are open during regular working hours on weekdays.

Being mentally healthy means feeling good about yourself. It does not mean feeling good all the time. No one does. Everyone has some uncomfortable or angry feelings. However, when feelings interfere with your normal activities, it is important to seek help. Some warning signs are:

- sudden changes in mood or behavior
- depression, prolonged unhappiness, lack of interest in activities once found enjoyable
- anxiety, strong feelings of uneasiness, fear, or imagined danger
- losing temper over small things
- physical aches and pains that have no physical cause
- not working up to potential in school or sports
- alcohol and drug use

YOUR OPTIONS

If you or your family are experiencing difficulties, talk to someone who is a good listener and makes you feel comfortable.

Get professional help if it's too difficult or personal to talk to a friend or relative. Professional counselors, therapists, social workers, psychologists, and psychiatrists are all trained to listen in a non-judgmental way and to help people talk out and better understand their problems. Mental health centers, family service agencies and other organizations offer counseling. Your school counselor can help you find the right professional for you. There are also private practitioners who can help (usually at greater cost), whose numbers you can find in the phone book.

REMEMBER, don't let anything keep you from getting the help you deserve. If the first person you ask doesn't help you, ASK SOMEONE ELSE.

<u>Infoline</u>	<u>2-1-1</u>
<u>Child and Family Agency</u>	<u>(860) 767-0147</u>
<u>MARC: Community Services</u>	<u>(860) 342-0700</u>
<u>Middlesex Hospital Homecare</u>	<u>(860) 704-5600</u>
<u>Middlesex Hospital – MH Clinic</u>	<u>(860) 358-8760</u>
<u>Gateway Counseling Service (Essex)</u>	<u>(860) 767-2025</u>
<u>Child & Family Agency of SE Connecticut (Essex)</u>	<u>(860) 767-0147</u>
<u>Department of Children and Families</u>	<u>(860) 638-2100</u>
<u>Family to Family Connecticut</u>	<u>(860) 346-5308</u>
<u>Al-Anon Family Group</u>	<u>(860) 346-5308</u>
<u>Community Health Center (Clinton)</u>	<u>(860) 664-0787</u>
<u>Community Health Center (Middletown)</u>	<u>(860) 347-6971</u>
<u>Midstate Behavioral Health Crisis Stabilization (Meriden)</u>	<u>(800) 567-0902</u>
<u>Keigwin School Health Center (Middletown)</u>	<u>(860) 632-8103</u>
<u>The Connection Counseling Center</u>	<u>(860) 343-5510</u>
<u>Middletown: Non-Violence Alliance</u>	<u>www.endingviolence.com (860) 347-8220</u>

River Valley Services Mobile Crisis Team	(860) 344-2100
Family Advocacy Program	(860) 344-6717
Affirmation Counseling Center (Portland)	(860) 342-0760
The Family Wellness Center (Westbrook)	(860) 347-6971

EMPLOYMENT

To start working, you need a Social Security number. To get one, call Social Security at 1-800-772-1213 or go to the office at 425 Main St. in Middletown (347-8562). You must bring a birth certificate if you have never had a social security number before and complete an application. The card will be mailed to you within 10 days.

If you are 14 – 17 years old, you will have to go to the main office at your high school to get working papers. Since the types of jobs are very limited, they will also tell you the types of employment allowed for your age as well as the hours.

Whether you are looking for a summer job, or a part-time job during the school year, some questions you might want to ask yourself are:

- What do I like to do and what am I good at doing?
- What kind of skills do I have (i.e., typing, computer skills, good with people) and what hobbies or extra-curricular school activities do I participate in that might help me in a job?
- How will I get to and from work?
- How many hours and days of the week can I work?

Places to get leads on jobs are the classified section of the newspaper, school and community center bulletin boards, and contacts through family and friends. When you call the places below, ask what ages they serve. If one place can't help, don't give up! Finding a job means hearing many "no's" before you hear "yes." The following are some phone numbers for questions regarding job training, employment assistance and employment:

Job Training

Middlesex Community/Technical College	(860) 343-5800
CT Labor Dept. www.ctdol.state.ct.us	(860) 344-2661
Mid CT Works	(860)344-2661
Jobs First	(860) 344-1917
Job Corps CT Center	(203) 397-3775
Middletown Adult Education www.middletown-adulted.org	(860) 343-6044
Evenings	(860) 347-8594

Employment Assistance

CT Labor Department www.ctdol.state.ct.us	(860) 344-2661
Mid CT Works	(860) 344-2661
Jobs First	(860) 344-1917
Russell Library Career Center	(860) 347-2520

Employment

CT Labor Department	(860) 344-2661
Mid CT Works	(860) 344-2661
Jobs First	(860) 344-1917
City of Middletown Youth Services	(860) 344-3493
City of Middletown Parks and Recreation	(860) 343-6620
City of Middletown Arts and Culture	(860) 343-8093

The following is a list of workplace rules for kids attending school from the Connecticut Department of Labor.

Permitted hours of work for 16 and 17 year old students:

In Restaurants/ Recreation/ Amusement/ Theatres

(School weeks)

6 hours per day on school days

8 hours per day on Fri., Sat., Sun.

6 days/ 32 hours per week

6am-11pm (midnight if no school the next day)

(Non-school weeks)

8 hours per day

6 days/ 48 hours per week

In Retail/ Mercantile/ Manufacturing/ Mechanical

(School weeks)

6 hours per day on school days

8 hours per day on Fri., Sat., Sun.

6 days/ 32 hours per week

6am-10pm (11pm if no school the next day)

(Non-school weeks)

8 hours per day

6 days/ 48 hours per week

In Hairdressing/ Bowling Alley/ Pool Hall/ Photography

(School weeks)

6 hours per day on school days

8 hours per day on Fri., Sat., Sun.

