



Family & Community Engagement

Plymouth Public Schools

Overview

- Drug Free Communities Grant (2017-2022, 5 year award)
- The Plymouth Youth Development Collaborative (PYDC) is coordinated by Plymouth Public Schools and aims to reduce and prevent youth substance use, as well as increase protective factors that promote a healthy community.
- Since October 2022: Family & Community Engagement Specialist





PYDC: Coalition Successes

- Over the past six years, despite a global pandemic, PYDC has managed to maintain an average attendance of between **25-40 individuals** at each coalition meeting with meetings each month of the academic year
- Recently, PYDC has maintained an active newsletter that is sent out to coalition members to serve as a digital update
- Individuals in attendance represent over **70 different organizations/entities** within Plymouth or that service Plymouth County
- We've developed an email reach of over **120 community providers** and a school based email list that consists of **115 school based staff** that we've been able to partner with on an individual level
- Through consistency and marketing efforts we've been able to increase the familiarity of PYDC as a youth focused substance use prevention coalition and are often referenced as a group to connect with around youth substance use related concerns
- While we do not provide direct service, our strong community partnerships have allowed us to serve as a warm hand off to our partner organizations that do provide these options

PYDC: Coalition Successes

● Key Highlight Initiatives:

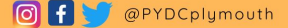
- *Professional Development, Speakers, Trainings, Resource Tables, Attendance at other community based coalitions/groups, Partnering with local groups in Carver/Middleboro/Wareham*
- Consistent Local Rx Take Back Events
- Mini Trainings on a variety of topics accessible to parents, community members, and our partners
- YMCA Partnership through BSAS grant
- Impactful Partnership
- Plymouth County Outreach: Recovery Coach Hours
- Be in the Know Youth Conference



MINI
TRAINING
SERIES

Nicotine Withdrawal

References: smokefreeteen.gov | truthinitiative.org | cdc.gov



Whether someone is vaping or smoking traditional cigarettes, our body and brain have to get used to not having nicotine. Nicotine withdrawal is different for everybody. For some people, withdrawal symptoms can make quitting hard or frustrating.

WITHDRAWAL describes the physical and mental symptoms that a person has when they stop or cut back the use of an addictive substance

→ You may start experiencing cravings to use nicotine within an hour or two after your last use, and you may have them frequently for the next few days or weeks.

~ The uncomfortable feelings of withdrawal will fade over time if you avoid using vapes/cigarettes.

Common Nicotine Withdrawal Symptoms

- Having urges or cravings to smoke
- Feeling irritated, upset, or down
- Feeling jumpy, restless, or anxious
- Having a hard time concentrating
- Having trouble sleeping
- Feeling hungrier or gaining weight
- Feeling anxious, sad, or depressed

As your body adjusts to life without nicotine, you may have mood swings or feel increased anxiety or sadness. If you become **depressed** or are **having extreme sadness**, do not ignore these feelings or keep them to yourself. Let someone who cares about you know how you are feeling, and talk to a doctor or another trusted healthcare professional. If you are in an emergency situation call 911.

Strategies to Help:

Ask for help from a doctor or health professional
Drink plenty of water throughout the day
Keep a consistent sleep schedule
Eat healthy snacks if hunger increases
Get support from friends and families
Be prepared for cravings

Chewing on sugarless gum, sucking on hard candy, munching on raw carrots, or eating a handful of sunflower seeds can help avoid nicotine use during a craving.



Support Network

When you are quitting nicotine or any addictive substance it is helpful to have a supportive network. Confiding in a friend or family member can help keep you accountable on your journey to living substance free.



To enroll in This is Quitting text **DITCHVAPE** to **88709**. Are you a parent of a young person who vapes? Parents can text **QUIT** to **847-278-9715** to sign up to receive text messages designed specifically for parents of kids who vape.



Cyber Sense

Don't get trapped in the internet!
Parents and caregivers are often unaware
of current trends and dangers online.

Plymouth County District Attorney Tim Cruz's Cyber Sense program for students and their parents, "The Importance of Building Your Online Reputation" covers issues faced by students while utilizing the internet:

- Parental Controls
- Identity Theft
- Social Media
- Cyberbullying
- Sexting
- Your Digital Footprint
- Commercial Sexual Exploitation of Children/Human Trafficking
- Consequences

Join us for a free presentation for parents and caregivers

Monday, May 8th, 2023 at 6:00 PM

Plymouth South High School

490 Long Pond Rd, Plymouth, MA 02360

Please contact Jen Cantwell at the Plymouth County District Attorney's Office with questions: Jennifer.cantwell@mass.gov



