

Town of New Paltz - Office for Community Wellness



Annual Report - 2023



Están invitados a unirse con nosotros para
el Día de la Comunidad
 16 de junio de 5:30 pm - 7:30 pm
Familia de New Paltz
 51 North Chestnut Street

¡Un día de la comunidad para ustedes!

Pasen con la familia a disfrutar de:

- Actividades para niños
- Pinta caritas
- Regalitos para niños
- Información importante sobre salud y exámenes

También ustedes pueden conocer a algunas personas de la comunidad que están aquí para ayudar.

¡Todo es gratis en esta celebración del Día de la Comunidad!

FREE! 3rd Annual New Paltz Community Picnic

July 15th
 6:30pm-8:30pm
 Hasbrouck Park
 15 Mohenk Ave
 New Paltz

BBQ, Arts & Crafts, Face Painting, NPUP, GAMES

Join us for this FREE community event with a FREE barbeque, music, activities, and games! After the picnic, we will be showing the Super Mario Brothers Movie. Our rain date is Sunday, July 16th. For more info, call Jim @ (845) 325-2593 or Phoenix @ (845) 275-5413.

New Paltz Opioid Overdose Prevention and Response Team

FREE On-The-Spot Narcan Training!
 Sundays
 10AM-1PM
 September 10th - October 29th

New Paltz Open-Air Market
 40 Main Street in New Paltz.

This training is brought to you by our community partners:

6th Annual **RECOVERY Fest**
 SEPTEMBER 17TH
 NOON - 4PM
 FIELD OF DREAMS
 241 LIBERTYVILLE ROAD IN NEW PALTZ

Co-sponsored by Ulster Prevention Council and Hope Rocks.

FREE!
All are welcome!

A day of fun, support, and honoring the journey:

- DJ Jay Smooth * Information Tables * BBQ
- Speakers in Recovery * Wellness Practitioners
- Narcan Training * Jordan's Closet * Bouncy House
- Face Painting * Drum Circle * Kickball
- Outdoor Games

Questions? Contact Phoenix @ (845) 275-5413

New Paltz's 4th Annual Halloween/ Harvest Window Painting

Pre-registration is required. See link below.

Saturday, October 21st
 11:00 a.m. - 2:00 p.m.
 Rain date: October 22nd

The Town of New Paltz's Office for Community Wellness is sponsoring its 4th Annual Halloween Window Painting Project for youth in grades 5-12, as well as adults and families. Anyone interested in participating is invited to register by going to: <https://bit.ly/3s0a3Jr>

All window designs will be created in advance and in alignment with this year's themes - Halloween or Harvest.

Due to the limited number of supplies and windows, all registrations received will be entered into a drawing to determine this year's window painting artists and teams.

If you have any questions, please contact Phoenix at (845) 256-5014 or via email pkawamoto@townofnewpaltz.org if you have any questions.

HOLIDAY HOOPLA
PARADE & WINTER CARNIVAL
 Saturday, December 9th

Parade departs New Paltz Middle School at 12PM.
 Winter fun @ Historic Huguenot Street 1PM - 5PM.

Music by: Dave Chapman Band & DJ Jay Smooth

- * Activities for Children * Bouncy House (weather permitted)
- * Food Vendors * Jugglers * Community Gingerbread House
- * Competition * Outdoor Carnival Games
- * Petting Zoo * Photos with Santa & Buddy the Polar Bear * Menorah Lighting & Tree Lighting

For more information, please use the QR code here.

Written By: Phoenix R. Kawamoto, MSW - Community Education Coordinator
 Town of New Paltz, Post Office Box 550, New Paltz, New York 12561
 (845) 256-5014

TABLE OF CONTENTS

| | |
|--|----|
| Presenting the Office for Community Wellness: An introduction and overview of the department | 2 |
| Understanding the Role & Responsibilities of the Community Education Coordinator | 5 |
| The OCW's Record of Expansion and Community Support | 6 |
| Community Contributions and Support | 7 |
| Community Activities, Events, and Programs | 8 |
| Breaking Ground on Social Media | 9 |
| New Paltz Opioid Overdose Prevention Team | 10 |
| Ulster County Opioid Overdose Data | 15 |
| Thriving Together Initiative | 20 |
| Closing Remarks | 21 |
| Appendix A: Upcoming Mental Health First Aid Training | 22 |
| Appendix B: CEC Services Overview Diagram - 2024 | 24 |
| Appendix C: Community Partners and Contributors - 2023 | 26 |
| Appendix D: Highlights of Annual Programs & Events - 2023 | 29 |

Presenting the Office for Community Wellness: An introduction and overview of the department

Welcome! The Office for Community Wellness (OCW) is a unique, innovative department within the Town of New Paltz designed and operated by Phoenix R. Kawamoto, Community Education Coordinator, for the Town of New Paltz. This department works with multiple service providers, organizations, and community sectors, providing information, skills, and support to enhance the quality of life for those who call New Paltz home. This has become increasingly important now, as individuals are living through a very stressful time of change (post-pandemic), economic hardship, divisiveness, and uncertainty. Within a broader content, our country is experiencing a national mental health crisis, long-standing opioid overdose epidemic, and the more-silent epidemic of isolation and loneliness.

The OCW provides many different community activities, events, and programs with the conscious intention of creating opportunities for community members of all ages, backgrounds, and life experiences to be together in community. Human beings are social beings who need to feel safe, supported, and valued. We need affirming spaces, places, and relationships where we feel like we belong and are part of something.

Lastly, the OCW through the work of the Community Education Coordinator (CEC) is dedicated to helping individuals within New Paltz connect with available resources that can reduce the risk of more serious and challenging impacts that often occur when someone is coping with mental health challenges, a substance use disorder, and other life stressors. Another aspect of the work of the CEC is to help identify barriers that get in the way of someone's ability to access those supports.

This annual report provides a thorough overview of the OCW and the unique role of the CEC, while offering the reader a clear picture of the scope of services provided, the expanding web of community support and involvement, and the extensive network of organizational support from across the county, region, and state.

The challenges mentioned earlier are complex and require a tremendous amount of energy, time, resources, and commitment.

The Office for Community Wellness is a department of one individual striving to:

- ◆ Strengthen the community's "safety net,"
- ◆ Help people access what they need,
- ◆ Work with others to design and implement programs to fill identified gaps in services, and
- ◆ Reduce both the level and rate of harmful impact of risk occurring in New Paltz.

Presenting the Office for Community Wellness: An introduction and overview of the department

New Paltz ingenuity: The Comptroller and Town Board of New Paltz worked with Ulster County Government to create the Community Education Coordinator position within the final quarter of 2016. The primary reason for this innovative effort was to sustain the vital community outreach work and level of community support that had been achieved during the Town's 5-year federally funded Drug-Free Communities (DFC) grant project which was ending on December 31, 2016. This substance abuse prevention grant project was managed by Phoenix Kawamoto (March 2012-December 2016) who had created and implemented several innovative approaches that were well-received and highly valued by members of the community. To date, we are not aware of any other community within the region or state that has a position or department like the Office for Community Wellness.

Mr. Kawamoto has managed two (2) DFC grant projects within Ulster County and has more than 35 years of experience within the field of Substance Abuse Prevention. The work of his department and within his role as Community Education Coordinator are informed by:

- ◆ Decades of professional experience,
- ◆ A combination of evidence-based best practices and promising approaches,
- ◆ Professionally recognized theoretical frameworks, and
- ◆ Local data collection sources and input from key stakeholders, service providers, parents, youth, and community members representing 12 sectors of the community.

Mr. Kawamoto was appointed as the Community Education Coordinator (CEC) and began serving the New Paltz community as such on January 1, 2017. Initially, the CEC position was part-time; it was 30 hours per week from 2017-2019 and increased to 35 hours per week in the year 2020. The Town Board of New Paltz made this position a full 40 hours per week position in response to impacts the community was experiencing from the opioid overdose crisis, mental health crisis, and the Covid-19 pandemic.

Presenting the Office for Community Wellness: An introduction and overview of the department

It takes a community: The science of prevention has demonstrated that successful community change can be achieved through the active participation and involvement of community members and organizations that represent 12 sectors within the community. Here is a diagram of those sectors as identified by numerous national organizations and governmental agencies, including the United States' Center for Substance Abuse Prevention (CSAP). Active participation from all 12 sectors is required of all federally funded DFC grant projects, and was well-established here during the grant period.

As the reader moves through this report, they will see how participation and community involvement has grown and shifted in the seven years this department has been in existence. (See p.5)



Effective Strategies for Community Change: The work of the OCW utilizes four of seven evidence-based, effective strategies for community change that are best suited for this department and the capacity of a sole individual. These strategies serve as guiding framework to address local needs and concerns, as well as work with community members and partner organizations to co-create community solutions or desired outcomes. The chart below offers the reader a brief description of the nationally recognized strategies for community change.

| | |
|---|---|
| Provide Information | Utilize different information sharing channels or media to share accurate and valuable information. |
| Provide Support | Provide a variety of different skills training for youth, parents, professionals, etc. to help reduce negative behaviors. |
| Provide Information | Services & opportunities for pro-social involvement (including drug-free activities.) |
| Enhance Access & Reduce Barriers to Services | Work with systems and organizations to help people get the help they need. |

Understanding the Role & Responsibilities of the Community Education Coordinator

A multi-faceted, position: The title of Community Education Coordinator (CEC) only reflects one small component of the work being done within the Town of New Paltz. Phoenix Kawamoto, CEC, works with organizations and services providers to provide **free** evidence-based trainings (i.e., Youth Mental Health First Aid, safeTALK, etc.), as well as numerous Narcan trainings (as discussed in detail on page 10). Please note there is a free Mental Health First Aid Training on April 13th. The flier complete with registration information is located in Appendix A (p.22).

