



## September 2024

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. The purpose is to promote and support new evidence-based treatment and recovery practices, create a strong and proud recovery community, and recognize the dedication of service providers and communities who make recovery in all its possible forms.

For more information [click here](#)



#### Suicide Prevention Month

September is Suicide Prevention month a dedicated time to bring attention to this often-stigmatized issue. This month offers an opportunity to shift perception, spread hope, and share information to all. 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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### Recent Events

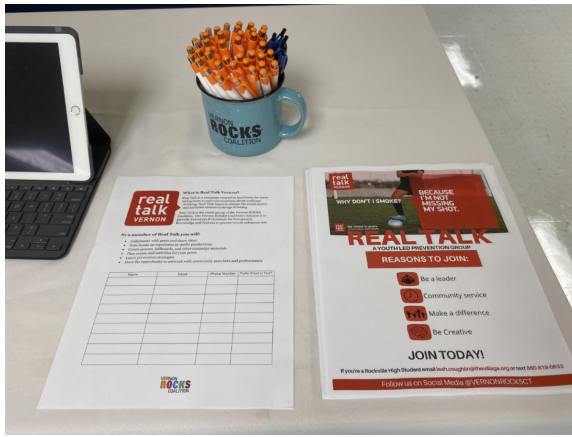
#### Freshman Orientation

On August 21st, we had the pleasure of attending Freshman Orientation and meeting the incoming RHS freshman class. Vernon ROCKS was there to provide resources, healthy coping strategies, and introduce our youth group, Real Talk. Thank you RHS for allowing us to be a part

#### VCMS Team Night

We attended Vernon Center Middle Schools Team night where we had a table to educate parents about the Coalition along with providing information and resources. Thank you to VCMS for allowing us to be a part of this event!

of this event, we cannot wait to interact more with the new class of students!



## Upcoming Events

### Become Part of the Solution Walk/Run for Recovery

Become Part of the Solution is a non-profit organization that strives to catch addiction early. They will be hosting a run/walk for recovery on **October 19th, 2024**, at the **Rockville High School track** from 10-12.

For more information on Become Part of the Solution click [here](#)

### Drug Take-Back Day

Safely dispose of unwanted or unused medications at our Drug Take Back Day on Saturday October 26th, 2024 at Walgreens in Rockville (188 Union Street).

**Accepted:** Over the counter medications, prescription medications, and pet medications.

**Not Accepted:** Sharps, personal care products, hazardous wastes and thermometers.

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 report. 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 report. 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!

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