

March 2020

VERNON ROCKS COALITION

Your monthly news & updates

Happy Spring from the Vernon ROCKS! In this month's newsletter read about celebrating holidays responsibly, important awareness efforts and the progress Connecticut has made to end youth vaping.

[Visit our Website](#)

THE VERNON ROCKS
COALITION WISHES YOU A

*Happy St.
Patrick's Day!*



*This holiday set clear rules in your
household about underage drinking!*

.....
**FOR THOSE 21+ PLEASE
CELEBRATE RESPONSIBLY
CALL AN UBER!**

Poison Prevention Week

March 15-21st is **Poison Prevention Week**. Adult poison exposure is commonly caused by pain medications. Vernon ROCKS wants to remind you that safe storage and safe disposal of medications can prevent intentional and unintentional poisoning. Be sure to save Poison Control's number in your phone, **1-800-222-1222**. Visit our [website page](#) on safe disposal and storage for more information!



Medicine Safety

Do not share medicine

Do not save medicines that you no longer need

Follow Instructions For Use from your doctor

Secure all medicine out of reach from children and in a locked box

Keep track of the exact number of pills left in every container

Properly dispose of unused and unwanted medicine at a local Take Back Day or a drug drop box




The Vernon PD has a drop box in their lobby, accessible during business hours

National Drug and Alcohol Facts Week

National Drug and Alcohol Facts Weeks (NDAFW) is an annual, week-long observance occurring from March 30- April 4th. It aims to educate and debunk myths about substances teens commonly misuse.

Youth are greatly influenced by things they see in movies, TV and music, and by what celebrities say and do. When the content they consume is saturated with drug and alcohol use it gives them the perception that they are harmless.

While it is important to have frequent conversations regarding substances with young people, we need to make it a priority during this week by providing education and accurate facts to show that substance use is not all the glitz and glam as it appears on TV and other media outlets. Rather, it can have serious consequences to a person's health, safety, and overall and social well-being.

TOBACCO CONTAINS OVER
 **7,000**
CHEMICALS

PEOPLE WHO SMOKED HEAVILY IN
THEIR TEENS LOST AN AVERAGE OF



8 ↓

IQ POINTS BETWEEN THE AGES OF 13
AND 38.



ALCOHOL ABUSE IS THE
3rd
HIGHEST CAUSE OF DEATHS
IN THE U.S.



THE UNITED STATES MAKES UP 5% OF THE WORLD
POPULATION AND CONSUMES APPROXIMATELY

80%

OF THE WORLD'S PRESCRIPTION OPIOID DRUGS



ROUGHLY
50%

OF INDIVIDUALS WITH SEVERE MENTAL DISORDERS
ARE AFFECTED BY SUBSTANCE ABUSE.

Lawsuit Against BigVape

Connecticut's Attorney General, William Tong, is standing at the forefront of the multi-state lawsuit against e-cigarette manufacturer, JUUL Labs. The investigation includes 39 states and focuses on the company's use of deceptive marketing strategies which lead to an exponential amount of youth becoming addicted to them.

Vaping is a growing problem among youth. The 2019 National Youth Tobacco Survey results showed "more than 5 million youth reporting having used e-cigarettes in the past 30 days" and nearly 1 million reporting daily use, according to [fda.gov](https://www.fda.gov).

To get more information on the topic click [HERE](#).

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](#)