

FOR IMMEDIATE RELEASE:
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April 19, 2019
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Mark your calendar!
National Prevention Week 2019
“Inspiring Action. Changing Lives.”



The Safe Harbor Youth Ambassadors are excited to announce the National Prevention Week (NPW) series of events, which will be taking place during the week of May 13-17 at Cohasset Middle High School, throughout the Town and open to the entire Cohasset community. Best part about getting involved and raising awareness? Raffles and prizes!

NPW is sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA) and “is an annual health observance dedicated to increasing public awareness of, and action around, mental health and substance use disorders.” Every day has a different theme, with targeted events scheduled each day to help bring awareness to that day’s theme. May 13th is prescription drug misuse prevention, May 14th underage drinking and alcohol misuse prevention, May 15th illicit drug use and youth marijuana use prevention, May 16th youth tobacco use prevention, and May 17th suicide prevention.

Safe Harbor Youth Ambassadors began prepping for National Prevention Week in March, by brainstorming creative ideas on how to engage not only the student body, but the entire community. Cohasset High Student Council and youth representatives from the CPS Safe Schools Committee also jumped on board. After a few collaborative meetings, the groups decided on a few activities that will take place throughout the week, including, but not limited to:

- An oversized chalkboard banner that will be displayed in the school, where students can write their own personal reason(s) for avoiding substances.
- Lawn signs that promote a community that is united against underage substance use.
- Suicide awareness t-shirts that will be worn on May 17th by students in the middle-high school, and throughout the town, to promote breaking the silence around this crucial mental health issue.

Balance Studio, Cohasset Pizza House, Mr. Dooley’s Olde Irish Village Pub, Ports & Company, and South Shore Athletic Club are some of the local businesses that have donated gift cards to be raffled off in support of NPW. Apple AirPods will be raffled as a student-specific item.

How to enter to win one of these awesome prizes? By simply doing one of the actions below:

Purchase:

- A Lawn Sign
- A Suicide Prevention Awareness T-shirt

Tag Safe Harbor on Social Media:

- Wearing your Suicide Awareness T-shirt on May 17th

- Of your lawn sign on your lawn

To purchase your lawn sign or suicide prevention t-shirt, please visit the Paul Pratt Memorial Library (35 Ripley Rd.), Cohasset Elder Affairs (91 Sohier St.), or Cohasset Town Hall beginning on May 1st throughout prevention week (ending May 17th). If you're a business wanting to get involved via raffle donation items, please contact Safe Harbor at safeharborcohasset@gmail.com.

For more info, please visit <http://safeharborcohasset.org/event/national-prevention-week-2019/>.

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About Safe Harbor Cohasset Coalition

Since July 2014, Safe Harbor Cohasset has been working to promote awareness and implement resources to help make an impact on the substance use in the community. The group has members from across the spectrum in the community, including, but not limited to, Paul Pratt Memorial Library, Cohasset Recreation Department, Cohasset Police Department, Cohasset Public Schools, Second Congregational Church, town leaders, health professionals, parents, youth, fire personnel, and concerned citizens. In September 2017, Safe Harbor was awarded a federal Drug-Free Communities (DFC) Support Program grant, which focuses on preventing substance use among youth ages 12-17.

Since then, the group has worked to foster a strong and inclusive community that allows youth to strive and encourages healthy, educated and responsible choices about drug and alcohol use. The mission is supported by evidenced based, prevention focused, sustainable policies and youth-focused programs, such as Ground Level Café and the Safe Harbor Youth Ambassador Program. To learn more, and to find resources for both parents and teens, visit the Safe Harbor website at safeharborcohasset.org. Keep up to date on the latest news and trends by following Safe Harbor on Facebook at www.facebook.com/safeharborcohasset, on Twitter [@cohsafeharbor](https://twitter.com/cohsafeharbor), and on Instagram [@safeharborcohassetcoalition](https://www.instagram.com/safeharborcohassetcoalition).