

April 2019

VERNON ROCKS COALITION

Your monthly news & updates

This month's newsletter focuses on alcohol awareness, coalition event updates, tips for a safe prom weekend and welcoming our new Peer Advocate Leader!!

*"Alone, we can do so little; together, we can do so much" -
Helen Keller*

[Visit our Website](#)

Alcohol Abuse Awareness Month

April is Alcohol Abuse Awareness Month, a nationally recognized month to reduce the stigma associated with alcohol addiction and assist people in receiving treatment. Drinking can lead to serious health and safety issues, including increased risk of injuries, violence, liver disease, and some types of cancer. This April, during Alcohol Abuse Awareness Month, the Vernon ROCKS Coalition encourages you to educate yourself and your loved ones about the dangers of excessive drinking and know there are resources for help.

In America, nearly one in seven adults have struggled with a serious alcohol problem in the last year, and alcohol-related deaths remain the nation's third leading preventable cause of death. In Connecticut alone, there were 116 drunk driving fatalities during 2017. If you are drinking too much, you can improve your health by cutting back or quitting.

- Limit your drinking.
- Keep track of how much you drink.
- Don't drink when you are upset.
- Limit the amount of alcohol you keep at home.
- Avoid places where people drink a lot.
- Make a list of reasons not to drink.

If you are concerned about someone else's drinking, offer to help. For more information and additional resources, visit our [Get Help](#) page on our website.

Narcan® Training

Our free public Narcan® Training was held on Thursday, April 4th.

Welcome, Emily

We are pleased to welcome our new Peer Advocate Leader, Emily, who will

We partnered with [Climb Medical Group](#), a local addiction medicine office, in efforts to diminish the damage the opioid epidemic has on families by teaching individuals how to properly administer the opioid overdose reversal drug.

The training was very successful with over 20 participants learning the signs and symptoms of an overdose; how to administer Narcan®/Naloxone; individuals' legal rights when administering Narcan® and support information and resources.



be a leader among her peers working to facilitate and encourage youth involvement in the coalition and on social media. Emily will also be Vernon's representative at the statewide substance abuse prevention Youth Advisory Board.



Have a Real Talk This Prom Season



PROM-ise
to keep kids safe
during prom weekend.



Prom season is here! Girls are picking out their dresses, boys have executed their PROM-posals and they're all looking forward to that special night. Prom weekend will surely be a blast, but it is also a crucial time to have a **real talk** with your kids about the dangers of underage drinking, which often happens at prom after-parties. In addition, make sure you know where your children are going, if there will be parents home or if alcohol will be present. Do not rent houses for teens, make sure you know who is driving and talk to other parents to ensure everyone is on the same page so that everyone is safe!

Keep an eye out for our new Real Talk billboard on Loveland Hill Road.

Mark Your Calendar- Upcoming Events

April 27th is our semi-annual **National DEA Drug Take Back Day**. Stop by Walgreens in



Rockville to drop off your unused and unwanted prescription pills, no questions asked. The DEA will properly dispose of all pills collected during the event, eliminating the possibility of them being misused.

At the end of April, we will be presenting information on **vaping** for parents of teens at Rockville Public Library on **4/29 at 6:30 PM** in the Peck Room.

On **May 18th** we will be hosting our second annual block party, **Rockville ROCKS!** Stop by for a great time featuring available resources within the community, informational sessions including Hidden in Plain Sight, fun activities and food! See if you can "Escape the Vape" in our youth-created Escape Room that will educate parents and youth about the dangers of vaping.

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

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.

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 Help](#)

[Report it Here](#)

[Get Involved](#)