

Monthly News & Updates

July 2020



Check out the new **MENTAL HEALTH** page on our website for resources and information!

Blog Spotlight

Read our latest blog post on **Positive Family Bonds**.

Health

‘Cries for help’: Drug overdoses are soaring during the coronavirus pandemic

Suspected overdoses nationally jumped 18 percent in March, 29 percent in April and 42 percent in May, data from ambulance teams, hospitals and police shows.

Preliminary data shows overdose rates are suspected to be higher than last year amidst the pandemic

Learn More [HERE](#)

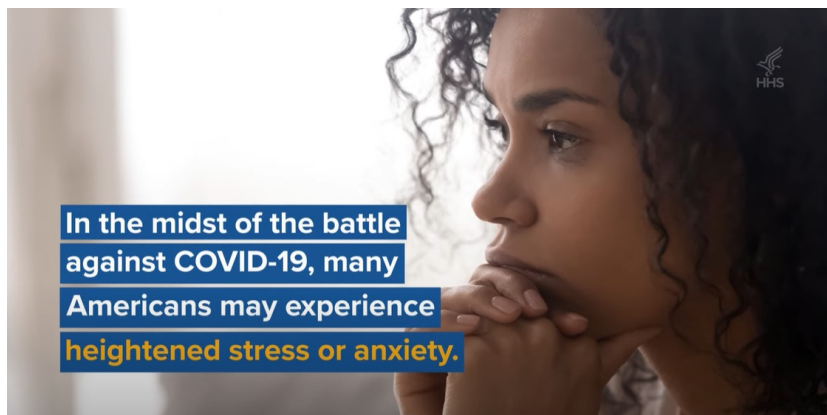


JUUL New Track and Trace

JUUL Labs launches a new program to identify where underage users obtained their products. By finding the source of underage sales, they will work with retailers "who are dedicated to enforcing Tobacco 21 laws, and help educate retailers on new tobacco legislation."

[Report It](#)

Click to Watch
"COVID-19 | Five Things About Staying Mentally Healthy During the COVID-19 Outbreak"



BIPOC Mental Health Awareness Month

July is Black,
Indigenous, and People
Of Color (BIPOC)

**SERIOUS MENTAL
ILLNESS (SMI)
ROSE FROM 2.9
PERCENT (2008)
TO 5.6 PERCENT
(2018)**

in Asian Americans
and Pacific Islanders
ages 18–25



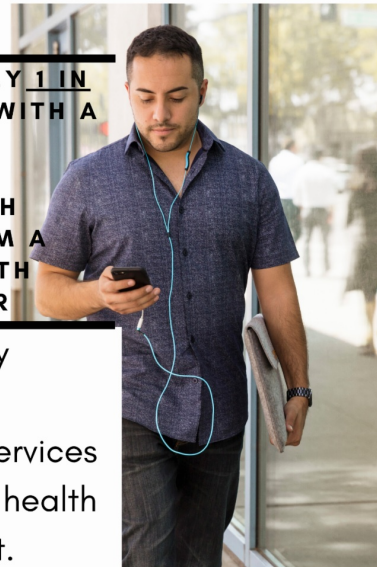
Source: Mental Health America

Mental Health
Awareness Month! This
month is dedicated to
raising awareness of the
difficulty BIPOC
experience in regards to
their mental health and
the unique challenges
they face.

Mental illness
is nondiscriminatory and
can impact anyone
regardless of their
demographic
background. There is a
lot of stigma around
mental illness and
unfortunately,
marginalized segments of
society face that stigma
even more and face
greater impacts on their
mental health due to not
receiving the care,
education, and help they need.

**APPROXIMATELY 1 IN
10 HISPANICS WITH A
MENTAL
DISORDER USE
MENTAL HEALTH
SERVICES FROM A
GENERAL HEALTH
CARE PROVIDER**

while only
1 in 20
receive such services
from a mental health
specialist.



Source: psychiatry.org 2017

We need to break the
stigma & provide better
access to care so that those
dealing with mental
illnesses do not have to go
through the unnecessary
barriers and can find the
right treatment that fits their
personal life, cultural beliefs
and customs.

**NATIVE/
INDIGENOUS
PEOPLE IN AMERICA
REPORT
EXPERIENCING
SERIOUS
PSYCHOLOGICAL
DISTRESS 2.5 TIMES**

more than the
general population
over a month's
time.



Source: Mental Health America

[READ MORE](#)

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](#)

The Vernon ROCKS Coalition | WWW.VERNONROCKSCT.ORG

