



BROOKFIELD CARES

Promoting social health and emotional well-being in our community.

2025 Freshman Forum

What our students tell us

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Assets & Resources

A word cloud featuring various terms related to community and wellness. The words are arranged in a cluster, with some appearing larger and more prominent than others. The colors of the words include shades of blue, grey, and black. The words include: resources, empower, building, advocacy, social, education, creating, safety, better, assets, behavior, emotional, community, resilience, awareness, connection, behaviors, wellness, coalition, at-risk, and asset.

Who We Are

- **BROOKFIELD CARES** is a non-profit volunteer community-based organization dedicated to creating awareness and positive change around the issues of substance misuse, depression, suicide, and other mental health concerns.
- We do this by engaging with all members of the community to reduce harmful behaviors, destigmatize mental health issues, and promote and support healthy choices.
- Learn more about us and access resources at our website: ***<http://brookfield-cares.org>***

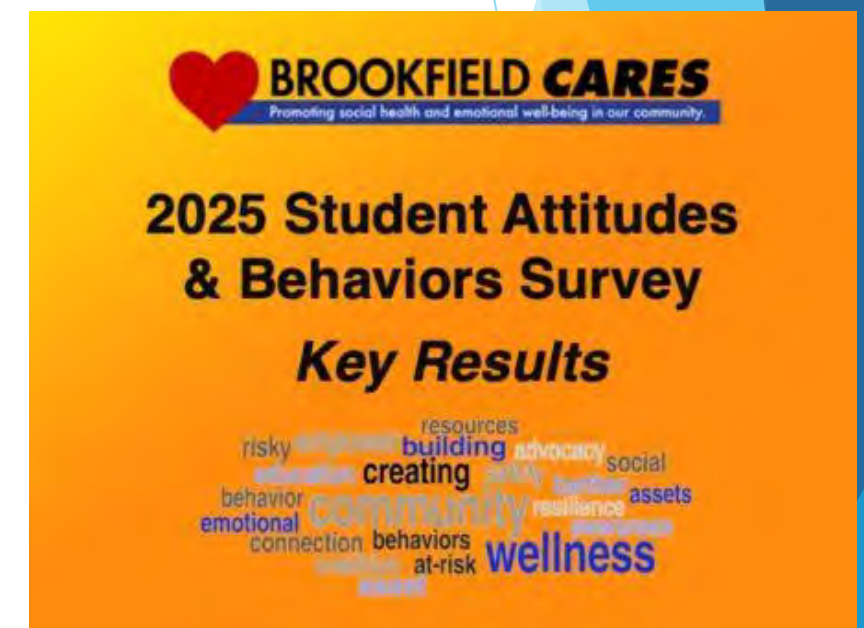
What we do

BROOKFIELD CARES works closely with the town and schools. Here are just some of our efforts:

- Provide QPR (Question/Persuade/Refer) training for suicide prevention
- Provide Narcan training on how to respond to an opioid overdose
- Makes lock boxes for prescription drugs available to the community
- Publish and distribute the *Parent's Guide to Helping Your Child Succeed*
- Create posters on mental health and substance abuse issues for the schools, Town Hall and the YMCA

What our children say

- Our students recently took the Attitudes & Behaviors Survey, developed by Search Institute (<https://searchinstitute.org>). It provides data in a wide range of areas including alcohol & drug use, depression & suicide, gambling, vaping, online behavior, and more. The Survey provides actionable data on our students rather than national trends.
- This is the 7th time that Brookfield has participated in the survey.
- To see the complete report on results, download the Key Results presentation that we gave to the Boards of Education and Selectmen —
<https://brookfield-cares.org/surveys-assets-reports/>



There's good news

Students tell us we are ***strongest*** in the following Assets.

Asset #	Name	2019 Survey	2022 Survey	2025 Survey
15	Positive Peer Influence	75	85	83
22	School Engagement	82	84	82
1	Family Support	79	70	81
21	Achievement Motivation	67	77	77
28	Integrity	79	73	76
30	Responsibility	76	66	75
20	Time at home	69	73	74
29	Honesty	74	66	73

Results are for grades 9 – 12, and are the % reporting each Asset.

