

July 2022



Check out Vernon ROCKS back at CADCA and learn more about upcoming events!

Visit our Website

"Discovery is seeing what everybody else has seen and thinking what nobody else has thought."

Dr. Albert Szent-Gyorgyi



## BIPOC Mental Health Awareness Month

July is Black, Indigenous, and People of Color (BIPOC) Mental Health Awareness Month. This month is dedicated to bringing attention to the difficulty that minorities experience in regards to their mental health and the unique struggles they face.

Mental illness is a nondiscriminatory affliction, impacting anyone regardless of demographics or background. There is a lot of stigma about mental health in general and unfortunately, marginalized individuals face that stigma even more and face greater impacts on their mental health due to not receiving the care, education, and help they need.

We need to break the stigma and provide more access to care so that those dealing with mental illness do not have to go through the unnecessary barrier of society's judgment and can find the right treatment that fits their personal life, cultural beliefs, and customs.

Read more about this important Awareness Month [HERE](#)

National Suicide Prevention Lifeline  
800-273-8255

988 is LIVE



Beginning July 16th, calling or texting 988 in the US will connect callers to the National Suicide Prevention Lifeline. This lifeline provides trained counselors to listen, provide support, and connect to necessary resources. The existing Lifeline number will also continue to be available: 1-800-273-8255.

For more information  
visit: <https://suicidepreventionlifeline.org/>

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## UPCOMING: National Night Out



Stop by our table at Vernon's annual National Night Out (NNO)! The event will take place on **August 2nd at 5 PM.**

NNO is an annual nationwide event to promote partnership and build community ties between first responders and the community they serve. Vernon ROCKS will be there to provide awareness and education about substance use and ways to prevent youth substance use.

Click [HERE](#) for more information.

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## The Vernon ROCKS Coalition Attends CADCA Mid-Year

This week coalition members are attending CADCA's 21st Annual Mid-Year conference, a four day event to learn the latest in substance use prevention. Project Director Cassie Schend, Prevention Program Support Specialist Leah Coughlin, Coalition Member Steven Jackson and our partners at The Change Collaborative of Manchester are learning so much! We can't wait to share what we learned to work towards our mission of providing **R**esources & **O**utreach for **C**ommunity **K**nowledge & **S**uccess to prevent youth substance abuse.



Sometimes it can be hard for teens to find fun things to do outside during the summer months. Check out the coalition's Facebook and Instagram every Friday for a healthy activity to enjoy outdoors!

We started out July by encouraging youth to visit a local park:

- Valley Falls,
- Dart Hill,
- Hockanum River Linear
- Henry Park



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 report. 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 report. 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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