



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

QUARTERLY NEWSLETTER

Summer 2023

NPC News and Updates:

NPC Sponsored OutrightVT Training Institute a Success

In April, NPC partnered with OutrightVT to provide a two-day Training Institute to educators, youth-serving professionals, and interested community members in St. Johnsbury and surrounding areas. The event was hosted by Northeastern Vermont Regional Hospital.

Twenty-five individuals attended the training with 11 attendees representing local schools.

The Training Institute was held to enhance the skills of educators and other youth-serving adults to strengthen the well-being of LGBTQ+ youth in our community serving as a protective factor against substance misuse.

Throughout the two-day training, attendees engaged in activities, small groups, and breakout sessions aimed at better understanding the experiences of LGBTQ+ youth and how they can use their positional power to uplift their voices.

This partnership was made possible by a grant from the Vermont Department of Health, Division of Substance Use Programs.

NPC Sponsors Northeast Kingdom Council on Aging Prevention Campaign Reaching Thousands

NPC partnered with the Northeast Kingdom Council on Aging (NEKCOA) to deliver an ad campaign educating about alcohol affects as one ages. This ad reached 38,000+ people on multiple platforms. Additionally, listeners of Magic 97.7 heard one or more of the thirty 30-second spots on about the risks of alcohol and substance use specific to elderly and aging adults.

During the months of May and June, NEKCOA provided educational presentations to their clients in St. Johnsbury and Gilman, as well as resources and information about proper use, storage, and disposal of medications, including how to obtain a free prescription lock bag and/or prescription mailback envelope.

We are pleased to announce an extension to this partnership through December of this year, allowing this important prevention message to reach more elderly and aging adults in our community.

One of the flyers disseminated during the campaign

Ad promoted between April and June.

This partnership was made possible by a grant from the Vermont Department of Health, Division of Substance Use Programs.

Family Behaviors that Increase Your LGBTQ Child's Health & Well-Being

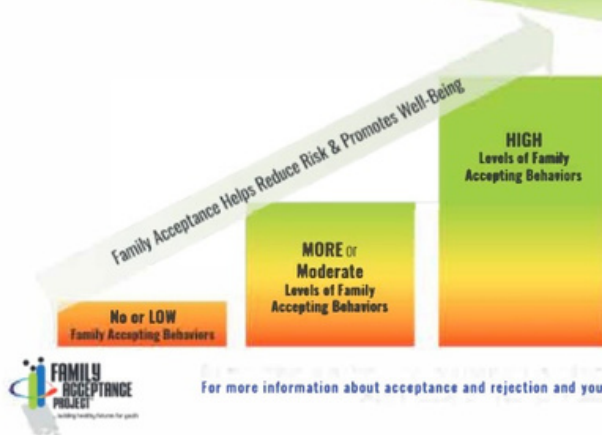
Research from the Family Acceptance Project[®] found more than 50 family accepting behaviors that help protect your lesbian, gay, bisexual, transgender and queer-identified (LGBTQ) child against health risks like depression, suicide and illegal drug use and help to increase your LGBTQ child's self-esteem, health and well-being. A little change makes a difference in decreasing your child's isolation and risk and giving them hope that their family will be there for them.

Family support saves lives!

BEHAVIORS THAT HELP...

Tell your LGBTQ / gender diverse child that you love them	Support your child's gender expression	Talk with your child or foster child about their LGBTQ identity and listen respectfully – even when you feel uncomfortable or think that being gay or transgender is wrong	Require other family members to treat your child with respect	Show affection when your child tells you or when you learn that your child is LGBTQ
Ask your child if – and how – you can help them tell other people about their LGBTQ identity	Welcome your child's LGBTQ friends to your home	Use your child's chosen name and the pronoun that matches their gender identity	Bring your child to LGBTQ groups and events	Get accurate information to educate yourself about your child's sexual orientation, gender identity and expression
Find a congregation that welcomes your LGBTQ / gender diverse child and family	Participate in family support groups and activities for families with LGBTQ and gender diverse children to get support for yourself and your family and guidance for supporting your LGBTQ child	Talk with your religious leaders to help your congregation become supportive of LGBTQ people	Tell your LGBTQ / gender diverse child that you're proud of them	Stand up for your child when others mistreat them because of their LGBTQ identity or gender expression – at home, at school, in your congregation and in the community
Tell your LGBTQ / gender diverse child that you will be there for them – even if you don't fully understand	Connect your child with LGBTQ adult role models	Express enthusiasm for your child having an LGBTQ / gender diverse partner when they're ready to date	Believe that your child can be a happy LGBTQ adult – and tell them they will have a good life	

The more of these behaviors that parents and families do, the better your LGBTQ child's health & well-being



- Better health
- Higher self-esteem
- Stronger social support
- Better family relationships
- Less likely to be depressed
- 3 times less likely to attempt suicide
- 3 times less likely to think about suicide
- Less likely to have substance abuse problems



For more information about acceptance and rejection and your LGBTQ child's risk & well-being - Family Acceptance Project[®]: <https://familyproject.slsu.edu>

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Prevention Resources



OUTRIGHT
VERMONT

OutrightVT is dedicated to: Building a Vermont where all LGBTQ+ youth have hope, equity, and power!



<https://outrightvt.org/>

Check out their website for youth & family support, school and community support, youth leadership opportunities, and resources.

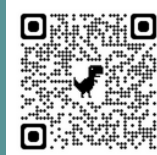
Northeast Kingdom Council on Aging is dedicated to providing communities the tools to age well.



Go to their website to learn about and access their many programs.



www.nekcouncil.org



**Request a FREE
Pre-Paid Medication
Mail-Back Envelope:**



<https://tinyurl.com/Mailback-Envelope>

**Need a FREE lock bag
for your
prescriptions?
Call: 802.748.7526**

Upcoming Coalition Meetings

Northeast Prevention Coalition:

**When: Monthly on the 3rd Tuesday
3 pm - 4:30 pm**

**Upcoming Meeting Dates:
8/15/23 & 9/19/23**

Where: Virtually

**Contact: Carolyn Towne
802-748-7551
c.towne@nvrh.org**

Tobacco Subcommittee:

**When: Monthly on the 4th Thursday
11 am-noon**

**Upcoming Meeting Dates:
8/24/23 & 9/28/23**

Where: Virtually

**Contact: Carolyn Towne
802-748-7551
c.towne@nvrh.org**



Contact Us:

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@NEKVibes



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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.

