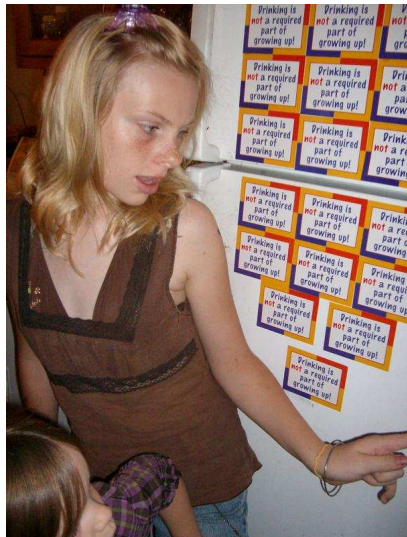


Media Campaign, Spring 2010



Water Bottle Project: Milford Middle School (MMS) Enrichment students handed out 500 water bottles with the CAST logo on it at MHS graduation. Twelve students, of all ages, helped with the project.



Magnet Project: MMS students distributed 200 magnets. Students were challenged to place the magnet on their refrigerator or an unusual place and submit a photo.

CAST Meetings are for:

- Teens
- Parents
- Youth Organizations
- Police
- Media
- Civic Groups
- Business owners
- Health Care Professionals
- EVERYONE

Meetings:

2nd Wednesday of the month
SAU Office 40
100 West St, Milford

[For more information and to confirm meetings:](#)
castnh.org

or

Contact the chairperson
castnh@charter.net

Unfortunately, society gives youth mixed messages about alcohol, tobacco, and other drugs. **CAST members** strive to provide resources and information parents can trust to educate and empower their children to avoid substance abuse and destructive decisions.

COMMUNITY ACTION FOR SAFE TEENS



The mission of Community Action for Safe Teens (CAST) is to support and strengthen families, reduce the use/abuse of alcohol, tobacco and other drugs and encourage healthy choices by teens through increasing community awareness and action. CAST serves the communities of Amherst, Brookline, Hollis, Lyndeborough, Milford, Mont Vernon and Wilton.

castnh.org
castnh@charter.net

Core Members

Donna Arias	Beyond Influence (GNCP)
Cathy Cray	Hollis Brookline HS Student Assistance
Susan Drew	Milford Welfare
Monica Gallant	Parent, HB PSTA
Brent Hautanen	Wilton Police Dept, Chief
Kris Jensen	First Congregational Church
Laurel Johnson	Milford School District, Asst Supt
Renea Sparks	SAU 39, Director of Special Ed
Susan Taylor	Boys and Girls Club/Souhegan Valley
Bob Thompson	Souhegan HS, Dean of Students
Fiona Tibbetts	Wilton-Lyndeborough HS, school nurse
Paula Troie	Registered Pharmacist
Libby W-Anderson	Parent, Greater Milford Outreach

Pharmaceutical Take Back Program



CAST initiated the Pharmaceutical Take Back Program. Proper collection of expired and unused medications protects the water supply and reduces the opportunity for abuse of the medications.

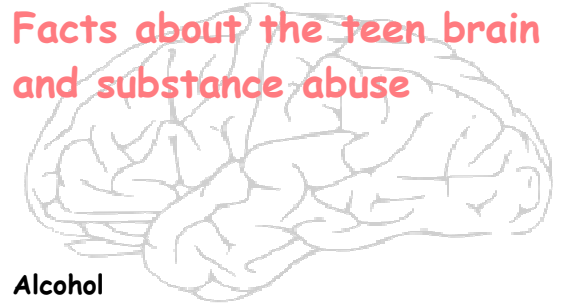
Community Action For Safe Teens

Initiated in Aug of 2004, CAST has had many successes to date!

- Assisted with the first 9th grade Wellness Day at Milford High School
- Marketed the Parent Education Series at Hollis-Brookline High School
- Initiated Parent to Parent Talks for all local parents at Milford Middle School
- Participated in the initial Oversight Board of Beyond Influence
- Participated in the Safe Homes Pledge beginning in Fall 2009
- Implemented Media Campaign Spring 2010: Water Bottle and Magnet Project
- Participated in Wellness Fair, Hitchiner, Sept 2010
- Sponsored " Teen Brain and Alcohol Talk" by Win Turner, PhD, Sept 2010
- Participate in Annual Chamber of Commerce Business Expo
- Supported the Pharmaceutical Take Back Programs for all Souhegan Valley towns beginning in Fall 2010
- Implemented Milford Hospital Association grant challenging teens to produce viral videos



Facts about the teen brain and substance abuse



Alcohol

The average size difference between the brain of a healthy teen and the brain of a teen who drinks heavily is about 10%.

Children who begin drinking alcohol before the age of 15 are 5 times more likely than those who start after the age of 21 to develop alcohol problems.

Marijuana

72% of Souhegan Valley HS students think people risk harming themselves, physically or in other ways, if they smoke marijuana regularly.

Tobacco

Smoking causes more deaths every year than AIDS, alcohol, drug abuse, car crashes, murders, and suicides-combined!

Pharmaceutical Drugs

Seventy percent of people ages 12 and older who abuse prescription painkillers say they get them from relatives and friends.

Would you like to learn more about CAST?

Name: _____

Email: _____

Phone: _____