



CONNECTICUT ALLIANCE TO BENEFIT LAW ENFORCEMENT

Opening Minds, Saving Lives

# CIT-YOUTH SPECIAL TOPICS TRAINING

**Friday, May 9, 2025  
9:00 AM-1:00 PM**

**New Britain High School  
110 Mill Street  
New Britain, CT 06051**

**Session 1: Vaping, Nicotine & Other Substances:  
Resources for Prevention and Cessation**

**Session 2 : Supporting Anxious Youth**

*Lunch Provided*

**REGISTRATION  
REQUIRED**

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## VAPING, NICOTINE & OTHER SUBSTANCES: RESOURCES FOR PREVENTION AND CESSATION

### OVERVIEW

Join the Connecticut Department of Public Health's Tobacco and Cannabis Prevention Program and the Connecticut Department of Mental Health and Addiction Services Prevention and Health Promotion Division to learn more about how tobacco, nicotine, and other substances impact youth in Connecticut and the available resources to support prevention and cessation. Topics include:

- Tobacco and Nicotine Trends and Health Impacts
- Youth Prevention Resources
- Regional and Local School Supports
- Youth Cessation Resources

Attendees will be provided with access to educational print and digital materials to distribute to their communities and district.

Presenters: **Vanessa St. Clair**, *Youth Prevention Coordinator*, Tobacco & Cannabis Prevention Program, Connecticut Department of Public Health; **James Olsen**, *Health Program Assistant 2*, Tobacco & Cannabis Prevention Program, Connecticut Department of Public Health; **Denique Weidema-Lewis**, *Behavioral Health Program Manager*, Prevention and Health Promotion Division, Connecticut Department of Mental Health and Addiction Services (DMHAS).

## SUPPORTING ANXIOUS YOUTH

### OVERVIEW

This presentation will provide an overview of the signs and symptoms of anxiety and related disorders as well as strategies to support anxious youth. The diagnostic criteria of a variety of anxiety and related disorders will be outlined, as well as how these symptoms can manifest in a school setting. Examples will be given for a variety of anxious presentations, including those presenting with school avoidance due to anxiety. The impact of thoughts and behaviors on the maintenance of anxiety will be discussed and utilized to explain why anxiety symptoms show up the way they do. Finally, strategies for supporting youth with anxiety will be provided.

Presenters: **Tess Gladstone, Ph.D.** & **Michelle Cusumano, Ph.D.**, Anxiety Disorders Center, Institute of Living