

OCTOBER 2022



"No act of kindness is too small. The gift of kindness may start as a small ripple that over time can turn into a tidal wave affecting the lives of many."  
- Kevin Hart

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## Open House

At the end of September, the Vernon ROCKS Coalition attended Rockville High School's Open House. We had the chance to meet with parents, share our prevention efforts, and introduce the coalition. Next to our table was a Hidden in Plain Sight demonstration, which can help raise parent awareness of signs that may point to risky adolescent's behaviors. Thank you to RHS for allowing us to be a part of this event, and to all the parents who stopped by our table!



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## Do You Have Unused Medicine?

Mark your calendars! Our next Take Back Day is October 29th at Walgreens (188 Union Street, Vernon) from 10 AM-2 PM. Unused or expired prescription medications can lead to the potential for accidental poisoning, misuse, or overdose. Proper disposal of unused drugs saves lives and protects the environment.

# Drug Take Back Day

10AM-2PM

October 29th, 2022

Walgreens | 188 Union St, Vernon

Safely dispose of unwanted or  
unsure medications

### Accepted:

- Over the counter medication
- Prescription medication
- Pet medication

### Not Accepted:

- Needles or "sharps"
- Hazardous wastes
- Personal care products
- Thermometers



Hosted by **VERNON ROCKS COALITION**  
partnered with



## In The Community



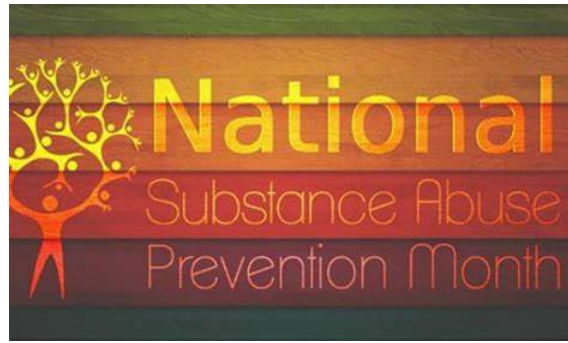
Do you want to build a scarecrow? This month we created an Olaf scarecrow for the Strong Family Farm scarecrow contest. We adapted the lyrics from "Do You Want to Build a Snowman" from Frozen to be about our Coalition!

♪ Do you want to build a scarecrow?  
And ride our bikes around the town?  
I think some company is welcome here.  
I've started talking to the Prevention Coalition  
in my hometown! ♪



At the end of the month, The Vernon ROCKS Coalition will be participating in Vernon's Trunk-or-Treat! We appreciate this opportunity to begin influencing and encouraging younger children to make positive and healthy decisions and provide resources and information that they can then carry with them as they grow! Stop by our spooky trunk on October 27th!

# National Substance Abuse Prevention Month



October is National Substance Abuse Prevention Month. We use this month to highlight the role of substance use prevention, to acknowledge those in recovery, and show support to all affected. For more information about National Substance Abuse Prevention Month [click here](#). To learn more about our prevention efforts in Vernon visit our [website](#).

## We are Recruiting!

Real Talk is always looking for new members. If you know an RHS student who wants to be a part of something amazing and help make an impact on the Vernon Community, tell them about Real Talk! Real talk allows students to be a leader, make a difference be creative and get their community service hours completed! Email Leah at [leah.coughlin@thevillage.org](mailto:leah.coughlin@thevillage.org) for more information and to sign up.



## Find More Information about Real Talk Here

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

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

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 Help](#)

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Sent by leah.coughlin@thevillage.org in collaboration  
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