



## September 2022

The Vernon ROCKS Coalition has been super busy this past month! Read about all our prevention initiatives in this month's newsletter!



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### September Observances:

#### National Recovery Month

National Recovery month is a national observance held every September to promote and support new evidence-based treatment and recovery practices, strong and proud recovery community, and the dedication of service providers and communities who make recovery in all its forms possible.

For more information [click here](#).



#### Suicide Prevention Month

Suicide Prevention month is a time to raise awareness of a stigmatized topic. The month of September is used to shift perception, spread hope and share information to those affected. The goal is to ensure that everyone has the resources they need to discuss suicide prevention. If you or someone you know are struggling, call or text 988 to connect with a mental health counselor.

For more information [click here](#).



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### August Recap



On August 31st, we recognized International Overdose Awareness Day through an event called Lighting the Way.

To raise awareness, we put local data on lawn signs, and placed purple bags with tea lights lining the sidewalk on the town green. We had Hockanum Valley Community Council, and Rivereast Treatment center there to provide resources.

Thank you to all who attended and helped raise awareness!



August 29th, we held a Narcan and QPR training.

We learned the warning signs of suicide, and how to Question, Persuade and Refer someone in need of support. We also learned how to prevent an overdose with the use of Narcan.

Thank you to all who attended, and a huge thanks to our presenter, John Lally.

To learn more about John's efforts to prevent overdose visit his website [here](#).

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## Freshman Orientation

August 22nd, we had the pleasure of attending Freshman Orientation and meeting the incoming RHS freshman class! Vernon ROCKS was a stop on the school tour to educate incoming freshman on mental health, dispel misconceptions about common substances, and provide healthy coping strategies for stress. We had an iPad with true or false questions using RHS data from the Youth Voices Count Survey. Thank you RHS for allowing us to be a part of this event. We cannot wait to interact more with the new class of students and help influence positive decision-making!



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## Adult Community Survey

The Vernon ROCKS Coalition is looking to gather more information from parents, caregivers, and adults in Vernon on attitudes and perceptions of youth substance use. This brief survey takes about 5 minutes to complete and all responses are anonymous. The information gathered from this survey will be used to help inform resources we can provide to the community. Those completing this survey will be eligible to enter a raffle for a Stop and Shop gift card. Two people will be randomly selected , one will receive a \$50 Stop and Shop gift card, and the other a \$25 Stop and Shop gift card. **Please only complete this survey once.**

[Click here to access survey](#)

## Real Talk

Additionally, 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! 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.

[Get Help](#)

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.

[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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