The majority of Mr. Kawamoto’s work involves the coordination, planning, and implementation of prevention activities, events, and programs contained within the chart below. The updated services diagram of the roles and responsibilities of the CEC for 2024 is provided in the first page of the Appendix B (p. 24).

Community Education Coordinator’s - Prevention Strategies and Activities - 2024

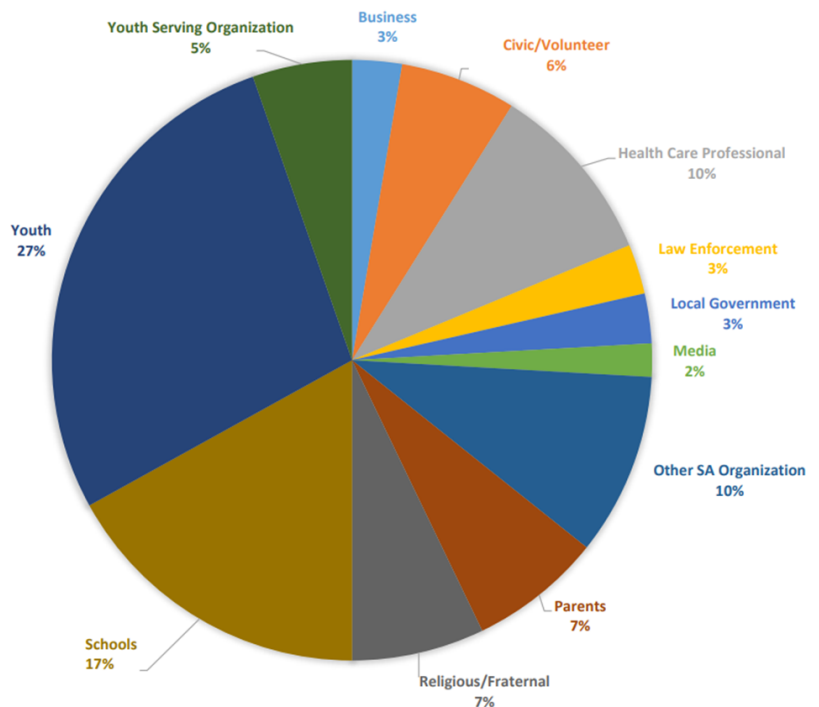
| Prevention Strategies | Implementation Tools | Activities/Events/Initiatives |
|---|--|--|
| Provide Information | <ol style="list-style-type: none"> 1) Community Video Announcements 2) Electronic Information Campaigns 3) Social Media Campaigns 4) Programming (community, school-based, audience-specific, multigenerational) 5) Web-based Content 6) Community Outreach Events 7) Every Door Direct Mailing (EDDM) Campaigns | <ul style="list-style-type: none"> ◆ Ongoing weekly video announcements on New Paltz Community Wellness Facebook page ◆ THC Toxicity Prevention EDDM – TBD ◆ Websites for all OCW initiatives and department websites will be redesigned by May 31st. <p>Additional activities and events are in the planning stage for 2024 and will be shared through multiple communication channels and networks.</p> |
| Enhance Skills | <ol style="list-style-type: none"> 1) Narcan Training 2) Mental Health First Aid 3) Youth Mental Health First Aid 4) Trauma Informed Care 5) safeTALK Suicide Awareness Training 6) Youth Leadership Development 7) Health & Wellness Trainings | <ul style="list-style-type: none"> ◆ Narcan Training @ Elting Library – 3rd Tuesdays ◆ Mental Health First Aid Training – 4/19/24 ◆ Spring Window Painting Day – 4/20/24 ◆ Trauma Informed Care Training - May <p>More offerings will be planned for later in the year upon review of Thriving Together Possibilities data.</p> |
| Provide Support | <ol style="list-style-type: none"> 1) Community Outreach Events 2) Holiday Hoopla 3) Family Fun Events 4) Recovery Month Celebration 5) Thriving Together Events | <ul style="list-style-type: none"> ◆ World Storytelling Day – 3/20/24 ◆ New Paltz High School Wellness Day – 3/22/24 ◆ 4th Annual Spring Window Painting Day – 4/20/24 ◆ 2nd Annual “Día de la Comunidad” – 6/7/24 ◆ Annual Community BBQ & Movie Night (July) ◆ 7th Annual Recovery Fest – 9/15/24 ◆ 5th Annual Halloween & Harvest Window Painting Project ◆ 5th Annual Holiday Hoopla Parade & Winter Carnival (Dec) |
| Enhance Access & Reduce Barriers | <ol style="list-style-type: none"> 1) Mental Health & Treatment Provider Meetings 2) Opioid Overdose Prevention Team 3) Participation in Local, County, and Regional Provider & Planning Meetings 4) Translation/Utilization of informational content that is in Spanish. 5) Referral source for the community 6) Increase Utilization of Local Harm Reduction Resources | <ul style="list-style-type: none"> ◆ Weekly On-The-Spot Narcan Trainings @ the New Paltz Open-Air Market ◆ Attend Monthly Ulster County SPEAK meetings (Suicide Prevention Education Awareness and Knowledge) ◆ Attend Ulster County Inter Agency Domestic/Intimate Partner Violence Task Force ◆ Coordinate & Facilitate Local Provider Meetings ◆ Coordinate & Facilitate New Paltz Opioid Overdose Prevention and Response Team meetings. ◆ Participate in the SPEAK Work Team ◆ Translate Community Resource Card in Spanish ◆ 2nd Annual “Día de la Comunidad” – 6/7/24 |

The OCW's Record of Expansion and Community Support

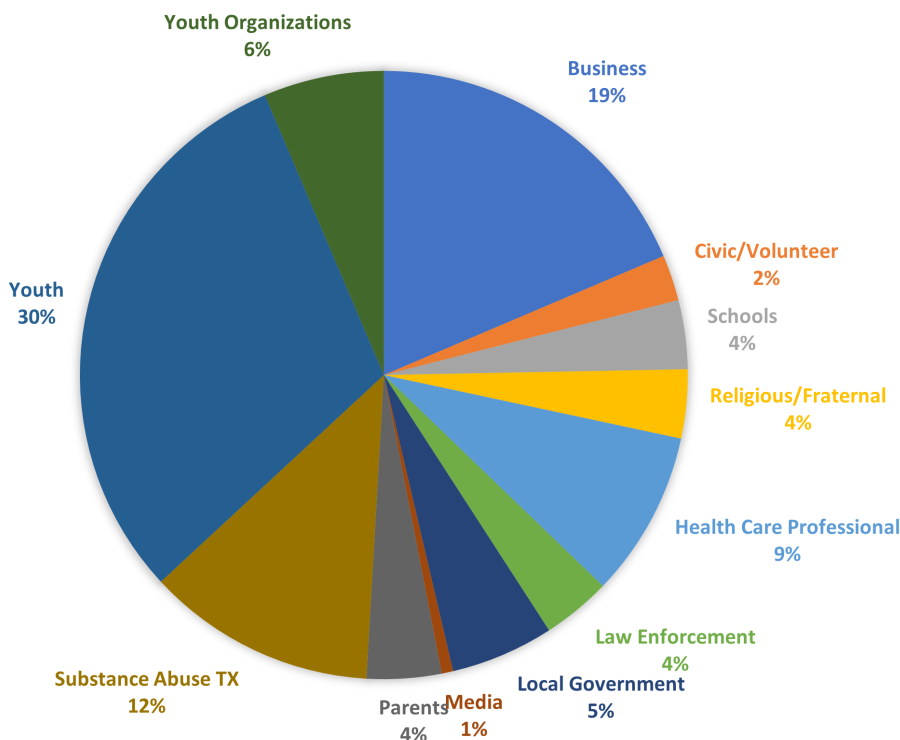
A tale of two pie charts: This first pie chart illustrates the levels participation by community members within each of the 12 community sectors who were involved in 2016, which was the fifth year of the DFC grant project for the Greater New Paltz Community Partnership (GNPCP) coalition.

of Community Organizations Participating in Coalition Activities: **38**

of Community Members Participating/Volunteering in Coalition Activities:
58 Stakeholders
25 NPSD Students



7 years of growth and expansion: This second pie chart illustrates the percentage levels for each of the 12 community sectors involved with the work of the OCW in 2023.



