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 Plaze at 802-748-7551 or email npc@nvrh.org.

Helpful Resources

For Parents/Caregivers
ParentUP VT
parentupvt.org
Partnership for Drug Free Kids
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
1-800-273-8255
Information and Referral Services
Teenline
essexchips.org/teenline
VT Help Link (alcohol & drug support center)
vthelplink.org/app/home
LGBTQ+
Outright VT
outrightvt.org
Tobacco Cessation
802 Quits
802quits.org
Vermont Department of Health
healthvermont.gov/wellness/tobacco/quit-smoking-and-tobacco
Northeastern Vermont Regional Hospital Smoking Cessation
www.nvrh.org/tobacco-cessation
Counter Balance Vermont
counterbalancevt.com/
My Life My Quit: Free help for teens
vt.my/lifemyquit.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.

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.

Local problems require local solutions:

Youth Parents Business
Youth Serving Media
Organizations Schools
Law Enforcement Civic/Volunteer
Organizations Healthcare Professionals Religious/Fraternl
Organizations State/Local/Tribal Substances
Governments Abuse Organizations

TALKING WITH YOUR KIDS...

Start the conversation early to get ahead of the conversation.

Be clear, direct, and specific.

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

Stay positive.

https://www.parentupvt.org/

For more information call Northeastern Vermont Regional Hospital Substance Misuse Prevention Services at 802-748-8141.
**VT Youth Risk Behavior Survey 2019**

**ESSEX COUNTY**

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.*

**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.*

**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.*

**PARENTS’ CORNER**

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

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

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

**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.

**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**
  - 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.

- **REPORTED THERE IS AT LEAST ONE TEACHER OR OTHER ADULT IN SCHOOL THEY CAN TALK TO IF THEY MAKE A PROBLEM**
  - Research shows that youth who feel valued in their community enjoy better mental health and less substance abuse.
  - [Website Link]

- **STRAONGLY AGREE OR AGREE THAT IN THEIR COMMUNITY THEY FEEL LIKE THEY MATTER TO PEOPLE**
  - Children who have caring adults outside the family are less likely to use substances.
  - [Website Link]

**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).**

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** Vermont Department of Health, Division of Alcohol and Drug Abuse Programs, by the Pacific Institute for Research and Evaluation (PIRE).**

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[Website Links]