The Plymouth County District Attorney's Office

166 Main Street, Brockton, MA
508-584-8120
PlymouthDA.com

PLEASE JOIN PLYMOUTH PUBLIC SCHOOLS IN WELCOMING:

CHRIS HERREN

Tuesday, May 9, 2023 | 7:00pm

Plymouth North High School Performing Arts Center (PAC)
41 Obery Street | Plymouth, MA 02360

All Plymouth Public Schools families and Plymouth community members are invited to attend
**6th-8th grade students will view this presentation on 5/9/23 during the school day*



- This presentation will run for 1 hour and 15 minutes
- Please use the QR code to learn more about Chris Herren's organization
Herren Talks

FREE
ADMISSION

PLEASE REACH OUT TO KELLY MACOMBER (KMACOMBER@PLYMOUTH.K12.MA.US) WITH QUESTIONS

COMMUNITY

NARCAN TRAINING

THURSDAY, MAY 4TH, 2023

PLYMOUTH POLICE DEPARTMENT
TRAINING ROOM ON THE LEFT SIDE OF THE LOBBY
20 LONG POND RD. PLYMOUTH, MA

5:30PM - 7:00PM

ALL ARE WELCOME TO ATTEND!

TRAINING INCLUDES

- Overview of Plymouth County Outreach and the Plymouth Youth Development Collaborative
- Overdose prevention training
- Presentation on talking to adolescents about substance use
- Q&A on substance use and recovery
- FREE harm reduction tools & Narcan!



HIDDEN IN PLAIN SIGHT



Hidden in Plain Sight uses an interactive mock teenager's bedroom to allow the audience to explore signs of potential risky behaviors such as substance use. The intention is not to scare guardians, but to provide knowledge, awareness and support during the teenage years.

Thursday, October 13, 2022
PCIS 6th Grade Open House
6pm-8pm

PYDC staff will work in collaboration with Plymouth County Outreach staff to present Hidden In Plain Sight as well as provide an opportunity to discuss topics related to substance use. This presentation will be available 30 minutes before Open House and be available throughout Open House until 8pm.



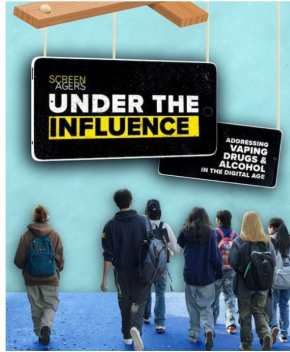


SCREEN
AGERS

UNDER THE INFLUENCE

ADDRESSING VAPING, DRUGS & ALCOHOL IN THE DIGITAL AGE

Join us to view the film "Screenagers: Under the Influence", the third movie in the Screenagers trilogy to examine the impact of our digital age on teens' decision-making in relation to substances such as vaping, drugs, and alcohol. This film highlights the changing landscape of the substances themselves, offering solutions for how we can best empower teens as they face decisions about what they will and will not be influenced by.



Wednesday, November 15, 2023 | 7:00pm

Plymouth North High School Performing Arts Center (PAC)
41 Obery Street | Plymouth, MA 02360

If you have any questions contact Joanna Silverman:
jsilverman@pilgrimac.org | 508-747-6686 ext. 2703



HOSTED BY THE PILGRIM
AREA COLLABORATIVE IN
COLLABORATION WITH
PLYMOUTH PUBLIC SCHOOLS

Join us after the viewing of *Screenagers: Under the Influence*
for a panel discussion with the following experts:



Jennifer Pinto, LMHC

Trotman Behavioral Health Director
Beth Israel Deaconess Hospital-Needham



Hillary Dubois, MS, CHW

Chief of Communications and Prevention Services
High Point Treatment Center



Ryan Morgan, M.Ed

Director of Independence Academy
North River Collaborative



Ann Marie Fahey, M.Ed, MS, MBA

School Adjustment Counselor
Plymouth North High School

Wednesday, November 15, 2023 | 7:00pm-8:30pm

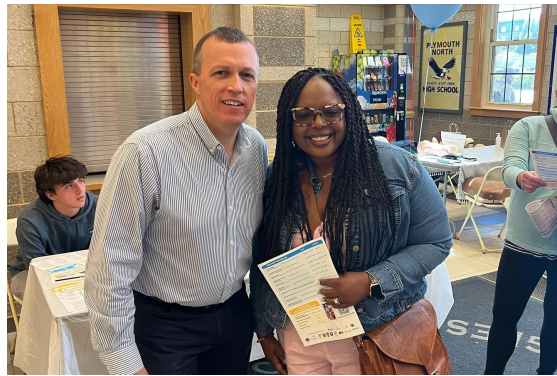
Plymouth North High School Performing Arts Center (PAC)
41 Obery Street | Plymouth, MA 02360



