



Deerfield Valley
Community Partnership

Working for a Healthier
Community

The Valley Prevention News

September 2018

September

National Recovery Month

JOIN THE VOICES FOR RECOVERY

invest in



health



home



purpose



community

National
Recovery Month

Prevention Works · Treatment is Effective · People Recover
september 2018

Chances are someone you know is in recovery. You may be aware of events nationwide in September to increase the awareness of the struggles and successes that are a part of recovery from dependency on alcohol and other drugs. Locally, in the Deerfield Valley, a grassroots group to address the opioid issue is meeting regularly, and significant coverage has been seen in articles in the local Deerfield Valley News and the Brattleboro Reformer. See page 2 for further information on this local initiative.

The national Substance Abuse and Mental Health Services Administration (SAMHSA), within the U.S. Department of Health and Human Services, focuses every September on increasing awareness and understanding of mental and substance use disorders, and celebrate the individuals living in recovery. SAMHSA is sponsoring its 29th year, inviting all community members to support recovery in our communities with the 2018 theme, "JOIN THE VOICES FOR RECOVERY: Invest in health, home, purpose, and community". It explores how integrated care, a strong community, sense of purpose, and leadership contribute to effective treatments that aid the recovery of persons with mental health and substance use disorders.

Through Recovery Month, people become more aware and able to recognize the signs of mental and substance use disorders, which can lead more people into needed treatment. Managing the effects of these conditions can help people achieve healthy lifestyles, both physically and emotionally.

Communities can improve the lives of those in recovery by extending opportunities for meaningful daily activities, such as jobs, school, volunteerism, family caretaking, or creative endeavors. Local communities can play an important role in supporting those in recovery as they gain independence, income, and resources necessary to fully participate in society.

Since National Recovery Month's creation in 1989, SAMHSA has spread the message that:

***Behavioral health is essential to health** (behavioral health includes not only ways of promoting well-being by preventing or intervening in mental illness such as depression or anxiety, but also has as an aim of preventing or intervening in substance abuse or other addictions).

***Prevention works.**

***Treatment is effective.**

***People recover.**

The Recovery Month observance continues to work to improve the lives of those affected by mental and substance use disorders by raising awareness of these diseases and educating communities about the prevention, treatment, and recovery resources that are available.

(Material for this article was abstracted from the SAMHSA website recoverymonth.gov)

What Does a Community Supportive of Recovery Look like?

Community Members meet to Face Opioid Challenges in the Deerfield Valley

In June of this year, the Deerfield Valley experienced the deaths of two community members to drug overdoses. These events caused many to stop, take notice, and act. A grassroots group of community members have met three times in July, August, and September to evaluate our community needs around drug prevention, treatment, and recovery efforts in the Deerfield Valley. DVCP's director, Cindy Hayford, is facilitating the meetings that include health care professionals, town representatives, persons in recovery, family members affected by addiction, Rotary & Lion's Club members, educators, business owners, local counselors, and police, among others.

In the first two meetings, participants identified resources and services presently available and assessed what is still needed in the community to support those struggling with addiction, as well as those in recovery. On July 30, meeting attendees reviewed notes from a 2015 Opiate Forum facilitated by DVCP. Group members noted that stigma around substance abuse disorders, and misinformation regarding addiction and opioids still exists. In addition, they reviewed programs available in neighboring towns. The group felt strongly that our community has to do more than just a quick hand-off to an out-of-town agency. Resources, services, and support with easy access are needed locally.

At the August 14 meeting, Dr. Peter Park, a primary physician at the Deerfield Campus of the Southwestern Vermont Medical Center, explained Medical Assisted Treatment for opioid addiction. He is currently certified to prescribe Suboxone, a medication that permits a person in recovery to stop using opioids without withdrawal symptoms. A person taking Suboxone will not experience the high of an opioid and is able to resume a normal life. Scott Tucker, Wilmington Town Manager, presented information at the meeting about the successful Project Vison initiative implemented in Rutland when he was a police officer in that city. He stressed the importance of community involvement and praised our community meeting turnout of 34 people. Additionally, George Hickey presented information about the NA (Narcotics Anonymous) group that meets at St. Mary's Church in Wilmington on Tuesday nights, that he is facilitating.

On September 11, 21 group members gathered to work on guiding principles for the group and begin action planning in self-selected work groups around four different areas of concern: 1) Opioid Protection; 2) Opioid Prevention; 3) Addiction and Opioid Awareness; and 4) Support for users and families. Future meeting will take place to continue work on the areas of concern. The group welcomes new community members-we need your help!



**"There is no
power for change
greater than a
community
discovering what
it cares about."**

MARGARET J. WHEATLEY

The Opioid community meetings are independent of the regular DVCP meetings and work.