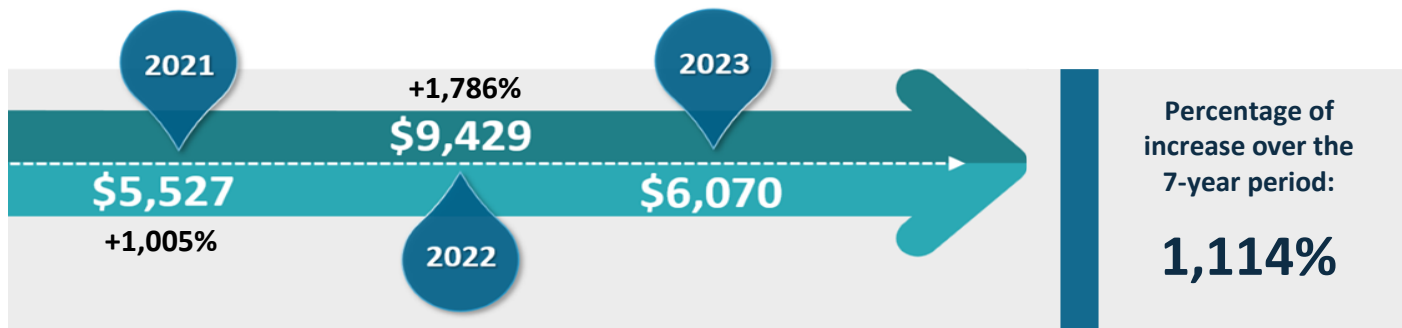
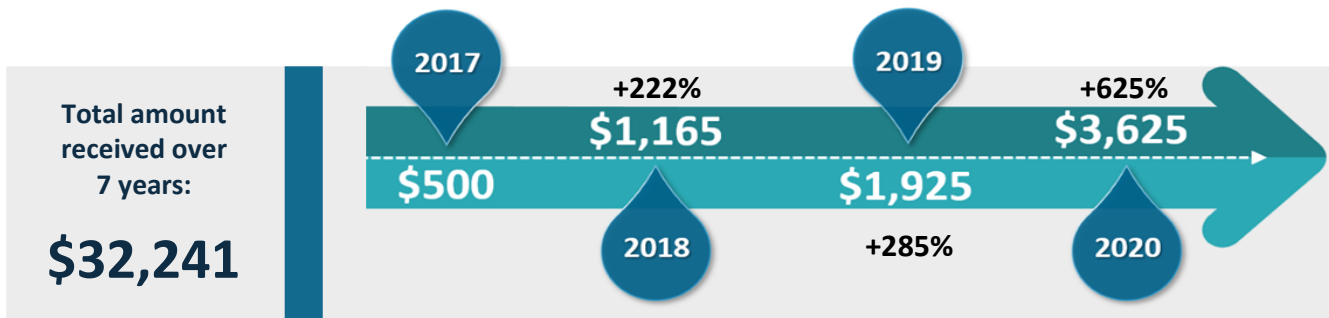
of Community Organizations Participating in OCW's Activities: **104**

of Community Members Participating/Volunteering in OCW's Activities:
239 Stakeholders
100 NPSD Students

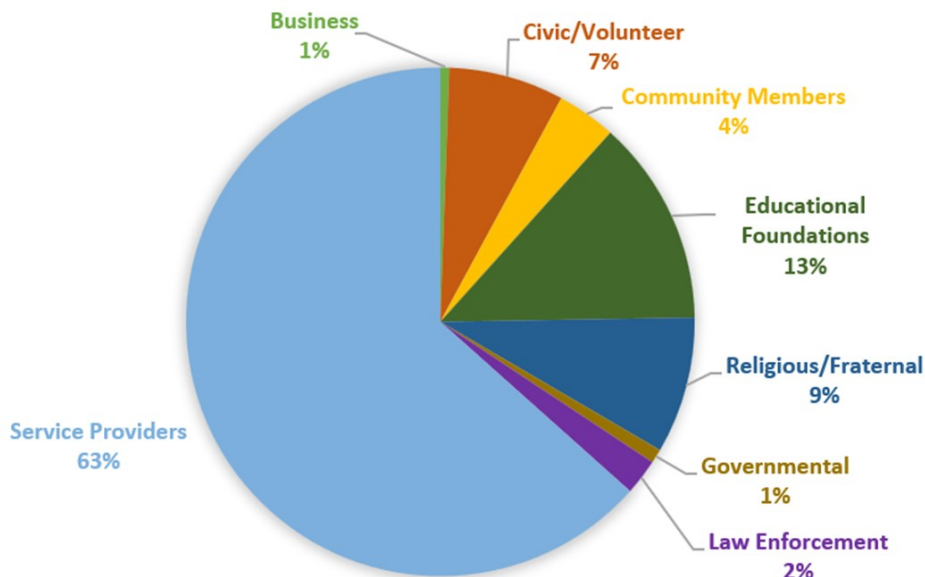
An increase of 308% in community participation within 7 years.

Community Contributions and Support

Community-funded expansion: Civic groups, educational foundations, law enforcement organizations, faith groups, governmental organizations, local businesses, parents and other local community members, as well as other service providers have donated countless hours of their time, expertise, goods, and services. Additionally, they have funded a robust expansion of community events and activities to support the community during the Covid-19 pandemic, as well as during this post-pandemic period. The OCW has received \$32,241 in financial support since 2017. The timeline below illustrates the growth in community contributions over the past seven years.



Contribution close-up: This pie chart illustrates the percentage levels for each of the aforementioned community sectors that contributed *financially to the work of the OCW over the past seven years.



* Please note that this does **not** include the numerous donations of goods, gift certificates, etc. that were generously offered as prizes or giveaways for numerous OCW events by members of the New Paltz business community. **Please see Appendix C for more details.**

Community Activities, Events, and Programs

A year in review: Within the 2023 calendar year, the OCW coordinated and provided a number of free community programs in addition to the coordinating an extensive opioid overdose prevention response outlined within the upcoming section of the report (p.10-14). This chart lists the activities and programs by their prevention strategy category as defined on page 4.

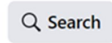
Community Education Coordinator’s - Activities and Programs - 2023

| Prevention Strategies | Activities/Events/Programs/Initiatives |
|---|---|
| Provide Information | <ul style="list-style-type: none"> ◆ Weekly video announcements on New Paltz Community Wellness Facebook page ◆ Opioid Overdose Prevention & Thriving Together Every Door Direct Mailing to 7,000 New Paltz Residences ◆ Web-based content for 3 OCW websites ◆ Created, printed, and distribute 2,500 Community Resource Cards within New Paltz community and on the SUNY NP campus ◆ Numerous Thriving Together tabling events ◆ Coordinated “Día de la Comunidad” event for Spanish-speaking families within the community |
| Enhance Skills | <ul style="list-style-type: none"> ◆ Seven On-the-Spot (OTS) Narcan Trainings @ Elting Library ◆ Weekly OTS Narcan Trainings at the New Paltz Open-Air Market August-October ◆ Assisted with OTS Narcan Training on the SUNY NP campus ◆ Coordinated the provision of Anti-Racism education for leadership team of the Thriving Together initiative |
| Provide Support | <ul style="list-style-type: none"> ◆ 3rd Annual Spring Window Painting Project ◆ 1st Annual “Día de la Comunidad” event ◆ 3rd Annual Community BBQ & Movie Night ◆ 6th Annual Recovery Fest ◆ 4th Annual Halloween & Harvest Window Painting Project ◆ 4^h Annual Holiday Hoopla Parade & Winter Carnival ◆ Youth Artist Project - Holiday Hoopla |
| Enhance Access & Reduce Barriers | <ul style="list-style-type: none"> ◆ Coordinated and oversaw the “Exterior Emergency Opioid Overdose Stations” initiative in New Paltz ◆ Monitored and updated the Opioid Overdose Prevention Website ◆ Coordinated and assisted with the delivery Narcan kits and other harm reduction supplies ◆ Established numerous harm reduction supply stations within the Town and Village of New Paltz ◆ Monitored and maintained said harm reduction supply stations ◆ Coordinate & Facilitate New Paltz Opioid Overdose Prevention and Response Team meetings ◆ Participated in Ulster County SPEAK meetings (Suicide Prevention Education Awareness and Knowledge) ◆ Attended Ulster County Inter Agency Domestic/Intimate Partner Violence Task Force ◆ Coordinate & Facilitate Local Provider Meetings ◆ Assisted parents seeking referrals for mental health and substance use disorder treatment resources |



New Paltz Community Wellness

199 likes • 333 followers



Breaking Ground on Social Media

Spreading the word and expanding our reach: The OCW has benefitted greatly from the time, talent, and expertise of Social Media Outreach Consultant, Aaron LeCan. The CEC works closely with Mr. LeCan to coordinate and implement an ambitious social media communication plan for use on Facebook and Instagram. The OCW’s social media outreach plan is one component of a communication strategy that utilizes electronic distribution networks, web-based platforms, and the social media networks of our community partner organizations, key stakeholders, and community members.

The data below illustrates the reach and impact of the OCW’s weekly video programmatic announcements. Please visit and follow our **“New Paltz Community Wellness”** page to stay informed and help us spread the word about upcoming events.

We’re working hard.

In 2022, we reached 33,092 people - ***Up 382%** from 2021 in New Paltz.

Video views: 25,038

*Within a 5-mile radius of New Paltz - Up 150% from 2021.

| Views on Facebook & Instagram | |
|-------------------------------|---------|
| Jan - Nov '23 | Dec '23 |
| 35K | 23.8K |
| 58K | |

| Followers: 308 | |
|--|--|
| Last 28 days | |
| Reach | Engagement |
| 26.5K <small>+306% from previous 28 days</small> | 1.8K <small>+406% from previous 28 days</small> |
| Net followers | 3-second video views |
| 33 <small>+560% from previous 28 days</small> | 23.8K <small>+329% from previous 28 days</small> |

It's a testament to Holiday Hoopla's growing popularity and our successful strategy of community events, education and engagement. And... we doubled our 2022 video views!

You’ve noticed!

Follow us. Be in the know.

New Paltz Opioid Overdose Prevention & Response Team

Offering help & hope to those navigating through the rough waters caused by opioid use disorders and addiction.



