

February 2020

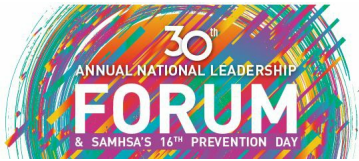
# VERNON ROCKS COALITION

## Your monthly news & updates

In a gentle way, you can shake the world.  
– Mahatma Gandhi

Visit our  
Website

### Vernon ROCKS Attended CADCA!



Members of the Coalition attended the **Community Anti-Drug Coalitions of America (CADCA)'s 30th Annual National Leadership Forum** in the beginning of February. The forum is the largest event for community-based substance use and misuse prevention, and provides training, networking, resources and information.

During the forum, we attended Capitol Hill Day where we had the opportunity to discuss prevention matters with policymakers including Congressmen Joe Courtney. Throughout the week, coalition members presented a poster demonstrating the success the Real Talk Campaign has had in Vernon to give other coalitions ideas to implement in their communities.

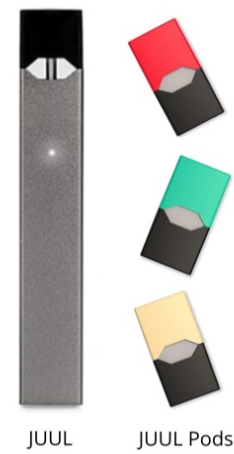
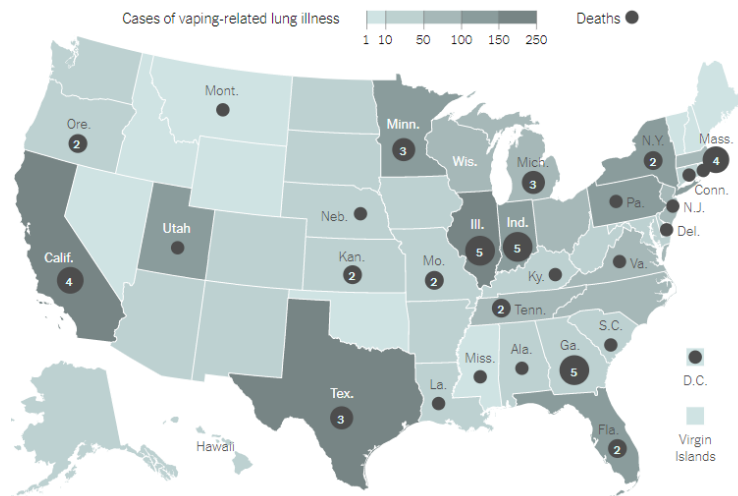
Click [HERE](#) to learn more about our adventure.



## Vaping In the News

Lung Injury Cases

List of States Suing JUUL  
Labs Grows



The Centers for Disease Control and Prevention (CDC) and state agencies have reported 2,602 lung injury cases that required hospitalization and 59 deaths linked to vaping. [The New York Times](#) released an article detailing the epidemic.

Be sure to learn more about vaping on our new [Vaping Page](#) on the Vernon ROCKS website.

Pennsylvania joins several other states in suing Juul Labs. The lawsuit alleges that "Juul misled consumers about the health risks and addictive power of its nicotine vaping pods and improperly marketed the products to youth." You can read more about it [here](#)

## International Boost Your Self-Esteem Month



Poor mental health and substance misuse go hand and hand. It is important to take care of not only your body but also your mind.

Low self-esteem negatively impacts every aspect of your life from your relationships, jobs, school, and overall health. More often than not, people with low self-esteem are more likely to misuse substances to try to feel better. Here are some steps to improve your self-esteem by reducing negative habits and bettering your overall well-being.

- **Stop Negative Self-Talk.** Your thoughts become feelings and your feelings become actions. When you constantly think about the negatives it becomes a habit and you internalize this narrative, which influences your self-esteem. To break this habit, when you catch yourself looking on the downside recognize what you're doing, and *re-frame it to focus on the positives of the situation*. Re-framing your thoughts creates a better internal dialogue and higher self-esteem.
- **Quit Comparing Yourself to Others.** With the age of social media, we are all presenting highlight reels of our best moments in life, but they aren't truly representative of the trials and tribulations faced day to day. People will present the best form of themselves but remember that their achievements do not take away from your own. If you feel like you aren't at the same level as someone else, *look at how far you've come and be proud of your accomplishments*.
- **Celebrate Your Strengths.** When we focus on our strengths and the positive qualities we possess, it improves our mood and raises self-esteem. When you emphasize your capacities, talents, competencies, and hopes it is *empowering* and makes you feel better and *prouder about yourself*.

# Welcome Our New AmeriCorps VISTA

The coalition would like to introduce the newest member of the coalition, Rebecca. She will be serving as the Coalition's 2020-2021 Substance Abuse Prevention VISTA! Rebecca's main responsibilities are to increase community empowerment and engagement with the coalition through training and capacity building activities.

Rebecca holds an MBA in Health Services Management from Hofstra University, in addition to undergraduate degrees in Comparative Literature and Linguistics. In her free time, she loves hiking, reading, writing, watching college basketball, and cooking!



*What enticed you to serve as a VISTA?*

"I have been involved in serving others from the time I entered middle school. I quickly found that I received my greatest joy by having positive interactions with others, in a way which hopefully impacts them, as it often does for me."

*What do you hope to accomplish in your year of service?*

"I hope to gain a new level of capacity in the community by building stronger partnerships. Hopefully through the networking skills I acquired in business school, I will be able to connect with new people interested in supporting our mission at the Coalition."

*What is your hope for the coalition?*

"I hope that we are able to reach more people this year. The more people we bring on board, and subsequently, the more people we affect with our message, the greater impact we will be able to have on the community, and society at large."

*What is your favorite part about being a member of the coalition?*

"I am very grateful to be able to interact so closely with the various people from so many different sectors. I feel like I am truly going to develop new skills and understandings from being a member of this Coalition, which I am very excited to apply to my service."



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



Are you are interested in becoming more involved with the Vernon ROCKS Coalition we are always looking for more

ROCKS Coalition will work with the Vernon Police Department to prevent or stop the activity.

members. You can join by visiting our website!

[Get Help](#)

[Report it Here](#)

[Get Involved](#)