

April 2021

# VERNON ROCKS COALITION

## Your monthly news & updates

"In every community there is work to be done. In every nation, there are wounds to heal. In every heart there is the power to do it." –Marianne Williamson

Visit our Website



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## MVPP Life Skills Training



MVPP PRESENTS

### REAL FACTS FOR YOUR FUTURE

Learn life skills and strategies to cope with day-to-day challenges

RHS and MHS students welcome

Join us virtually. Click the [registration](#) to sign up!

[MVPP](#) is hosting a four-part life skills training for RHS and MHS students. The sessions aim to teach youth ways to handle issues that they often experience and have to cope with on their own.

The first part was aimed at making healthy choices and developing healthy coping mechanisms for stress.

Part two, occurring **April 21<sup>st</sup> at 2:30** will focus on decision making for health, risk-taking, and

substance abuse.

The third part discusses the media and its impact on health.

We will conclude with Part 4 addressing family communications and healthy relationships.

If you know any RHS or MHS students feel free to tell them about this great opportunity. Registration is linked below! Additionally, you can access resources from the webinars [HERE](#)

Registration

## Mark Your Calendars!

Bring your old or unwanted pills to the Walgreen's in Rockville on **April 24, 2021 from 10 AM -2 PM** to participate in the National DEA Drug Take Back Day. National Take-Back Day is a safe and convenient way to dispose of unused, unwanted or expired prescription drugs, thus preventing misuse. For more details on what is accepted, and the proper disposal procedures visit our website [HERE](#)

# COVID-SAFE DRUG TAKEBACK DAY

April 24, 2021 | 10A-2P  
Walgreens Pharmacy | 188 Union Street, Vernon

SAFELY DISPOSE OF YOUR UNWANTED AND UNUSED PRESCRIPTION MEDICATIONS AND VAPES

Hosted By



Visit  
[VernonROCKSCT.org](http://VernonROCKSCT.org)  
for more details

In Partnership with:



*Walgreens*



# — APRIL IS — ALCOHOL AWARENESS — MONTH —

Alcohol use is normalized in our society, especially with the pandemic, it has become a common coping mechanism. It is one of the most commonly used drugs in America, however, it has negative impacts on our mental, physical and social health, and is [currently the fourth leading preventable cause of](#)

[death in the U.S.](#)

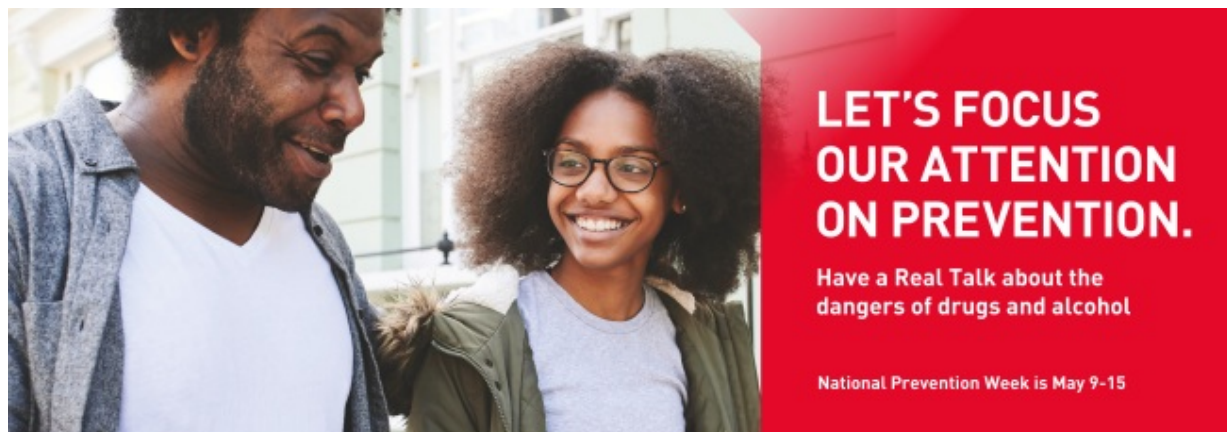
The pandemic has created a more acceptable response to alcohol use, and some began to use it as a coping mechanism during extremely stressful times, coupled with the inability for individuals to access traditional coping mechanisms. The normalization of drinking led to the first week of social distancing orders [increasing alcohol sales by 54% nationally](#).

While we are still living in stressful times due to the pandemic more [mental health resources](#) and coping strategies are available. This April take time to have a [Real Talk](#) with your friends and family about the impact of alcohol. If you or someone you know needs help with alcohol you can find additional help resources [HERE](#)

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## Real Talk Updates!

Real Talk has developed another billboard that will be on display through National Prevention Week. We hope to [start honest and open conversations](#) with our peers and parents about the impacts of substance use! Be on the lookout for it at the bottom of Loveland Hill Road.



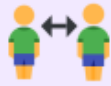
[vernonrocksct.org/realtalk](http://vernonrocksct.org/realtalk)

Funded by the Substance Abuse & Mental Health Services Administration, Center for Substance Abuse & Prevention, through the Strategic Prevention Framework-Partnership for Success 2019 grant.

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# Connecticut's Response to the Opioid Crisis Amidst COVID-19

Resources, recommendations and risks regarding the intersection of opioids & COVID-19.



Despite physical distancing guidelines, if you're going to use, **don't use alone**. It's recommended to have someone present who can administer naloxone, if necessary.



During the COVID-19 pandemic, SAMHSA recommends that first responders continue to administer **Naloxone** in the event of an opioid overdose.



SAMHSA has advised opioid **treatment programs to provide take-home medication more flexibly** during the pandemic.



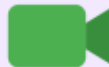
COVID-19 affects the respiratory system, which could **increase the risk of opioid overdose** related to hypoxemia.



At-home **prescription drug disposal kits** can be ordered for free on [drugfreect.org](https://www.drugfreect.org).



For substance use treatment, call **1(800)563-4086**.



**Virtual recovery meetings** are available through [smartrecoveryct.org](https://www.smartrecoveryct.org), [turningpointct.org](https://www.turningpointct.org) and [ctna.org](https://www.ctna.org).



If you would like information on **mental health assistance**, call **211**.

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](#)