6 days/ 32 hours per week

6am-10pm

(Non-school weeks)

8 hours per day

6 days/ 48 hours per week

Permitted places of employment/ Employment rules for 14 and 15 year olds

Permitted Places of Employment:

Agriculture

Hospitals/ Convalescent Homes*

Hotels/ Motels*

Banks

Insurance companies

Professional offices (lawyers, CPAs, etc.)

Municipalities (Libraries, Park & Rec., etc.)

Licensed summer camps

Acting

Street trades (babysitting, newspapers, household chores for homeowners, etc.)

*no food service or laundry

Note: 15 year olds may be employed on retail/mercantile establishments as baggers, cashiers or stock clerks, during NON-SCHOOL weeks, except that 15 year olds may be employed in retail FOOD STORES on Saturdays only in school weeks.

14 & 15 year olds may not work...

...during school hours

...before 7am or after 7pm, (except from July 1st to Labor day, when hours are extended to 9pm)

...more than 3 hours on school days, 8 hours on non-school days

...more than 18 hours in school weeks, 40 hours in non-school weeks

No minors under 18 years old may work in hazardous occupation or operate hazardous equipment.

Connecticut's labor laws require that...

...all persons are paid in accordance with minimum wage laws (See below)

...meal periods (30 minutes) are given if an employee works for 7 ½ or more hours

...employers provide a "hiring agreement" which states the employee's hours of employment, rate of pay, wage payment schedule & other benefits

...employers maintain true and accurate time records

Minimum Wage

<u>Effective date</u>	<u>Wage</u>
1/1/2003	\$6.90/hour
1/1/2004	\$7.10/hour

(Some exceptions may apply for tipped employees)

For any questions about the information on this or the previous pages call the Wage & Workplace Standards Division (860) 263-6791 or visit the web site (www.ctdol.state.ct.us)

GAMBLING

Gambling refers to any game of chance or skill that involves financial risk. In Connecticut, the legal age for casino gambling is 21. The legal age for all other forms of gambling is 18, EXCEPT for charitable gaming as bingo, raffles, and bazaars. Some forms of gambling are casino, buying lottery tickets, bingo, sports betting, horse or dog racing, card games, office pools, keno and video poker. All forms of gambling can lead to problems just as easy as going to the casino.

Anyone can develop a gambling problem. People have gambling problems when they cannot control their gambling, when it has become the center of their life. Gambling problems affect people in all ethnic groups, religious faiths and economic levels. The younger a person is when he or she starts to gamble, the more likely that person is to develop a gambling problem. Gambling addiction has been called the invisible disease because it is impossible to see that person has a gambling problem until their life starts to fall apart.

You or someone you know MAY have a gambling problem if the answer is yes to any of the following questions. Immediate help is needed.

Do you or someone you know:

- Take time off from work or school to gamble?
- Borrow money to gamble?
- Gamble because of stress or crisis?
- Sell things to get money for gambling?
- Steal to get money to gamble?
- Gamble to solve money problems?
- Feel an urge to gamble again as soon as possible to win back money lost through gambling?
- Break promises to stop or cut back on gambling?
- Feel bad after gambling?

Compulsive gambling treatment (ages 12-17)		(860) 344-2244
Gambling's HELPLINE	www.ccp.org	1-800-346-6238
Gamblers anonymous/ Gam-Anon	www.gamblersanonymous.org	1-800-266-1908

GETTING INVOLVED

Getting involved in your community can be fun and rewarding. There are many ways to get involved; a few ways are listed below.

FIRST AID: Learning First Aid has many benefits. Being First Aid certified may help get you a job (babysitting, lifeguard). It's important to know what to do in case of a medical emergency.

If you want to be First Aid certified, contact:

American Red Cross (Middletown)	www.ctredcross.org/middlesex	(860) 347-2577
Middlesex Hospital – Community Medicine		(860) 358-8710
American Heart Association		(203) 294-0088
YMCA-Valley Shore		(860) 399-9622
YMCA – Valley Shore (Westbrook)		(860) 399-9622

VOLUNTEERING: Many organizations rely on volunteers. Being an active volunteer shows that you are committed to helping your community. It also looks good on a job or college application. Most importantly, you get back more as a volunteer than what you give. Students interested in exploring a career can benefit from volunteering in their chosen field. Anyone can volunteer, day or evening, for ongoing projects or one-time events. Tutoring, serving meals, working with computers and reading to children are just some of the examples of volunteer opportunities. Depending on your availability, you can help make things better just an hour a week—or twenty hours a month. It's easy, fun and important!

For more information about volunteer opportunities with community agencies call:

The Middlesex United Way Volunteer Center	www.middlesexunitedway.org	(860) 346-8695
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HEALTH CARE

Taking care of your body is really important. You can get health care services free or at a reduced cost (called “a sliding fee scale”). In most cases services are confidential. Although speaking with your parents or guardians is advisable, parental consent is not always required for health care, treatment and testing.

Before going to the places listed in this section, call and ask: what services are offered? Who can receive services? How are charges handled? Do I need an appointment? Do I need parental permission? Most clinics are open during regular working hours on weekdays. Also, some health centers are located in schools and may have limited hours of operation.

Community Health Center (Middletown)	www.chc1.com	(860) 347-6971
(Clinton)		(860) 664-0787
(Old Saybrook)		(860) 388-4433
Middlesex Hospital	www.midhosp.org	(860) 344-6000
HUSKY Medical Insurance		1-877-CTHUSKY

Middletown also has three school-based health centers. A one-time permission form signed by a parent or guardian is required before you can use the health center. Services include, immunizations, treatment of minor illnesses/injuries, asthma, skin problems, nutrition and weight counseling, referral for specialty care, mental health counseling, support groups, substance abuse education/ counseling.

