

MARCH 2024



Stay Up-To-Date on the coalition's initiatives and prevention news!

“What we accomplish in the marathon of life depends tremendously on our grit—our passion and perseverance for long-term goals.”

—Dr. Angela Lee Duckworth

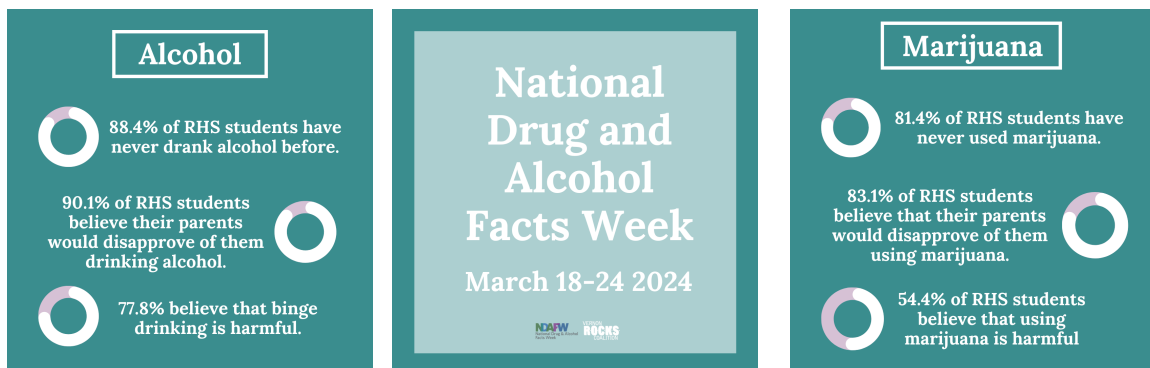
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National Drug and Alcohol Facts Week

The NIDA organizes the National Drug and Alcohol Facts Week (NDAFW) every March. The event's purpose is to provide knowledge about drugs, alcohol, and addiction. During this week-long event, various activities and events are held to educate people about the risks and consequences of drug and alcohol abuse. It brings together scientists, students, educators, healthcare professionals, and community partners to advance scientific research and strengthen drug misuse prevention and awareness efforts in local communities and across the country.



St. Patrick's Day

Saint Patrick's Day is celebrated annually on March 17th in honor of

Saint Patrick, the patron saint of Ireland. It is a beloved holiday celebrated for its lively festivities and vibrant ambiance. However, it is also a period when alcohol consumption tends to rise for individuals 21 and over. According to the National Highway Traffic Safety Administration 287 lives were lost in drunk driving accidents during the St. Patrick's Day period from 2016 to 2020. Let's commemorate this holiday in a way that is both safe and enjoyable for everyone!



MARK YOUR CALENDARS

DEA TAKE BACK DAY

APRIL 27, 2024 | 10AM-2PM
WALGREENS | 188 UNION ST., VERNON

Accepted

- ✓ Prescription medication
- ✓ Over the counter medication
- ✓ Pet medication

Not Accepted

- ✗ Sharps
- ✗ Hazardous waste
- ✗ Personal care products
- ✗ Thermometers



Join Us for National DEA Drug Take Back Day! Mark your calendars for April 27, 2024, from 10 a.m. to 2 p.m. Head over to Walgreens to participate in the safe and convenient National Take Back Day. This event provides a secure way to get rid of any old or unwanted medications, preventing their misuse.

Remember to blur out your personal details on the bottles before bringing them in for disposal. If you plan to drop off vapes or E-cigarettes, please remove the batteries beforehand.

Problem Gambling Awareness Month



Did you know approximately 2 million adults in the United States (1% of the population) meet the criteria for severe problem gambling, while 4-6 million individuals (2-3%) fall into the mild or moderate problem gambling category? Children engaging in gambling activities, like online gaming, are more susceptible to developing gambling-related issues compared to adults.

The theme for this year's Problem Gambling Awareness Month is "Every Story Matters." It's important to realize that anyone who gambles can encounter

problems. Therefore, it's crucial to understand the risks. When gambling starts affecting finances, relationships, and work, it indicates a serious issue.

Here are the top 4 signs of a gambling problem:

- Lying about gambling activities
- Betting more and more to maintain excitement
- Depending on others to cover bills or gambling debts
- Feeling restless or irritable when trying to reduce gambling activities

If you or someone you know struggles with gambling, contact the National Problem Gambling Helpline Network at 1-800-522-4700 or visit www.ncpg.org/chat for confidential assistance.

For more information and resources about problem gambling, go **HERE**

Problem Gambling Screening

Get Involved

If you or a loved one is having trouble with substance abuse check out the available resources in the area.

[Get Help](#)

If you are aware of an underage party or illegal activity follow the link and submit the anonymous form below, and the Vernon ROCKS Coalition will work with the Vernon Police Department to prevent or stop the activity.

[Report it Here](#)

Are you interested in becoming more involved with the Vernon ROCKS Coalition we are always looking for more members. You can join by visiting our website!

[Get Involved](#)

The Vernon ROCKS Coalition | [Website](#)

The Village for Families & Children | 19 Elm Street, Vernon, CT 06066

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