



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 2024

NPC News and Updates:

When under the influence, how do I look & behave?

NPC was pleased to host Jim Roy, retired law officer & National Highway Traffic Safety subject matter expert in the area of Drug Evaluation and Classification programs & Impaired Driving programs.

Drug Impairment Training for Education Professionals (DITEP) part 1.

Twenty-two participants representing Rural Edge, Umbrella, local school counselors & resident care staff, VTSU-Lyndon, shelter staff, Mental Health professionals & community members found the style & information provided exceptional

Funding is in part thanks to the VT Drug & Evaluation Classification Program & a grant from Northeast Vermont Prevention Consortium-Prevention Lead for Region 3

NPC Supporting Prevention Throughout the Community

2024 Winter did not curtail activities designed to bring awareness, knowledge & skills to partners and community members. Middle schoolers in Sheffield, local college students, health care providers & persons in recovery benefited from NPC's mobility. See some of the highlights below:

VTSU-Lyndon Health & Wellness Fair



St. Johnsbury Community HUB: ALCOHOL - MYTHS & FACTS



NVRH Heart Health Fair

UVM PROSPER & Kingdom East School District: "Screenager 3" viewing & discussion



April 2024

NPC staff & 6 community members attended the 5th Annual Teaching Cannabis Awareness & Prevention Virtual Conference, hosted by Stanford University. Two days jam packed with research, evidence-informed programs, youth panels, collaborative projects all surrounding the intersection of Cannabis, Nicotine & Vaping among youth. Resources: <https://med.stanford.edu/cannabispreventiontoolkit.html>

NATIONAL PREVENTION WEEK May 12 - 18

Prevention in FOCUS



SAFE & SOBER*

Prom & Graduation season is one of the most dangerous times of year for teens, with one third of teen drunk driving fatalities happening between April-June.

Safety Tips for Parents

- Be informed of the plan: What are the times? is there a meal? is there an after-party and where is it?
- Create an emergency code – If your teen is in danger, they'll need a quick way to let you know they need help, and you'll need a discreet way to pick them up.
- Know what's in your house – If your teen is hosting any friends at your house after prom, keep any alcohol, cannabis, & prescription drugs safely stored away.
- Know the drivers – Is the driver reliable and trustworthy? If not, find alternatives for your teen.
- Talk about car safety – Whether it's your teen or someone else driving, make sure they're aware of all that could go wrong, and how to stop it.



[*Safe & Sober.org](http://Safe & Sober.org)



Quote of the Quarter

In every community there is work to be done,
In every nation there are wounds to heal,
In every heart there is the power to do it.

Marianne Williamson, American author,
speaker, and politician.



SHINE WITH SELF-CARE

Nature is a fantastic resource for your self-care. Scientific research shows that mindfully connecting with nature promotes physical, mental, & social well-being, reduces stress & increases feelings of calm. **GROUNDING 5,4,3,2,1:** 5 things you can SEE; 4 things you can FEEL; 3 things you can HEAR; 2 things you can SMELL; 1 thing you can TASTE

* sprintproject.org

TEEN CORNER

The Teen Drop-In Center, a NEKCA sponsored project, is continuing to grow! They moved to their new space on the 3rd floor at 1197 Main Street in St. Johnsbury, which offers a lot of accessibility to students in the surrounding area. When a youth walks in they can expect to see an array of welcoming faces, both from other youth and some adults. There are multiple rooms for activities, including a room with a pool table, multiple couches, craft station, and more. Soon, new staff will come on board to expand operating hours and continue to expand the space.

Featured Member of the Quarter



(Her cat IVY)

Chelsea Carrow

Hi, I'm Chelsea (she/her) and I am the Prevention Educator at Umbrella. I support local schools in meeting Vermont's Act 1 Mandate around prevention education regarding dating violence, domestic violence, and sexual violence. This looks like having conversations across the grades of K-12 around healthy relationships, consent, boundaries, and creating safer communities. I have been at Umbrella for 5 years now and I continue to fall more in love with my job. There are students I have had for 4-5 years in a row, some now high schoolers; they continue to come back to prevention through voluntary services, our Youth In Power, or a self-driven on campus project. It is seeing their energy around the anti-violence movement that feels like success to me. I have been a part of the NPC since I began at Umbrella. I have enjoyed watching the collaboration between Umbrella and NPC continue to develop - the mutual support is inspiring and encouraging. I have learned a lot about what community partnership is by working with NPC!

Prevention Resources

FOR PROM & GRADUATION SEASON

THC & the Brain:

<https://med.stanford.edu/cannabispreventiontoolkit/Curriculum/THCandtheBrain.html>

Keeping your child safe around Prom & Graduation Time:

<https://cadyinc.org/resources/get-the-facts/keeping-your-child-safe-around-prom-and-graduation-time/>

Tips to minimize risk at Commencement:

<https://www.ue.org/risk-management/premises-safety/keep-commencement-safe/>

This Graduation Season, Play it Safe Behind the wheel:

cars.com/articles/this-graduation-season-play-it-safe-behind-the-wheel-1420695430116/

Dating Matters®: Strategies to Promote Healthy Teen Relationships:

<https://www.cdc.gov/violenceprevention/intimatepartnerviolence/datingmatters/index.html>

Contact Us:

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

PREVENTION PITCH CONTEST
due May 9 @ the HUB
Contact Juliet for more info!
juliet.stjcommunityhub@gmail.com

Upcoming Coalition Meetings

Tobacco Subcommittee:

When: Thursday 5/23/24 & 6/27/24
11 am-noon

Where: Virtually via invitation

Contact: Desiree Kepper
802-748-7332
de.kepper@nvrh.org

Northeast Prevention Coalition:

When: Tuesday 5/14/24 & 6/18/24
3:00 pm - 4:00 pm

Where: Virtual via invitation

Contact: Susanne Lesnik-Emas
802-748-7356
s.lesnik@nvrh.org

FREE JUNE TRAININGS

Drug Impairment Training for Education Professionals Part 2

JUNE 14 @ NVRH; 8:30 am - 4:30 pm
Contact Susanne: s.lesnik@nvrh.org

Askable Adult

JUNE 25 @ the HUB; 5:00 pm - 8:00 pm
Contact Henekis:
henekis@umbrellanek.org



@NortheastPreventionCoalition



@NEKVibes



www.npcvt.org



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.