SCHOOL BASED HEALTH CENTERS:

Woodrow Wilson School Based Health Center	(860) 343-0333
Keigwin School Based Health Center	(860) 632-8103
Macdonough Wellness Center	(860) 344-9821

The LAW and YOU

A young person under the age of 16 is considered a juvenile. A person under the age of 18 is a minor. Below is some information on legal issues affecting youth. Where applicable, consult with an attorney.

ALCOHOL LAWS

It is against the law for persons under 21 years of age to:

- have any alcoholic beverage (opened or unopened) in a public place or car at any time
- enter a liquor store or restaurant to buy or be served alcohol
- drink, buy or attempt to buy alcohol or have someone else buy it for you.

It is illegal for people of any age to:

- use a forged or deceptive driver's license to obtain alcoholic beverages
- drink any alcoholic beverage while operating a motor vehicle or
- to drive a vehicle while under the influence of liquor or drugs.

ALCOHOL, DRUGS AND DRIVING

More than half of all fatal car accidents involve alcohol or drugs. You can't tell beforehand how you will be affected by alcohol, prescription or non-prescription drugs, or street drugs. Driving ability is reduced greatly with only a small amount of alcohol or drugs. Ask your doctor about side effects of any prescription or medicine. Even allergy remedies and cold pills purchased without a prescription, can also affect a person's driving.

Anyone under the influence must not attempt to drive. It is also very dangerous to get into a car driven by someone who has been drinking or doing drugs.

If you drink or use drugs and drive, you can be convicted, fined, receive jail time, lose driving privileges, and be required to participate in a drug or alcohol treatment program.

If a minor without a license is convicted of DWI (Driving While Intoxicated), the Department of Motor Vehicles will suspend their right to obtain a driver's license for a set period of time, possibly until the age of eighteen. Minors with a license, just as with adults who are convicted of DWI, have their license suspended or they may be required to attend DWI classes.

Insurance rates of the convicted driver will likely be higher. Also, your parents may be responsible for any penalties, fines or damages.

ARRESTS

If you or someone with you is stopped or picked up by the police, here are some things you need to know:

- Do not resist arrest. Be respectful to the police and provide basic information, your name, address, phone number and date of birth. You have the right to remain silent. It is okay to tell the police you do not want to talk with them until you first talk with your parent or a lawyer. You do not need to sign anything without advice from your parent or lawyer.
- You have the right to a lawyer. Talk with your parent or guardian and your lawyer before speaking to the police or giving permission to a search. If you do permit a search, the police can use anything they find as evidence against you.

EMANCIPATION

Emancipation gives a 16 or 17 year old most of the legal rights and responsibilities of an 18 year old. The emancipated youth becomes responsible for supporting himself/herself. Emancipation does not mean the youth gets financial support from the state or the court. It does not help a teen parent receive welfare benefits. To get emancipated a youth must go to court and prove to the judge that he or she can take care of him/herself.

FAMILY WITH SERVICE NEEDS

A juvenile who has run away, been truant or broken school rules, or is beyond the control of his/her parents can be brought to juvenile court. The judge can order the juvenile to stay home, go to school and/or follow parents' rules. If the juvenile does not follow the judge's orders, he/she can be arrested and placed in juvenile detention.

JUVENILE VS ADULT COURT

All 16 year olds charged with crimes go to adult court and can be sentenced to adult prison. Children under 16 go to juvenile court. Youth, 14 and 15 year olds who commit serious crimes (robbery, larceny, assault, kidnapping and arson), will be transferred to adult court where they can receive the same punishment for a crime as an adult, except in murder cases where persons under 18 years of age may not be sentenced to death.

POLICE HARASSMENT

If you feel the police are targeting you or your friends for no reason, here are some options: consult an attorney, make a complaint to the internal affairs division of the police department, or call your local state representative. It is important to cooperate with the police at the time of the incident and make a complaint at a later date.

SEARCH WARRANTS

A search warrant is a paper signed by a judge giving permission to search a house, car, locker or other property. Usually the police cannot search you or your house unless they have a search warrant.

If you are searched, do not interfere. If you think you are being wrongfully searched or items are wrongfully taken, pay attention and remember the details so you can tell your lawyer what happened. Request a receipt for anything taken and a copy of the warrant if there is one.

For help or referral for a legal problem, call your family attorney or:

<u>Connecticut Legal Services</u>	<u>www.connlegalservices.org</u>	<u>(860) 344-0447</u>
<u>Superior Court, Family Services</u>		<u>(860) 343-6460</u>
<u>Superior Court, Juvenile Matters</u>		<u>(860) 344-2986</u>
<u>NAACP</u>		<u>(860) 343-9467</u>
<u>Chester -- Resident Trooper</u>		<u>(860) 526-3605</u>
<u>Clinton -- Police Department</u>		<u>(860) 669-0451</u>
<u>Cromwell -- Police Department</u>		<u>(860) 635-2256</u>
<u>Deep River-- Resident Trooper</u>		<u>(860) 526-6027</u>
<u>Durham -- Resident Trooper</u>		<u>(860) 349-2325</u>
<u>East Haddam -- Resident Trooper</u>		<u>(860) 873-1226</u>
<u>East Hampton -- Police Department</u>		<u>(860) 267-9544</u>
<u>Essex -- Resident Trooper</u>		<u>(860) 767-1054</u>
<u>Haddam -- Resident Trooper</u>		<u>(860) 345-2769</u>
<u>Killingworth -- Resident Trooper</u>		<u>(860) 663-1132</u>
<u>Middlefield -- Resident Trooper</u>		<u>(860) 349-9685</u>
<u>Middletown -- Police Department</u>		<u>(860) 347-6941</u>

<u>Old Saybrook -- Police Department</u>	<u>(860) 395-3142</u>
<u>Portland -- Police Department</u>	<u>(860) 347-4333</u>
<u>Westbrook -- Resident Trooper</u>	<u>(860) 399-7304</u>

LIFE AFTER HIGH SCHOOL

There are many options to consider after high school graduation. Some people attend both two- and four-year colleges, but many others have found success by different means.

