

November 2021



"Self-care is not self-indulgence, it is self-preservation."

—Audre Lorde (1934-1992)

The coalition has been very active in the community, making positive impacts to prevent substance use! Read about it below as well as some new information that has come out in the prevention community!

[Visit our Website](#)

Hear what Real Talk member Saher has to say about being a part of Real Talk!



## The Coalition in the Community

### Trunk-or-Treat

At the end of October, the coalition participated in Vernon's Trunk or

Treat event! We handed out goodie bags that contained candy, stickers, and an age-appropriate activity placemat to help influence and encourage younger children to make positive, healthy decisions that they can carry with them as they grow! The bags also had a sticker stating that "71 % of Vernon youth report clear family rules around alcohol use", and encouraged families to have a [Real Talk](#).


[Read More](#)

Coalition Director Cassie, and Prevention Specialist Holly excited to hand out candy and resources to Vernon youth with our Vernon ROCKS Monster!



## DEA Drug Take-Back Day

On October 23th, 2021 we partnered with Walgreen's in Rockville and the Vernon Police Department to hold our semi-annual Drug Takeback Day. This event was extremely successful, and we were able to collect **71 pounds** of unused and unwanted prescription pills that were then properly disposed of by the DEA, helping protect water sources and prevent misuse! If you missed the event and still have medication you wish to [safely dispose](#) of you can bring it to the Drug Drop-Box in the lobby of the Vernon Police Department.

Sargent Tedford and Coalition member Hilary from the [North Central District Health Department](#) at the Take Back Day, safely collecting people's unused and unwanted prescription medications!

[Read More](#)

## We are Presenting at CADCA!

The coalition always aims to produce meaningful content to disseminate throughout the community. One essential vehicle for that is our social media. But how do we know that the content we are producing and posting is being received well by our target populations? To ensure we are making a positive impact on the Vernon community we developed a

## Real Talk Member awarded The Village's Girl Within Young Woman of the Year!

comprehensive social media data tracker to analyze what posts are best received by our followers. From that analysis, we then use it to inform our content creation to ensure we are posting meaningful information that is needed.

Proud of our development, we submitted a proposal to CADCA to present the tracker and its usefulness at their annual Leadership Forum and were picked to be presenters. During the training session led by Cassie and Holly, participants will be able to access social media data to create meaningful content for their community.

We cannot wait to help other communities improve their efforts in the substance use prevention field!

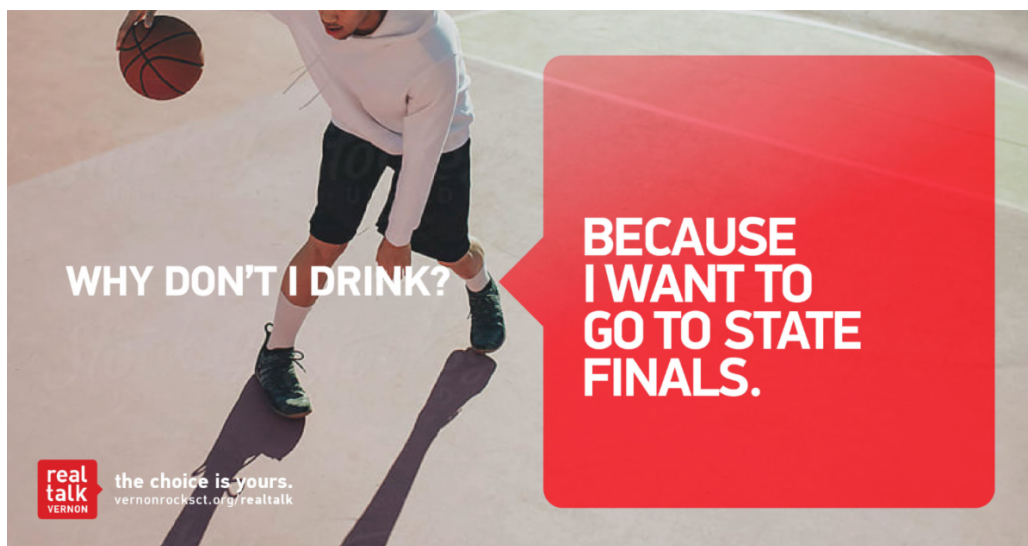


We are so proud of Saher (pictured above), who was awarded The Village for Families and Children's 2021 [Girl Within](#) Young Woman of the Year!

Through her work she has supported the coalition's mission to prevent youth substance use and advocated for her peers, amplifying prevention efforts in Vernon

## 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!



## Prevention Info

### New Findings!

SAMSHA has released findings from the 2020 National Survey on Drug Use and Health. The survey provides up-to-date information on tobacco, alcohol, and drug use, mental

health and other health-related topics.

## NSDUH Survey Take-Aways

### Keep Your Lungs Healthy



November is [Lung Cancer Awareness Month](#) and November 18th is [The Great American Smokeout](#)! If you or someone you know smokes tobacco use this month as a catalyst for change. Quitting smoking is a huge challenge, but the benefits of not smoking can be [witnessed from the first day](#) you put out the cigarette. If you are ready to quit, The Great American Smokeout can be your first step. It is a day celebrated across America where thousands of people who smoke take the first step toward a healthier life and reduce their cancer risk. The American Cancer Society has compiled a comprehensive list of resources that can aid you in your decision to quit smoking that you can access [HERE](#).

### The Vernon ROCKS is 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

Real Talk is actively recruiting **FIVE** leadership positions, including two Co-presidents, one secretary, one recruitment coordinator, and one communication and marketing liaison to help make an impact on the Vernon Community. Click the link below for full details, fill out the application and email it to [hhansen@thevillage.org](mailto:hhansen@thevillage.org)

#### Leadership Applications

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

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

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!

the Vernon Police Department to  
prevent or stop the activity.

[Get Help](#)

[Report it Here](#)

[Get Involved](#)

**The Vernon ROCKS Coalition** | [Website](#)



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