HOSTED BY THE PILGRIM AREA
COLLABORATIVE IN
COLLABORATION WITH
PLYMOUTH PUBLIC SCHOOLS

Community Engagement

- Bay State Community Services
- Be SMART
- Boston Medical Center (HEAL)
- Boys & Girls Club of Plymouth
- BID Plymouth
- Big Brothers Big Sisters
- Caron Treatment Center
- Child and Family Services, Inc.
- Clean Slate
- Crown Adolescent Health
- Father Bill's & Main Spring
- Grandparents Raising Grandchildren
- Harbor Community Health
- Health Imperatives
- Herring Pond Wampanoag Tribe
- Hope Floats
- High Point Treatment Center
(Plymouth Area Prevention Collaborative)
- Learn to Cope
- MAP Academy
- MOAR
- NeighborWorks
- New Testament Church of Plymouth
- PCO Hope
- Pembroke Hospital
- Plymouth Area Coalition for the Homeless
- Plymouth Area Chamber of Commerce
- Office of State Representative Mathew Muratore
- Office of State Representative Kathy LaNatra
- Plymouth Center for Active Living
- Plymouth COPE Center (BAMSI)
- Plymouth County District Attorney's Office
- Plymouth County HUB
- Plymouth County Outreach
- Plymouth County Sheriff's Office
- Plymouth County Suicide Prevention Coalition
- Plymouth DCF
- Plymouth Family Resource Center
- Plymouth Police Department
- Plymouth Public Library
- Plymouth Fire Department
- Plymouth Family Network
- Plymouth Rec Department
- Plymouth Recovery Center
- Plymouth Rotary Club
- Plymouth WIC
- Rising Tide
- Salvation Army of Plymouth
- South Shore Peer Recovery
- South Shore Community
Partners in Prevention
- SS Community Action Council
- Southeast Tobacco Free
Partnership
- Sullivan's Message
- Sustainable Plymouth
- Terra Cura
- The Yellow Tulip Project
- The Ooch Experience
- The Spire Center
- To The Moon and Back
- The NAN Project
- Town of Plymouth Health and
Human Services Dept.
- YMCA Plymouth



Comunidade de Plymouth
FEIRA DE SAÚDE E SEGURANÇA
 30 de abril na escola Plymouth North High School

Uma comunidade saudável é aquela em que todos os moradores têm acesso à educação de qualidade, moradia seguras e saudáveis, atividade física e nutrição, além de cuidados de saúde de qualidade.

Venha participar conosco no sábado, dia 30 de abril! Obtenha informações sobre programas e serviços para jovens, idosos, saúde e segurança. Participe de "workshops" gratuitos e desfrute de entretenimento para todas as idades. CRÁTIS, faça chuva ou faça sol, e aberto ao público!

30 de abril de 2022
 10h00 - 14h00
 Plymouth North High School
 41 Obery Street
 Plymouth, MA 02360

GRATUITAMENTE!

- Workshops para Pais e Responsáveis
- Entretenimento
- Touch-a-Truck (Toque em um caminhão)
- Bateria ao Vivo
- Recursos Locais
- Recursos, Atividades e Brincadeiras Infantis com a Plymouth Family Network
- Dicas de Segurança com água, incêndio, e bicicleta
- Educação de Segurança para Idosos
- Exames de Saúde
- Saúde e Educação Física para todas as idades
- Devolução Nacional de Medicamentos Desnecessários
- Recursos de Prevenção de Saúde Mental e Uso de Substâncias

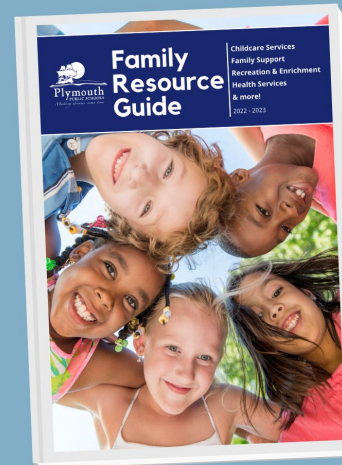
E MUITO MAIS!



COMMUNITY CONNECTIONS



The Plymouth community has a variety of resources available to youth, families, and community members. If you are looking to learn more about community based resources use the QR code provided below to access the Family Resource Guide created by staff at Plymouth Public Schools.



