

September 2019



Your monthly news & updates

This rendition of the newsletter includes local data on Vernon youth and tobacco retailers, upcoming events, a recap of this year's Narcan and QPR training. As well as some breaking news stories regarding substances. Don't forget to check out the Coalition Corner to see who is highlighted this month, and be sure to welcome our new Substance Abuse Prevention VISTA.

"What you do makes a difference and you have to decide what kind of a difference you want to make" - Jane Goodall

[Visit our Website](#)

RHS PRIDE Survey Data

In June The Vernon ROCKS Coalition administered a PRIDE survey to the entire 2018-2019 RHS student body. PRIDE is a tool that is used to measure protective and risk factors including youth substance use. The results show that the most common substances used in the past 30 days were as follows:

1. E-cigarettes and vapes (32.4% reported past 30 day use)
2. Marijuana (24.5% reported past 30 day use)
3. Alcohol (20.7% reported past 30 day use)

The main places these substances are consumed are at home and friends' houses. It is imperative that parents and kids have open conversations that encourage and promote protective factors that ensure kids remain substance-free! Learn how on our [REAL TALK](#) page.

In the News



CT DPH Vaping Press Release

The Connecticut Department of Public Health issued a press release regarding Electronic cigarettes, otherwise known as vapes and its link to severe respiratory symptoms.

Read more about it [here](#).

Lawsuit against Johnson and Johnson

You may know them for making "No More Tears" baby shampoo but Oklahoma just reached a verdict ruling that drug manufacturer, Johnson and Johnson, must pay the state 572 million dollars for its contribution to the opioid epidemic.

Read the full story [here](#).

Tobacco Compliance Checks



In August we partnered with The Vernon Police Department to conduct tobacco compliance checks. Eight establishments were caught selling tobacco products to minors out of the 27 checked. The compliance checks involved minors, working under the supervision of authorities, attempting to purchase tobacco.

Police said the eight establishments that sold tobacco to minors were:

- Discount Cigarettes & Cigars, 96 Hartford Turnpike
- Smoker's Paradise, 458 Talcottville Road
- Vernon Shell, 520 Talcotville Road
- Family Dollar, 42 Windsor Avenue
- Sam's Food Store/ Gulp, 41 Windsor Avenue
- Total Express, 24 West Street
- Citgo/ Erums Mini Mart, 81 Union Street
- Discount Tobacco & Vape, 30 Lafayette Square

Compliance checks are conducted to address enforcement of tobacco laws, making tobacco less accessible to minors, especially with the minimum age to purchase tobacco in CT is increasing to 21 starting October 1st. The Vernon Police Department and Vernon ROCKS Coalition thank the establishments who were in compliance and did not provide tobacco to minors.

Events



BPS Race

DEA Drug Take Back Day

Make sure to come by our National DEA Drug Take Back Day to properly dispose of your unused and unwanted prescription pills. We will be at the Rockville Walgreens, 188 Union St, from 10 am – 2 pm on October 26th.

The Vernon ROCKS Coalition is teaming up with Become Part of the Solution (BPS) for their 4th Annual 5k Road Race on October 19th, 2019. BPS hosts this race annually to raise money to provide inpatient acute care, post inpatient rehabilitation, and post-rehabilitation housing for alcoholics and addicts who are in need.

Narcan and QPR Training

On September 12th we held a Narcan and Suicide Prevention Training at the Rockville Public Library. Narcan (Naloxone) is an opioid overdose reversal drug that when administered can save a life. The training covers overdose prevention strategies, signs and symptoms of overdose, how to administer Naloxone, and information on the Good Samaritan Law. The suicide prevention training was based on the QPR model, which stands for Question, Persuade, and Refer. It highlighted warning signs of people contemplating suicide, strategies on how to approach the topic with someone you might be concerned about and information about additional support and resources.



Lets Welcome the New AmeriCorps VISTA!

Cairo will be serving as the Coalition's 2019-2020 Substance Abuse Prevention VISTA! Her main responsibilities will be to increase community empowerment and engagement by increasing the capacity through training and development activities.



Coalition Corner

Kaitlin works as the Vernon ROCKS Coalition's Program Coordinator. She is responsible for assisting the coalition to oversee and manage its operations,



including the coalition meetings and communication, community engagement, and strategic plan development, implementation and evaluation.

What is your favorite part about being the coordinator of the coalition?

"I love being able to bring together multiple different community partners to work together on substance abuse prevention activities. I also love the community outreach aspect of our work – I love being at community events and talking to community members and hearing their stories and ideas."

Why do you do the work that you do?

"I chose to be in the field of public health because there are so many illnesses/health conditions that can be prevented if we just had more resources and awareness about how to prevent them. I specifically chose to work in substance abuse prevention because substance abuse affects so many people, and too many times results in premature death. If we can work together to prevent young people from abusing drugs and alcohol, we can help increase the likelihood that they will live long, healthy lives."

What is your hope for the coalition?

"My hope is that the coalition can continue to increase in size and scope, continuously increasing the programs and activities we provide to the community. I hope that we are able to sustain our efforts, with or without additional grant funds."

What has been your favorite event the coalition has done this year, why?

"My favorite Vernon ROCKS event has been our annual Rockville ROCKS block party. I enjoy see all our community partners come together for a fun, free and information event for the community."

What have you learned from the coalition?

"I've learned a lot about Vernon and a lot about substance use trends in town. It's so interesting learning from different community partners like the police department and our members who work in the schools, the teenagers on the coalition, our partners who are in recovery, and those who treat individuals with substance use disorders."

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](#)