

October 2020

VERNON ROCKS COALITION

Your monthly news & updates

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Happy Halloween from the Vernon ROCKS. In Octobers newsletter we say goodbye to a dear friend, talk about the DEA Drug Take Back Day, and discuss Mental Health Awareness Month and Healthy Lung Month.



A Bittersweet Goodbye



It is with great sadness that the coalition says goodbye to our Project Director, Kaitlin Carafa. She has been with the coalition since the rebranding in 2016 and has been instrumental in the success and growth that Vernon ROCKS has had in the last four years. Because of her hard work and dedication throughout that time, she will be leaving us with a stable foundation to move forward on.

While we will undoubtedly miss her, nonetheless we are excited for her as she goes on to new opportunities and experiences. We cannot wait to see what she accomplishes in this next chapter of her unquestionably successful life.

Cassandra Schend will be taking on the role of Project Director, if you need anything contact her at cschend@thevillage.org

DEA Drug Take Back Day

DRIVE- THRU DRUG TAKE BACK

Walgreens Pharmacy,
188 Union Street, Vernon

10A-2P
Saturday, October 24, 2020



We are having our Semi-annual Take Back Day!

Stop by our socially distanced Take Back Day to drop off your unused and unwanted prescription pills and Vape devices!

The event will take place on October 24th, 2020 at Walgreens in Rockville from 10A-2P

P.S. The vapes must have the battery removed prior to disposal



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Mental Health Awareness Month



Common WARNING SIGNS of Mental Illness

Each condition has its own unique set of symptoms. Common ones include:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Thinking about suicide
- Changes in sleeping and eating habits
- Difficulty perceiving reality
- Inability to perceive changes in one's own feelings, behavior or personality
- Overuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes
- Difficulties understanding or relating to other people
- Inability to carry out daily activities or handle daily problems and stress

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It can also determine how we handle stress, respond to others, and our decisions. Everyone's mental health is important at every life stage. Mental illnesses include many different conditions that vary in degree of severity, ranging from mild to moderate to severe.

Many factors contribute to mental health problems, including biological factors, life experiences, and/ or a family history of mental health problems.

Just like other serious illnesses, mental illness is not your fault, and unfortunately, there are still widespread misunderstandings and stigma that remains around mental illness. Luckily, people with mental illness can often overcome the challenges of it and take on meaningful roles in their social life, school, and work. Through the development of a treatment plan, many symptoms can be reduced.

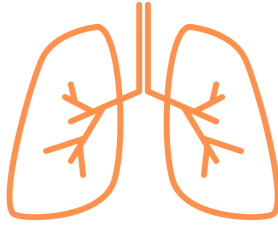
Ways to Maintain Positive Mental Health

- Getting professional help if you need it
- Connecting with others
- Staying positive
- Getting physically active
- Helping others

- Getting enough sleep
- Developing coping skills

For more information Check out our [informational page on mental health](#)

Healthy Lung Month



Healthy Lung Month is a helpful reminder in October of the importance of taking care and protecting our lungs. [The average person takes up 20,000 resting breaths per day!](#) That being said, we obviously need to do everything in our power to make sure this precious organ is healthy! Maintain healthy lungs by refraining from smoking and vaping, or even quitting! Smoking is the number one preventable cause of death in the United States. [Around 80% of deaths caused by lung cancer are a result of smoking.](#)

Some other ways to [improve lung health](#) include cleaning the air by vacuuming and dusting regularly, greening your space with air-purifying plants (Spider plants and Aloe Vera plants are good choices for the home, as they are low maintenance), using fragrance free products, and testing for Radon.



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 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](#)