

# Get Involved in YOUR Community

Attend a meeting to see what we are doing!

Get Involved: we welcome members who can contribute what they can when they can!

“It’s important to me to have youth representation on this coalition because we see firsthand what our fellow friends, colleagues, and community members are going through and struggling with,” Coalition Youth Member Ava Marshia said. “I feel like giving the youth a voice in this coalition gives the adults a different perspective.”

## The Northeast Prevention Coalition

The Northeast Prevention Coalition represents communities in Caledonia and southern Essex counties coming together to support prevention and education for youth, as well as all ages, concerning substance use, misuse and abuse. Because a coalition’s success depends on the involvement of all community members, community coalitions use a variety of strategic activities to effectively build a community’s capacity to bring about population-level change.

“Collaboration is key for coalitions to get traction and to really inspire change,” NVRH Chaplain and NPC member Abby Pollender said. “Community-level change doesn’t happen in isolated pockets, it takes a variety of skillsets and perspectives.”

## Attend a Coalition Meeting

3RD TUESDAY OF THE MONTH  
FROM 3:00 p.m. TO 4:00 p.m.

To join our next meeting, call Christina Plazek at 802-748-7551 or email [npc@nvrh.org](mailto:npc@nvrh.org).



Northeast Prevention Coalition



# Helpful Resources

## For Parents/Caregivers

### ParentUP VT

[parentupvt.org](http://parentupvt.org)

### Partnership for Drug Free Kids

[drugfree.org](http://drugfree.org)

### Northeast Kingdom

#### Human Services Warm Lines

749-1111 – Parent Support Line (24/7)

749-1112 – Recovery Warm Line (8:30 a.m. – 5:00 p.m.)

749-1113 – Emotional Support Warm Line (8:30 a.m. – 5:00 p.m.)

### National Suicide Prevention Hotline

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

1-800-273-8255

## Information and Referral Services

### Teenline

[essexchips.org/teenline](http://essexchips.org/teenline)

### VT Helplink (alcohol & drug support center)

[vthelplink.org/app/home](http://vthelplink.org/app/home)

### LGBTQ+

### Outright VT

[outrightvt.org](http://outrightvt.org)

## Tobacco Cessation

### 802 Quits

[802quits.org](http://802quits.org)

### Vermont Department of Health

[healthvermont.gov/wellness/tobacco/quit-smoking-and-tobacco](http://healthvermont.gov/wellness/tobacco/quit-smoking-and-tobacco)

### Northeastern Vermont Regional Hospital Smoking Cessation

[www.nvrh.org/tobacco-cessation](http://www.nvrh.org/tobacco-cessation)

### Counter Balance Vermont

[counterbalancevt.com/](http://counterbalancevt.com/)

### My Life My Quit: Free help for teens

[vt.mylifemyquit.org](http://vt.mylifemyquit.org)

# Make a Difference for youth in YOUR Community

A Report from the Northeast Prevention Coalition (NPC) of Caledonia and Southern Essex Counties

Through the Drug-Free Communities Support Program Grant\*, the NPC aims to prevent local youth substance use, including underage drinking and cannabis/marijuana use over the next 5 years by:

- Providing Information and education
- Building skills of community members
- Providing support and opportunities for families and youth
- Enhancing access/reducing barriers to help
- Changing consequences, providing incentives
- Changing physical design of our communities to reduce risk or enhance protection
- Modifying/changing local policies.



## TALKING WITH YOUR KIDS...

Start the conversation early to get ahead of the conversation.

Be clear, direct, and specific.

Have an ongoing, two-way dialogue.

Focus on their goals and explain how drugs can get in the way.

Stay positive.

<https://www.parentupvt.org/>

## Local problems require local solutions:



Youth



Parents



Business



Media



Schools



Youth Serving Organizations



Law Enforcement



Civic/Volunteer Organizations



Healthcare Professionals



Religious/Fraternal Organizations



State/Local/Tribal Governments



Substance Abuse Organization



In December of 2020, on behalf of the Northeast Prevention coalition, NVRH has been 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.

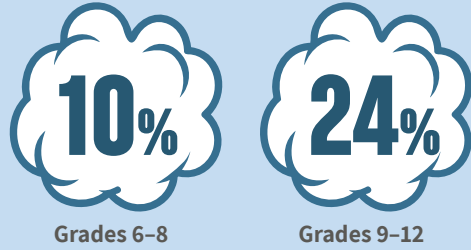


For more information call Northeastern Vermont Regional Hospital Substance Misuse Prevention Services at 802-748-8141.

