



We come together to support prevention and promote education for youth, as well as all ages, concerning substance use, misuse, and abuse.

QUARTERLY NEWSLETTER

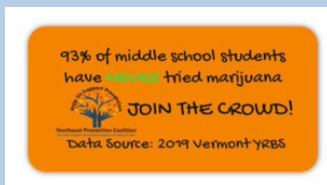
Winter 2023

NPC News and Updates:

NPC Disseminates Candy with Pro-Social Norms Messaging at Local Trunk or Treat Event

NPC partnered with the Kingdom Recovery Center to hand out candy at the St. Johnsbury Buick GMC Trunk or Treat event held on October 28, 2022. There was a cool cat trunk decoration, plenty of candy, and prevention brochures available for parents.

150 pieces of candy had pro-social norms messaging on them to encourage young people to "join the crowd!" by not using cigarettes, alcohol, or marijuana.



NPC Supports Drug Take-Back Day; Collecting More Than 243 Pounds of Drugs from Caledonia County

In an effort to reduce prescription drug misuse and related overdose deaths, Cheryl Chandler, Director of Substance Misuse Prevention and representative of the NPC, teamed up with the Drug Enforcement Administration (DEA), with assistance from the Caledonia Sheriff's Department and the St. Johnsbury Police Department, to host a prescription Take-Back Day on October 29, 2022. The event was hosted at the Caledonia County Sheriff's Department and the St. Johnsbury Police Department.

"The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications." ¹



As a result of the DEA National Drug Take Back Day, Caledonia County took in 243.42 pounds of medications. This translates to 243.62 pounds of medications that cannot be inadvertently accessed and potentially misused.

The Next National Prescription Drug Take Back Day is April 22, 2023.

¹https://www.deadiversion.usdoj.gov/drug_disposal/takeback/

Prevention in FOCUS

Talk to Your Teen About Vaping

"Talk. They Hear You."²

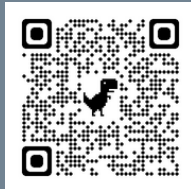
Use these tips to talk with your teen:

- Check in frequently to see how they are doing;
- Choose informal times to talk, such as in the car, during dinner, or while watching TV;
- Be clear and consistent about your expectations regarding vaping and other substance use;
- Establish family agreements together for social and extracurricular activities;
- Let them know you care and are always there for them; and
- Continue talking with your teens as they get older.

Parents and Caregivers, don't feel prepared for the conversation? Check out the "Talk.

They Hear You."² app!

Scan the QR code
or visit:



<https://www.samhsa.gov/talk-they-hear-you/mobile-application> to:

- Watch the app's promo video.
- Learn more about the app and see how it works.
- Find out how to download the app

² Source: SAMHSA. Inclusion of SAMHSA content does not constitute or imply endorsement or recommendation by the Substance Abuse and Mental Health Services Administration, the U.S. Department of Health and Human Services, or the U.S. Government.

Upcoming Events and Trainings:

What: Drug Identification Training for Education Professionals (DITEP)

When: TBD

Where: St. Johnsbury Academy

Contact for more information:

Cheryl Chandler

c.chandler@nvrh.org

Flyer to follow

What: Family Dinner Night

When: March 22, 2023

Seating families at 5pm and 6:30pm

Where: NEKCA 115 Lincoln St.

St. Johnsbury

RSVP:

Gwendolyn Lantagne

Call 802-323-3169

Email glantagne@nekcavt.org

What: Outright Vermont Training Institute

When: April 28th and 29th, 2023

Where: Northeastern Vermont Regional Hospital

Contact for more information:

Carolyn Towne

c.towne@nvrh.org

Flyer to follow



Self-Care Practice Idea

Lifestyle Practices for the Winter Blues:³

1. Make your environment sunnier and brighter
2. Get outside
3. Exercise regularly
4. Normalize sleep patterns

³ Source: [The Mayo Clinic](#) Source: Inclusion of Mayo Clinic content does not constitute or imply endorsement or recommendation by the Mayo Clinic

Take
care
of yourself

Prevention Resources

SAMHSA "Talk. They Hear You."® Campaign

The campaign's goal is to provide parents and caregivers with the resources they need to address the issue of alcohol and other drugs with children under the age of 21.

For information:

Visit: <https://www.samhsa.gov/talk-they-hear-you>

Scan the QR code to download the mobile app:



Does your teen need help? Check out this quit resource designed specifically for teens.



The My Life, My Quit Program is for young people ages 12-17 who want help to quit all forms of tobacco including vaping. My Life, My Quit Coaches help youth:

- Develop a quit plan
- Cope with stress
- Learn about nicotine
- Get ongoing support

Youth can **TEXT/CALL** 855.891.9989 or **CHAT ONLINE** with a Coach

My Life, My Quit is always free and confidential. www.mylifemyquit.com

My Life, My Quit is operated by National Jewish Health. More resources are available at www.mylifemyquit.com.

- **Contact Us:**
Cheryl Chandler, Director, Substance Misuse Prevention, NVRH
802-748-7555, c.chandler@nvrh.org
Carolyn Towne, Substance Misuse Prevention Coordinator, NVRH,
802-748-7551, c.towne@nvrh.org
Emily Delleman, Tobacco Prevention Specialist, NVRH
802-748-7332, e.delleman@nvrh.org

Upcoming Coalition Meetings

Tobacco Subcommittee:

When: Thursday 2/16/23 & 3/16/23

11 am-noon

Where: Virtually

Contact: Emily Delleman

802-748-7332

e.delleman@nvrh.org

Northeast Prevention Coalition:

When: Tuesday 2/21/23 & 3/21/23

3 pm - 4:30 pm

Where: Vermont Department of Health

107 Eastern Ave.

St. Johnsbury, VT 05819

Contact: Carolyn Towne

802-748-7551

c.towne@nvrh.org

988
SUICIDE & CRISIS
LIFELINE

There is hope

Talk with us. If you or someone you know needs support now, call or text 988 or chat 988lifeline.org

FEF22-08-03-064

- [@NortheastPreventionCoalition](https://www.facebook.com/NortheastPreventionCoalition)
- [@NEKVibes](https://www.instagram.com/NEKVibes)



In December of 2020, on behalf of the Northeast Prevention Coalition, NVRH was awarded a Drug-Free Communities Program Grant by the White House Office of National Drug Control Policy, in cooperation with the Centers for Disease Control and Prevention.

