

DECEMBER 2020

VERNON ROCKS COALITION

Happy Holidays From The Vernon ROCKS

This months newsletter is chalk full of updates and resources! Be sure to check it out!

[Visit our Website](#)

"Do things for people not because of who they are or what they do in return, but because of who you are." - Harold S. Kushner

Real Talk Has Done It Again!



Our phenomenal youth group has developed another billboard, displayed on Route 83. (Pictured Above)

Every year we encourage "celebrating safely during the holidays". This year that message has taken on new meaning. The billboard's message is to urge safe celebrations during the holidays both with substances, and especially with COVID.

Congruently, we have distributed a mailer (pictured below) to parents of Vernon high school and middle school students to provide more information and resources for celebrating the holidays through the COVID pandemic. We have compiled some resources for the holidays during COVID-19 pandemic [HERE](#).

Celebrate safely.

The holidays are going to be different this year. With kids coming home from college and the younger ones on break, it's important to talk with your children about celebrating responsibly.

Discuss the risks of alcohol and drugs—as well as complying with vital COVID-19 precautions like wearing face masks and social distancing. Remind them about the protocols for all interactions and communicate your expectations clearly so everyone in your circle understands the rules and values around not drinking alcohol underage or using substances.

Together we can make the holidays bright while keeping our families and community safe.

Learn more.

Visit vernonrockscct.org/holiday-resources/

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Coping Through the Holidays While Social Distancing

While this new way of celebrating the holidays may be challenging at times, here are some tips to try to make it as enjoyable and happy as possible.

1. *Acknowledge your feelings.* It's normal to feel sadness and grief. Take time to acknowledge whatever feelings or emotions you may experience during this time.
2. *Reach out.* If you feel lonely or



isolated, call a loved one or see if there are virtual events that can offer support.

3. *Be realistic.* This is not anything we have ever experienced, embrace new traditions, and don't expect this time to be perfect.
4. *Don't abandon healthy habits.* Refrain from unhealthy coping mechanisms and do not forget about the boundaries you have set in your home around safe drinking practices
5. *Take a breather.* Make some time for yourself. Find an activity you enjoy. Take a break by yourself.
6. *Seek professional help if you need it* Despite your best efforts, negative feelings can persist. If they do, talk to a professional. Remember it's okay to not be okay.

If you want more tips visit our [holiday resource guide](#)

National Impaired Driving Prevention Month



December is devoted to preventing 3D (drinking, drugged, and distracted) driving. During this season remember to celebrate safely by never driving impaired. Unfortunately, we have seen an exponential rise in substance use in the wake of COVID, and annually we see a rise in impaired driving during the month of December. It is so important to talk to your loved ones about the dangers of being impaired and driving, as well as underage drinking.

The Vernon ROCKS Coalition hopes you have a great holiday season and encourages you to celebrate responsibly! If you are going to be driving opt for a Mock-Tail instead, [here are some fun recipes](#) or if you will be drinking away from home, make a plan to get back safely. Driving impaired is 100% preventable!

December's Blog

There are four main parenting styles. This month, learn about permissive and uninvolved parenting. Get tips on how to set house rules, make

important decisions,
and help your child
learn how to make
responsible
decisions.

Read about it [HERE](#)

Parenting styles

PART 1



Permissive Parenting

Allowing your child to make decisions that are outside of what's age-appropriate

Uninvolved Parenting

Not engaging with your child by being dismissive or ignoring their needs



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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](#)