

VERNON ROCKS COALITION

Happy 2021!

Read this months newsletter to get aligned for a new year, read about what is happening in the world of substance prevention and send off a valued member of the Coalition.

Visit our Website

"Do your little bit of good where you are; its those little bits of good put together that overwhelm the world." -Archbishop Desmond Tutu

Some Positivity: What Went Right in 2020



It's been a year like no other. As challenging as 2020 has been, the last 12 months have also seen big wins for the environment, society and culture, human rights – and even health. [CLICK HERE](#) for 20 stories of progress that got hidden behind the headlines in 2020

New Year Goals

New Year Goals aren't for everyone, but we can use this time as a fresh start and a new opportunity to implement small, manageable changes to develop healthy habits and put positivity in your life.

Try framing things positively, recognize

things that are going well, and create a framework of doing healthy things that make you feel good rather than setting "all or nothing" goals. By creating a strong internal mindset, external challenges will be easier to overcome.



Overdose in Conjunction with COVID-19

Over 81,000 drug overdose deaths occurred in the United States in the 12 months ending in May 2020, the highest number of overdose deaths ever recorded in a 12-month period, according to recent provisional data from the Centers for Disease Control and Prevention ([CDC](#)).

COVID has increased isolation, anxiety, and loneliness and additionally has created additional barriers to sobriety such as restricting in-person NA meetings.

“The disruption to daily life due to the COVID-19 pandemic has hit those with substance use disorder hard,” said [CDC Director Robert Redfield, M.D.](#) “As we continue the fight to end this pandemic, it’s important to not lose sight of different groups being affected in other ways. We need to take care of people suffering from unintended consequences.”

Prevention efforts are extremely important during this time. [Preventative measures include:](#)

- Expand distribution and use of naloxone and overdose prevention education.
- Expand awareness about and access to and availability of treatment for substance use disorders.
- Intervene early with individuals at highest risk for overdose.
- Improve detection of overdose outbreaks to facilitate more effective response.

For those struggling The Vernon ROCKS Coalition has compiled resources available during this time. They can be found [HERE](#)

Rebecca has dedicated her time to serve as the Coalition's Substance Abuse Prevention VISTA in 2020! Her hard work throughout the year has allowed the coalition to increase our community empowerment and engagement. She has been a great asset to the coalition over the past year and as her year of service comes to an end, we are going to miss her, but know she will exceed in her future endeavors. Thank you Rebecca!

COALITION MEMBER



Rebecca Webber

Coalition Member Since 2020



AmeriCorps

Agency
AmeriCorps

*We appreciate your
ongoing commitment to
the Vernon community!*



Ways to Reduce Stress Induced by Politics

1. Limit your Intake of News and Social Media

Constantly consuming information can easily lead to burnout. If your social media feeds are full of political information set time aside to be away from the screen, if you can't help looking there are apps and websites ([LeechBlock](#) or [SelfControl](#)) that can temporarily block access to social media for more self-control. Also, you may try sites like [Positive News](#) that provides positive news stories.

2. Maintain your Routine and Engage in Healthy Activities

Basic acts of self-care can make a real difference during times of stress.

3. Practice Relaxation

Try self-soothing strategies like walking, meditating, breathing exercises, listening to music, or whatever you find helpful. There are also apps like [Calm](#), [Headspace](#) to help with that.

4. Recognize your limits

Burnout is real, it is okay to take more time and say no to taking on more tasks and ask for help when you need it.

Monitoring the Future Results

Monitoring the Future is an annual drug use survey of eighth, 10th and 12th grade students conducted by researchers at the University of Michigan, Ann Arbor, and funded by the National Institute on Drug Abuse. It provides an insight into youth substance use. You can see the results [HERE](#)

Prevention Blog

This month, learn about the difference between Authoritative and Authoritarian

parenting. Get tips on how to set house rules, make important decisions, and help your child learn how to make responsible decisions. 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](#)