College Planning

When it comes to finding the right college, many students struggle and become frustrated for various reasons. Some need help financially, some academically. Others just have a hard time filling out the applications. The following is a list of some resources to help you with such things as financial aid, SAT preparation, and scholarship information. You should also remember that your high school guidance counselors are there to help with this process as well.

College Application Fee Waiver Program	(860) 343-5800 ext:6999
Russell Library (has lots of scholarship information)	(860) 347 2528
College Related Websites	www.absolutelyscholarships.com , www.gocollege.com , www.collegeboard.org

Other Options

If, for whatever reason, college is not for you, there are many other options to consider. The following is a list of some of these options. Please call them or check out their web sites for more specific information.

JobCorps	www.jobcorps.com	1-800-733-5627
Middletown, CT Army Recruiting Station		(860) 347-3972
Navy Recruiting Station		(860) 347-4397
Marine Corps Recruiting Station		(860) 346-3525
Air Force Recruiting Station		(860) 347-7855
Americorps	www.americorps.org	1-800-942-2677
CT One Stop Career Centers (Middletown)		(860) 344-2661
Police Explorer Program (Middletown)	www.rwdb.org	(860) 347-6941
Belden Public Library (Cromwell)		(860) 632-3460
Public Library (Deep River)		(860) 526-6039
Russell Library Career Center/Information Services		(860) 347-2520
Career Search Websites	www.monstertrak.com , www.careerbuilder.com , www.hotjobs.com	

MENTALLY and PHYSICALLY CHALLENGED YOUTH

The needs of youth with physical and mental disabilities are very similar to those of any youth: educational opportunities; career and vocational guidance; job placement; and, recreation. Many services are offered by agencies to help handicapped or disabled youth. Here are just a few that can help:

Board of Education Services for the Blind (Hartford)	1-800-842-4510
Board of Education Special Services (Middletown)	(860) 638-1428
Bureau of Rehabilitation Services (Middletown)	(860) 704-3072
Center for Disability Rights (West Haven)	(203) 934-7077
City of Middletown's Americans with Disabilities Act Coordinator	(860) 344-3491
Commission on the Deaf and Hearing Impaired (Hartford)	(860) 566-7414
CT Department of Mental Health and Addiction Service	(860) 418-7000

CT Department of Mental Retardation	(860) 418-6000
Futures (62 Washington Street)	(860) 347-5099
Kuhn Employment Opportunities, Inc.	(860) 347-8923
MARC Community Resources, LTD (Portland)	(860) 342-0700
Middletown Park & Recreation Department	(860) 344-6627
Oddfellows Playhouse Youth Theater	(860) 347-6143
Office of Protection and Advocacy (Hartford)	1-800-842-7303
Special Education Resource Center Child Find	1-800-842-8678

Volunteering your time to work with those who face physical and mental challenges can be a valuable learning and growing experience. The agencies listed above can offer some suggestions, such as teaching a retarded child to swim, serving as a “hugger” at the Special Olympics, or reading to the blind.

MENTORS/MENTORING

Mentoring matches supportive, caring individuals with youth who can benefit from an ongoing relationship with a positive role model. Youth who have mentors demonstrate improved self-esteem, more positive attitudes and stronger communications skills. They are also less angry and less likely to get involved with drugs, alcohol, violence and gangs. If you think you could benefit from having a mentor please talk to a teacher, guidance counselor or school staff. You can also call one of the following agencies.

Middletown Mentor Program	www.middlesexchamber.com	(860) 347-6924
The Children’s Center Youth Mentoring Program (DCF referrals only)		(860) 343-0415
Nutmeg Big Brothers/ Big Sisters	www.nutmegbigbrothersbigsisters.com	866-469-6490
Middletown Youth Center		(860) 343-3894
Rushford Center	www.rushfordcenter.org	(860) 346-0300
I Have a Friend Youth Center		(860) 343-1650

PREGNANCY/ YOUNG PARENTS PROGRAMS

Pregnancy and parenthood are major life decisions requiring emotional and financial commitments. Unplanned and/or unwanted pregnancies often bring medical problems, stress, and an abrupt change of lifestyle that many teens are not ready to handle.

If you think that you might be pregnant and are uncertain about what to do, resources are available. Pregnancy is not apparent in the early stages and therefore it is important to determine whether you are actually pregnant. Talk to your parents or another trusted adult, such as a teacher, guidance counselor, or school social worker. If these resources are not available, go to a health care facility for a pregnancy test and talk to a trusted adult about the situation. Self-tests for pregnancy are also available over the counter at many drug stores; however, if you are pregnant, you should still see a health care professional to make sure your health and your child's health are stable.

For women under 21, free and confidential pregnancy tests as well as counseling are available at:

<u>Middlesex Hospital Family Advocacy Program</u>	<u>(860) 344-6717</u>
<u>A Better Choice Women Center</u>	<u>(860) 344-9292</u>

Confidential pregnancy tests and counseling on a sliding fee basis are offered at:

<u>Community Health Center</u>	<u>www.chc1.com</u>	<u>(860) 347-6971</u>
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Dealing with an unplanned and/or unwanted pregnancy is difficult. After pregnancy is confirmed, sites listed above have counselors who can discuss all the options available to you - becoming a parent, putting the baby up for adoption or terminating the pregnancy. Again, when considering these options it is important to talk to your parents or another trusted adult. If you have a good relationship with the baby's father, he should be involved in decisions that are made about this pregnancy.

