

November 2022



"Self-care is not self-indulgence, it is self-preservation."
Audre Lorde (1934-1992)

The Vernon ROCKS Coalition [Website](#)



Visit our Website

Vernon ROCKS in the community



Trunk or Treat

At the end of October, the coalition participated in Vernon's Trunk or Treat event! We handed out goodie bags that contained candy, stickers, and an age-appropriate activity placemat to help influence and encourage younger children to make positive, healthy decisions that they can carry with them as they grow!

DEA Take Back Day

On October 29th, 2022 we partnered with Walgreen's in Rockville and the Vernon Police Department to hold our semi-annual Drug Takeback Day. This event was extremely successful, and we were able to collect **67.4 pounds** of unused and unwanted prescription pills that were then properly disposed of by the DEA, helping protect water sources and prevent misuse! If you missed the event and still have medication you wish to [safely dispose](#) of you can bring it to the Drug Drop-Box in the lobby of the Vernon Police Department.



Red Ribbon Week with MVPP



On October 26th, we teamed up with Manchester's Change Collaborative to plant tulips in honor of [Red Ribbon Week](#). Tulips are flowers that are planted in the fall and bloom in the spring. By planting tulips in the fall we are able to honor Red Ribbon Week, and then the tulips will bloom for [National Prevention Week](#) in May. We had so much fun planting the tulips with the help of some Coalition members!

Drinksgiving

The Wednesday before Thanksgiving is more commonly known as "drinksgiving".

- From 2015 to 2019 **135 alcohol-impaired** drivers were killed and thousands more vehicle passengers suffered minor, serious or fatal injuries ([Thanksgiving - Impaired Driving \(buzzed\) | Traffic Safety Marketing](#)).
- A 2013 study from the American College of Surgeons analyzed hospital records over 12 hours from Thanksgiving Eve into Thanksgiving. Among the 855 discharged patients, 11% were fatalities, and among the 666 drivers who were alcohol tested, 54.5% tested positive ([Black Wednesday | The Bulletin \(facs.org\)](#)).

How to Stay Safe During Drinksgiving

- Stay off the roads as much as possible.
- If you're going out, consider using a ride sharing app such as Uber or Lyft



Happy Thanksgiving!

The Vernon ROCKS Coalition wants to wish you all a happy, healthy, and safe Thanksgiving! We are thankful for our community and our Coalition members who help us work toward achieving our goals!

Real Talk Basketball Tournament

On November 17th we are hosting a Community Basketball Tournament for RHS students. This tournament is taking place right after school and provides them with a safe place to hang out without using substances. This is a 3 VS 3 tournament with teams of students, police officers, and school staff.

We will have t-shirts for all the participants, created labels with RHS substance data for the water bottles and granola bars, we will have pizza in the cafeteria for participants. The first and second place teams will win prizes. If you know an RHS student looking for volunteer hours and wants to help with this event have them email Leah at leah.coughlin@thevillage.org.

Vernon ROCKS is recruiting!

Real Talk is always looking for more students to help make an impact on the Vernon Community. If you know an RHS student who may be interested in getting involved in Real Talk email leah.coughlin@thevillage.com

[Learn more about Real Talk](#)



The poster features a soccer player in a red jersey on a field. Text on the poster includes: "real talk VERNON", "WHY DON'T I SMOKE?", "BECAUSE I'M NOT MISSING MY SHOT.", "REAL TALK A YOUTH LED PREVENTION GROUP", "REASONS TO JOIN:", "Be a leader", "Community service", "Make a difference", "Be Creative", "JOIN TODAY!", "If you're a Rockville High Student email leah.coughlin@thevillage.org or text 860-819-0633", and "Follow us on Social Media @VERNONROCKSCT".

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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