For a list of local resources and support scan the QR Code below

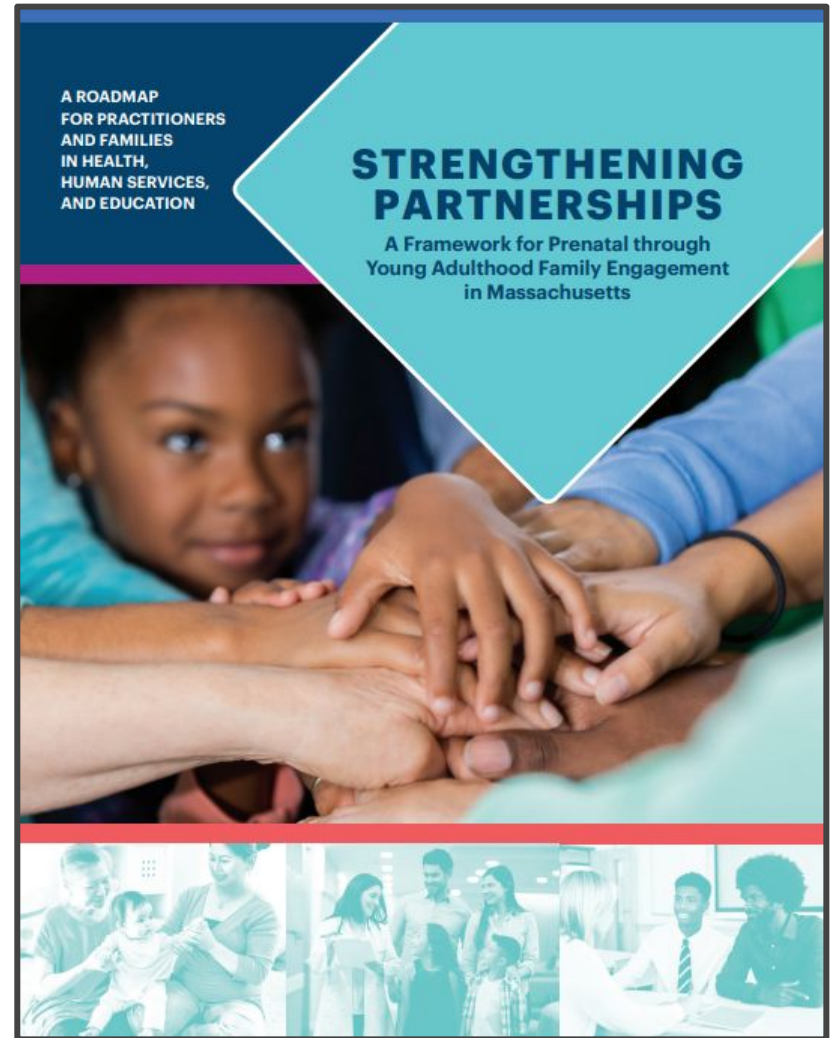


Plymouth Public Schools' Family Resource Guide

Family Engagement

Through a District Wide Lens:

- Strategic Plan, Objective 3
- District wide initiatives will continue to focus on the enhancement and development of:
 - Creative ways to engage families without a physical family resource center (taking geography into consideration)
 - Increase opportunities to engage families in more casual formats such as “coffee and conversations”
 - Continue to learn from DESE and other districts re: best practices around family engagement



Family Engagement

Through a Title I Lens:

- Increase opportunities for family engagement at Hedge, Cold Spring, Nathaniel Morton, and Federal Furnace based on what works best at their building and for their families
- Create opportunities for Title I staff to discuss successes in re: to engaging families and students across buildings
- Continue to create accessible information for all families including translation services when needed

“Title I” Visão Geral

“Title I” Parte A fornece assistência financeira a distritos e escolas com alto número ou altas porcentagens de crianças de famílias economicamente desfavorecidas, para ajudar a garantir que todas as crianças atendam aos padrões acadêmicos estaduais desafiadores.

Você pode aprender mais sobre programas de subsídios federais, como o “Title I”, digitalizando este código QR:



Title I Ajuda de fundos para:

- * Fortalecer os principais programas acadêmicos nas escolas
- * Fornece programas baseados em evidências que permitem que os alunos participantes atinjam os padrões de aprendizado das estruturas curriculares estaduais
- * Elevar a qualidade de instrução, proporcionando aos funcionários qualificados oportunidades de desenvolvimento profissional
- * Envolver pais e responsáveis como parceiros ativos na educação de seus filhos

Nas Escolas Públicas de Plymouth, as Escolas de Ensino Fundamental I Federal Furnace Cold Spring Nathaniel Morton e Hedge recebem fundos para Title I. Esses fundos apoiam todos os alunos dessas populações estudantis.



www.plymouth.k12.ma.us



508-830-4300



Family Engagement

Through a Title I Lens:

- Lending Library
- End of Year Title I Celebration
- Federal Furnace Student Celebrations
- Cold Spring Family Engagement Night
- PhotoVoice: Best SELf
- **November Lending Library**
- **Federal Furnace Pajama Night**

Lending Library

Plymouth Public Schools Title I Lending Library is an after school opportunity for K-5 students that attend Hedge Elementary School, Cold Spring Elementary School, Nathaniel Morton Elementary School, and Federal Furnace Elementary School as well as their families.

