

November 2020

VERNON ROCKS COALITION

Your monthly news & updates



"Make living your life with absolute integrity and kindness your first priority." —Richard Carlson

[Visit our Website](#)

COALITION EVENTS

Check Out Our New Billboard!

We launched another billboard this month to encourage making smart choices for a better future. Be sure to check it out on Route 83!



Recap of our Takeback Event

The Coalition is making headlines for our drug take back initiative! At the end of October, we partnered with Walgreen's in Rockville to hold our semi-annual Drug Takeback Day. This event was extremely successful, and despite social distancing, we were able to collect **83 pounds of unused and unwanted prescription pills** that were then properly disposed of by the DEA, thus helping protect the water sources and prevent misuse!

To watch the event featured on NBC Connecticut click the image!



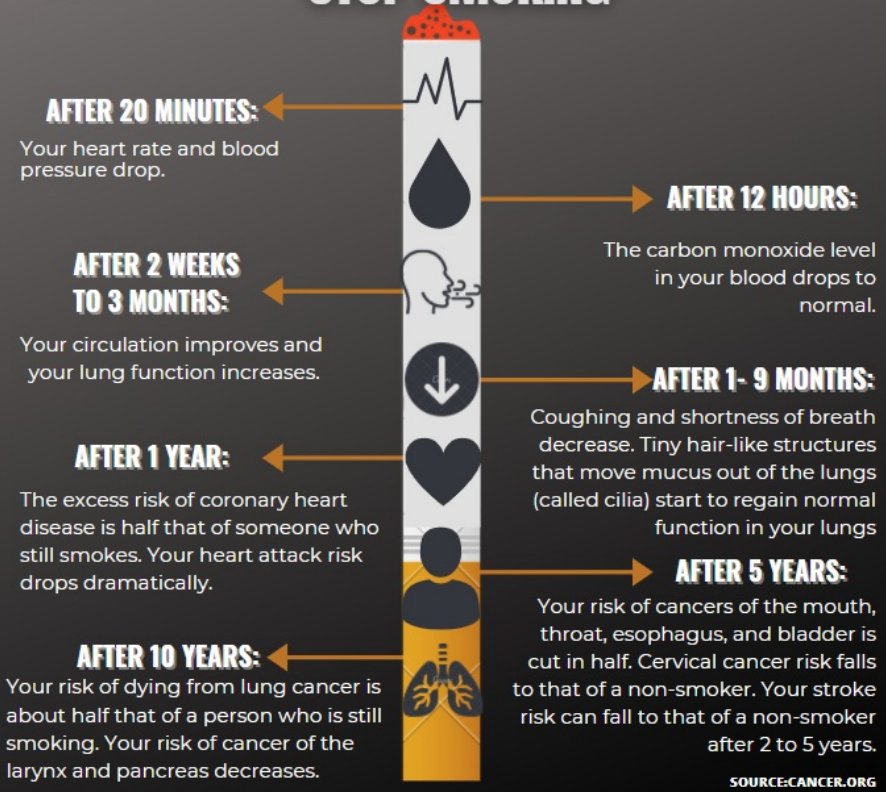
Quit Smoking

Smoking remains the single largest preventable cause of death in the world, and about 32.4 million American adults still smoke cigarettes (American Cancer Society). This month is not only **Lung Cancer Awareness Month** but November 19th is also **#TheGreatAmericanSmokeout**. [The Great American Smokeout](#) is a national day encouraging smokers to take the first step to quit smoking. Quitting takes time and a plan.

Use this month as that opportunity to work towards a healthier future for yourself. The sooner you quit, the more you can reduce your chances of getting cancer and other diseases.

For more information and help quitting, you can call the American Cancer Society at 1-800-227-2345 or visit their [website for more resources!](#)

YOUR BODY AFTER YOU STOP SMOKING



Isolation During the Holidays

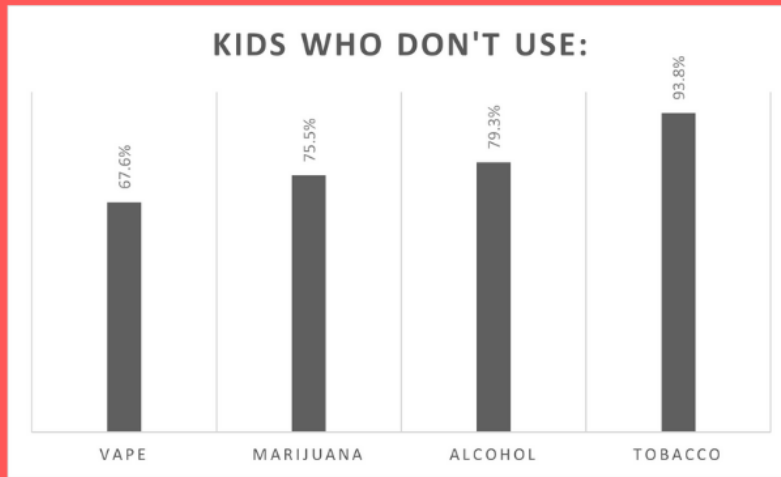
As we are coming up on the holidays – Thanksgiving, Christmas, Diwali, Kwanzaa, Hanukkah, these celebrations will look different this year to prevent the spread of COVID-19.

For the safety of all, we need to adapt to new traditions, these may leave some feeling lonely and isolated as they can't attend their normal gatherings. Although this time will undoubtedly be hard it is imperative so that everyone remains safe and we stop the spread. The CDC has included some [tips on coping during the holidays](#).

Check Out This Months Blog Post

Learn tips on how to discuss the prevalence of substance use with your children with this [month's blog post](#)! Often, the mindset of youth is that “everybody is doing it,” but the Pride Youth Survey at RHS shows that isn't the case. Within the blog are links to resources that present methods for discussing media's impact on youth substance use. Additionally, we are giving away Liquor Stickers. Liquor stickers are used for sealing your alcohol with a date to limit the ability of youth to use it illicitly. If you are interested fill out the form provided to request them. The form will be active for this month only, so please reach out ASAP if you're interested! Read the [BLOG HERE](#)!

HAVE A REAL TALK WITH YOUR KIDS.



NOT EVERYONE IS DOING IT.

*DATA FROM RHS PRIDE SURVEY (2019) "PAST 30 DAY USE"



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](#)