

February 2022




The coalition's efforts are highlighted in this month's newsletter! Take a peek at what we've been up to lately!

Visit our Website

"Perseverance is not a long race; it is many short races one after the other."

-Walter Elliot



The poster features the Vernon ROCKS Coalition logo in the top left corner. Below it, the text "01 FEBRUARY - 01 MARCH" is written in a smaller font. The main title "BLACK HISTORY MONTH" is in large, bold, black letters. To the right of the text is a profile illustration of a Black man's head and neck. At the bottom, the text "YESTERDAY - TODAY - TOMMOROW" is written in a smaller font.

Celebrate Black History Month

This month, we recognize and reflect on the significant contributions that Black and African American people have made towards the creation and improvement of America, leaving everlasting impacts and providing a foundation for hope and change.

The Coalition is Looking for Members!

The Vernon ROCKS Coalition is looking for caregivers that are [interested in being involved!](#) Vernon ROCKS believes in utilizing an evidence-based model that brings people from all parts of the community together. By having these varying perspectives' sharing their experiences, concerns, and thoughts we can better understand how to make our prevention initiatives as effective as possible. Parents' perspectives are one of the most important things we are looking for! We are searching for parents and caregivers who are passionate about preventing youth substance abuse and helping improve the community.

If you're interested in joining the coalition or know someone who may be, email [Cassie Schend](#) or [Michelle Hill](#), the coalition's co-chairs, to set up a meeting or click the link below!

Winter Blues

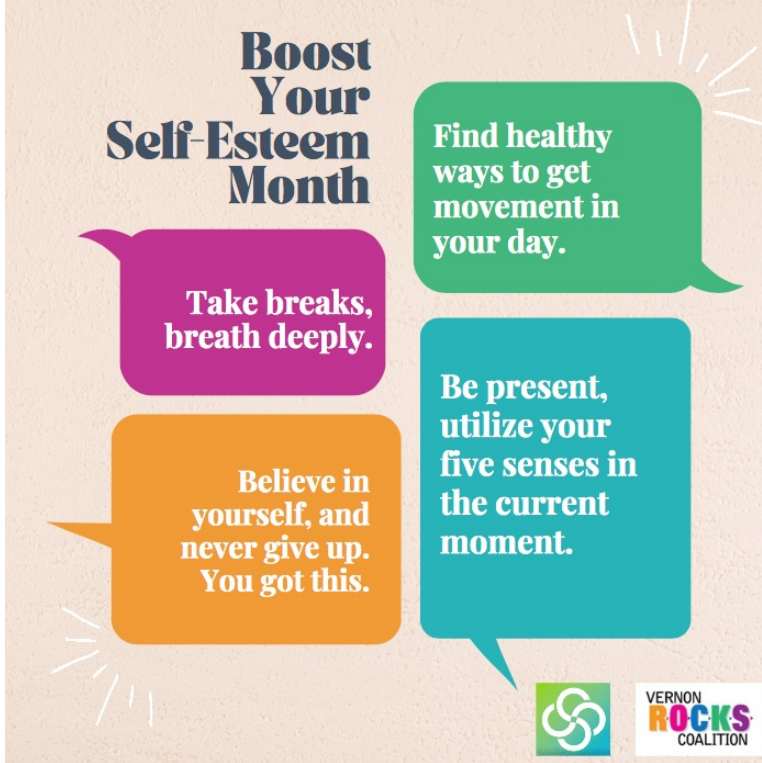
February is the shortest month, yet it may be one of the most difficult due to the cold weather and short days. [Seasonal Affective Disorder](#), or "Winter Blues," is a genuine phenomenon that happens in areas where there is less sunshine at particular times of the year, such as Connecticut. Symptoms such as fatigue, sadness, despair, and social disengagement may be present. Be aware of how you're feeling, and if you find that you're experiencing some of the symptoms described, utilize the suggestions below in an attempt to boost your mood!



Coalition Initiatives

MVPP Shared Social Media

[MVPP](#) is resuming our monthly shared social media postings. Vernon and



Manchester will collaborate once a month to develop a joint post which will be shared across communities! This month, we offered easy recommendations on how to boost self-esteem in recognition of [International Boost Self-Esteem Month!](#)

When you see it, be sure to give us both a "like"!

Peer Created Anti-Vaping Posters in RHS

Skylin, one of [Real Talk's](#) own, designed these anti-vaping posters (pictured to the right)!

They're currently on show all throughout RHS, specifically in the restrooms, which have been identified as a [hotspot for vaping.](#)

We hope that seeing one of their peers campaigning against vaping will remind youth that they don't have to!



having trouble with substance abuse check out the available resources in the area.

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.

becoming more involved with the Vernon ROCKS Coalition we are always looking for more members. You can join by visiting our website!

[Get Help](#)

[Report it Here](#)

[Get Involved](#)

See what's happening on our social sites:



The Vernon ROCKS Coalition | [Website](#)

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

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