To learn more about Developmental assets go to:

<https://brookfield-cares.org/surveys-assets-reports/developmental-assets/>

And there's work to be done

Students tell us we are ***weakest*** in the following Assets:

Asset #	Name	2019 Survey	2022 Survey	2025 Survey
25	Reading for pleasure	12	15	17
17	Creative activities	18	16	18
7	Community values youth	22	16	24
6	Parent involvement in schooling	23	24	24
8	Youth (children) as resources	31	27	31
13	Neighborhood boundaries	35	34	33
5	Caring school climate	27	23	34
4	Caring neighborhood	34	31	35

Results are for grades 9 – 12, and are the % reporting each Asset

More points of note

- 97% of High School students feel using prescription drugs that are not prescribed to them is wrong to very wrong.
- 93% of High School students feel smoking marijuana would be disapproved of by their parents.
- 15% of High School students reported threatening physical harm to someone in the last 12 months.
- 17% of High School students reported being in a car in the last 12 months with a driver who had been drinking.

Current behaviors

Here is just some of the behaviors our students told us about in the Survey.

	GRADE 9	GRADE 10	GRADE 11	GRADE 12
Used alcohol once or more in the past 30 days	7%	13%	21%	30%
Gambled once or more in the last 12 months	16%	19%	18%	27%
Used a vaping device in the past 30 days	4%	5%	18%	13%
Used a Zyn device in the past 30 days	3%	4%	3%	6%

New Trends To Know

Smart Vapes



Smart Vapes are e-cigarettes that includes features typically found in smartphones, such as touchscreens, digital display screens, built-in games, and Bluetooth connectivity

Zyn



ZYN pouches are small, smoke-free, nicotine pouches placed between the gum and lip, available in various flavors and nicotine strengths

There are resources available to you

Parent guides and information sheets are available to download on these websites:

Brookfield Cares — Parent Resources:

<https://brookfield-cares.org/resources/parent-resources/>

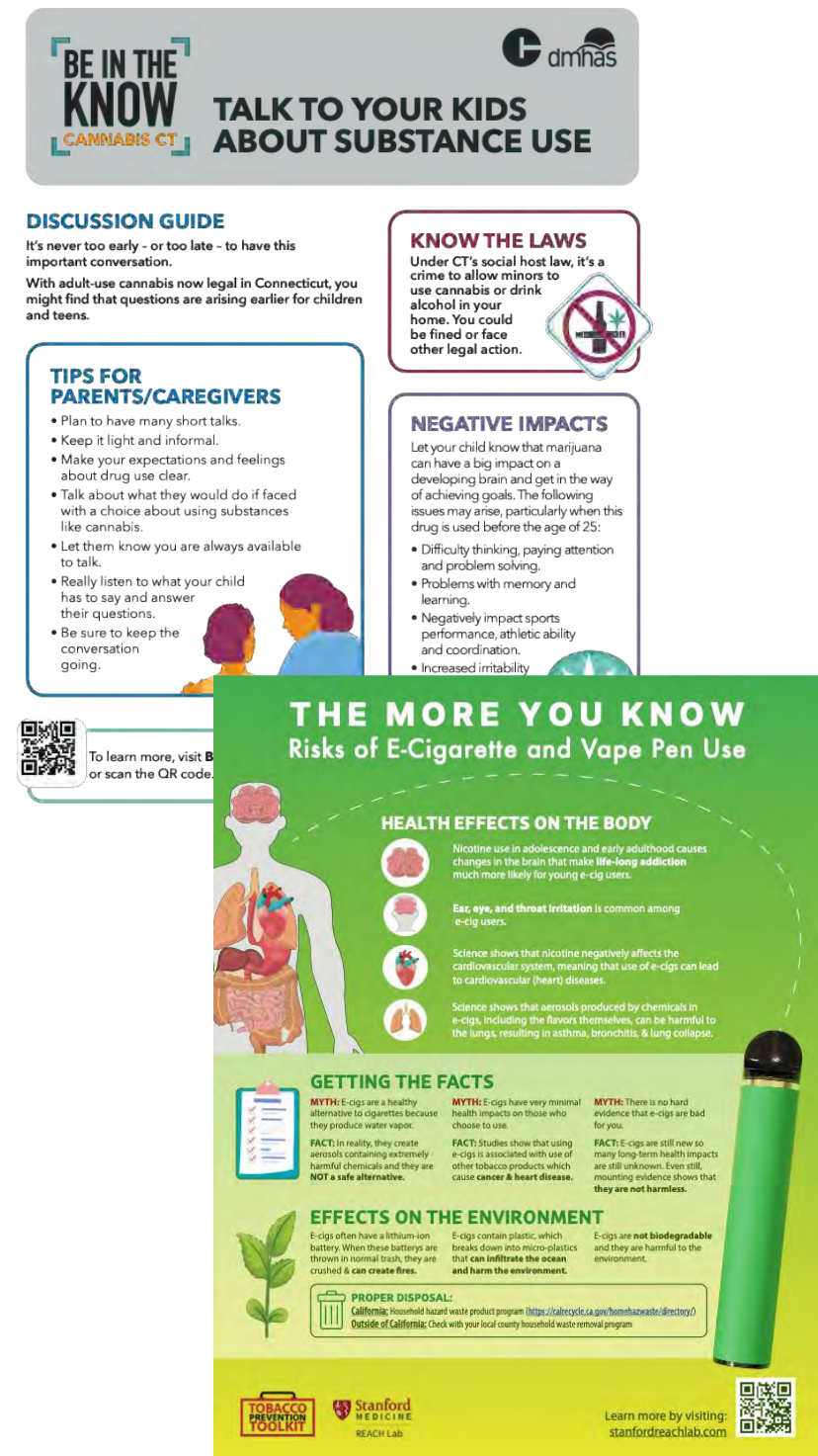
Western CT Coalition — Resources:

