

May 2020

VERNON ROCKS COALITION

Your monthly news & updates

This May enjoy some entertainment, learn about mental health, discover ways to cope with COVID-19, and read about the Coalition's plans for National Prevention Week!

"Sometimes we're tested not to show our weaknesses, but to discover our strengths" -Unknown

[Visit our Website](#)

CHECK OUT OUR CADCA VLOG!



Medicine Collection

You can still fill out the form below to ensure you properly dispose of your unused and unwanted prescription medicine. Click [HERE FOR THE FORM](#)

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.



May is Mental Health Awareness Month



We need to focus on our mental health now more than ever. While 1 in 5 people will experience a mental illness, everyone faces challenges throughout life that impact one's mental health (such as the COVID-19 crisis).

Mental health is extremely important to address and take care of. Regardless of how physically healthy you are, if you don't deal with what's going on in your mind you may never be truly healthy.

Some signs of mental illness include:

- Feeling sad or down
- Reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy or problems sleeping
- Detachment from reality (delusions), paranoia or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and people
- Problems with alcohol or drug use

- Major changes in eating habits
- Excessive anger, hostility or violence
- Suicidal thinking

If you are dealing with mental health issues, remember you are not alone and these feelings will not last forever. There are many ways to combat mental illness including exercise, hobbies, speaking with a professional, and being creative. If you need help, there are resources available.

[Suicide Prevention Lifeline](#)

[NIMH FIND HELP PAGE](#)

Do Not Turn To Alcohol to Cope During This Stressful Time



Throughout the pandemic, alcohol sales have been rising. It is easy to turn to alcohol to cope and try to make this uncertain time a little easier, but it can be detrimental. [The World Health Organization](#) says that alcohol use is dangerous and it can actually "exacerbate health vulnerability". In addition, when teens see adults turning to alcohol when they are stressed, it decreases the teen's perception that alcohol is harmful and associates stress relief with alcohol consumption. If alcohol has been your coping mechanism, try to incorporate other activities that relieve stress such as family time, exercise, gardening, reading, watching Netflix, talking about your feelings, or even cleaning.

Social Isolation May Be Challenging for Those With Substance Use Disorders

During the time of social distancing, it is more important than ever to make sure we are staying connected through Facetime, text, email, etc. to remind people and ourselves that we are not alone!

People with substance use disorders often see their addictions heightened when they are isolated and feel disconnected. It is often said that "the opposite of addiction is not sobriety, it is connection". With a large majority of adults turning to alcohol to de-stress, remember to take five minutes out of your day to reach out to your loved ones. Even reach out to those you don't speak to often, or the ones perceived as the "strong" ones. Sometimes all it takes is a quick check-in to say "hello"!

The Manchester Vernon Prevention Partnership (MVPP) is asking that you take a [5-minute survey](#) to share your thoughts and experiences related to how the COVID-19 pandemic is impacting your individual and family well-being. This survey is anonymous, your answers cannot be traced back to you and no IP addresses will be collected. You can skip any question. While there are no expected risks associated with completing this survey we are recommending that you seek help if you experience any discomfort while taking it. We have included resources at the end of the survey.

The information you share will help MVPP plan strategies to support communities in upcoming months. You are invited to enter a drawing for a chance to win a \$25 gift card to either Target or Wal-Mart by clicking a link at the end of the survey. This form cannot be connected to your survey responses.

WE'RE
in this
TOGETHER

National Prevention Week Goes Virtual



National Prevention Week (NPW), is a week-long observance sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA) to increase public awareness of, and action around, mental and/or substance use disorders. Each day is dedicated to a different cause in an effort to raise awareness and provide resources. During this week, the Coalition normally hosts the Rockville ROCKS Community Block Party. However, to keep everyone safe we have decided to adapt the event to be more accommodating to social distancing and will be handing out resources at VCMS drive-thru lunch program! If we don't see you there,

make sure to check our social media accounts for information each day!! Additionally, we partnered with The Change Collaborative of Manchester, and reserved a billboard on Highway 84 in between the two towns to display preventative messaging corresponding to each day!

- Monday, May 11: Preventing Prescription Drug and Opioid Misuse
- Tuesday, May 12: Preventing Underage Drinking and Alcohol Misuse
- Wednesday, May 13: Preventing Illicit Drug Use and Youth Marijuana Use
- Thursday, May 14: Preventing Youth Tobacco Use (E-Cigarettes and Vaping)
- Friday, May 15: Preventing Suicide



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](#)