Anyone interested in getting involved, or receiving emails regarding meeting dates, please contact Cindy Hayford at 802-464-2202 or chayford.dvcp@gmail.com

An Article from Parentupvt.org:

Another Vermont summer has come to a close, and kids are transitioning from the backyard to the schoolyard. It's natural to want to trust your teens and give them a healthy sense of independence as they head back to school. But the truth is that while our teens deserve our trust, they also deserve our commitment to helping them stay on track and out of trouble.

It's important that parents pay extra attention to teens' behavior during such times of transition. Research shows that teens often literally can't help but make bad decisions. During the teen years, the part of the brain responsible for making complex judgments is not as mature as the parts dedicated to emotion and motivation. So it's only natural for emotions and impulses to win out over good judgment. At the same time, the incredible changes that take place in the brain during these years leave it very vulnerable to the effects of alcohol and drugs—meaning that the decisions your teens make now could impact them for life.

Constant monitoring of your teen can seem overwhelming. Instead, identify a few areas of concern that help you set clear boundaries. Here are a few tips you can use to help your teen: 1) Know your teen. Ask questions often and get to know your teen's friends; 2) Limit access to dangers. For example, keep your alcohol under lock and key and monitor the quantity; 3) Monitor your child when you're at work or out of town. For example, know your child's schedule—and have her check in from each destination and when she reaches home. Below is some additional information on keeping kids safe & healthy.

Top 3 Things to Talk With Your Teens about As They Go Back to School



Talk to you Kids about Drugs and Alcohol

It may feel like kids pay more attention to their peers when making decisions, but research shows that parents have the strongest influence on their children's behavior.



Talk to your Kids about Peer Pressure

Kids use drugs to reduce anxiety and uncomfortable feelings and to appear more grown up, among other reasons. Peer pressure can be powerful. Kids whose parents are present in their lives and foster open communication are less likely to use drugs and alcohol.



Pay attention to Signs of Behavioral Health Issues

Students have a lot to cope with in high school including gossip, jealousy, body image issues and competition. Occasionally, problems such as depression, anxiety, and low self-esteem may arise. Ask you child how he or she is doing. Look for poor grades, a change in friends, trouble sleeping, etc.

For more tips on how to keep your children alcohol and drug-free visit Parentup.org



Steering Committee & Program Staff:

Carrie Blake

Dawn Borys

Bob Edwards

Keli Gould

Cindy Hayford

Andy Hauty

Dario Lussardi

Karen Molina

Jen Nilsen

Shelley Park

Helena Queenie

Lynn Redd

Rebecca Sweeney

Upcoming Meetings:

October 22, 2018

November 19, 2018

December 17, 2018



Dinner is served at 5:30pm

Meeting 6:00-7:30pm

Everyone is Welcome

Please RSVP to:

info@dvcp.org

or 464-2202



Ready to quit? 802Quits provides free support to quit tobacco. The help and resources include nicotine replacement therapy and phone, online, and in-person counseling.
www.802quits.org | 1-800-QUIT-NOW

Deerfield Valley
Community Partnership
Cindy Hayford,
Coordinator

P.O. Box 1688
Wilmington, VT 05363
(802) 464-2202

Email: info@dvcv.org

www.dvcv.org



From the Coordinator's Desk...

September was a month dedicated to celebrating and supporting Recovery. This newsletter is coming out in October because I believe that this should be done all year round. In recent months, we have seen what addiction can do to a community. It is no surprise that community members have been talking about what they can do to help — especially after drug overdoses hit our community. I have been inspired by the number of family members affected by addiction, people in recovery, and concerned community members who have stepped up to get involved, educate themselves, find new ways to raise awareness, work to become a supportive community, and fight the growing issue of drug addiction.

On a personal note, the news about Connor Rusin's death in June was heartbreaking for me. He was a childhood friend of my son. Some of my fondest memories are from our family vacations at Lake Dunmore that included him. His sense of humor and playfulness enriched our time together. Connor also had such a soft side. Over the years, when we would see him, we were always greeted with a grin and a warm hug. A lesson that we can learn from Connor is to have compassion for others. At his core, Connor felt things deeply and cared genuinely about people. When dealing with addiction of any kind, let's remember to "Choose Compassion" for those suffering and in pain. Compassion for the person struggling with addiction, as well as those close to them.

My heartfelt condolences go out to all of Connor's friends, family and those whose lives he touched. Through the work we do in our community, let's keep thinking about what more we can do. Let's continue the conversation, offering support and the opportunity for connection. We must keep meeting to find every possible way to overcome the stigma of addiction and prevent the tragedy of losing loved ones to drug dependency. If we all work together, there is hope and there can be a path to recovery.

Cindy

PERMIT NO. 1688
WILMINGTON, VT
U.S. POSTAGE PAID
STANDARD
PRESORTED

DVCP
PO Box 1688
Wilmington, VT 05363