



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

# QUARTERLY NEWSLETTER

Spring 2023

## NPC News and Updates:

### NPC Sponsored Family Day Event Attracts More Than 20 Families

NPC, Northeast Kingdom Community Action (NEKCA) and Kingdom Recovery Center (KRC) partnered on an event to celebrate Family Day on March 22nd. Family Day is a national event held to promote the protective factor of eating dinner together as a family. "Dinner and drug use may seem unrelated. But studies have shown that teens who eat meals with their families are less likely to abuse substances."

Everyone enjoyed a taco dinner and each family had the opportunity to have a family photo taken, receive Reiki, and left with resources and a set of conversation cards to spark dynamic conversations at future family dinners. Special thanks to HP Photography for donating their time and skills to this event and all the staff and volunteers who worked together to make this a successful event.



<sup>1</sup>The Importance of Family Dinners VIII: A CASAColumbia White Paper," The National Center on Addiction and Substance Abuse, New York, NY: September 2012.

### NPC Supports Local Access to Sharps Disposal

Northeastern Vermont Regional Hospital (NVRH) recently installed a sharps drop-box to reduce the community's risk of injury from improperly discarded needles. The mailbox sized box is intentionally located at the outside entrance of the hospital to promote access for those looking to safely dispose of sharps.

This effort was made possible with support of the NPC, Vermont CARES, and funding that was awarded to NVRH by the Vermont Department of Health for successfully implementing Rapid Access to Medication-Assisted Treatment (RAM) in the Emergency Department.



NPC is supporting Vermont CARES with placing smaller sharps disposal wall units at local businesses or agencies. If interested in becoming a host or for more information, contact Substance Misuse Prevention Coordinator Carolyn Towne at 802-748-7551 or [c.towne@nvrh.org](mailto:c.towne@nvrh.org).

### NPC Launches New Website

NPC received support to build a website from a grant from the Vermont Department of Health, Division of Substance Use Programs. The website will help increase online presence and brand recognition of the NPC. The website will also assist with disseminating information and resources related to substance use, misuse, and abuse prevention.

Community members now have an additional resource when seeking to learn more about the NPC, apply to be a member, learn when meetings and prevention related events are occurring, explore resources, and contact staff for more information. Visit [www.npcvt.org](http://www.npcvt.org) today!

# Prevention in FOCUS

## Your Teen, Alcohol, and End of School Year Celebrations<sup>2</sup>

### Brain Development, Substances, and Decision Making



- The brain is not fully developed until early adulthood, usually the mid- to late-twenties.
- There is rapid brain development in adolescence and young adulthood, especially the parts of the brain responsible for decision making and judgment.
- Exposure to alcohol and other substances interferes with this development.

### Mental Health



- Alcohol slows down the nervous system.
- Drinking alcohol to soothe anxiety or other mental health problems may seem to help in the short term, but symptoms typically worsen in the long term when alcohol is involved.
- Alcohol use is a significant risk factor in youth suicide. Risk of suicide attempts increase with earlier ages of drinking initiation and higher frequencies of drinking and drunkenness.<sup>3</sup>

### Impaired Driving<sup>4</sup>



- Motor vehicle crashes are a leading cause of death among young people, who are more likely to be killed in an alcohol-related crash compared to adults.
- 29% of teen drivers (age 15-20) involved in fatal crashes in 2020 were under the influence of alcohol.

### Social Hosting



- Social Hosting is when an adult sells or serves alcohol to anyone under the age of 21.
- Social Hosting is illegal in Vermont and adults can be charged if they host a drinking party. Adults may not give alcohol to anyone underage—not even their own children.
- In Vermont, if you give or sell alcohol to a minor, or help them buy it, you can be fined between \$500 and \$2,000 and sentenced to up to two years in jail. An adult can be charged separately for every minor they give alcohol to.

