



# The Valley Prevention News

September 2017

## Celebrating Recovery

Working for a Healthier Community

RECOVERY IS POSSIBLE. OPPORTUNITY IS POSSIBLE. HOPE IS POSSIBLE.

### National Recovery Month

Every September, the Substance Abuse and Mental Health Services Administration (SAMHSA) sponsors Recovery Month to increase awareness of behavioral health conditions. This observance promotes the belief that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover from mental and substance use disorders, just like other health problems.

Free, confidential help is available 24 hours a day through SAMHSA's National Helpline, 1-800-662-HELP (4357). For additional information on Vermont resources for prevention, intervention, treatment and recovery visit: [Vermont211.org](http://Vermont211.org)

Mental and/or substance use disorders affect people of all ethnicities, ages, genders, geographic regions, and socioeconomic levels. Oftentimes, individuals who experience a mental and/or substance use problem feel isolated and alone. Yet, every year millions of Americans experience these conditions. It's important that we offer support by creating environments and relationships that promote acceptance.

DVCP strives to raise awareness around these issues and to celebrate the fact that there has been a shift in the manner in which recovery is being approached. SAMHSA has established a working definition of recovery that defines recovery as *a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.* It is evident that an individual suffering from mental and/or substance use disorders will need help from family and the community to achieve these goals and be successful in his/her recovery.

- SAMHSA has also observed four major factors that support a life in recovery:
- \***Health**—overcoming or managing one's disease(s) or symptoms—for example, abstaining from use of alcohol, illicit drugs, and non-prescribed medications if one has an addiction problem—and, for everyone in recovery, making informed, healthy choices that support physical and emotional well-being
  - \***Home**—having a stable and safe place to live
  - \***Purpose**—conducting meaningful daily activities, such as a job, school volunteerism, family caretaking, or creative activities, and the independence, income, and resources to participate in society
  - \***Community**—having relationships and social networks that provide support, friendship, love, and hope

At a community event sponsored by DVCP in 2015, and attended by several individuals in recovery, they were asked, "What is needed by those in recovery in order to succeed?" The answers were similar to the list above, but also included accountability. They asked that local employers who were considerate and caring in hiring them, and to also consider drug testing as a part of their work agreement. They also expressed gratitude to those in the community who showed those suffering from addiction and their

families the support and friendship they needed. It is this caring attitude that will help them overcome these disorders.

(Information for this article taken from the 2017 SAMHSA Recovery Toolkit)



## What does DVCP Do? Youth Substance Abuse Prevention

### Community

- \***Parent Education:** Informational Mailings, Speaker Events, Presentations
- \***Policy work:** Smoke Free Parks & Business Entrances, Legislative Advocacy (conversations with state legislators about substance use and health issues), Prevention language in Town Plans, Alcohol use/control in public places
- \***Social Norms Campaigns:** ParentUP Campaign (Parent education & tips) Lock Your Meds—Prescription Drug Misuse Prevention
- \***Trainings:** Department of Liquor Control Responsible Beverage Service annual training for local retailers to prevent sales of alcohol and tobacco to minors, False ID trainings for local alcohol servers and retailers, school staff trainings on alcohol, tobacco and other drugs
- \***Community Events:** Family Halloween Event, Parents Night Out, Blueberry Festival Family Fun Frenzy Event
- \***Sticker Shock-** collaboration with local retailers to inform the public about Vermont laws and penalties for providing alcohol minors.

### School

- \***School Policy Work:** School Alcohol, Tobacco and other drug policy, Wellness policy
- \***Youth Empowerment programming:** High School Community Service Group (Wildcat Club), High School Prevention Group (PRIDE/OVX), Middle School Kids Against Tobacco (TVKAT), Middle School Prevention Group (Above the Influence)
- \***Prevention Curriculum** for all students in grades 5-8
- \***Student Assistance Program:** Screening and referrals for substance abuse and mental health issues, in addition to support for students whose personal issues may interfere with their capacity to function effectively in the educational process
- \***Project Graduation:** Substance free event for high school students on Graduation night
- \***Smoking Cessation** (Not on Tobacco-N.O.T): In-school program to support students to quit smoking. Facilitated by the Student Assistance Program Counselor
- \***School Presentations/Speakers:** Presentations on a variety of topics including substance use prevention, risk-taking, peer pressure, traffic safety, making healthy choices, etc.

To learn more about the Deerfield Valley Community Partnership, please visit our website at:  
[www.dvcp.org](http://www.dvcp.org)

**COUNTER  
BALANCE**

The more often youth are exposed to flavored tobacco products and advertising, the more likely they are to start using tobacco.

COUNTERBALANCEVT.COM

## TVMHS Students attend Leadership Conference



Twin Valley Middle High School students— Members of two DVCP youth empowerment groups (the Above the Influence Group and the High School Pride/OVX group) attended the Youth to Youth Eastern States Conference at Bryant University this summer. At the conference, they were inspired by leading experts, experienced youth leaders and dynamic speakers to take back innovative ideas to address youth issues in their school and community.

**\*Back row-left to right:**

Advisor-Jen Nilsen, Winter Nakos, Chase Spiegel, Advisor-Keli Gould, Colin McHale, and Keegan Allembert.

**\*Front row-left to right:** Bridget Schneider, Kylie Reed, Owen Grinold, Izaak Park, Casey Sibia, and Aaron Soskin.

### DVCP 2017 DVCP Survey

**Please participate in our community survey.**

The results will assist us in evaluating our work and obtaining grants to further our mission.

<https://www.surveymonkey.com/r/L3Y6RTV>



### Steering Committee & Program Staff:

Carrie Blake  
Dawn Borys  
Courtney Burrows  
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 16, 2017  
November 20, 2017  
January 15, 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](http://www.802quits.org) | 1-800-QUIT-NOW



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### *From the Coordinator's Desk...*

I am writing my column this quarter to clear up some confusion about the Choose sNOW program. This program is a collaboration between Mount Snow and the Deerfield Valley Community Partnership. The program is open to any student, in any town, currently in grades 6-11. Federal regulations do not allow for this to be a local-only program. Registration for Choose sNOW typically takes place online in February with a fee of \$50. Mount Snow generously donates 250 passes. 100% of the funds collected by Mount Snow are donated to DVCP to support a variety of our programs and activities. (Some of which are seen on page 2 of this newsletter). These funds, benefit all of our local students, not only those that are able to participate in the pass program.

Students participating in the first come/first serve program receive passes for the next winter season by attending 2 evening educational events in the spring and by participating in a community service requirement, Vermont GreenUP Day in May. The evening presentations generally include nationally-known presenters covering topics such as drug & alcohol prevention, risk-taking, peer pressure, traffic safety, making healthy choices, etc. In the upcoming year, students will be required to attend both events with their parents. It is our hope that this will open up a dialogue and provide an opportunity to express clear boundaries and expectations when it comes to experimentation with drugs and alcohol.

I would like to thank Kelly Pawluk, Mount Snow General Manager for this important collaboration to reduce substance use among our youth and to Matt Conroy and Claire Sears for all of their efforts on the Choose sNOW program.

*Cindy*

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