A brief overview: This section of the report will provide the reader with some background information as it relates to the history of this work team, as well as the ever-changing conditions and challenges of the opioid overdose epidemic. The reader will learn about the local response and the numerous networks our team is connected to. Lastly, the author will share highlights from 2023 and the creative initiatives in New Paltz, how our work supports the County, region, and beyond. This will be followed by several Ulster County opioid overdose slides that illustrate the scope of this crisis on a local level, while helping the reader better understand the scope and breadth of our response.

The opioid overdose epidemic continues to grow and foster heartbreak locally and nationally. Phoenix Kawamoto has served as the lead coordinator of the New Paltz Opioid Overdose Prevention and Response Team since its inception in 2013 as part of the DFC grant project in New Paltz. At that time, Mr. Kawamoto was the project director and prescription opioids were one of four substances of concern that the GNPCP had identified as part of its focus and work plan. He reached out to coalition members and professionals from numerous community sectors who were deeply troubled and wanted to become involved. Several of the original members remain on the team and the team has expanded greatly over the years of the opioid epidemic.

An ever-changing epidemic: Over the past 10-12 years, the opioid overdose epidemic has changed dramatically and claimed the lives of too many within the community, our county, and nation. The number of family members and friends, as well as communities as a whole, that are forever changed by these painful losses is beyond measure.

The factors that have created and continue to fuel this epidemic are complex and too numerous to mention in this report. Mr. Kawamoto continues to work tirelessly with a dedicated team to implement evidence-based harm reduction practices (i.e. Narcan training, providing fentanyl test strips, etc.) as well as create innovative strategies, materials, and tools that are being replicated within Ulster County, Columbia County, and Delaware County.

New Paltz Opioid Overdose Prevention & Response Team

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Mr. Kawamoto continues to help those seeking his assistance. Sometimes that involves connecting a human service organization in Albany connect with a local provider of necessary supplies; other times he is offering support to coalition and organizational leaders seeking guidance on how to replicate what has been built here, like the Dallas Area Drug Prevention Partnership located in North Texas. Every community has its own unique culture and conditions, but by working together and sharing what we have learned along the way, we can help one another and make a difference.

Help is a click or call away: As mentioned previously, there are numerous organizations local, county, and state, who are working together to provide support, referral, intervention, treatment, and harm reduction supplies free of charge and no questions asked.

Here is a list of some resources you can access and share with those you know and love. The links within this electronic file are clickable, so feel free to visit them and share them widely.

- ◆ **Opioid Overdose Prevention Website:** This site provides information and resources across a full-continuum of needs (i.e. medication disposal, Narcan training and free kits, harm reduction supplies, treatment resources, and recovery support). Visit: <https://opioidpreventionnp.org>
- ◆ **Indoor Emergency Naloxone Stations:** There are currently 18 indoor emergency stations located within the Village and Town of New Paltz. Please [click here](#) to see a Google map of these locations. These locations also have a window sticker with the QR code for the opioid overdose prevention website listed above to help members of the community obtain a free kit.
- ◆ **Community On-The-Spot Narcan Training:** There are monthly Narcan trainings taking place on the 3rd Tuesdays of the month within the Steinberg Room at the Elting Library, located at 93 Main Street in New Paltz. These trainings are available when the New Paltz Open-Air Market is not in operation. The New Paltz Opioid Overdose Prevention and Response Team (NPOOPRT) provides weekly Narcan training at the open-air market from 10am-1pm on Sundays during the months of June - October.

New Paltz Opioid Overdose Prevention & Response Team

Offering help & hope to those navigating through the rough waters caused by opioid use disorders and addiction.



- ◆ **On-Campus On-The-Spot Narcan Training:** Jaclyn Cirello, Associate Director for Student Wellbeing and Prevention Education, provides monthly Narcan trainings at the SUNY New Paltz Campus. Ms. Cirello has worked tirelessly with the other departments on campus and other community organizations to coordinate efforts on campus and provide resources to students, faculty, staff, and community members. Please visit this website to learn more about the resources available on campus: <https://www.newpaltz.edu/narcan/>
- ◆ **Free Fentanyl Test Strips and Xylazine Test Strips:** Please visit any of the following New Paltz locations to obtain free test strips to reduce the risk of an opioid overdose: New Paltz Town Hall (52 Clearwater Road), New Paltz Community Center (3 Veterans Drive), Family of New Paltz (51 North Chestnut Street), New Paltz Village Hall (25 Plattekill Avenue), and the New Paltz Youth Program (220 Main Street).

Another example of New Paltz collaboration and ingenuity: In January of 2022, the members of the NPOOPRT met to discuss strategies, emerging trends, areas of concern, and brainstorm possible improvements that the team could make. It was during this meeting that Chief Lucchesi proposed an innovative idea; an outdoor emergency Naloxone station that we could install in various locations within the community that were more remote. The group enthusiastically agreed that this could make an important difference in those crisis situations where seconds count.

Mr. Kawamoto began searching for possible prototype designs and reached out to Jimmy Wipf, a member of the Bruderhof Community in nearby Rifton, New York, who has been a long-standing community partner in the prevention work of both the GNPCP and the OCW. Working with, Leonard Hofer, one of the community's craftsmen, they built an insulated prototype. Mr. Kawamoto began researching add-on components to enhance functionality and made the units easily identifiable with bilingual decals.





New Paltz Opioid Overdose Prevention & Response Team

Offering help & hope to those navigating through the rough waters caused by opioid use disorders and addiction.



Generosity abounds: The Bruderhof built and donated 10 outdoor stations that were painted by the OCW and installed at various locations within the Town of New Paltz by Town of New Paltz Buildings and Grounds Department, and at several locations within the Village of New Paltz by their Department of Public Works. The accompanying metal signage was generously donated by the Walkkill Valley Land Trust and the building materials required for installation were provided by the OCW through financial donations received from community members committed to supporting the OCW's opioid overdose prevention efforts.



These exterior units are monitored regularly by members of the New Paltz Police Department and the CEC.

This NPOOPRT initiative has become a model for Ulster County. Funds received from the NYS Opioid Settlement enabled the purchase of additional units that have been installed in communities across the county. This effort was coordinated through the O.R.A.C.L.E. team at the Ulster County Sheriff's Department who is providing ongoing support.

In addition, Margaretville Hospital located in Delaware County, New York, is also planning to replicate this initiative within their county through a grant they received and with the help of builders in their community.





New Paltz Opioid Overdose Prevention & Response Team

Offering help & hope to those navigating through the rough waters caused by opioid use disorders and addiction.



Proud to serve with a such a dedicated team: The New Paltz Opioid Overdose Prevention and Response Team (NPOOPRT) is comprised of local first responders, human service organizations, health professionals, treatment providers, and youth workers. The logos in the banner above represent the core team. There are other supportive and participating organizations who donate the use of their space, such as Elting Memorial Library, or serve as a community location where individuals who have utilized the website for training and prefer to pick up their free kit rather than have it delivered. Dedrick’s Pharmacy is one of those community locations.

Additionally, there are numerous organizations involved in this effort who participate in numerous community outreach events, such as our annual Recovery Fest in September, or help with the delivery of Narcan kits and harm reduction supplies to areas outside of this department’s service area and reach.

The NPOOPRT is part of an established network that has a 10-county reach!

Data snapshot of local Narcan distribution in 2023: Here is a data snapshot providing the numbers of individuals trained, free kits provided, and the numbers of kits utilized/replenished at our new outdoor emergency Naloxone stations within the first 7 months of their operation:

NPOOPRT

On-the-Spot Free Narcan Trainings at numerous community locations, as well as assisted our partners on the SUNY New Paltz Campus.

Website Training: 43
Community In-Person: *126
Emergency Narcan Stations: 69

SUNY New Paltz

Our partner organizations on the SUNY New Paltz Campus installed emergency Narcan stations in every residence hall and numerous additional locations on campus, held monthly Narcan trainings on campus while classes were in-session, and provided numerous training for RA’s, faculty, and student groups.

of people trained: 655

Ulster County Opioid Overdose Data Slides

A few important words about the data: As mentioned earlier in this report, this section of the report is focused on opioid overdose data made available from the Ulster County Health Department. The data slide images provided on pages 14-17 were provided by Kelly Perry, Data Surveillance Coordinator, at the Ulster County Department of Health. Ms. Perry has provided our team with valuable information and as well as important reminders pertaining to the limitations of the data. For example, this data is from the Ulster County Medical Examiner's Office and strictly provides the numbers of opioid overdose deaths that occurred within a municipality. It does not account for loved ones who died from an overdose outside of Ulster County.

The author is including this data in order to inform the community of the scope of the problem, while also offering some context for the strategies being utilized by our team. The data available has become increasingly helpful due to improvements in data collection and reporting. Despite its limitations, we are able to identify important trends in locations, identify where more resources may be needed, and the impact of current prevention and response efforts being utilized.

Impact of the Pandemic and Isolation: As you look at the slides provided, please take note of the years when we were experiencing the Covid-19 pandemic and the resulting period of prolonged isolation. This isolation had a significant immediate impact, as an individual experiencing an opioid overdose cannot self-administer Naloxone. This situation was made even more dangerous by the physical isolation many people were in to prevent infection. This was a very difficult for our families and communities, as well as the teams of professionals and responders within New Paltz and Ulster County who were desperately trying to keep people safe. Ulster County was fortunate to receive additional support, including financial resources to help us mobilize and create a multi-county network of determined, dedicated people. Our 10-county network still exists and we help one another with the challenges that remain.