If you choose to continue the pregnancy it is important to begin prenatal care and prepare for having a baby in your life. The following health care facilities offer prenatal care:

The following health care facility offers prenatal care:

<u>Community Health Center</u>	<u>www.chc1.com</u>	<u>(860) 347-6971</u>
<u>Crescent St. OBGYN</u>		<u>(860) 344-9022</u>
<u>Middlesex Obstetrical & Gynecological Associates, PC</u>		<u>(860) 347-7491</u>
<u>OBGYN of Middletown, PC</u>		<u>(860) 344 9022</u>

Financial coverage for prenatal care is available under the state's Medicaid and Healthy Start programs as well as through some commercial insurance plans. Financial counselors are available at these sites.

Resources for pregnant and parenting teens are also available within some school systems. Social workers, guidance counselors, teachers and staff at some school based health centers can talk with you about the school's resources, including information on parenting classes at the high schools. Parenting teachers are available at most high schools and can offer help and guidance to new parents in caring for their babies.

If a decision is made to terminate the pregnancy, an early abortion is the safest. Although parental consent is not required at any age, a session with a counselor or social worker prior to having the procedure is required at all sites. At some sites, if you are under the age of sixteen, the counselor will ask if you can involve your parent(s) or another family member in your decision.

Medicaid and Healthy Start programs, as well as some commercial insurance plans cover abortions. Call the facilities directly for more information on fees and financial assistance.

Young Parents Programs

Young Parent Programs are available to assist parenting teens and their partners. They offer educational services, advocacy and emotional support, and other services to help teen parents finish high school. Teens can select a program which best meets their needs.

Middlesex Hospital, The Young Parents Program/ Family Advocacy Program
www.middlesexhealth.org

The WIC Program (Special Supplemental Nutrition Program for Women, Infants and Children) offers confidential, free nutritious food and infant formula as well as nutrition support and counseling for a healthy pregnancy and healthy baby. Eating well is one of the most important things a pregnant woman can do to take care of herself. The WIC Nutritionists can provide guidance for appropriate food intake during and after pregnancy and through the early development of her child. Special foods and formula are available.

Middletown WIC Program (860) 344-8014

PREJUDICE/ RACISM

Prejudice: intolerance or hatred of other races

Racism: the practice of racial discrimination, segregation

Prejudice and racism have no place in today's society. Every human being, regardless of race, color, creed, age, nationality, religion or sexual preference, has a right to be treated equally. If you experience any problems with prejudice or racism, call the following agencies for help.

Middlesex County NAACP	(860) 343-9467
Anti-Defamation League of B'Nai B'Rith of New Haven	www.adl.org (203) 772-1300
Connecticut Legal Services	www.connlegalservices.org (860) 344-0447
Middletown Police Department	(860) 344-3200
CT Commission on Human Rights and Opportunity (CHRO)	www.ct.us/chro/ (203) 805-6530

PUBLIC ASSISTANCE

There are several types of income assistance available. These include Temporary Family Assistance (TFA), Child Care Assistance Program (CCAP).

TFA is available to single and two parent families who have the responsibility of caring for children under the age of 18. This is a cash assistance program that provides basic human needs to families. There is a 21-month time limit, although families may be exempt if they are pregnant or caring for a child under one year old. For information call:

Dept. of Social Services	(860) 704-3100
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CCAP provides childcare financial assistance to TFA recipients and eligible low-income working families to help pay for childcare. The children must be in state. For information call:

CCAP	1-800-226-8400 or (860) 947-9978
Care 4 Kids	1-888-214-5437

Food Stamp Program

This is available for people who work for low wages or part time and the income and resources of the household and assets meet the federal poverty guideline of 130%. Able-bodied adults over 18 years old who do not have children or are not pregnant can only get Food Stamps for three months in a three year period, unless they work or are in a workfare program as long as they meet the eligibility criteria. For information call:

Dept. of Social Services	1-800-842-1508 or (860) 704-3100
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WIC Program

WIC, the Special Supplemental Nutrition Program for pregnant and breastfeeding women, infants and children under the age of five is available to income eligible families. WIC offers free nutritious food and infant formula to those who meet the federal poverty guidelines of 185%. All children receiving HUSKY are qualified.

Middletown WIC Program	(860) 344-8014
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PUBLIC TRANSPORTATION

MAT (Middletown Area Transit) buses provide transportation throughout Middletown as well as the surrounding towns of Cromwell, Durham, East Hampton, Meriden, and Portland. You may pick up a bus schedule along with general rules at the MAT downtown terminal at 340 Main Street, Middle town or call customer service at (860) 346-0212. Tell customer service where you are and where you want to go and they will plan the trip for you. There are no designated bus stops. Simply wave vigorously to the driver as the bus approaches. Exact change is required for the fare. Transfers to other buses are free. Riders with student IDs receive a discount. For additional information, call:

Customer Service	(860) 346-0212
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CT Transit buses provide transportation from Middletown and Cromwell to Hartford and some points in between. There are both designated spots as well as areas at which the buses can be flagged down. Exact fare is required. Riders with student IDs receive a discount. For bus schedules and more information call:

CT Transit Customer Service	www.cttransit.com	(860) 525-9181
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There is also public transportation near the shoreline. For information contact:

Estuary Transit District (Old Saybrook)	www.crerpa.org/ETD/etdindex.htm	(860) 388-1611
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RUNNING AWAY

