

January 2019

VERNON ROCKS COALITION

Your monthly news & updates

Vernon ROCKS Coalition wants to thank the town and our community members for supporting our mission throughout 2018. We look forward to working together in 2019! This month's news article features a brief 2018 Vernon ROCKS recap, Real Talk Resolutions, and information on national substance use trends for youth in 2018!

[Visit our Website](#)

2018 Vernon ROCKS Recap

This year has been great for the Vernon ROCKS coalition! We attended many community events throughout 2018 to spread our message, provide resources and collect data on the population we are trying to serve. The most exciting accomplishment of 2018 has been the increase in our youth involvement in the coalition. This led to the successful launch of our youth-led marketing campaign, **Real Talk**, which focuses on preventing underage drinking!

We are excited for the year to come where we will be expanding the Real Talk campaign, hosting a Narcan training, planning National Prevention Week activities including our Rockville ROCKS Block Party, having our third annual basketball tournament, participating in National Drug Take Back Days, and of course displaying information at community events to spread awareness, educate and provide alternatives. Another exciting thing that will expand into 2019 is the implementation of a brief training or presentation during our monthly meetings, to ensure we are up to date on trends in our community and increasing our knowledge and capacity as a coalition.

2019 will be a year of growth and productivity, and the coalition is excited for what lies ahead!

Real Talk Resolutions

The new Real Talk billboard focuses on parents' New Year's resolutions to talk to their kids about underage drinking.

During this time of change and bettering oneself, it is important to have multiple open and honest conversations with your kids about healthy decision making and avoiding alcohol.



NEW YEAR'S RESOLUTION:
 Talk to the kids about underage drinking

Parents can do this by encouraging general conversation, asking open-ended questions, and identifying and controlling their emotions to guarantee a productive and effective conversation.

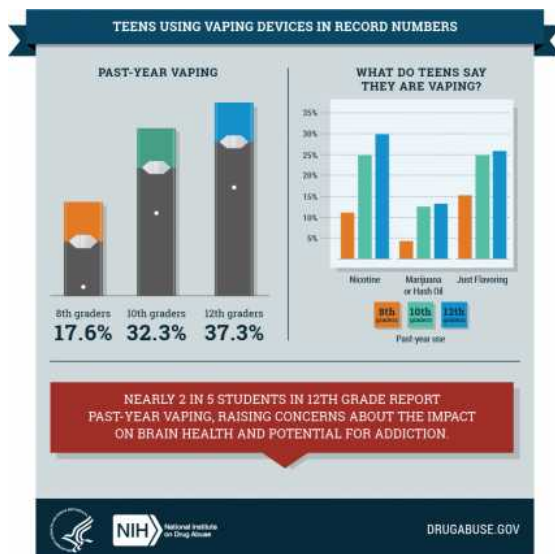
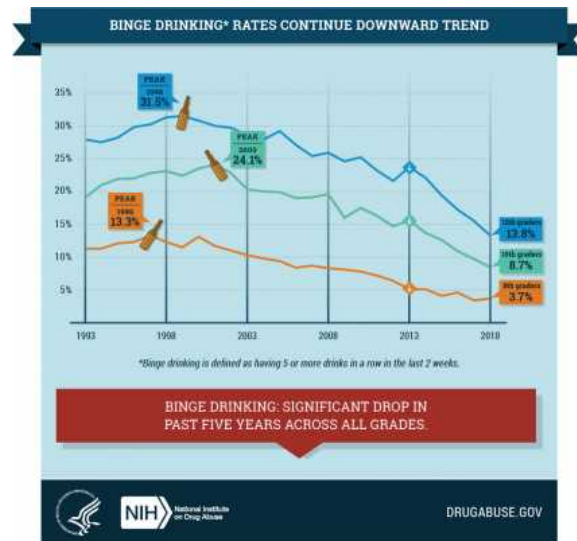
Start the Conversation

2018 National Youth Substance Use Survey Results

The National Institute of Drug Abuse (NIDA) conducts a yearly survey called *Monitoring the Future*. Data was collected from 44,482 students from 392 public and private schools nationwide.

The full survey results, conducted by NIDA and the University of Michigan, can be found [HERE](#)

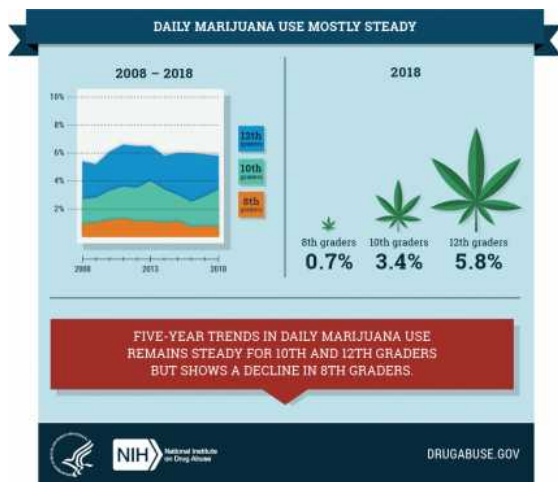
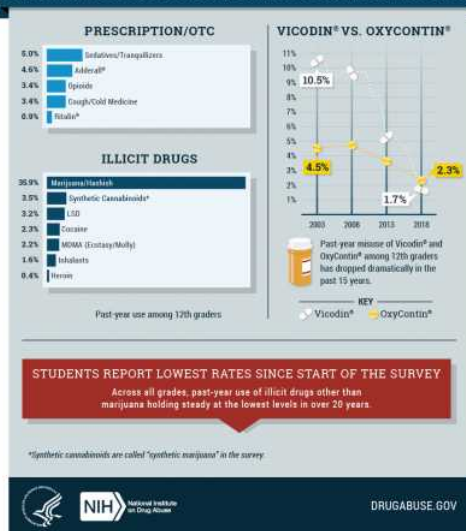
The survey showed that **alcohol** use and binge drinking is declining among all grades. Past-month use of alcohol was reported by 8.2%, 18.6%, and 30.2% of 8th, 10th, and 12th graders, respectively, compared to 10.2%, 25.7%, and 39.2% in 2013.



After alcohol, **vaping** is the second most common form of substance use. From 2017 to 2018, rates of past-year vaping increased by about one-third in all grades. Many youth contributed the rise in vaping to the availability of the devices, but with JUUL removing their most popular flavors off the shelves in convenient stores we will have to see if that makes an impact in the use among teens.

Opioids, while extremely prevalent among the entire U.S. population are actually declining among teens. This can be correlated to the fact that prescription pills are not as readily available as they were in years prior. One in three 12th graders (32.5%) said that prescription Opioids were easily available in the 2018 survey, compared to more than 54.2% in 2010.

PAST-YEAR MISUSE OF PRESCRIPTION/OVER-THE-COUNTER VS. ILLICIT DRUGS



Marijuana use remains constant despite the changing state marijuana laws. 8th grade marijuana use declined, however, there was not been significant change in 10th and 12th graders.

If you or a loved one is having trouble with substance abuse check out the available resources in the area

[Get Help](#)

If you are aware of an underage party or illegal activity follow the link and submit the anonymous form below, and the Vernon ROCKS Coalition will work with the Vernon Police Department to prevent or stop the activity.

[Report it Here](#)

Are you are interested in becoming more involved with the Vernon ROCKS Coalition we are always looking for more members. You can join by visiting our website!

[Get Involved](#)