

VERNON ROCKS COALITION

Your monthly news & updates

Exciting things are happening with the Coalition! We participated in a national prevention effort, had a successful Drug Take Back Day, and are working to encourage a safe prom for the Class of 2021. Also this month, learn about new efforts by the FDA to prevent smoking and read about Mental Health Month!

[Visit our Website](#)

"If you want to go fast, go alone. If you want to go far, go together." —African Proverb

National Prevention Week



Last week we participated in [National Prevention Week](#) (NPW). NPW is a week-long observance founded by SAMSHA. NPW aims to raise awareness about the importance of substance use prevention and positive mental health. Every day has a different prevention effort to focus on (See Below)

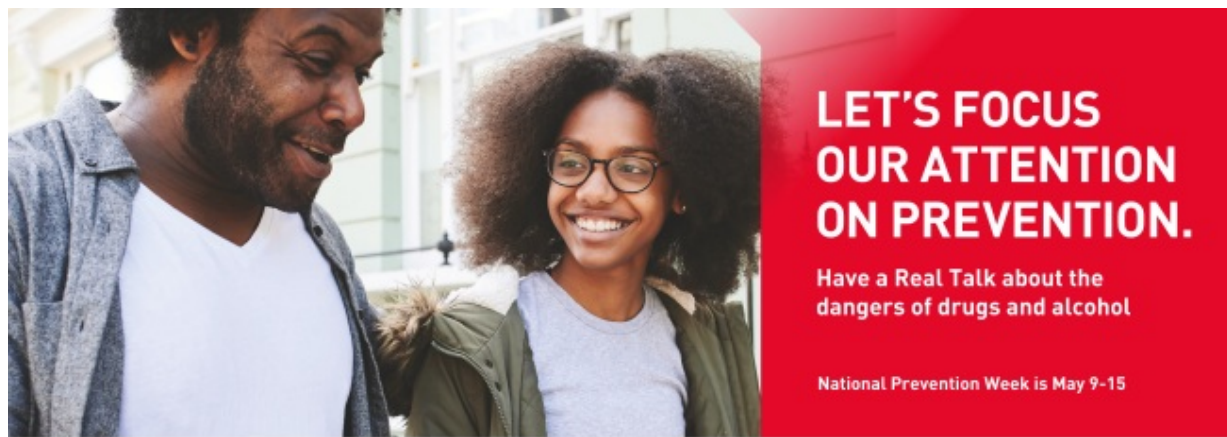
Usually, the coalition hosts our annual block party during NPW to connect with the community and provide as many local resources as possible to the Town of Vernon. Due to social distancing measures this year, we are utilizing different tactics to partake in NPW.

Throughout the town, you may have noticed our lawn signs that encourage youth to remain substance-free in order to achieve their long-term goals (see right). Additionally, we have a billboard to focus our attention on prevention by encouraging honest and open conversations with our peers and parents about the impacts of substance use! Check it out at the bottom of Loveland Hill Road.



The 2021 Daily NPW Themes:

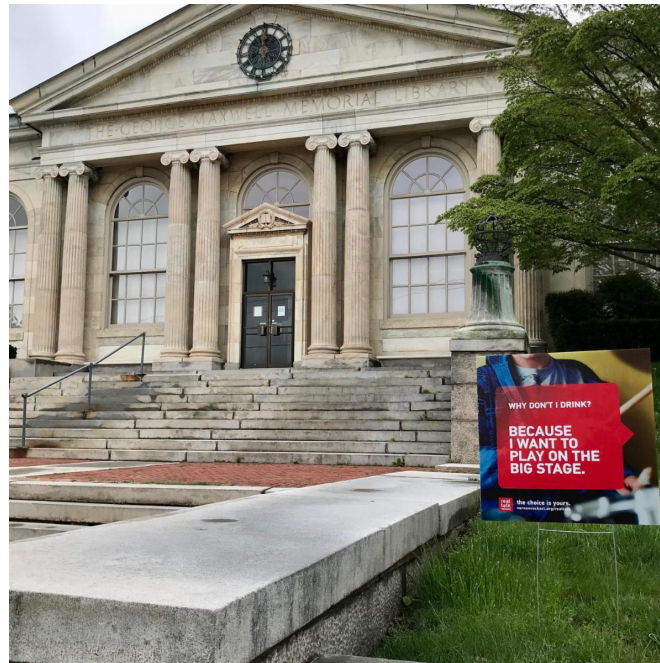
Monday, May 10: Preventing Prescription Drug and Opioid Misuse
Tuesday, May 11: Preventing Underage Drinking and Alcohol Misuse
Wednesday, May 12: Preventing Illicit Drug Use and Youth Marijuana Use
Thursday, May 13: Preventing Youth Tobacco Use (E-Cigarettes and Vaping)



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.

Billboard Graphic being displayed at the bottom of Loveland Hill Road



Pictured Above: Lawn sign displayed outside the Rockville Public Library

Take Back Day Recap

At the end of April, we held our semi-annual Drug Take Back Day. We collected over **200 POUNDS** of unused or unwanted prescription medications! Collecting and properly disposing of prescription medication reduces access across the community and prevents misuse. If you missed the event and have medication you need to dispose of we do have a [secure drug drop-box](#) located year round in



the lobby of the police department!

