

March 2019

VERNON ROCKS COALITION

Your monthly news & updates

This month's newsletter details exciting upcoming events that the Vernon ROCKS Coalition is hosting including a Narcan Training and a public presentation on vaping, as well as how to stay safe this Saint Patrick's day!

Visit our Website

Public Narcan® Training

April 4th

Rockville Public Library
6-7:30PM, RSVP Encouraged

Vernon ROCKS Coalition NARCAN TRAINING

Thursday, April 4 | 6:00 - 7:30pm

Rockville Public Library - Peck Room
52 Union Street, Vernon, CT 06066

Learn how to prevent an overdose with Narcan at our *free* training!

This training will cover:

- Overdose prevention strategies
- Signs and symptoms of an overdose
- How to administer Narcan/Naloxone
- Overdose prevention legal rights
- Support information and resources

WHAT IS NARCAN?

Narcan, also known as Naloxone, is a prescription medication that blocks the effects of opioids (including heroin and prescription pills) and reverses an overdose.

Trained individuals are allowed to possess and administer Narcan to a person having an overdose.

FREE TO THE PUBLIC!

There are a limited number of Narcan kits available.

Priority will be given to those who register in advance.

To register or get more information, contact Holly at hhansen@thevillage.org.

Opioids are a class of powerful drugs that include: pain relievers available legally by prescription, such as oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, morphine, and many others; the illegal drug heroin; and synthetic opioids such as fentanyl. While pain relievers help with pain, they are also highly addictive and easily misused which has led the Surgeon General of the United States to release an advisory to urge more Americans to carry Naloxone.

Naloxone, or Narcan®, is an opioid antagonist that is used to temporarily reverse the effects of an opioid overdose, namely slowed or stopped breathing.

The Vernon ROCKS Coalition will be hosting a *free* Narcan® training on **April 4th, 2019 at the Rockville Public Library**

from 6-7:30 PM. It is open to the public, registration is encouraged. Participants will be



able to learn overdose prevention strategies, the signs and symptoms of overdose, how to administer naloxone, administrators' legal rights and other important information regarding opioid overdose, as well as receive free Narcan® kits (priority given to those who register).

Expanding the awareness and availability of Narcan® is an essential part of battling the opioid epidemic. According to the Surgeon General, when Naloxone and overdose education are available to community members, overdose deaths decrease in those communities.

Vaping Presentation

Vaping and E-cigarettes are an extremely popular trend among youth, yet there are many unknowns about them.

To answer some of those questions we are facilitating a public presentation at the **Rockville Public Library on April 29th, from 6:30-7:30 PM.**

It is geared towards middle and high school parents who have questions about vaping. We will be covering topics including what vaping is; how vapes work and what they look like; the health impacts on people (specifically on youth); how Big Tobacco plays a role; and tips for talking to pre-teens and teens about the consequences of vaping.



THE ROCKVILLE PUBLIC LIBRARY
AND VERNON ROCKS PRESENT:

VAPING, WHAT YOU SHOULD KNOW.

*For parents and caregivers of
tweens and teens.*

MONDAY, APRIL 29TH AT 6:30

Learn about the prevalence of teen vaping, the risks associated, and how to talk about it with your child.

Saint Patrick's Day



Saint Patrick's Day is a worldwide holiday celebrating the Patron Saint of Ireland, Saint Patrick, who was thought to have saved Ireland by bringing Christianity to the island. Aside from the leprechauns, shamrocks, and endless amounts of green, drinking is also a huge part of the celebration. Drinking is often equated with the holiday because back when the Irish began commemorating the day, Lent restrictions were lifted and the Irish would celebrate and honor the Saint by indulging in feasts and alcohol such as Irish whiskey and beer.

Keeping with that tradition, St. Patty's Day has become the fourth most popular drinking holiday with approximately thirteen million

pints of Guinness alone being consumed worldwide. This number increases when you consider other beers, ciders, and hard liquors. While it can be an extremely fun holiday

with parades and parties, it is crucial to be safe and drive sober. Alcohol-related deaths are the third highest preventable death in the United States, according to the National Institute on Alcohol Abuse and Alcoholism.

If you are going to celebrate, don't rely on luck, make sure you do it responsibly. Have a sober driver, use public transportation, a ride share app, or use NHTSA's SaferRide app that helps you call a taxi or a friend for a ride. The app is available for [Android](#) and [Apple](#) smartphones. Lastly, remember to have an open, honest discussion with youth about the dangers of underage drinking during this time where society normalizes it.

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](#)