

MARCH 2022



Stay Up-To-Date on the coalition's initiatives and prevention news!

“What we accomplish in the marathon of life depends tremendously on our grit—our passion and perseverance for long-term goals.”

—Dr. Angela Lee Duckworth

[Visit our Website](#)

National Drug and Alcohol Facts Week

NIDA organizes National Drug and Alcohol Facts Week (NDAFW) every year in March to share FACTS about drugs, alcohol, and addiction. It gives a chance to bring together scientists, students, educators, healthcare professionals, and community partners to advance the science and increase drug misuse prevention and awareness in our local communities and throughout the country.



SHATTER THE MYTH, this year's theme, emphasizes the necessity of refuting widespread misconceptions about substances. People can make more educated choices about whether or not they wish to consume drugs if they are given accurate information about them. Be sure to continue reading to see how MVPP will be SHATTER THE MYTHS during NDAFW!

VRC Has a New Peer Advocate

We are thrilled to announce that the Vernon ROCKS Coalition has a new Peer Advocate! Skylin will be assisting us in providing advocacy and



support to Vernon's youth in order to prevent underage drinking and drug misuse. She's been an active member of [Real Talk](#) since 2020 and we can't wait to see what she does in this new role!!

Coalition Initiatives

VRC Awarded SOR Grant

The Vernon ROCKS Coalition was awarded funds from Amplify for the Connecticut State Opioid Response Initiative - Community Mini-Grant. The funds will be used to support a comprehensive response to the opioid epidemic. According to the September 2021 CT Department of Public Health Drug Overdose Monthly Report, there were 1,378 fatal drug overdose deaths in 2020, an increase of 14.6% from 1,202 in 2019. From January through the first week of September 2021, there were 993 confirmed drug overdose deaths and several pending cases pending toxicology confirmation.

The coalition will use the funding to provide community education and awareness around opioids and non-medical use of prescription medication; host Narcan (an overdose reversal drug) and QPR (suicide prevention tactic) trainings; continue educating the coalition about opioids, addiction, and prevention; and provide people who are discharged from treatment with re-entry bags.

MVPP

This month [MVPP](#) will be collaborating on our social media all National Drug and Facts Weeks ([NDAFW](#)) to offer you a fact a day to support this year's theme of SHATTERING THE MYTHS around drugs and alcohol! There are a lot of

OPIOIDS DID YOU KNOW?

MYTH

Pain medication, like opioids, can fix your pain.

FACT

Pain medication masks the symptom of pain but does nothing to address the fundamental cause of the pain.

SOURCE: Cleveland Clinic

misconceptions around drugs and alcohol that contribute to their usage. NDAFW SHATTER THE MYTH allows us the opportunity to provide accurate information so that we can help dispel some of these beliefs and to prevent substance use.

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

MARK YOUR CALENDARS

It is that time again!! On **April 30, 2022, from 10 a.m. to 2 p.m.**, bring your old or unwanted medicines to the Walgreens in Rockville to participate in the National DEA Drug Take Back Day. National Take Back Day is a safe and easy way to dispose of unused, unwanted, or expired medicines, preventing their abuse.

Simply black out your personal information on the bottles and bring them to be disposed of. If you are bringing vapes or E-cigarettes the batteries need to be removed.

Last Take Back Day we prevented 71lbs of medications from being improperly disposed of. Walgreen's is located at 188 Union Street Vernon CT. 06066

For more information and to find out what is accepted at the Take Back Day [visit our website](#)

DRUG TAKE BACK DAY

APRIL 30, 2022 | 10A-2P
Walgreens | 188 Union Street, Vernon

SAFELY DISPOSE OF
YOUR UNWANTED AND
UNUSED PRESCRIPTION
MEDICATIONS AND
VAPES

Visit
VernonROCKSCT.org
for more details

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PROBLEM GAMBLING AWARENESS MONTH

→ AWARENESS+ACTION

The theme for this year's Problem Gambling Awareness Month is "Awareness + Action." It is estimated that around 2 million adults in the United States (1% of the population) meet the criteria for severe problem gambling. Another 4-6 million people (2-3%) fall into the mild or moderate problem gambling category. And, when children participate in gambling, such as online gaming,

they are more prone than adults to develop gambling-related problems.

Anyone who gambles has the potential to develop problems. This is why, if you do gamble, it is critical to be aware of the risks and to play responsibly. When gambling behavior interferes with finances, relationships, and the workplace, a serious problem already exists.

Top 4 signs of a gambling issue:

- Lying to hide gambling activities
- Gambling larger and larger amounts of money to achieve the same level of excitement
- Relying on others to pay bills or gambling debts
- Feeling restless or irritable when trying to cut back on gambling activities

If you or someone you know has a gambling problem, call or text the National Problem Gambling Helpline Network at 1-800-522-4700 or visit www.ncpg.org/chat for confidential help.

For more information and resources about problem gambling, go [HERE](#)

[Problem Gambling Screening](#)

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!

[Get Involved](#)

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

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

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

the area.

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

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

[Get Help](#)

[Report it Here](#)

[Get Involved](#)

The Vernon ROCKS Coalition | [Website](#)

See what's happening on our social sites:



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

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

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