Running away is usually never the solution to a problem. There are people in our community who can help you or someone you know avoid the loneliness and the danger of being “on the streets.” The first step is to talk to someone who can help you find a better way than “being on the run.” Here are some numbers to call:

Infoline	2-1-1
Covenant House, Nineline	(800) 999-9999
Dept. of Children and Families (Middletown)	(860) 638-2100
Dept. of Children and Families Hotline	1-800-842-2288
Middletown Youth Center, Youth Emergency Services	(860) 343-3894
Tri-Town Youth Service Bureau (Deep River)	(860) 526-3600
Youth Services (Portland)	(860) 342-6758
Northern Middlesex YMCA Youth Workers	www.middlesexymca.org (860) 343 6280

If you are or someone you know is or someone you know is already on the run and in need of help call:

The National Runaway Switchboard	1-800-621-4000
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They will do the following: **A)** deliver messages home, **B)** counsel over the phone, **C)** call the parents of a youth (only if the youth chooses), **D)** put youth in touch with appropriate services in the area by conference call.

SCHOOL SAFETY

Threats and Rumors:

Everyone wants a school to be a safe environment. Unfortunately, there have been a few serious incidents across the country that had tragic consequences. Some of these could have been prevented had a student informed a parent, teacher, principal, etc. about threats and rumors.

School safety is everyone's responsibility. If you are aware of a threat of possible violence, you must inform a trusted person (parent, teacher, counselor, principal, coach, clergy, etc.). You might be hesitant to do this because of confidences, loyalty, uncertainty, or fear. However, to not do so could result in tragedy.

While traveling to and from school:

- Walk with a friend
- Walk in well lit areas
- Do not take shortcuts through wooded areas
- Report all strangers in the area to the police, a teacher, or other adult
- If followed, go to the nearest available adult or call 911
- If attacked, scream to draw attention and call 911

While at school:

- Remember the possession of weapons and drugs on school property is a serious crime
- Immediately report all school related crime to teachers, counselors, administrators, police or school officials
- Report all threats or assaults to police or school officials immediately
- If you hear a loud sound (like a fire cracker or a car backfiring), assume it could be a gun shot. DO NOT investigate the sound. Report it to school officials or local police.

SEXUAL ACTIVITY

ABSTINENCE: Abstinence means doing without something; in this case, it means choosing not to have sex. People choose not to have sex for these and other reasons:

- don't feel ready
- moral and/or religious values
- parents would be upset if they knew
- want to wait until marriage
- avoid getting STDs or AIDS
- had sex already but felt it was a mistake
- fear of getting pregnant

If you're considering becoming sexually active you should think about:

- how it may affect your feelings about the relationship
- how to prevent pregnancy
- how to prevent AIDS and other sexually transmitted diseases (STDs)
- ways to say "No" without losing your partner
- the impact on your life if you or your partner becomes pregnant or gets an STD

If you feel pressured to have sex, consider these tips:

- ☑ set your personal limits--what you will and will not do
- ☑ discuss your feelings with your partner
- ☑ learn to say NO and mean it
- ☑ don't use alcohol or other drugs that make it hard to say NO or stay in control

Talk about how you feel with your partner and be specific about what seems right to you. When someone is not ready for sex, it is wrong to pressure him or her. The answer to the statement, "If you love me, you will" is "If you love me, you won't pressure me." **The most important thing to remember is YOU HAVE THE RIGHT TO CHOOSE NOT TO HAVE SEX!**

CONTRACEPTION: There are many ways to express feelings without having sex. But if you are going to have sexual intercourse, contraception is the safest way to prevent pregnancy and diseases. Both partners are responsible for contraception. Abstinence is the only method that is 100% effective. Other methods include condoms, birth control pills, the patch, injections, spermicides, the sponge, and the vaginal ring.

Contraception must be used properly for it to be effective in preventing pregnancy. Some of the above methods can be purchased over the counter, while others require a doctor's prescription. Also, each form of contraception has a different rate of effectiveness, and not all of the above methods protect against STD's. It's important to have all the information (including side effects) about a particular contraceptive before using it! No one should borrow something prescribed for a friend. Many contraceptive services are free to teens or offer reduced fees and are confidential. If possible, talk to your parents or another trusted adult about your decision.

Facts of Life Line		1-888-337-FACT
Planned Parenthood (Meriden)	www.ppct.org	(203) 238-0542
Planned Parenthood (Old Saybrook)		(860) 388-4459
Community Health Center (Middletown)	www.chc1.com	(860) 347-6971
	(Clinton)	(860) 664-0787
	(Old Saybrook)	(860) 388-4433

SEXUAL ASSAULT

Sexual assault is any sexual act that is forced on you against your will. It can be anything from unwanted touching to forcible rape. The abuser may be a neighbor, a date, an acquaintance, a relative, or someone you don't know. Sexual assault is an act of VIOLENCE--love and sexual attraction have nothing to do with it. You have the right to say "NO" to ANYONE who tries to touch you in a way that makes you uncomfortable. No one ever deserves or "asks" to be sexually assaulted.

Here are some tips:

- ☑ Don't walk anywhere alone at night. Walk briskly and confidently.
- ☑ Be alert, paying attention to your surroundings.
- ☑ Don't trust people you have just met.
- ☑ Avoid using alcohol or other drugs that can make you more vulnerable.

- If your date says “no”, listen and stop what you’re doing.

TRUST YOUR INSTINCTS. If you are in a situation that makes you uneasy, get away. Your safety is more important than someone’s hurt feelings. If you are in a dangerous situation, do whatever you must to survive. Don’t be embarrassed to yell for help if you feel threatened.

