

APRIL 2022



Make sure to mark your calendars for the upcoming coalition events, read about our new projects and learn about Alcohol Awareness Month!

Visit our  
Website

"How wonderful it is that nobody need wait a single moment before starting to improve the world"  
-- Anne Frank

## MARK YOUR CALENDARS

### Semi-Annual Drug Take Back Day on 4/30

On **April 30th from 10 a.m. to 2 p.m.**, the Vernon ROCKS Coalition, in collaboration with Walgreens and the Vernon Police Department will hold our semi-annual Drug Take Back Day.

This is a great opportunity to properly dispose of any unwanted and unused medications, vitamins, pet medications, or vapes in a safe manner.

No questions asked, just drop it off.

The logo for the Rockville ROCKS Community Block Party. It features the text "ROCKVILLE ROCKS" in large, colorful letters (R: orange, O: pink, C: blue, K: green, S: purple). Below it, "COMMUNITY BLOCK PARTY" is written in blue, uppercase letters. The logo is flanked by orange and blue horizontal bars.

### ROCKVILLE ROCKS COMMUNITY BLOCK PARTY

MAY 14TH 1-4 P.M.  
ELM STREET, VERNON



Please join The Vernon ROCKS Coalition in celebrating **National Prevention Week** at our annual Rockville ROCKS! Community Block Party! This event is free and open to the public, with the goal of strengthening community bonds and connecting people with information and

# Drug Take Back Day

Walgreens Pharmacy  
188 Union Street, Vernon

10A-2P  
APRIL 30 2022

SAFELY DISPOSE OF YOUR UNWANTED AND  
UNUSED PRESCRIPTION MEDICATIONS AND  
VAPES

More Information

services that promote healthy mental health and reduce substance use.

There will be a resource fair, games and activities, music, a Covid-19 Booster clinic, Hidden in Plain Sight Training, a K-9 demonstration, entertainment, and more! We hope to see you there!!

The event will take place **May 14th from 1-4!**

In the event of rain, we will hold the event on May 15th from 2-4. Please check our Facebook for updates!

Event  
Details

## April Coalition Initiatives

### Vaping Cessation Tabling at RHS

QUIT  
vaping

One of Real Talk's initiatives is to help their peers quit vaping. We will be having a resource table during RHS lunch waves at the end of April to provide vaping cessation interventions. Students will be offered gum, lollipops, habit trackers, sensory items, and educational resources to help provide youth with the tools necessary

to stop vaping. Giving youth who vape alternative coping strategies can help fight the urge.

Access additional resource to quit vaping [HERE](#)

### Botvin LifeSkills Training

The Coalition will be hosting Botvin LifeSkills trainings for RHS students. This evidence-based curriculum teaches adolescents the necessary skills to promote positive health and personal development. The main objectives are:



- **Personal Self-Management Skills:** Provides students with skills to enhance self-esteem, learn creative problem solving, reduce stress and anxiety, and manage anger.
- **General Social Skills:** Empowers students to meet challenges such as overcoming shyness, communicating clearly, building relationships, and avoiding violence.
- **Drug Resistance Skills:** Helps students resist pressures to use tobacco, alcohol, and other drugs.

This 6-part program is open to all RHS students and will take place in Room 129 from 2:15-3:15 on the 18th, 19th, 21st, 25th, 26th, and 28th.

For further information, please contact [cschend@thevillage.org](mailto:cschend@thevillage.org)

## Alcohol Awareness Month

April is Alcohol Awareness Month, with the goal of increasing public awareness and understanding of the causes and treatment of alcohol use disorders.

Despite alcohol being the third leading cause of preventable death in the United States, with approximately 95,000 Americans dying from alcohol-related causes each year, alcohol remains the most commonly consumed substance among both youth and adults. According to the National Institute of Health's 2020 Monitoring the Future Survey, 55.3 % of high school seniors drank alcohol in the past year.

Individuals who consume significant amounts of alcohol increase their risk of injury, violence, liver disease, and some forms of cancer, as well as having major consequences in their relationships and social life.

Alcohol Use Disorder can affect anybody, regardless of demographics. Youth should not drink; therefore, have open and honest conversations with them about how and why they should avoid alcohol; visit [REAL TALK](#) for talking tips, and if you or someone you know is struggling with problem drinking, visit our [Get Help](#) page for more information on local services and support groups.

[Learn More 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 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 Village for Families & Children | 19 Elm Street, Vernon, CT 06066

[Unsubscribe cschend@thevillage.org](mailto:cschend@thevillage.org)

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with



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