

DECEMBER 2022

VERNON ROCKS COALITION

Happy Holidays from the Vernon ROCKS Coalition

"Do things for people not because of who they are or what they do in return, but because of who you are." - Harold S. Kushner



Visit our Website

Vernon Community Basketball Tournament

November 17th, we hosted a community basketball tournament for RHS staff, students and the Vernon Police Department. This was a way for students to get involved in a substance free event.

For the tournament our youth group, Real Talk helped design t-shirts for all participants. We created labels with data from the student survey and put those on water bottles, we also ordered pizza and had prizes for the participants.

The tournament was very successful with a total of 19 teams (2 teacher teams, and 1 team with a combination of police officers and coaches from RHS, and 16 student teams). Congratulations to all participants!



Annual Community Tree Festival

The Vernon ROCKS Coalition entered the Rockville Library's Annual Community Tree Festival! This event allows community members and businesses to decorate a Christmas tree or wreath to be auctioned off to raise money for the library. This year the theme was children's books. We chose to decorate our tree based on the Polar Express. Make sure to stop by the library to see all the wreaths and trees by December 16th!



Annual Drunk Driving Prevention Efforts



In honor of [National Impaired Driving Prevention Month](#), Real Talk and RHS's Peer Advocates partner annually with local alcohol retailers to decorate brown bags with prevention messages that discourage drinking and driving.

December is devoted to preventing impaired driving. During this season, the coalition wants to remind you to celebrate safely by **NEVER** driving impaired. [In 2019, there were 10,142 alcohol-impaired-driving fatalities](#), that is 10,142 people who lost their lives because someone decided to drive under the influence, Connecticut attributed to 94 of those deaths. We can significantly decrease that number. Parties are pre-planned, so should your ride! If you plan to drink, make sure you have a designated sober driver or call an Uber or Lyft to take you home. If you are the designated driver, make sure you take it seriously!

The Vernon ROCKS Coalition hopes you have a great and safe holiday season and start 2023 off right!

Providing Mental Health Resources to the Community



988 Suicide & Crisis Lifeline

- Offers 24/7 call or texts
- Trained crisis counselors available
- Can assist with any mental health crisis, substance use, suicide or emotional distress
- You can call for a loved one

Maintaining Mental Health during the holidays

- Don't overschedule
- Manage your expectations
- Keep a healthy routine
- Take time for yourself

The holidays are glamorized as a "perfect" time but often this perception of perfection leads to

stress and loneliness. In an effort to provide resources for those who may be struggling during this time we teamed up with local agencies to help. One partnering organization is Vernon Social Services, together we provided a resource card (pictured above) for teens that provides tips to maintain mental health during the holidays. The resource cards will be given to those receiving gift cards from Social Services.

Click [HERE](#) for more information on handling holiday stress.

December is National Impaired Driving Prevention Month

During National Impaired Driving Prevention Month, we commit to stopping avoidable traffic accidents and keeping our roadways safe through driving sober, raising awareness, and helping each other get home. Over 10,000 American lives are lost to drunk and drug-impaired driving each year, accounting for a third of all traffic deaths. For more information about National Impaired Driving Prevention Month click [here](#)

The Vernon ROCKS Coalition hopes you have a great holiday season and encourages you to celebrate responsibly! Make sure you plan ahead to make sure your get home safely. Driving impaired is 100% preventable!

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

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