

MARCH 2023

VERNON ROCKS COALITION

Stay Up-To-Date on the coalition's initiatives and prevention news!

“What we accomplish in the marathon of life depends tremendously on our grit—our passion and perseverance for long-term goals.”

—Dr. Angela Lee Duckworth

See what's happening on our social sites:



Visit our Website

National Drug and Alcohol Facts Week

NIDA organizes National Drug and Alcohol Facts Week (NDAFW) every year in March to share facts about drugs, alcohol, and addiction. It gives a chance to bring together scientists, students, educators, healthcare professionals, and community partners to advance the science and increase drug misuse prevention and awareness in our local communities and throughout the country.

ALCOHOL

- Alcohol is the most commonly used substance among youth in the United States
- 140,557 Americans die from the effects of alcohol in an average year
- In 2019, alcohol-impaired driving fatalities accounted for 10,142 deaths

Alcohol Facts and Statistics | National Institute on Alcohol Abuse and Alcoholism (NIAAA) (nih.gov)

NICOTINE

- Cigarette smoking is responsible for more than 480,000 deaths each year in the U.S. alone
- The U.S. spends more than \$225 billion on smoking-related adult medical care each year
- Cigarette smoking remains the leading cause of preventable death

Fast Facts and Fact Sheets | Smoking and Tobacco Use | CDC

MARIJUANA

- Marijuana use directly affects the brain, specifically the parts of the brain responsible for memory, attention, and decision-making
- 76% of the population believe marijuana is less harmful than tobacco
- Long-term marijuana use has been linked to mental illness

Source: Data and Statistics (cdc.gov)

St. Patrick's Day

St. Patrick's Day began as a holiday observed by the Irish, but many people now celebrate the holiday regardless of their culture.

Unfortunately, binge drinking has also become closely associated with celebrating this day. The National Highway Traffic Safety Administration found that 252 people died as a result of drunk driving between 2011 and 2015 on St. Patrick's Day. If you choose to include alcohol in your celebrations (as an adult), remember to drink responsibly and plan a safe, sober ride home.



MARK YOUR CALENDARS

It is that time again!! On **April 22nd 2023, from 10 a.m. to 2 p.m.**, bring your old or unwanted medicines to the Walgreens in Rockville to participate in the National DEA Drug Take Back Day. National Take Back Day is a safe and easy way to dispose of unused, unwanted, or expired medicines, preventing their abuse.

Simply black out your personal information on the bottles and bring them to be disposed of. If you are bringing vapes or E-cigarettes the batteries need to be removed.

Last Take Back Day we prevented 60lbs of medications from being improperly disposed of. Walgreen's is located at 188 Union Street Vernon CT. 06066

Drug Take Back Day

10AM-2PM
April 22nd, 2023
Walgreens | 188 Union St, Vernon

Safely dispose of unwanted or unused medications

Accepted: <ul style="list-style-type: none">• Over the counter medication• Prescription medication• Pet medication	Not Accepted: <ul style="list-style-type: none">• Needles or "sharps"• Hazardous wastes• Personal care products• Thermometers
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DEA NATIONAL Rx
TAKEBACK

Hosted by VERNON ROCKS COALITION
partnered with

Problem Gambling Awareness Month

The theme for this year's Problem Gambling Awareness Month is "Awareness + Action." It is estimated that around 2 million adults in the United States (1% of the population) meet the criteria for severe problem gambling. Another 4-6 million people (2-3%) fall into the mild or moderate



PROBLEM GAMBLING AWARENESS MONTH

→ AWARENESS+ACTION

problem gambling category. And, when children participate in gambling, such as online gaming, they are more prone than adults to develop gambling-related problems.

Anyone who gambles has the potential to develop problems. This is why, if you do gamble, it is critical to be aware of the risks and to play

responsibly. When gambling behavior interferes with finances, relationships, and the workplace, a serious problem already exists.

Top 4 signs of a gambling issue:

- Lying to hide gambling activities
- Gambling larger and larger amounts of money to achieve the same level of excitement
- Relying on others to pay bills or gambling debts
- Feeling restless or irritable when trying to cut back on gambling activities

If you or someone you know has a gambling problem, call or text the National Problem Gambling Helpline Network at 1-800-522-4700 or visit www.ncpg.org/chat for confidential help.

For more information and resources about problem gambling, go [HERE](#)

[Problem Gambling Screening](#)

[Get Involved](#)

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 Vernon ROCKS Coalition | [Website](#)

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

[Unsubscribe cshend@thevillage.org](mailto:cshend@thevillage.org)

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Sent by leah.coughlin@thevillage.org in collaboration
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