Schedule:

Where: Hedge Elementary School Gym
Time: 3:30pm-5:30pm

| | |
|-------------------|-------------------|
| October 24, 2023 | February 13, 2024 |
| November 14, 2023 | March 12, 2024 |
| December 19, 2023 | April 23, 2024 |
| January 23, 2024 | May 21, 2024 |



Students & families will be able to:

- * Select and take home a brand new book **FREE** of cost
- * Students may enjoy a snack, create a craft, and borrow a game to play at home with their families
- * Take home information on local resources and connect with a rotation of community resource providers
- * Meet and connect with Title I teachers as well as students and families within Plymouth Public Schools

If you're looking to learn more about Lending Library please reach out to your student's building principal or connect with the district's Family & Community Engagement Specialist.



www.plymouth.k12.ma.us



508-224-5049





Family Engagement Night

**PIZZA PROVIDED
GAMES & PRIZES
RESOURCES**



Tuesday, March 7, 2023

6pm-7pm

Cold Spring Elementary School
25 Alden St, Plymouth, MA 02360



Cold Spring, Nathaniel Morton, and Hedge Elementary families are welcome to enjoy pizza and share feedback with Superintendent, Dr. Chris Campbell, around family engagement within the Plymouth Public Schools.

School Adjustment Counselor, Stephanie VanWinkle, and Nurse Case Manager, Rhiannon Thai, will present information on combatting the winter blues and share information on local community resources. We will end the night with an emotions bingo game!

Please RSVP by February 28, 2023 to cmorgan@plymouth.k12.ma.us with the number of individuals that will attend from your family.



COLD SPRING
ELEMENTARY SCHOOL



- **English**

[Community Supports and Resources by Plymouth Public Schools - Issuu](#)

- **Portuguese**

[Comunidade Suportes e Recursos by Plymouth Public Schools - Issuu](#)

- **Haitian**

[Kominote Sipò ak Resous by Plymouth Public Schools - Issuu](#)

- **Spanish**

[Comunidad Apoyos y recursos by Plymouth Public Schools - Issuu](#)



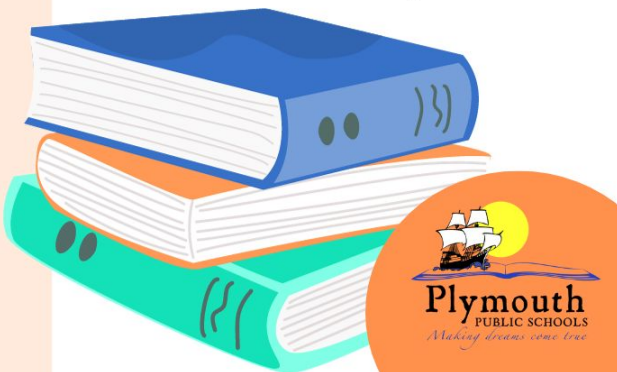
TITLE I LENDING LIBRARY
November:
Grow Gratitude

reminder

Tuesday
November 14, 2023

Hedge Elementary
School Gymnasium
258 Standish Avenue
Plymouth, MA

3:30pm-5:30pm



A Free Book
Arts and Crafts
Grab and Go Snacks
Enter to Win a New Game
Family Resources

JOIN US FOR

Pajama Night

A TITLE I SPONSORED EVENT
AT FEDERAL FURNACE ELEMENTARY

DECEMBER 7, 2023

5:30PM-7PM | FFES
PLEASE RSVP BY 11.20.23
USING THE QR CODE PROVIDED

Please consider bringing in a new pair of childrens' pajamas for our pajama drive. We will donate these items to help support a family in need.

THIS EVENT WILL INCLUDE:

- STORIES BEING READ ALOUD
- RAFFLES FOR BOOKS AND GAMES
- SNACKS PROVIDED BY THE PTA
- RESOURCES TO SUPPORT YOUR LEARNER & THE WHOLE FAMILY



KELLY MACOMBER

Plymouth Public Schools

Family & Community Engagement Specialist

kmacomber@plymouth.k12.ma.us

508-224-5049