IF YOU ARE SEXUALLY ASSAULTED, do whatever you need to get out alive. When you are in a safe place, call a sexual assault crisis counselor, a hospital emergency room, and/or the police. Sexual assault crisis counselors are available 24 hours a day and can help you talk with medical personnel and police to provide support.

DON’T BLAME YOURSELF. Seek help from trained counselors. No matter who assaulted you, how long ago, or whatever the circumstances.

For help call:

Central Connecticut Sexual Assault Crisis Services, 24hr	www.connsacs.org	1-888-999-5545
VEDAS Sexual Assault Crisis Services, En Espanol, 24 hr	www.connsacs.org	1-888-568-8332
Women & Families Center (Deep River)		(860) 526-5960
Women & Families Center/ SACS (Middletown)		(860) 635-4424
New Horizons (Westbrook)		(860) 347-3044
Emergency/Police		911

SEXUAL HARASSMENT

Sexual harassment is unwanted or unwelcome behavior of a sexual nature that interferes with a teen’s right to learn, study, work, achieve, or participate in activities in a comfortable and supportive atmosphere. Whether it is happening now, or happened in the past, talking with someone can help you sort out your feelings and find ways to begin to heal the hurt.

Sexual Harassment Includes:

- staring or leering at parts of someone else’s body
- comment, gestures, or jokes of a sexual nature
- displaying of sexual pictures or objects
- spreading sexual rumors or commenting about sexual behavior/ orientation
- repeated pressuring for sex or unwanted sexual activity
- sexual propositions or threats

REMEMBER, it is never your fault when someone is sexually harassing you. Don’t blame yourself. You are not alone. There are trained counselors available to help you 24 hours a day--for free.

Central Connecticut Sexual Assault Crisis Services	1-888-999-5545
VEDAS Sexual Assault Crisis Services, En Espanol, 24hr	1-888-568-8332

SEXUAL OFFENDERS

If your own behavior is sexually offensive to someone, there are support groups and counselors you can talk to about this:

Midstate Medical Center	(860) 694-8200
The Connection Special Services Program	(860) 343-5515
Behavioral Health System	(860) 235-1792

SEXUAL ORIENTATION

Estimates are that 10% of the population is attracted to people of their own sex. During adolescence many teenagers become aware of their homosexual tendencies. Some people try to deny or hide their feelings and others are concerned about what friends and family will think. Many people are confused or feel lost as they develop their sexuality. If you feel comfortable speaking with your parents or another trusted adult, then do so. It may be helpful for gay and bisexual teens to meet other young people for support and friendship.

True Colors, Sexual Minority Youth and Family Services of CT www.ourtruecolors.org 1-888-565-5551
PFLAG (Parents, Families and Friends of Lesbians and Gays) Hartford www.pflag.org (860) 633-5111
www.youthresource.com

SEXUALLY TRANSMITTED DISEASES (STDs)

Anyone who is sexually active can get a sexually transmitted disease or STD. STDs include genital warts, chlamydia, gonorrhea, herpes, syphilis, AIDS, and other diseases transmitted through close bodily contact, sexual intercourse or other intimate contact with someone who has an STD.

Don't let shame or embarrassment keep you from getting medical treatment. Although sharing problems and speaking openly with your parents or guardians are advisable. All STD Services are confidential. Your privacy is respected. Teenagers do not need parental consent for the testing and treatment of STDs.

See a doctor if you have any of the following symptoms. Do not ignore them.

- pain in the genital area
- painful burning sensation while urinating
- painless sores, bumps or blisters on or around the mouth or sex organs
- itching or swelling in the groin area
- unusual discharge or odors from vagina or penis
- patchy hair loss from the scalp

Also remember that you may not have any symptoms and can still have an STD.

WARNING: If not treated, STDs can cause permanent damage including sterility, heart disease, paralysis, blindness, deafness, damage to an unborn baby, non-healing ulcers, and even death.

STD FACTS

- You do not catch STDs from toilet seats.

- You can get STDs at any age, and get them again and again.
- No vaccine can prevent STDs, however, most STDs can be treated.
- Anyone can get STDs.
- It is possible to have STDs without noticing any symptoms

AIDS

AIDS (Acquired Immune Deficiency Syndrome) is a sexually transmitted disease that leads to death. There is treatment but no cure for AIDS at this time.

Sexual contact or sharing needles with intravenous drug users spreads AIDS. AIDS is transmitted through contact with blood, semen or vaginal fluid infected with the HIV virus.

Your best protection against AIDS is to not use intravenous drugs and not to have sex. If you do have sex, use condoms.

The following are telephone numbers for information on STDs:

STDs/AIDs walk-in clinic		(860) 704-5663
Community Health Center (Middletown)	www.chc1.org	(860) 347-6971
	(Clinton)	(860) 664-0787
	(Old Saybrook)	(860) 388-4433
Planned Parenthood (Meriden)	www.ppct.org	(203) 238-0542
Planned Parenthood (Old Saybrook)	www.ppct.org	(860) 388-4459
STD Clinic (Middletown) Information line		(860) 704-5663
Infoline		2-1-1

Testing is FREE and anonymous/confidential

SUICIDE

Often people try to hide their problems and feelings from the world, their families and friends. Occasionally, these feelings can lead to serious depression and even thoughts of suicide. If you feel seriously depressed or suicidal, please reach out for help. Talk to a friend, parent, teacher, counselor or religious leader. You can call INFOLINE at any time of the day or night at 2-1-1

If a friend talks to you about feeling suicidal, **take it seriously**. Even if he/she asks you to keep it a secret, being a good friend means you need to tell someone you can trust. Suicide threats are cries for help from people who don't realize they have other choices.

