



Chrissie Dziembowski, MPH, CHES

Prevention Program Coordinator

www.dtownctc.org

Who is CTC?

The CTC of Greater Downingtown is a collective of organizations, schools, hospitals, faith community, law enforcement, health care providers, human services, and local government using evidence-based prevention programs, policies, and resources to foster positive youth development, mental health, and prevent substance use.

Our Mission

To empower youth to make positive choices to reach their full potential.

Our Vision

A thriving community where all youth are making positive choices and achieving their goals.

Our Strategies

Providing prevention education and public awareness

Equipping parents and strengthening families

Engaging youth in peer prevention initiatives

Promoting alternative healthy social activities and events for youth

Virtual Resources

JANUARY PARENT SPEAKER EVENT MENTAL HEALTH AWARENESS

Matthew Wintersteen, Ph.D,
Thomas Jefferson University, Department of
Psychiatry and Human Behavior

What are the signs of depression and
suicide? How can you protect your child?
Answer these questions and more while
learning best practices to keep your child
safe.

**CTC Website:
Resources, Webinars,
Professional Help, Useful Links**

<https://www.dtownctc.org/resources> -1

CTC Collective Partners

<https://www.dtownctc.org/new-page>

DASD PARENT SPEAKER SERIES: Upcoming and Recorded Events

<https://www.dasd.org/parentspeaker>

Common Warning Signs

-  Feeling sad or withdrawn
-  Seriously trying to harm or kill oneself or planning to do so
-  Severe out of control, risk taking behavior
-  Repeatedly using drugs and alcohol
-  Drastic changed in mood, behavior, personality or sleeping habits
-  Extreme difficulty concentrating or sitting still
-  Sudden overwhelming fear for no reason
-  Changes in physical appearance; Significant weight loss or weight gain
-  Intense worries or fears that get in the way of daily activities

How to Find Help

- Contact your school's Counselor/ Student Assistance Program
- Contact your Pediatrician/Doctor
- Call your health insurance provider; the # is on the back of the card
- Chester County Information and Referral Line – Compass Mark 717-299 -2831
- Valley Creek Crisis Center 610-280 -3270
- SAMHSA National Helpline: free, 24/7 1-800 -662 -HELP (4357)
- Suicide Prevention Lifeline: free, 24/7 1-800 -273 -8255

Follow us for more resources!

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