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<sup>2</sup> Adapted with permission from 302 Cares Graduation Flyer 2022  
<sup>3</sup> Lee JW, Kim BJ, Lee CS, Cha B, Lee SJ, Lee D, Seo J, Lee YJ, Lee YJ, Lim E, Choi JW. Association Between Suicide and Drinking Habits in Adolescents. *Soa Chongsonyon Chongsin Uihak*. 2021 Oct 1;32(4):161-169. doi: 10.5765/jkacap.210024. PMID: 34671189; PMCID: PMC8499040.  
<sup>4</sup> Centers for Disease Control and Prevention (2022, November 21). Teen Drivers and Passengers: Get the Facts. Retrieved May 5, 2023, from [https://www.cdc.gov/transportationsafety/teen\\_drivers/teendrivers\\_factsheet.html#](https://www.cdc.gov/transportationsafety/teen_drivers/teendrivers_factsheet.html#)  
<sup>5</sup> 7 V.S.A. § 658 via Vermont General Assembly (n.d.). The Vermont Statutes Online. Retrieved May 5, 2023, from <https://legislature.vermont.gov/statutes/section/07/021/00658>

## Sharps Safe & Safer Disposal Options

### Safe Disposal for Sharps:

1. Find a Sharps Disposal drop-off site:
  - a. Northeastern Vermont Regional Hospital located at 1315 Hospital Dr St. Johnsbury. Mailbox sized drop box outside of main entrance
  - b. Vermont CARES located at 1091 Hospital Dr. St. Johnsbury
  - c. Community-based disposal units:
    - i. Kingdom Recovery Center located at 297 Summer St. in St. Johnsbury
    - ii. more locations coming soon!



### Safer Disposal for Sharps:

1. For someone else's needles: Wear gloves. Pick up carefully. Only use pliers or tongs if you can get a reliable grip.
2. Put needles in a puncture-proof, lidded container. Medical sharps containers are best. Plastic bottles are next best such as a laundry detergent or kitty litter container. Seal it well with a strong tape, like duct tape.
3. Write DO NOT RECYCLE on the container and throw it away in the regular trash

Resources: <https://www.healthvermont.gov/response/safe-needle-disposal-vermont>

<https://dec.vermont.gov/content/safe-disposal-sharps>



## Self-Care Practice Idea

### Practice Doing Nothing

1. Carve out some time for doing nothing
2. Do nothing until you feel like doing something
3. Do the activity until you feel like stopping or doing something else
4. Enjoy the "doing" by impulse rather than obligation

Take  
care  
of yourself

# Prevention Resources

## Parent UP VT

Parenting Tools For The Tough Stuff Provides guidance about how to address tough topics like substance misuse and mental wellness as supportively and effectively as possible.

Visit: <https://parentupvt.org/>



Scan the QR code to check out our new website!

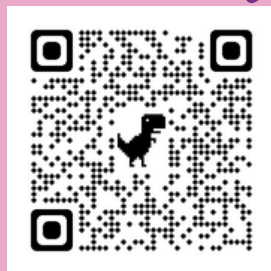
## NPC Website

Learn More About Local Prevention Efforts Provides information about the NPC, resources for youth, parents, schools and the community, and information about upcoming meetings and events.

Visit: [www.npcvt.org](http://www.npcvt.org)



Download the Talk. They Hear You.™ mobile app:



## SAMHSA "Talk. They Hear You."® Underage Drinking 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>

## Contact Us:

Cheryl Chandler, Director, Substance Misuse Prevention, NVRH 802-748-7555, [c.chandler@nvrh.org](mailto:c.chandler@nvrh.org)  
Carolyn Towne, Substance Misuse Prevention Coordinator, NVRH, 802-748-7551, [c.towne@nvrh.org](mailto:c.towne@nvrh.org)

## Upcoming Coalition Meetings

### Tobacco Subcommittee:

When: Thursday 5/18/23 & 6/15/23  
11 am-noon

Where: Virtually

Contact: Carolyn Towne  
802-748-7551  
[c.towne@nvrh.org](mailto:c.towne@nvrh.org)

### Northeast Prevention Coalition:

When: Tuesday 5/16/23 & 6/20/23  
3 pm - 4:30 pm

Where: Virtually

Contact: Carolyn Towne  
802-748-7551  
[c.towne@nvrh.org](mailto:c.towne@nvrh.org)



There is hope



Talk with us. If you or someone you know needs support now, call or text 988 or chat [988lifeline.org](https://www.988lifeline.org)



PEP22-08-03-004



@NortheastPreventionCoalition

@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.

