



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

QUARTERLY NEWSLETTER

Fall 2023

NPC News and Updates:

NPC Presents Workshop at Kingdom Career Connect:

NPC's Director of Substance Misuse Prevention, Carolyn Towne, engaged 10 middle school students in what it's like to be a Prevention Worker in the second iteration of a workshop presentation, "So You Wanna Be a Change-Maker?"

Kingdom Career Connect was held at Vermont State University-Lyndon on October 4th with 464 students from 15 schools in attendance. During the workshop students learned about and practiced: gathering and disseminating information, ways to provide substance misuse education, and how to collect data. Students were especially interested in how developing healthy boundaries and refusal skills can support prevention and healthy friendships.



NPC Welcomes New Staff

October brought two new staff to the Prevention Department. We welcomed Desiree Kepper as the new Substance Misuse Prevention Specialist and Susanne Lesnik-Emas as the new Prevention Coalition Coordinator. During the summer, Carolyn Towne took on the Director role with Cheryl Chandler moving into a part-time position as the Prevention Program Coordinator. Susanne and Desiree bring a wealth of experience and energy to their roles and are eager to work with all of you!

NPC Supports Red Ribbon Week at The St. Johnsbury School

NPC provided VapeFree water bottles and stickers in support of Red Ribbon Week activities at The St. Johnsbury School. Red Ribbon Week is celebrated annually from October 23rd through the 31st to engage students in highlighting the importance of living a drug free life. During this Red Ribbon Week, The St. Johnsbury School celebrated with activities including:

- 🎯 Finding your natural high videos
- 🎯 Coloring Red Ribbon 2023 templates
- 🎯 Making homeroom chains with healthy coping skills
- 🎯 Coloring healthy choices bookmarks
- 🎯 Healthy Choices School-wide scavenger hunt



👏 Let's give a virtual round of applause for all of their hard work in supporting this initiative, and providing a safe, fun space for our youth to learn!

RED RIBBON WEEK 2023



Prevention in FOCUS

Preventing Underage Drinking This Holiday Season and Beyond

"Talk. They Hear You."¹®

- Show you disapprove of underage drinking.
- Show you care about your child's happiness and well-being.
- Show you're a good source of information about alcohol.
- Show you're paying attention and you'll notice if your child drinks.
- Build your child's skills and strategies for avoiding underage drinking.

Monitor Your Child's Activities:

Ask:

- Where will you be?
- Whom will you be with?
- When will you be home?

And:

- Check in with your teen by phone.
- Get to know his or her friends and their parents.
- Talk with your teen about how they spend time or whether they are making safe choices.
- Clearly explain rules and consequences and follow through with appropriate consequences when the rules are broken.

¹ 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.

² Source: CDC. Inclusion of CDC 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.

Teen-Proof Your Substance Storage³

Store Out Of Sight

If you store alcohol, cannabis or prescription medications in the house, keep them out of sight. A place that your teen doesn't have easy access to is best. Even if your teen is the one taking a prescription medication, help them manage it by giving them their exact dosage at the right time.

Use Locks

For prescriptions or cannabis, it can be as simple as buying an inexpensive lockbox. If you already have a lockable cabinet for liquor, consider storing cannabis there as well. Keep track of what's in the house. If any goes missing, it might be time for a conversation.

Check Your Own Use

Teens who see their parents use are more likely to experiment. If you do drink alcohol or use cannabis in front of them, make sure you're also having open conversations about the risks of underage use.

³ Source: Parent UP. Inclusion of Parent UP content does not constitute or imply endorsement or recommendation by the Vermont Department of Health.



Self-Care Practice Idea

Practice Gratitude Reflection

Think of one thing you're grateful for that has happened within the past 24 hours.

Then Reflect:

1. Why did it go well? Why was it good?
2. Why is that meaningful?
3. How did others contribute to it?
4. Where do I feel it in my body?

⁴ Source: Dustoff Yoga, Certified RYT 200 instructor, Jennifer Green

Take
care
of yourself

Prevention Resources

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>

Scan the QR code to download the mobile app:

Positive Parenting Practices

Visit the CDC website:

<https://www.cdc.gov/healthyyouth/protective/positiveparenting.htm>



Parent UP

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/>

Contact Us:

- Carolyn Towne, Director, Substance Misuse Prevention, 802-748-7551, c.towne@nvrh.org
- Cheryl Chandler, Prevention Program Coordinator, 802-748-7555, c.chandler@nvrh.org
- Susanne Lesnik-Emas, Prevention Coalition Coordinator, 802-748-7356, s.lesnik@nvrh.org
- Desiree Kepper, Substance Misuse Prevention Specialist, 802-748-7332, de.kepper@nvrh.org

Upcoming Coalition Meetings

Tobacco Subcommittee:

When: Thursday 11/30/23 & 12/28/23

11 am-noon

Where: Virtual

Contact: Desiree Kepper
802-748-7332

de.kepper@nvrh.org

Northeast Prevention Coalition:

When: Tuesday 11/21/23 & 12/19/23

3 pm - 4 pm

Where: Virtual

Contact: Susanne Lesnik-Emas
802-748-7356

s.lesnik@nvrh.org



VT Helplink

Alcohol & drug support center

Connecting you to the services you need.

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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.