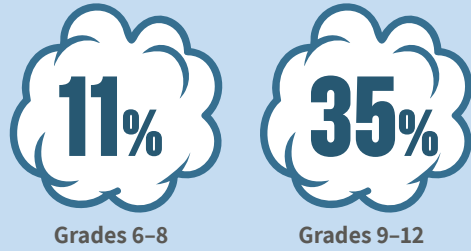
## VAPING

A big part of the rise of vaping is that many people thought it was safe. We now know that isn't true. The nicotine in vape pods can be as much as a pack of cigarettes. Kids who vape are 4 times more likely to start smoking cigarettes.\* The long-term effects of vaping are still unknown.

PAST 30 DAY VAPE USE FOR CALEDONIA COUNTY\*\*



PAST 30 DAY VAPE USE FOR ESSEX COUNTY\*\*



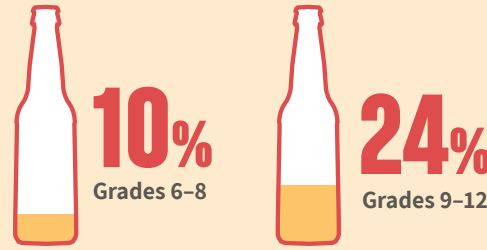
\* (Berry, K.M., Fetterman, J.L., Benjamin, E.J., Bhatnagar, A., Barrington-Trimis, J.L., Leventhal, A. M., & Stokes, A. (2019). Association of electronic cigarette use with subsequent initiation of tobacco cigarettes in US youths. JAMA network open, 2(2), e187794-e187794)

\*\* VT Youth Risk Behavior Survey 2019

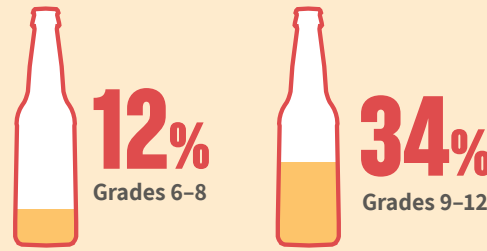
## ALCOHOL

Vermonters have higher drinking rates than the country overall. Adolescents who drink before age 15 are 4 times more likely to develop alcohol dependence than those who begin drinking at age 21. That drops to below 10% for those who begin after age 21.\*

PAST 30 DAY ALCOHOL USE FOR CALEDONIA COUNTY\*\*



PAST 30 DAY ALCOHOL USE FOR ESSEX COUNTY\*\*



\* <https://pubs.niaaa.nih.gov/publications/AA67/AA67.htm#sthash.sJgGp97.dpuf%20target=>

\*\* VT Youth Risk Behavior Survey 2019

## PARENTS' CORNER

### RISK PERCEPTION

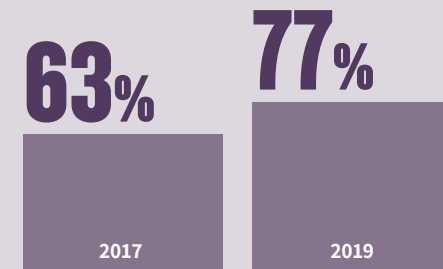
Parents were more likely to talk frequently with their HS-aged children about the dangers of using substances in comparison to their MS-aged children.

Parents who perceive a moderate or great risk to their child from using alcohol, marijuana, and e-cigarettes or vaping

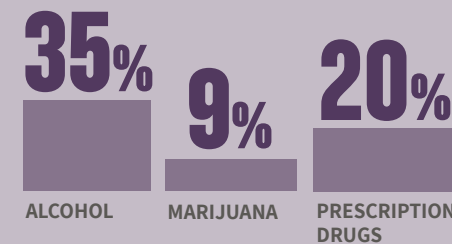
80-90%

Parents who perceive a "great risk" to their child for using e-cigarettes or vaping devices

Perceived risk for using alcohol or marijuana was not as great, and the differences between the two years less striking.



Parents perception of which substance would be most easily accessible (at home) by their child without their parent knowing.



2019 Vermont Parent Survey (VPS)-The Vermont Parent Survey was conducted for the Vermont Department of Health, Division of Alcohol and Drug Abuse Programs, by the Pacific Institute for Research and Evaluation (PIRE).

## RISK & PREVENTIVE FACTORS

RISK FACTORS are things that increase the likelihood of youth developing a mental and/or substance use disorder.

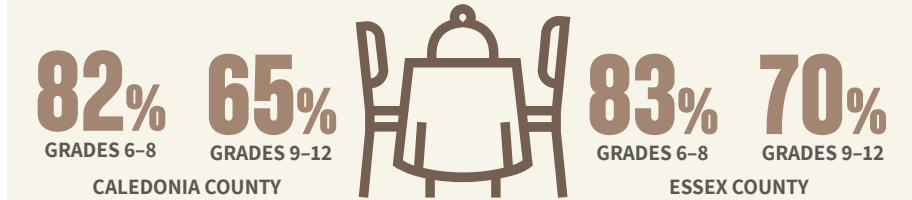
PROTECTIVE FACTORS are things that decrease the likelihood of youth turning to substances like tobacco, alcohol, or other drugs.

