

April 2020



## Your monthly news & updates

April's newsletter discusses new FDA regulations for cigarettes, an important Vernon ROCKS Event Update, Coronavirus resources and information, and a discussion on alcohol!

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"On the other side of a storm is the strength that comes from having navigated through it. Raise your sail and begin." - Gregory S. Williams

[Visit our Website](#)

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## New Requirements for Cigarettes

On March 17th, the FDA issued new health warnings that will be required on all cigarette packages and in cigarette advertisements starting in June 2021. The warnings will "feature textual statements with photo-realistic color images depicting some of the lesser-known, but serious health risks of cigarette smoking, including impact to fetal growth, cardiac disease, diabetes and more."



To read the full press release click [HERE](#)

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## IMPORTANT: EVENT UPDATE

Unfortunately, the DEA Drug Take-Back that occurs every April has been postponed in response to the Coronavirus. We are saddened by this, as this event has always been a huge success for The Coalition in the prevention of non-medical use of prescription pills.

Therefore, we are continuing to provide people with safe disposal options. If you wish to obtain free Deterra Drug Disposal Bags please fill out this [Google Form](#) and we will arrange to send you this valuable resource.

Due to the COVID-19 , the April 25, 2020 **National Take Back** Initiative has been **POSTPONED**



**We still want to reduce the number of unused and unwanted prescription pills within residents' homes!**

### **How Does It Work?**

Residents can follow the link above to complete a Google Form

Once it is safe to return to our office, we will mail out the drug Deterra Disposal Bag(s) to your home for **FREE**, or if you wish to obtain the bags a different way, we can work with you to accommodate that.

You can then put pill medications, including controlled substances (Schedules II-V) in the bag(s).

The Deterra bags deactivate the pills making them safe to throw away in household trash.

**While you will be providing some personal information we will not use it for any other purpose besides providing the drug disposal bag.**



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## **Alcohol Awareness Month**

April is Alcohol Awareness Month, a month dedicated to reducing the stigma associated with alcoholism and reinforces the importance of seeking help.

Alcohol abuse is a very serious issue within the United States, with it being the most commonly used addictive substance (NCADD), and the 3rd leading cause of preventable death. Individuals who drink large amounts of alcohol increase their risk of injuries, violence, liver disease, and some types of cancer, and can also have serious impacts in their relationships and social life. In 2018 there were an estimated 14.4 million Americans ages 18 and older who had an Alcohol Use Disorder (AUD) according to NSDUH.

It is important to remember that anyone can struggle with alcoholism, there isn't a certain type of person it impacts. It is a disease that is extremely difficult to control, but it is not impossible. People who are trying to get sober should be met with positivity and encouragement. Visit our [Get Help](#) page for more information on local resources and support groups.

# Alcohol Facts

Alcohol abuse is the **3rd** leading lifestyle-related cause of death in the nation

The only thing to sober someone up is

TIME



A standard drink contains 0.6 ozs (14.0 grams or 1.2 tablespoons) of pure alcohol. Drinks have different sizes but all have the same amount of pure alcohol



5-oz. of wine  
(12% alcohol content)

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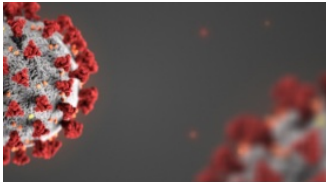
1.5-oz. of 80-proof  
distilled spirits  
(40% alcohol content)

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12-oz. of  
beer  
(5% alcohol content)

## Coronavirus Resources



[Resources and Information in Response to Coronavirus \(COVID-19\)](#)

Find **additional resources and information** about virtual support groups and some healthy ways to cope with stress and anxiety during this time of uncertainty.

To learn what businesses are still open in Vernon click **[HERE](#)**

In response to Coronavirus, society is limiting in-person interactions with others. For many, that includes attendance to vital support groups like AA or NA. Luckily, there are still ways to participate in meetings and groups remotely.

## Vaping and COVID

According to The National Institute on Drug Health, vaping is a contributing factor to young adults hospitalized for COVID-19. They advised that the prevention community should be "alert to the possibility that Coronavirus could hit some populations with substance use disorders particularly hard. Because it attacks the lungs, the Coronavirus that causes COVID-19 could be an especially serious threat to those who smoke tobacco or marijuana, or who vape."

## New Marijuana Page



Be sure to check out the **NEW [marijuana information page](#)** on our Vernon ROCKS website for local data, resources and facts!

**Follow Us!**



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](#)