<https://www.wctcoalition.org/resources>

And more resources are available on the Brookfield Cares website:

<https://brookfield-cares.org/resources/>

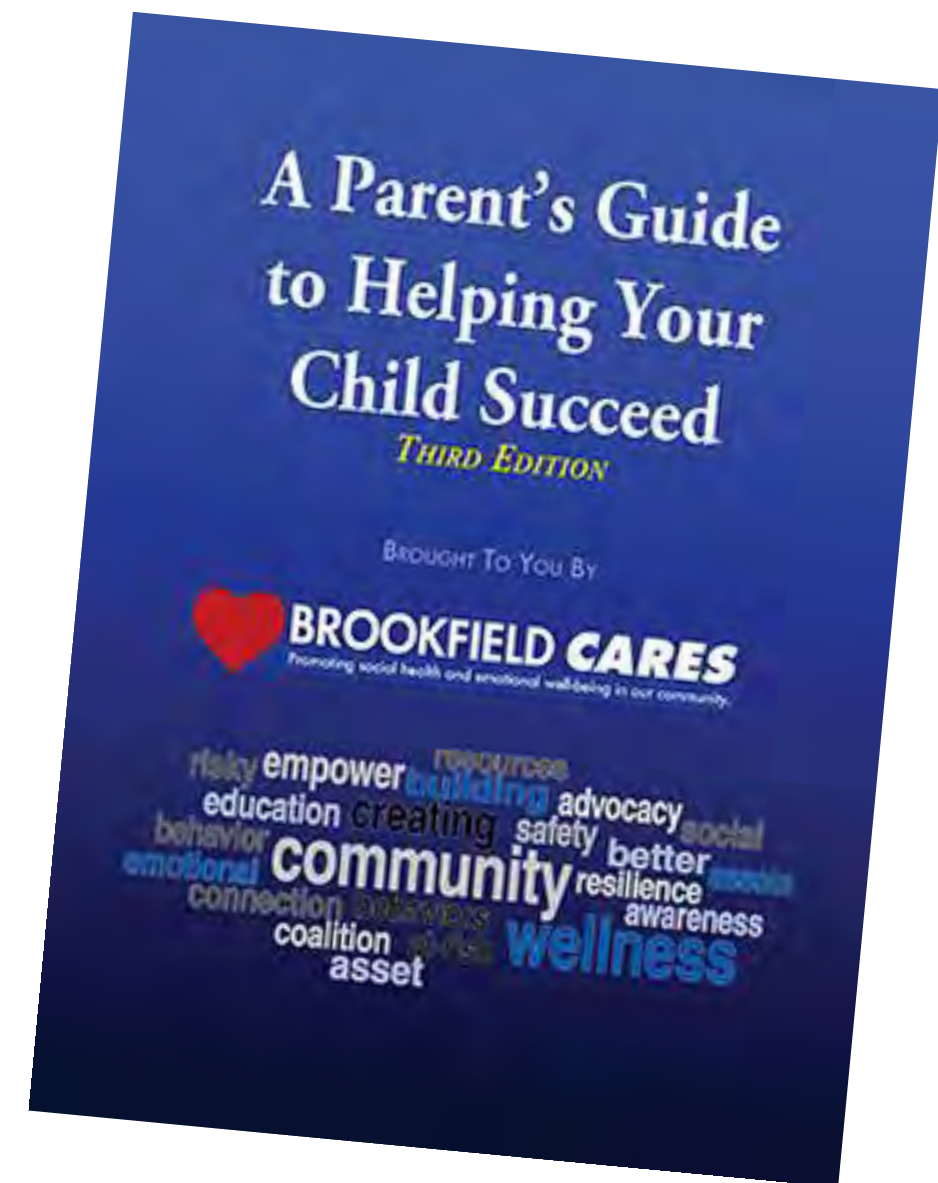
Be active in talking to your children with facts and understanding.