Local conditions often change in an instant and tragedies strike despite the interventions of family, loved ones, and the vast networks of professionals working with them. The numbers contained within the slides presented here represent loved ones lost. Many of us, like those of you reading this, have lost friends, family members, neighbors, co-workers, etc. due to the disease of addiction and/or substance use disorders.

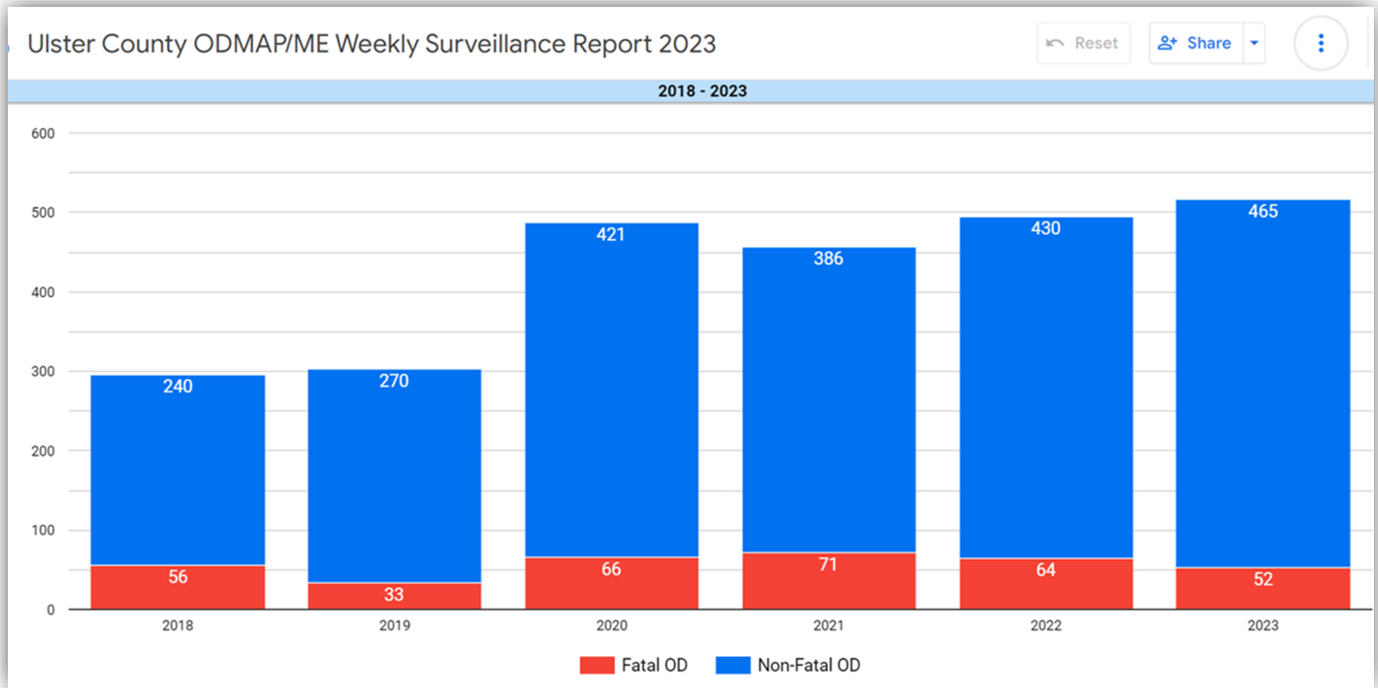
If you are reading this and would like to speak with someone who cares and understands, please reach out to Phoenix Kawamoto directly at 845-256-5014 to obtain contact information that may be helpful to you.

Two important free resources that are available in Ulster County are:

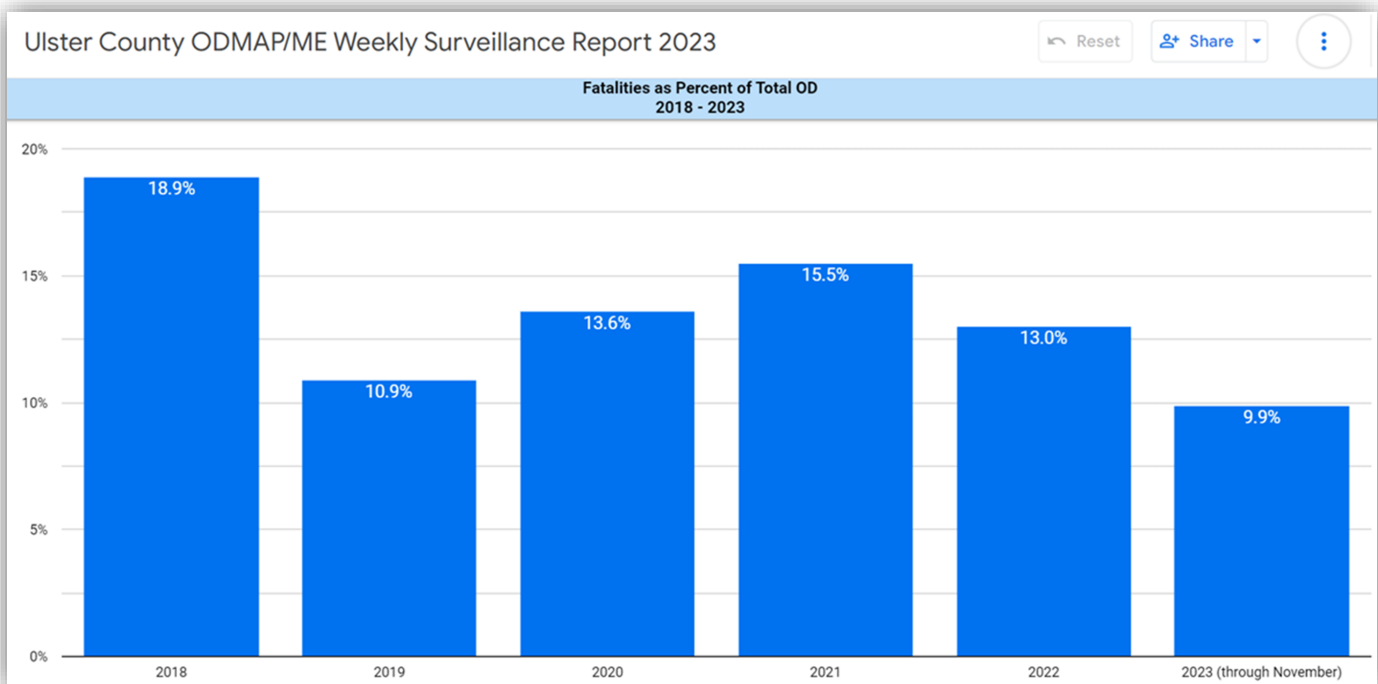
- ◆ Family of Woodstock's 24-hour Helpline: Call or text (845) 679-2485
- ◆ Ulster County Mobile Mental Health Team: They are available to answer questions, provide support, and assist in times of crisis. Hours are 10am-10pm seven days a week. (844) 277-4820

Ulster County Opioid Overdose Data Slides

Slide #1: This first slide illustrates the number of non-fatal overdoses (in blue) and the number of fatal overdoses (in red) per year in Ulster County from 2018-2023.

