

# VERNON ROCKS COALITION

## Your monthly news & updates

This month's newsletter talks about what the Coalition has been up to lately, and highlights Suicide Prevention Month and National Recovery Month! Be sure to check out this month's blog post!

[Visit our Website](#)

"If you want to go quickly, go alone. If you want to go far, go together." - African Proverb

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### MVPP Around Town

[MVPP](#) has been working throughout the towns to continue our prevention methods despite having to social distance. One thing we have done is place lawn signs, targeting different subgroups of teens, with messaging to discourage substance use by focusing on the goals they want to achieve. The signs were created with input from our youth to make them as relatable as possible to our target demographic. They are placed throughout the towns to promote the second wave of Vernon's Real Talk Campaign and [Manchester's FACTS campaign](#).

Labor Day weekend we did a Sticker Shock campaign by partnering with four of our local package stores. By placing prevention messages on alcohol products that youth commonly acquire from older friends or family, we hope to discourage the illegal purchase of alcohol for minors. The



messages, placed on the alcohol boxes and brown bags, encourage responsible consumer habits among the 21+ community and serve as a last reminder for those buying that there are consequences of purchasing alcohol for someone underage.

Our efforts were featured in The Hartford Currant, Read that article [HERE](#)

To see more pictures click [HERE](#)



(Pictured from top to bottom: Stickers placed on package store bags; stickers placed on alcohol boxes; lawn sign placed at a local park in Vernon)



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## Suicide Prevention Month

If you or someone you know is in an emergency, call [The National Suicide Prevention Lifeline](#) at 800-273-TALK (8255) or call 911 immediately.

September is Suicide Prevention Month. A month dedicated to sharing resources and stories to let others know they are not alone, and to de-stigmatize suicide. Suicide is often seen in American society as a subject not to be spoken about, this month aims to change that rhetoric and let people know there is no one cause of suicide, and it is important to remember that it is okay to talk about suicide, it could save a life.

Suicide is very prevalent in America, it is the 2nd leading cause of death for people ages 10-34 and the 4th leading cause of death for people 35-54 (NAMI).

### Some Warning Signs of suicide include:

- Increased alcohol and drug use
- Aggressive behavior
- Withdrawal from friends, family, and community
- Dramatic mood swings
- Impulsive or reckless behavior

### If someone you know is suicidal here are some steps to help:

- Talk to them in private
- Listen to their story
- Tell them you care about them
- Ask directly if they are thinking about suicide

- Encourage them to seek treatment or contact their doctor or therapist
- Avoid debating the value of life, minimizing their problems, or giving advice
- Take the person seriously
- Stay with them
- Help them remove lethal means

Here are some resources for suicide prevention:

[AFSP](#)  
[NAMI](#)  
[DMHAS](#)

## National Recovery Month

[National Recovery Month](#) occurs in September to celebrate the strength and success people in recovery have.

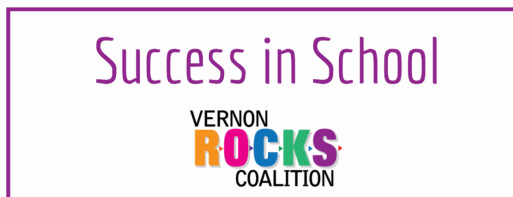


By celebrating and putting faces to those in recovery we move towards eradicating the stigma that is so often associated with the disease of addiction. Click the video to the left to watch a TEDx about "Transcending Addiction and Redefining Recovery".

### NEW BLOG POST

Check out this months blog post! It discusses encouraging academic success, and creating strong bonds with others, especially through extracurricular activities!!

[Read it 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](#)

