



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

Autumn 2024

NPC News and Updates:

National Drug Take-Back Day Event in St. Johnsbury



James Hemond
Caledonia County Sheriff

To reduce prescription drug misuse and related overdose deaths, the Caledonia Sheriff's Department hosted a Take-Back Day event on Saturday, October 26th, at the Caledonia County Sheriff's Department.

We appreciate the ongoing support of the Caledonia Sheriff's Department in this effort, which helps protect our youth, prevent drug misuse, and enhance safety in the Northeast Kingdom. Take-Back Day offers a free, safe, and convenient way to dispose of prescription drugs. Since its inception, this initiative—run in partnership with local law enforcement—has removed 9,285 tons of medications from circulation. According to the Vermont Department of Health, safely storing and disposing of medications can prevent misuse or accidental ingestion by loved ones, friends, or pets. For example, nearly half of people who misuse pain prescriptions obtain them from a relative or friend. Safe disposal also helps protect waterways and wildlife.

NPC POPPING-UP in the COMMUNITY



At St. Johnsbury Middle School's Open House, Desiree Kepper shared resources on cannabis, vaping, and the new "Talk. They Hear You" mobile app, along with "Everyone Belongs" bracelets for students.



NPC supported NKHS' newly opened Child & Family campus in Lyndon for a Halloween event that included sticker art & card making.



NPC partnered with the HUB & community for our 1st SYRINGE CLEANUP

Desiree Kepper disseminated 12 buckets to area schools in support of safe vape disposal



Teen Center participants played Desiree Kepper's jeopardy style prevention game: "Chemical Connection"

Quote of the Quarter

The bond of our common humanity is stronger than the divisiveness of our fears & prejudices
--Jimmy Carter



SELF-CARE

With the seasons changing, it's a good time to be mindful of seasonal affective disorder (SAD), a type of depression linked to shorter days and reduced sunlight. To prevent or ease symptoms, try getting outside daily—take a short walk, watch birds from your porch, or play a game of catch with your dog.

AROUND THE SCHOOLS

NPC supported St. Johnsbury Middle School as they celebrated Red Ribbon Week

Red Ribbon Week is an annual campaign in the US that raises awareness about the prevention of drugs, tobacco, alcohol, smoking, and violence. Today, National Federation of Parents (NFP) is a national leader in drug prevention education & advocacy. Their mission is to lead and support our nation's families and communities in nurturing the full potential of healthy, drug free youth.

NPC Provided Operation Parent Handbooks for all students and **RED TULIPS** for planting on campus that will bloom in spring as a reminder of the importance and the beauty of a drug free life..

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Featured Member Tiffany Garces

Hi, I'm Tiffany, the Prevention Consultant (PC) at the Vermont Department of Health's Division of Substance Use Programs for the Northeast Region. New to the prevention field & this role, I am learning that my previous roles mesh with prevention.



her dog Mella

As a PC, I help keep prevention in the conversation. I work with the community and organizations to help address community needs & build upon strengths. I grew up in NYC, moving to Vermont about 6 years ago. I worked in the child protective services field interacting with families who were struggling with unaddressed trauma, substance use, chronic mental health events, and many other stigmatized disparities. The culture shock was STRONG but, it soon became clear that rural communities are facing challenges that look & feel different than a big city. Once settled in Vermont, I switched to Mental Health, working as a Front End Clinician for Northeast Kingdom Human Services (NKHS) Emergency Department Unit. I worked on call & during the day to help individuals & families experiencing a mental health crisis. I became the Embedded Mental Health Crisis Specialist at NKHS (grant funded role with the Department of Public Safety) at the Vermont State Police Derby Barracks, continuing to work closely with NKHS' Emergency Dept. unit. I am looking forward to continuing my training & getting to know more about my community in hopes that my work colleagues & I can help make a lasting positive impact.

Prevention Resources

PERMANENT RX MEDICATION DISPOSAL SITES:

Caledonia County Sheriff's Department

970 Memorial Drive
St. Johnsbury
Mon-Fri: 7:30am - 4:30pm

Essex County Sheriff's Department

91 Courthouse Dr.
Guildhall
Mon-Fri: 8am - 4pm

Kinney Drugs

967 Memorial Drive
St. Johnsbury
Available every day the store is open

Lyndon Police Department

316 Main Street
Lyndonville
802-6261271 (by appointment)

St. Johnsbury Police Department

1187 Main St #1, St Johnsbury
Available 24/7

Vermont State Police

1068 US Rt 5 Suite #1
St Johnsbury
Monday-Friday 8-4

Northeastern Vermont Regional Hospital

1315 Hospital Dr.
St. Johnsbury
Drop box located inside the
hospital by the Emergency
Department entrance
Sharps Disposal Kiosk
24/7 Drop Box outside of Main
Entrance



NPC MONTHLY MEETINGS RETURNING TO IN-PERSON FORMAT

WHEN:

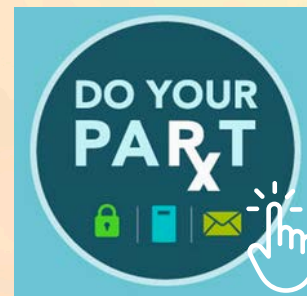
The 3rd Tuesday
of the month
3:00 pm - 4:00 pm
November 19
December 17

WHERE:

Kingdom Recovery Ctr.
297 Summer St, St
Johnsbury

CONTACT:

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*Prescription
Medication
Safety*

Learn More

CLICK BOXES FOR INFO

LOCK

DROP

MAIL

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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.