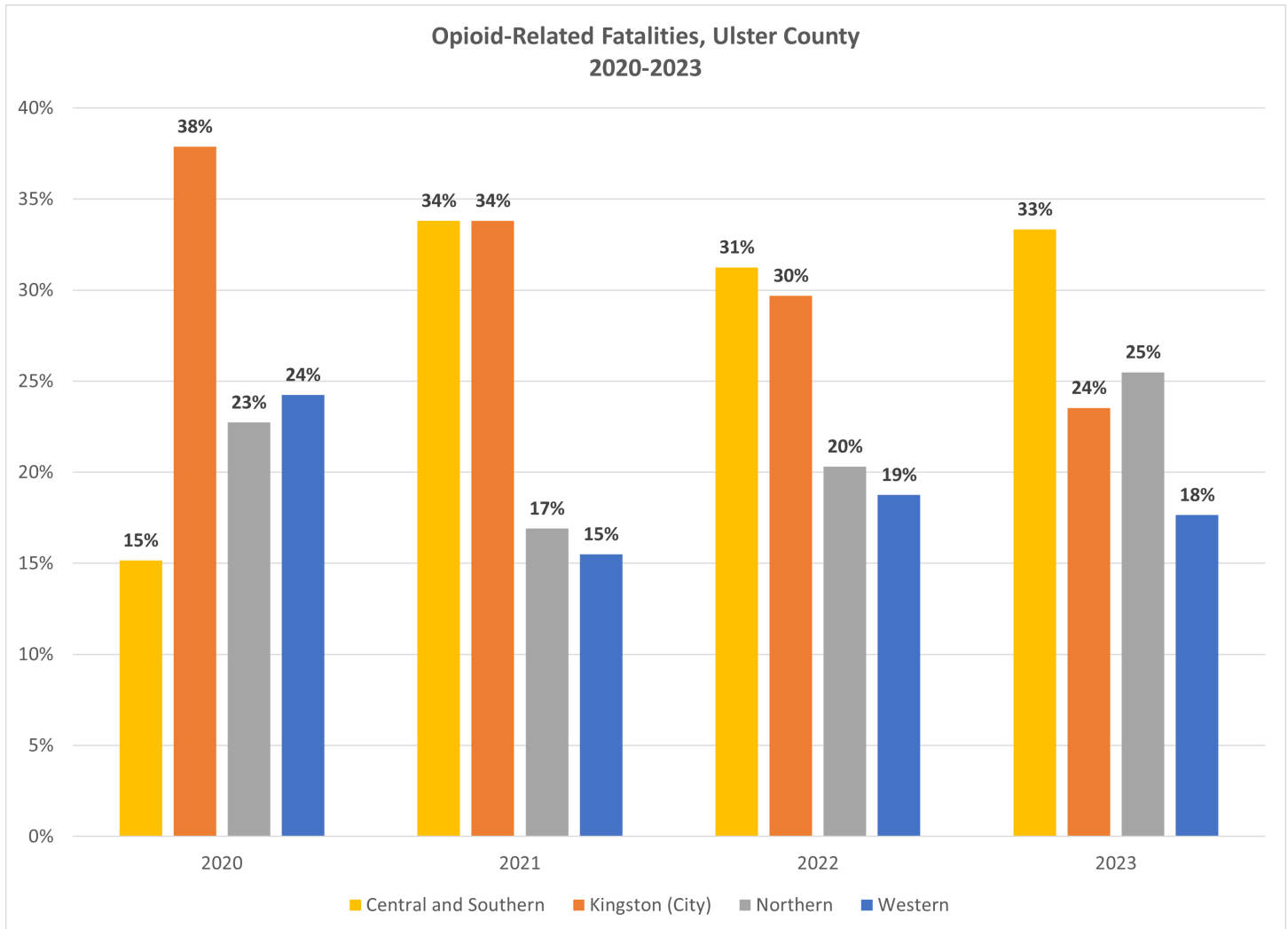


Slide #2: The slide below illustrates the percentage of overdoses that resulted in a fatality during each of those years in Ulster County. Multiple strategies have been implemented, such as making free Naloxone and other harm reduction resources available; the percentage of fatalities is decreasing.



Ulster County Opioid Overdose Data Slides

Slide #3: The slide below illustrates the percentage of opioid overdose fatalities within the four (4) geographic regions of Ulster County. New Paltz is one of nine municipalities that comprise the Central and Southern Tier.

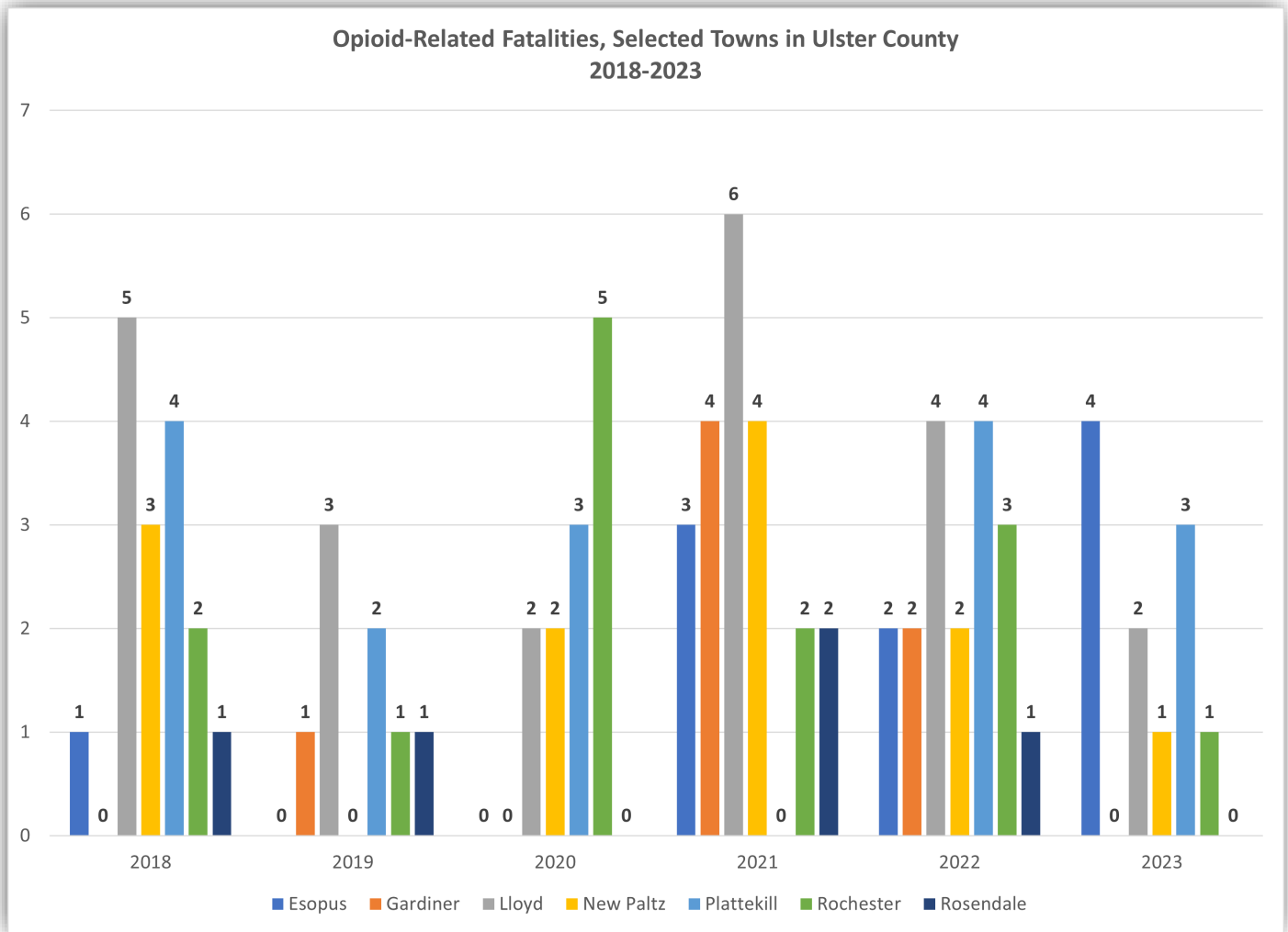


Points for Consideration: As you look at this slide image, you will see how conditions and impact changed dramatically for the Central and Southern Tier region, of which New Paltz is a part. Our geographic region of the county went from having the lowest percentage of opioid overdose deaths in 2020 to greatest number.

The City of Kingston is experiencing a consistent decline in opioid overdose deaths after a comprehensive prevention plan utilizing multiple evidence-based strategies across multiple sectors was implemented. The NPOOPRT has been utilizing a similar multi-pronged approach and we are watching carefully.

Ulster County Opioid Overdose Data Slides

Slide #4: The slide below illustrates the number of opioid overdose fatalities that occurred within the towns that comprise the Central and Southern Tier region of Ulster County over a 6-year period. The color yellow is used for New Paltz.