So... *What can you do as parents and caregivers?*

- ✓ Talk early and often.
- ✓ Establish policies early on and be consistent in setting expectations and enforcing rules.
- ✓ Work with other parents to monitor where kids are gathering and what they are doing.
- ✓ Be aware of our State's laws about providing alcohol to your own children.
- ✓ Never provide alcohol to someone else's child.

Understand your influence as a parent.

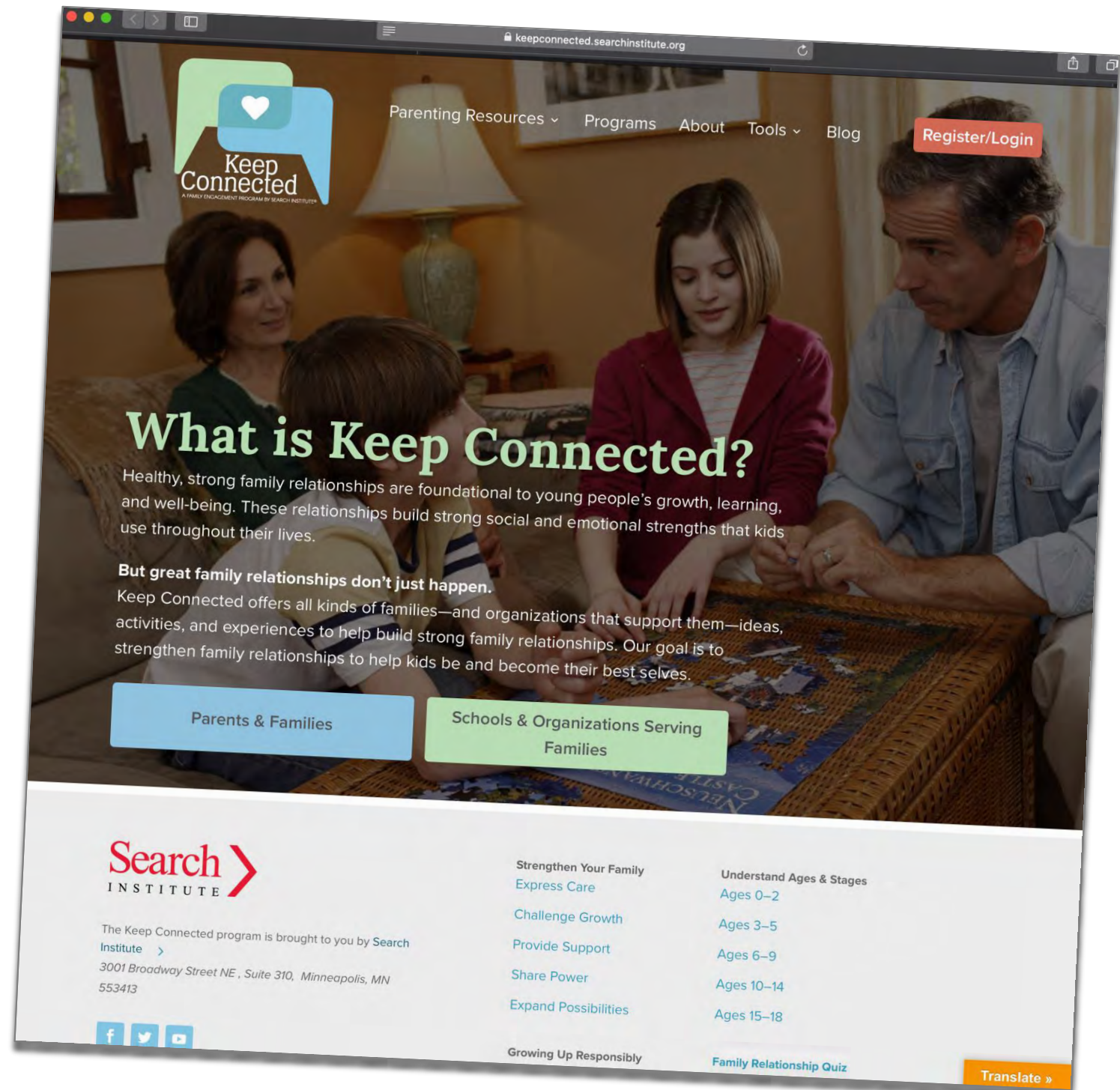


These points taken from *A Parent's Guide to Helping Your Child Succeed* – available at Brookfield schools or on the brookfield-cares.org website.