### What can WE do to increase protective factors for our youth?

ATE DINNER AT HOME WITH AT LEAST ONE OF THEIR PARENTS OR OTHER ADULT FAMILY MEMBERS ON 4+ DAYS A WEEK

Strengthening family bonds through shared meals can increase the sense of connectedness and lessen the likelihood of substance abuse or depression.

<https://www.cdc.gov/>



REPORTED THERE IS AT LEAST ONE TEACHER OR OTHER ADULT IN SCHOOL THEY CAN TALK TO IF THEY HAVE A PROBLEM

Children who have caring adults outside the family are less likely to use substances.

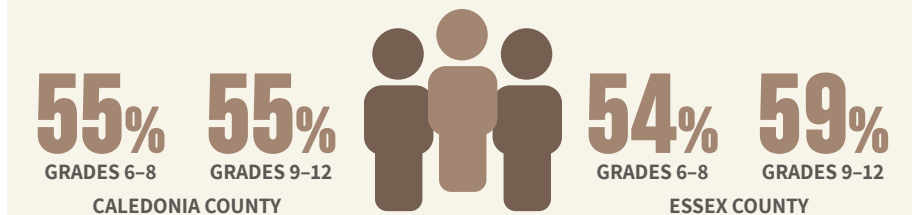
<https://www.cdc.gov/>



STRONGLY AGREE OR AGREE THAT IN THEIR COMMUNITY THEY FEEL LIKE THEY MATTER TO PEOPLE

Research shows that youth who feel valued in their community enjoy better mental health and less substance abuse.

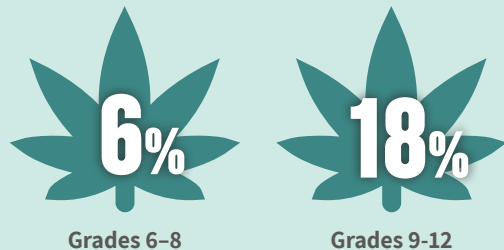
<https://www.sanpabloca.gov/DocumentCenter/View/1244/July-2012-Asset?bidId=>



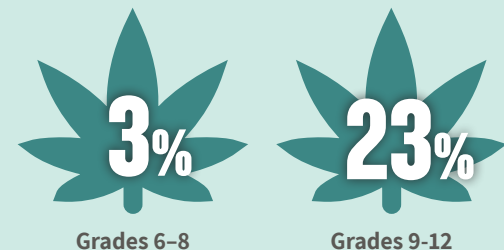
## MARIJUANA

Short-term cannabis use is linked to problems with learning, memory and judgment as well as increased heart rate. Regular use is linked to problems later in life such as addiction, issues with mental well-being and decreased IQ.\*

PAST 30 DAY MARIJUANA USE FOR CALEDONIA COUNTY\*\*



PAST 30 DAY MARIJUANA USE FOR ESSEX COUNTY\*\*



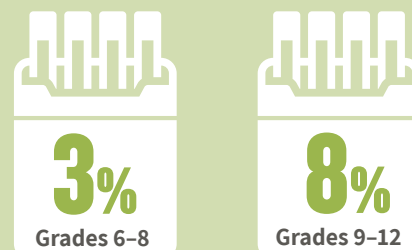
\* <http://healthvermont.gov/adap/drugs/documents/MarijuanaUseSchoolAgedYouth.pdf>

\*\* VT Youth Risk Behavior Survey 2019

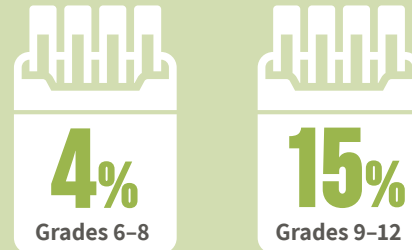
## CIGARETTES

Kids are twice as sensitive to tobacco advertising as adults and are more likely to be influenced to smoke by cigarette marketing than by peer pressure. One-third of underage experimentation with smoking is attributable to advertising.\*

PAST 30 DAY CIGARETTE USE FOR CALEDONIA COUNTY\*\*



PAST 30 DAY CIGARETTE USE FOR ESSEX COUNTY\*\*



Pollay, R., et al., "The Last Straw? Cigarette Advertising and Realized Market Shares Among Youths and Adults," Journal of Marketing 60(2):1-16, April 1996;

\*\* VT Youth Risk Behavior Survey 2019