Mental Health Month

May is [Mental Health Month](#). This month let's work together to decrease the stigma that is so often associated with mental health and substance abuse by educating ourselves and providing help. [While 1 in 5 people will experience a mental illness during their lifetime](#), everyone faces challenges in life that can impact their mental health. Check out our social media every Monday this month to learn about common types of mental illness. By educating ourselves on these illnesses we can reduce the stigma behind them, recognize common signs associated with them, and learn treatment options to help alleviate the symptoms.

This May is especially important to learn and advocate for mental health. When there is time of great tragedy people become more aware of resources that are available to them, and there is the feeling of connection to others. Then, when things go "back to normal" those suffering feel abandoned and left without hope again. As we find our way out of the pandemic, it is crucial we maintain the efforts to support everyone's mental health and still advertise and encourage people to seek help.

So what can we do?

For Yourself

- Have honest conversations with someone close to you about how you're feeling or something that you've been coping with.
- Identify simple self-care activities that work for you, like exercising, cooking, or spending time with your pet.
- Seek professional help if needed for your mental health and don't neglect your physical health
- Add crisis resource numbers to your phone and encourage a loved one to do the same.

For the People in Your Life

- Be there for others in whatever capacity you can, let people in your life know you're a safe person to talk to about mental health
- Connect with people with a simple phone call or text to let them know you are available
- Share resources you know of with people who may need them

For Your Community

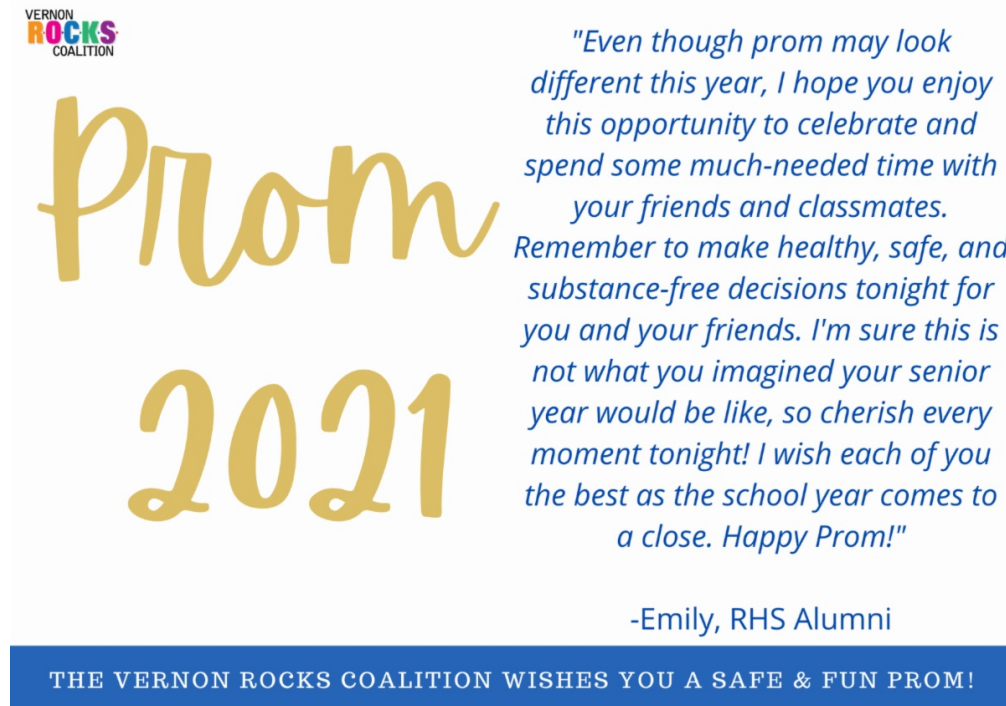
- Advocate for mental health policies that ensure that everyone in your community has access to mental health care, suicide prevention training, and funding for local crisis resources.

For additional information click [HERE](#)

End of the School Year

RHS will be hosting prom on the 21st and the coalition is handing out resource bags to everyone who attends to encourage safe celebrations and good decision making.

RHS alumni Emily wrote a letter to her peers which will be included. It reads:



FDA Commits to Banning Menthol Cigarettes and Flavored Cigars

The FDA announced that it will propose a ban on menthol-flavored cigarettes and ban all characterizing flavors (including menthol) in cigars. This decision is based on scientific evidence establishing the addictiveness and harm of these products. Studies show that menthol increases the appeal of tobacco and can lead individuals, particularly youth and young adults, to become regular smokers.

"Banning menthol—the last allowable flavor—in cigarettes and banning all flavors in cigars will help save lives, particularly among those disproportionately affected by these deadly products. With these actions, the FDA will help significantly reduce youth initiation, increase the chances of smoking cessation among current smokers, and address health disparities experienced by communities of color, low-income populations, and LGBTQ+ individuals, all of whom are far more likely to use these tobacco products," said FDA's Acting Commissioner, Janet Woodcock, in a statement.

Read the full news release [HERE](#)

If you or a loved one is having trouble with substance abuse check out the available resources

If you are aware of an underage party or illegal activity follow the link and submit the anonymous

Are you are interested in becoming more involved with the Vernon ROCKS Coalition we are

in the area.

form below, and the Vernon
ROCKS Coalition will work with
the Vernon Police Department to
prevent or stop the activity.

always looking for more
members. You can join by
visiting our website!

[Get Help](#)

[Report it Here](#)

[Get Involved](#)