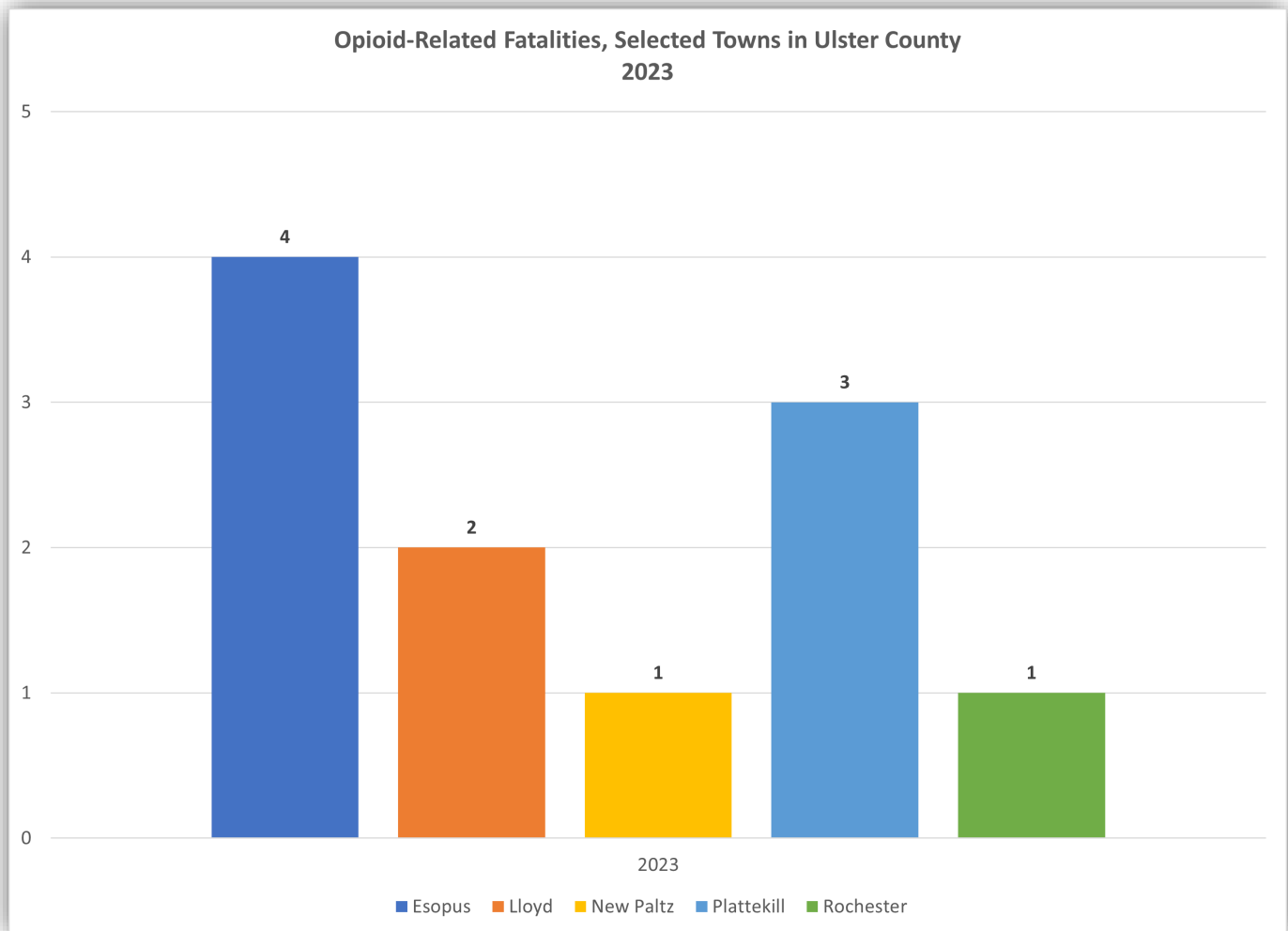


It is important for the reader to know that upon learning that Ulster County had the 2nd highest opioid overdose fatality rate in New York State (not including NYC), Michael Hein, the County Executive of Ulster County, mobilized a county-wide multi-disciplinary task force to: (a) identify gaps within our safety net as a county, and, (b) research best practices from across the country that could be replicated here. We met regularly and worked feverishly to provide harm reduction resources, enhance access to effective treatment, and a multitude of other strategies to reduce access and availability to prescription opioids that were unattended or being over-prescribed. Thankfully, we had an extensive network in place when the impacts of the Covid-19 pandemic occurred.

As you look at this chart you will see that our efforts in New Paltz appear to be working, as the number of opioid overdose fatalities occurring New Paltz has been consistently decreasing here.

Ulster County Opioid Overdose Data Slides

Slide #5: The slide below illustrates the number of opioid overdose fatalities that New Paltz along with our closest neighboring communities experienced in 2023.



While we are relieved to see the numbers of opioid overdose fatalities continue to decline here in New Paltz, we remain vigilant and steadfast in our efforts. We continue to provide Narcan training and other harm reduction supplies at multiple community locations, as well as through the opioid overdose prevention website.

On behalf of the Office for Community Wellness and the New Paltz Opioid Overdose Prevention and Response Team, we ask for your continued support and assistance. Please help us spread the word and please reach out if you have any questions or know someone who may be struggling with a difficult life situation, substance use disorder, or mental health challenge. There are resources available and the OCW is here to help individuals find and connect to help they are seeking.



Thrivng Together is a collaborative committed to co-creating a happy, healthy, vibrant New Paltz community.

Years in the making: Thriving Together is the culmination of decades of experience, commitment, and passion for possibility. It is a vision deeply rooted in several core beliefs that Phoenix Kawamoto has dedicated his life's work to. He is excited and honored to be working with individuals to co-create a happy, healthy, vibrant New Paltz Community.

This collaborative is comprised of community members who recognize the complexities of our shared humanity and strive to honor the diverse experiences of all. It is a partnership that is built upon the pillars of empathy, equality, and education to create opportunities and possibilities for all.

The power of purpose is transformative. When we unite with others from a place of shared passion and purpose, that power is nurturing and inspiring. It is also magnified through synergism. As the author stated earlier in this report, we are living in a very challenging time where many individuals feel alone, overwhelmed and powerless, and are longing for connection, meaning, and opportunities to make a difference.

Thrivng Together provides opportunities for community members to create meaningful change within the community they call home. Members have identified several areas of greatest concern or heartache. These include, but are not limited to:

- ◆ Housing and Helping the Unhoused
- ◆ Mental Health & Well-Being
- ◆ Needs of Local Youth
- ◆ Substance Use Disorders

We are working together to increase our understanding of the complexities involved and channel our compassion into action.

Additionally, we are collecting feedback from youth and adults within the community that will guide and foster the creation of free, multi-generational programming where people of all ages can be together in community, have fun, cultivate connections, and move out of isolation and loneliness. All who are 18 and older are invited to participate in the Thriving Together Possibilities Survey by [clicking here](#). It takes less than 5 minutes to complete.

Thank you for your time and attention!

This report has presented a comprehensive overview of the Office for Community Wellness, a multifaceted department with a vast scope of service and inspired initiatives. Included within the appendices, the reader will find electronic copies of fliers for numerous annual activities and community outreach events that took place in 2023.

One can stay informed of upcoming events by following the OCW's Facebook page ([New Paltz Community Wellness](#)), or visiting one of the following websites:

Town of New Paltz: <http://townofnewpaltz.org>

Office for Community Wellness: <https://www.npcommunitywellness.org/>

If you have questions and would like to speak with the Phoenix directly, please call him at (845) 256-5014, or send an e-mail to: pkawamoto@townofnewpaltz.org.

APPENDIX



Upcoming Mental Health First Aid Training

Mental Health First Aid - Saturday, April 13th



MENTAL HEALTH FIRST AID

WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

On average,
130
people die by
suicide every day.

*Source: American Foundation
for Suicide Prevention*

From 1999 to 2019,
841,000
people died from
drug overdoses.

*Source: Centers for Disease
Control and Prevention*

Nearly
1 IN 5
in the U.S. lives
with a mental illness.

*Source: National Institute
of Mental Health*

Sources

American Foundation for Suicide Prevention. (n.d.). Suicide statistics. <https://afsp.org/suicide-statistics/>

Centers for Disease Control and Prevention. (n.d.) Drug overdose deaths. <https://www.cdc.gov/drugoverdose/deaths/index.html>

National Institute of Mental Health (NIMH). (n.d.). Mental illness. <https://www.nimh.nih.gov/health/statistics/mental-illness>

REGISTER TODAY!

Delivery Format:

Blended – Learners complete a 2-hour, self-paced online course, and participate in a 4.5- to 5.5-hour, Instructor-led in person training.

Date and Time:

10:00 a.m. - 4:00 p.m. on Saturday, April 13th

Location:

Redeemer Lutheran Church, located at 90 Rt. 32 in New Paltz

Where to Register:

E-mail Phoenix at pkawamoto@townofnewpaltz.org

The course will teach you how to apply the MHFA Action Plan (ALGEE):

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.

Registration is required by April 4th to ensure completion of the self-paced online coursework prior to the class.

Please contact Phoenix to register: pkawamoto@townofnewpaltz.org.

APPENDIX

B

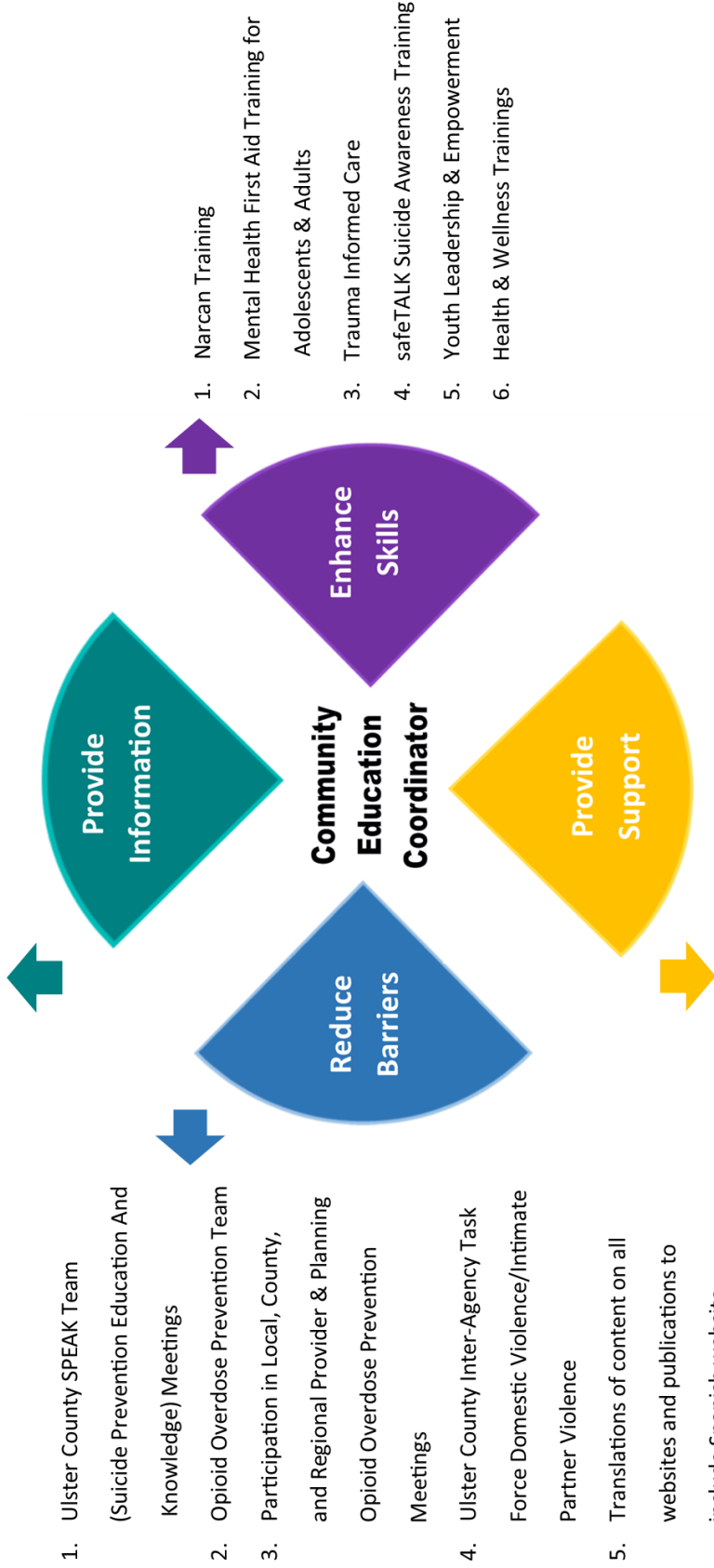
CEC Service Overview Diagram - 2024



Community Education Coordinator - Services Overview



- 1. Community Video Announcements
- 2. Social Media Campaigns
- 3. Opioid Prevention Website
- 4. *OCW & Thriving Together Website*
- 6. Electronic Information Campaigns
- 7. Parent Programming
- 8. Youth Programming (Community)
- 9. Youth Programming (School-based)



