



September 2021

The Vernon ROCKS Coalition has been super busy this past month! Read about all our prevention initiatives in this month's newsletter! Also, our new RHS survey responses are out now. Click below to see what is going on in the Vernon community in regards to substance use and mental health

RHS 2021 Data

Back to School Resources

Going back to school is an exciting time for youth, and for some, it is their first time in the classroom in a year and a half! However, the change of going back to school can create some challenges like figuring out their schedules, making new friends, and adjusting to the demands of their classes. This year is especially challenging because youth have all those changes coupled with growing up during a global pandemic. Understandably, it can lead to some serious stress. Providing youth with positive ways to handle that stress can help the youth avoid turning to substances or other risky behavior. The Vernon ROCKS Coalition has compiled some strategies that may be beneficial when stress arises. Access the coping strategies resource [HERE](#)

VERNON ROCKS COALITION

A NEW SCHOOL YEAR CAN BE STRESSFUL. HERE ARE SOME HEALTHY COPING STRATEGIES TO HELP!

SIGNS YOU NEED A BREAK

1. YOU ARE RESTLESS
2. YOU ARE EATING DIFFERENTLY
3. SIMPLE THINGS IRRITATE YOU
4. YOU HAVE INCONSISTENT SLEEP
5. THINGS THAT NORMALLY WOULD MOTIVATE YOU OR MAKE YOU HAPPY, DO NOT
6. YOU ARE TIRED A LOT
7. YOU PHYSICALLY DO NOT FEEL WELL
8. YOU ARE WITHDRAWN A LOT

#ENERGYMETER

4 WAYS TO DETOX YOUR MIND:

- #1 BE MINDFUL OF WHO YOU SPEND TIME WITH AND HOW YOU FEEL WHEN YOU'RE WITH THEM. IF THAT FEELING IS NEGATIVE STOP HANGING OUT WITH THEM!
- #2 TAKE BREAKS- FROM SCHOOLWORK, TECHNOLOGY, ETC. SOME TIMES WE JUST NEED A QUICK RESET.
- #3 SAY "NO" WHEN YOU NEED TO. IF YOU DON'T WANT TO HANGOUT OR DO SOMETHING, THAT IS OKAY!
- #4 BE SELECTIVE WITH WHO YOU FOLLOW ON SOCIAL MEDIA! WE SPEND A LOT OF TIME ONLINE, LET'S MAKE SURE WE ARE CONSUMING POSITIVE CONTENT.

Check Out Our New Billboard!

We launched another billboard this month to encourage healthy decision making during the new school year! Be sure to check it out on Route 83!



Board of Education Presentation



At the end of August, the coalition Chairperson, Michelle; Project Director Cassie; Prevention Program Support Specialist, Holly; and the coalition's evaluator, Bonnie, presented our RHS 2021 Youth Voices Count survey data in front of the Vernon Board of Education. This information provides insights into student's attitudes and behaviors around substance use, mental health, and experiences during the COVID-19 pandemic. We then use it to make data-informed decisions for our prevention practices. We were so thankful for the opportunity and cannot wait to use the data to continue to make positive changes within the Vernon community. If you want to look at some highlights of the data click [HERE](#)

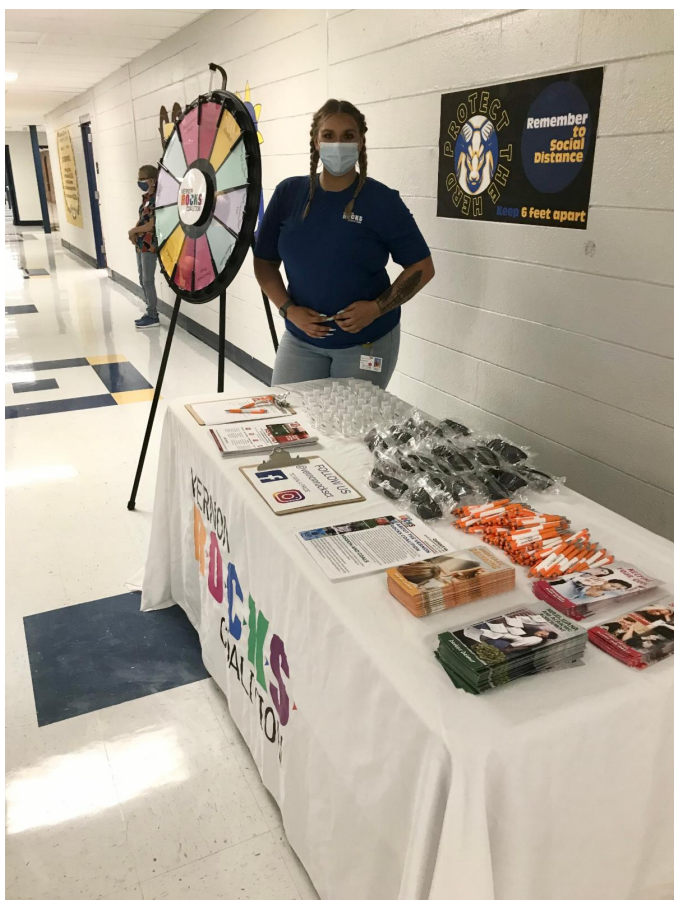
Sticker Shock

For the second year in a row, the coalition has continued our prevention efforts via a Sticker Shock campaign!! Labor Day weekend, we partnered with our local package stores to encourage responsible purchasing practices. By placing prevention messages on alcohol products that commonly appeal to youth and could be bought by older friends or family, we hope to discourage the illegal purchase of alcohol for minors. The messages, placed on the alcohol boxes, promote responsible

consumer habits among the 21+ community and serve as a last reminder for those buying, the consequences of purchasing alcohol for someone underage. Read more about this initiative [HERE!](#)



Freshman Orientation



August 25th, we had the pleasure of attending Freshman Orientation and meeting the incoming RHS freshman class! The Vernon ROCKS was a stop on the school tour to educate them on mental health, dispel misconceptions about common substances, and provide healthy coping strategies for stress. Additionally, we know this school year will be challenging, for most students it is their first time back in the classroom after being virtual for so long. That, on top of the normal stress of back-to-school routines is a lot to manage. To help mitigate these stressors we compiled resources for self-care and provided stress balls for every freshman! You can access the coping strategy resource [HERE](#). We cannot wait to interact more with the new class of students and help influence positive decision-making!

We are Recruiting!

The Village VISTA Collaborative is looking for our next AmeriCorps VISTA! If you know someone who has a passion for service, is hardworking, and wants to help reduce youth substance use in the Town of Vernon, share our position with them!

[Position Application](#)

Additionally, Real Talk is always looking for new members. If you know an RHS student who wants to be a part of something amazing and help make an impact on the Vernon Community tell them about Real Talk! Email Holly at hhansen@thevillage.org for more information and to sign up.

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.

[Get Help](#)

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. Get Help 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](#)

The Vernon ROCKS Coalition | [Website](#)



The Village for Families & Children | 19 Elm Street, Vernon, CT 06066

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