Keep Connected

Search Institute has a family-oriented website that provides a wealth of resources for parents, including:

- ✓ Set Family Goals Together
- ✓ Strategies to Prevent Alcohol and Tobacco Use
- ✓ Manage Money Well

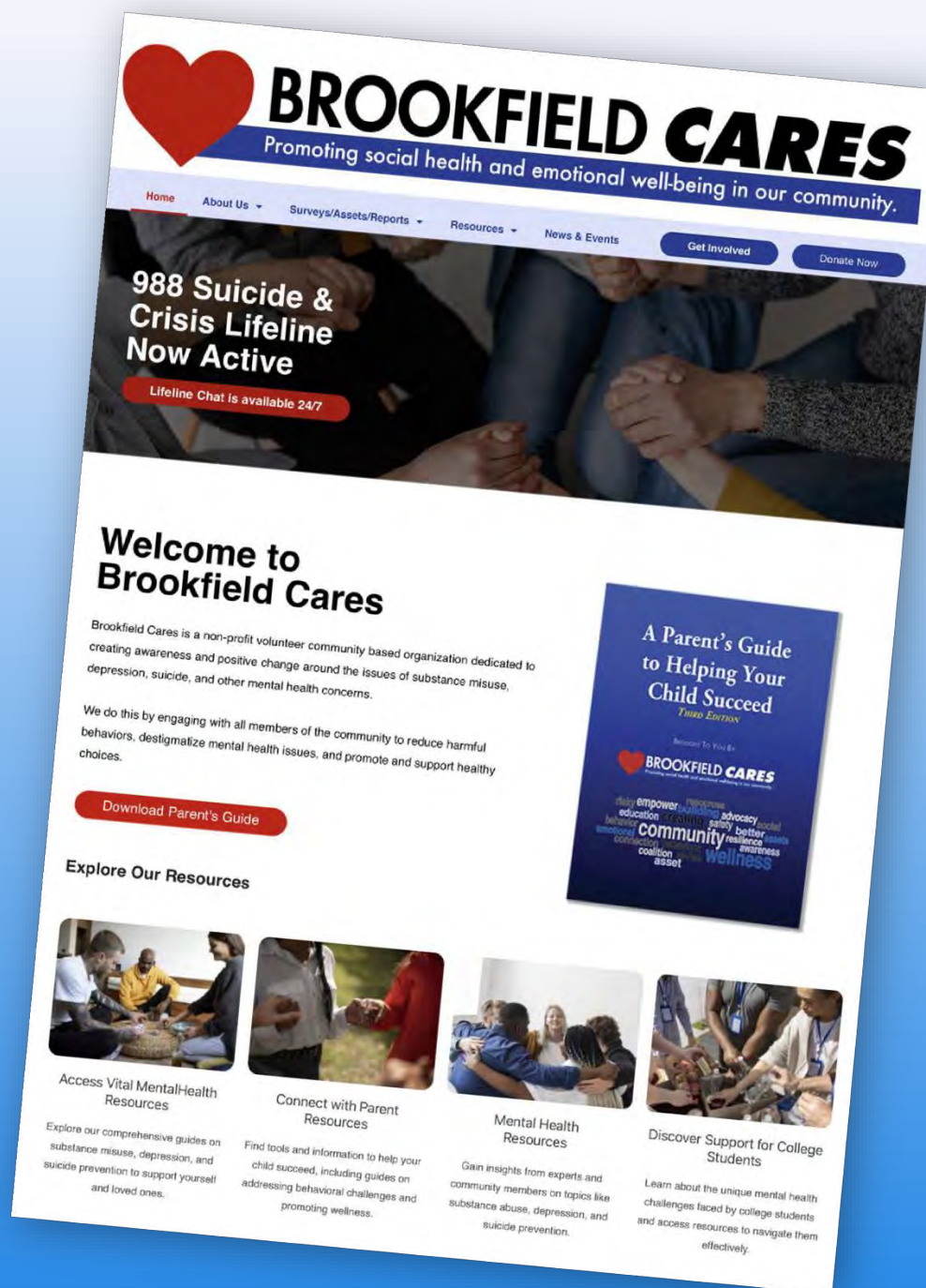


<https://keepconnected.searchinstitute.org/>



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