



Northeast Prevention Coalition

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 2024

NPC News and Updates:

Neighbor Up for Substance Misuse Prevention Campaign

PITCH CONTEST WINNERS



Denise Walton: Community Connection thru Creativity (CCTC): Monthly Pop up style in shared spaces

Amanda Harris: The Gaming Lounge: Building youth & family reconnection thru Video Gaming

Gary Miller: Writers for Resilience Writing

Workshop: four-week writing workshop focused on issues of identity and resilience among youth participants.

Strengthening Protective Factors

A partnership with



Many Thanks to the Volunteers Who Supported the Campaign

Amanda, Dawn, Denise, Gene, Gino, Keith, Marc, Mary, Steve, Randy, Gavin, Jennifer, Rachel, & Mike



NPC Supports & Partners Prevention Throughout the Community Pathways to Prevention



Held June 17 @ VTSU-Lyndon

Over 80 registrants interacted with speaker, Gabriela Zapata-Alma, LCSW, CADC, Associate Director, www.NationalCenterDVTraumaMH.org, who discussed the intersection of substance misuse and trauma. Professionals & community members also engaged in group activities & reflections facilitated by Henekis Stoddard, Director of Social Change at Umbrella. Community members have begun using some of the information they learned in their everyday lives.

Askable Adult Training Attracts 27 Community Members



Several years before the COVID pandemic, Vermont youth revealed that their most significant need was having an adult to ask questions of & receive support from. On June 25th, the St. J. Community HUB hosted & cosponsored with Umbrella & Northeast Prevention Coalition, an Askable Adult training. Participants joined together to discuss the skills needed to be a safe, trusted adult who youth could reach out to. Thanks to Umbrella's Director of Social Change, Henekis Stoddard & Prevention Advocate, Chelsea Corrow for facilitation.

PROTECTIVE FACTORS

Prevention in FOCUS

School
Peers
Community
Family

The term “protective factors” refers to a set of characteristics that can help reduce the risk of Adverse Childhood Experiences and can increase the health and well-being of children and families. Put more simply, the protective factors are positive elements that have positive effects on children, families and the community as a whole. The best part about the protective factors is that we all have a role to play in promoting them in our communities!

(<https://preventchildabuse.org/>)

Activities such as making and listening to music, dancing, art and visiting cultural sites are all associated with stress management and prevention, including lower levels of biological stress in daily life and lower daily anxiety

Martin L, Oepen R, Bauer K, Nottensteiner A, Mergheim K, Gruber H, et al. Creative arts interventions for stress management and prevention – a systematic review Behav Sci (Basel). 2018;8(2):E28. doi: 10.3390/bs8020028

Protective factors are found in communities where families have access to safe, engaging after school programs and activities

Regular physical activity can help youth improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions such as: Heart disease. Cancer. Type 2 diabetes.

<https://www.cdc.gov/healthyschools/physicalactivity/facts.htm>



The Northeast Prevention Coalition will be focusing over the next year on increasing opportunities for our youth to increase their involvement in the community through both physical and creative arts opportunities!

Quotes of the Quarter

“In every walk with nature, one receives far more than he seeks.” -- John Muir

“To plant a garden is to believe in tomorrow” -- Audrey Hepburn



SUMMER SHINE WITH SELF-CARE

Enjoying a meal outside can be an easy way to get some fresh air and sunshine and shake up your daily routine

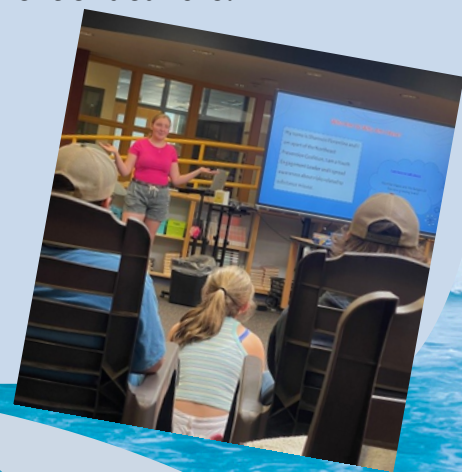
Tidy one small space. Perhaps a drawer or the top of your desk – even having one space clean and free of clutter can help you feel calmer

TEEN CORNER

NPC gives a warm thank you to our Teen Engagement Leaders, Sofia Limoges & Shannon Florentine. Along with supporting the Coalition thru youth engagement, they each completed an individual project. For Sofia, it was important that her classmates at St. Johnsbury Academy were aware of the process to self-refer for substance misuse without getting in trouble. Sofia created and disseminated flyers that explained the school's internal process. You can see her flyer below. Shannon wanted to bring visibility to the dangers of vaping for middle school students at Blue Mountain Union School. She spent weeks preparing & organizing a presentation for 7th and 8th graders. Her presentation was fun, informative, and well received! We are so proud of the work they both have done and wish them all the success in their next endeavors.



We look forward to working with new Teen Engagement Leaders for the 2024/25 school yr.



Featured Member of the Quarter



Lieutenant Charles Winn

I have always wanted to serve my country. After leaving active duty in the Marine Corp, I decided to continue serving the State where I live. I was hired in July, 2008 by Vermont State Police & graduated from the Vermont Police Academy in December 2008 as a full-time certified officer. I was a recipient of the Academy's Director's Award. I began my career as a Trooper in the uniform division @ St. J barracks. In 2013 I was transferred to the criminal division & assigned as a narcotics detective with the VT Drug Task Force. In January 2024, as a Lieutenant, I was transferred back to St. Johnsbury and assigned as the Station Commander. I am also a member of the State Police Crash Reconstruction Team and the Commander of the Vermont State Police Underwater Recovery Team.

My biggest concern within the community is the lack of things for young children to do. I think that sports and music programs are a very good way to occupy young minds. I also would like to see more library activities and reading programs in schools. In my opinion, education and literacy is a key pathway to success for young people. Regarding public safety, I am concerned about preventable accidents on the roadways & in the water. Of the 24 fatal crash as of July 1 resulting in 28 deaths, 50% involved impairment from combinations of various substances, including alcohol & cannabis. As a non-native Vermonter, I did have to learn how to drive in the snow! Our community shows its strength when disaster strikes. I strive to maintain public safety & ask all community members to reach out to report anything that seems strange or not right.

Prevention Resources

Advocates for Youth

Rights. Respect. Responsibility.



FOUNDATION FOR
ADVANCING ALCOHOL
RESPONSIBILITY.ORG

leads the fight to eliminate drunk driving and underage drinking and promotes responsible decision-making regarding beverage alcohol

GET SMART ABOUT DRUGS

A DEA RESOURCE FOR PARENTS, EDUCATORS & CAREGIVERS

How to Identify Drug Paraphernalia

Dating Matters®: Strategies to Promote Healthy Teen Relationships:

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

International Overdose
Awareness Day is August 31

Upcoming Coalition Meetings

When: Tuesdays 3:00 pm - 4:00 pm
(no July Meeting)
August 20
September 17

Where: Virtual via invitation
Contact: Susanne Lesnik-Emas
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JULY is



July 24 is...

INTERNATIONAL
SELF-CARE DAY



Contact Us:

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



[@NEKVibes](https://www.instagram.com/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.