Phoenix R. Kawamoto, MSW
 3 Veterans Drive
 P.O. Box 55
 New Paltz, New York 12561
(845) 256-5014

APPENDIX

C

Community Partners and Contributors - 2023

Community Partners and Contributors - 2023

| | | |
|------------------------------------|--|--|
| Allison Ricci | Bruderhof Community | It's a Girl Thing |
| Assorted Holiday Hoopla Businesses | Christ Church - Marlboro | Maya Gold Foundation |
| Dedrick's Pharmacy | Goodwill Church | New Paltz Youth Program |
| Fleet Service Center | Jewish Congregation of New Paltz | SUNY NP - Fall Window Painting Intern |
| Goodnow Family Farm | New Paltz Methodist Church | NPMS Band |
| Historic Huguenot Street | Redeemer Lutheran Church | NPMS Choir |
| Hula Hoopers for Humanity | St. Andrew's Church | NPHS Band |
| J Bee Beauty Supplies | St. Joseph's Church | Stasha Hughes |
| Jack's Meats and Deli | The Masters Touch | Melissa Haselton |
| Karma Road | Astor Services | Jennifer Slader |
| La Charla | Family of New Paltz | Window Painting Chaperones |
| Lowe's of Highland | Family of Woodstock | Al-Anon |
| Main Street Bistro | Health Alliance of the Hudson Valley | Alcoholics Anonymous |
| Margaret Wade Lewis Center | Institute for Family Health | Arkview Recovery |
| New Paltz Community Foundation | Mental Health Association | Arms Acres |
| New Paltz Health & Nutrition | Marbletown Holistic Health Practitioners | C.A.P.E. of Dutchess County |
| New Paltz Open-Air Market | New Paltz Rescue Squad | Catholic Charities – Dutchess County |
| P & G's | SUNY NP Counseling Center | Catholic Charities – Ulster County |
| Rhinebeck Artist Shop | New Paltz Police Department | Ellenville Regional Hospital |
| Ridge Runner Ranch | O.R.A.C.L.E. | First Steps to Recovery |
| The Bakery | New Paltz Police Benevolent Association | Hope Rocks |
| T-Source | SUNY NP Campus Police Department | Hudson Valley Community Services |
| New Paltz Rotary Club | Elting Memorial Library | Hudson Valley Young People's A.A. |
| Lenape Elementary School - ESL | NYS Poison Control | LaSalle School |
| New Paltz High School | Orange County Department of Health | Mid-Hudson Prevention Resource Center |
| New Paltz Middle School | Rockland County Department of Health | Narcotics Anonymous |
| New Paltz School District - Admin | Town of New Paltz | People USA |
| SUNY NP - Black Lives Matter | Ulster County Health Department | Samahdi |
| SUNY NP – Music Therapy | Ulster County Mental Health | Step One |
| SUNY NP - Student Affairs | Ulster Prevention Council | Window Painting |
| SUNY NP – Student Volunteers | Village of New Paltz | Holiday Hoopla Volunteers – Ms. Gruver |
| SUNY NP – Wellbeing & Prevention | Channel 23 | Face Painters |
| | HV1 | Holiday Hoopla Youth Artists |

SPECIAL THANKS TO...

Co-Sponsors:

Town of New Paltz
Ulster Prevention Council
Redeemer Lutheran Church
Geraldine & Mickey Kelly – New Paltz Rotarians
St. Andrew's Episcopal Church
Bob & Dawn Rich - New Paltz Rotarians
SUNY New Paltz's NP SAFE Coalition
T-Source

Businesses that provided tow trucks and drivers:

Absolutely Automotive
Tom's Repair
Autos by Joseph

Our amazing youth artists who designed and created the assorted photo booth pieces, as well as our winter carnival games!

Diane Cano – 11th Grade
Dahlia Haselton – 10th Grade
Iliana Melissis- 10th Grade
Celinda Rodriguez – 9th Grade

Emcee - DJ Jay Smooth!

Aaron LeCan – Our official Holiday Hoopla Social Media Producer and Coordinator!

Partners and Partner Organizations:

Allison Ricci
Dave Chapman Band
Elting Memorial Library
Family of New Paltz
Goodnow Family Farm
Hula Hoopers for Humanity
Jewish Congregation of New Paltz
Institute for Family Health
Historic Huguenot Street
Lloyd's Lowe's - Bob the Builder Tent!
Mid-Hudson Jugglers Club
New Paltz High School Band
New Paltz Middle School Band & Choir
New Paltz Middle School - Candy Cane Crew
New Paltz Community Foundation
New Paltz Police Department
New Paltz Police Benevolent Association
New Paltz Rescue Squad
New Paltz Youth Program
Office for Community Wellness
Probable Cause
Ridge Runner Ranch
The Bakery
Town of New Paltz
Village of New Paltz

Local Business Contributions:

Advanced Auto
Becks True Value
Cocoon
Convenient Deli
Dedrick's Pharmacy + Gift Shop
Dragon Realm Collectibles
Handmade and More
Indigo Velvet
Isabellas Treasures
Imperial Guitar & Soundworks
Jack's Meats and Deli
Krause's Chocolates
Manny's Art Supplies
New Paltz Cinema
Peter Harris Clothes
Rino's Pizza
Ritualist
Shoprite
Starbucks
Studio One Hair Design
Tops Market

APPENDIX

D

Highlights of Annual Programs & Events in 2023



Están invitados a unirse con nosotros para
el Día de la Comunidad

16 de junio de 5:30 pm - 7:30 pm



**Familia de New Paltz
51 North Chestnut Street**



¡Un día de la comunidad para ustedes!

Pasen con la familia a disfrutar de:

- ◆ **Actividades para niños**
- ◆ **Pinta caritas**
- ◆ **Regalitos para niños**
- ◆ **Información importante sobre salud y exámenes**

También ustedes pueden conocer a algunas personas de la comunidad que están aquí para ayudar.

¡Todo es gratis en esta celebración del Día de la Comunidad!





New Paltz Opioid Overdose
Prevention and Response Team

FREE On-The-Spot Narcan Training!

Sundays

10AM-1PM

September 10th -
October 29th

New Paltz Open-Air Market
40 Main Street in New Paltz.

This training is brought to you by our community partners:





SEPTEMBER 17TH
NOON - 4PM
FIELD OF DREAMS

241 LIBERTYVILLE ROAD IN NEW PALTZ

Co-sponsored by Ulster Prevention Council and Hope Rocks.



FREE!

All are welcome!

A day of fun, support, and honoring the journey:

- . DJ Jay Smooth * Information Tables * BBQ**
- * Speakers in Recovery * Wellness Practitioners**
- * Narcan Training * Jordan's Closet * Bouncy House**
- * Face Painting * Drum Circle * Kickball**
- * Outdoor Games**



Activities Schedule

Questions? Contact Phoenix @ (845) 275-5413





Regresa la pintura de ventanas de Halloween

Se requiere registro previo.
Vea el enlace a continuación.

Sábado, 21 de octubre
11:00 a.m. - 2:00 p.m.
Fecha de la lluvia: Domingo, 22 de octubre

La Oficina de Bienestar Comunitario de la Ciudad de New Paltz está patrocinando su 4th Edición Annual Proyecto de pintura de ventanas de Halloween para jóvenes en los grados 5-12, así como adultos y familias. **Cualquier persona interesada en participar está invitada a inscribirse yendo a: <https://bit.ly/3sOo3Jr>**

Todos los diseños de ventanas se crearán de antemano y en alineación con los temas de este año: Halloween o Cosecha.

Debido al número limitado de suministros y ventanas, se ingresarán todas las inscripciones recibidas en un dibujo para determinar los artistas y equipos de pintura de ventanas de este año.

Si tiene alguna pregunta, comuníquese con Phoenix al (845) 256-5014 o por correo electrónico pkawamoto@townofnewpaltz.org si tiene alguna pregunta.

HOLIDAY HOOPLA

PARADE & WINTER CARNIVAL

Saturday, December 9th

Parade departs New Paltz Middle School at 12PM.

Winter fun @ Historic Huguenot Street 1PM - 5PM.

Music by: Dave Chapman Band & DJ Jay Smooth

* Activities for Children * Bouncy House (weather permitted)

* Food Vendors * Jugglers * Community Gingerbread House

Competition * Outdoor Carnival Games

* Petting Zoo * Photos with Santa & Buddy

the Polar Bear * Menorah Lighting &

Tree Lighting

For more information,
please use the QR code here.