If you think someone may be suicidal, don't be afraid to ask. Mentioning suicide will not give the person the idea or push them over the edge. Talking can actually help prevent it from happening.

WARNING SIGNS OF SUICIDE INCLUDE:

- previous suicide attempts or gestures
- talking or writing about the desire to end one's life
- a recent loss of a loved one, or anniversary of a significant loss
- giving away personal possessions
- changes in behavior, such as shutting off friendships
- change in eating and sleeping patterns, e.g., insomnia, increased sleeping, loss of appetite, or

overeating

- declining school performance
- family disruptions, such as divorce or other changes
- a sudden lifting of sadness, depression or withdrawal which may indicate a decision to commit suicide has been made
- isolating oneself from others
- hopelessness
- helplessness

HOW CAN YOU HELP:

- be willing to listen
- don't make the person feel guilty
- tell someone whom they are close to and whom they trust
- get help by encouraging the person to call a 24-hour crisis intervention line or get professional counseling.
- take them seriously
- don't leave the person alone
- be direct – ask the person if he/she is thinking about suicide
- stress that suicide is final and irreversible

Remember it is better to risk a friend's anger and tell someone who can help than to do nothing. Care enough to get help. Someone is always here to listen.

IN AN EMERGENCY, CONTACT AN AMBULANCE OR POLICE BY DIALING 911

Middlesex Hospital PERSY Program (Psychiatric Emergency Response System for Youth)	(860) 638-1320 *Available 24 Hours*
Middlesex Hospital Crisis Assessment	(860) 344-6496
River Valley Services (Middletown)	(860) 344-2100
Infoline	2-1-1

SUPPORT GROUPS

If you are struggling with a difficult problem, talking with others who have the same or similar problems can help. People in the group can give each other support and encouragement.

A support group can help you or someone you care about with such concerns as the death of a friend or family member, suicide, drug or alcohol problems, dealing with physical or sexual abuse, or coping with a disease. Sometimes the problem is affecting you directly. Sometimes a person you care about is going through a hard time and you need support to better help them.

In a support group, nothing you say will seem strange or out of the ordinary to people who share the same experiences. There are support groups for almost any issue you need help with. For assistance in finding a support group that meets your needs, call:

Infoline	2-1-1
Connecticut Self-Help Network	(203) 624-6982
Community Health Center	(860) 347-6971
Family Advocacy Program	(860) 344-6717

VIOLENCE

Violence occurs in many ways--parents slapping kids, kids beating up on other kids, jealous boyfriends threatening their girlfriends. Sexual assault and sexual harassment are other forms of violence. Whatever the form, violence is wrong and there are places you can turn to for help to stop the violence.

Some people get very angry and lose control. They may throw things, punch the wall or hit somebody. They may be sorry afterward. If you, a family member, or a friend has been beaten up or your own behavior is violent, it is time to seek help.

NO ONE DESERVES TO BE HURT. If you or someone you're close to is hurt or in danger, go to a safe place and get help from a friend, neighbor or one of the agencies listed below. For immediate help, please call:

Police

911

Dating Violence/Abuse

One in ten teens is involved in a date battering relationship. Violence in dating relationships is real, and almost 95% of domestic violence victims are women.

If your boyfriend:

- is jealous
- puts you down
- intimidates you
- tells you what to do
- restrains you
- follows you
- checks up on you
- demands you account for your time
- destroys your property on purpose
- threatens to hurt you
- or has punched, shoved, slapped or hurt you

IT IS ABUSE!

If any of this sounds familiar, call:

Domestic Violence Hotline

1-888-774-2900

Non-Violence Alliance

www.endingviolence.com

1-800-349-6682

Domestic Violence

Tension, anger and out of control adults are more common in families than most of us would like to believe. More people are affected by domestic violence than we realize. When adults deal with conflict by threatening, verbally or physically abusing someone in the household, it is domestic violence. Living with this kind of tension can affect your grades, your relationships with other people and the way you

think about yourself. If this sounds familiar, talk to someone about what is going on. Help is available from:

Police		911
Child Abuse/Neglect Careline (DCF)		1-800-842-2288
Domestic Violence Hotline		1-888-774-2900
Non-Violence Alliance		1-800-349-6682
Infoline		2-1-1
Child and Family Agency of Southeastern CT	www.cfapress.org	(860) 767-0147
New Horizons, Domestic Violence Services	www.chc1.org	(860) 347-6971

Gang Violence

Young people join gangs for many reasons including pressure from others, excitement, boredom, money, feelings of insecurity, need to be a part of a group, or lack of attention at home. Joining a gang does not solve your problems. It could make things worse. If you or someone you know is troubled by a gang seek advice and help from a trusted adult or call:

Gang Tip Hotline		1-800-367-5678
Your Local Police Department		911
Reclaiming Our Cities and CT's Youth		(860) 238-6558

NOTES and NUMBERS

24-hour crisis and emergency numbers

<u>Fire and Medical Emergency</u>	<u>9-1-1</u>
<u>Infoline Crisis Hotline</u>	<u>2-1-1</u>
<u>Suicide Hotline</u>	<u>2-1-1</u>
<u>Alcohol and Drug Abuse Hotline</u>	<u>1-888-627-4582</u>
<u>Child Abuse and Neglect Hotline</u>	<u>1-800-842-2288</u>
<u>Domestic/Dating Violence Hotline</u>	<u>1-888-774-2900</u>
<u>National Runaway Switchboard</u>	<u>1-800-621-4000</u>
<u>Poison Control</u>	<u>1-800-343-2722</u>
<u>Middletown Police (non-emergency)</u>	<u>(860) 347-6941</u>
<u>Sexual Assault Hotline</u>	<u>1-888-999-5545</u>

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Middletown Rotary

Russell Library