



IN OUR HANDS NEWSLETTER

Winter 2013

burlingtonpartnership.org

Building Roots of Prevention in Burlington

BPHC was built through and continues to thrive on collaboration. We believe that in order to achieve community-level changes around youth substance abuse, we must involve *all* parts of our community. While so much of what we do as a coalition is inherently collaborative, there is one event each year that brings our partners into one room for a time of celebration and reflection — our Roots of Prevention Award Celebration.



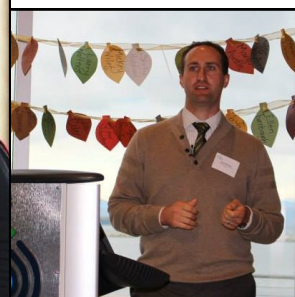
On October 23rd, at our 5th Annual Roots of Prevention Award Celebration, we joined with our neighbors and friends in honoring Dwight Brown from Burlington High School, Ben Lane from the YMCA, Jan Shamberger from Burlington High School, and the HowardCenter's Safe Recovery Immunization Program. Surrounded by the community they serve, each of these Awardees were applauded for their hard work and dedication to substance abuse prevention and supporting a healthy community.

In addition to being a morning of encouragement, laughter, and sometimes tears, the Award Celebration serves as a tangible reminder of the importance of collaborating across sectors to achieve real outcomes. While we deeply desire for everyone in Burlington to be involved in reducing substance abuse among our youth, we understand that "involvement" means different things for different people. **If you are interested in supporting our work by rolling up your sleeves and volunteering with us, please send us an email or give us a call!** We would love to connect you with a program or project that interests you and allows you to use your talents!



We would also like to ask you to consider making a year-end, tax-deductible donation to BPHC. A common phrase among people working in substance abuse prevention is "prevention works!" The reason we say that is because researchers at Iowa State University found that for every \$1 spent on prevention efforts, \$10 that would later be spent on treatment, associated health costs, emergency room services, and incarceration are saved. **Truly, every gift – regardless of its size – will help us reduce youth substance abuse rates in Burlington and makes a big impact in our community's future!**

Burlington is such a wonderful place to be and to live.
Thank you for doing your part to make it a healthier, safer place for everyone.





Youth Engagement and Leadership

Engaging young people in school and community wellness initiatives and building a culture supportive of a substance free life is a strong component of our mission. Several events and an exciting road trip helped us lay the groundwork for our amped up 2014 youth centered activities. Join us in supporting and empowering one of our most valuable community assets - our youth.

Youth 2 Youth International

This summer, we sent 3 students from BHS with staff and another youth from CVU to the annual Youth 2 Youth International Conference at the University of Rhode Island. At this incredible conference, young people from the 6th grade through high school found support in the hundreds of other youth leaders from New England living and promoting substance free lives. They came away knowing that by being true to themselves, working hard and making healthy decisions, there is nothing they can't accomplish!



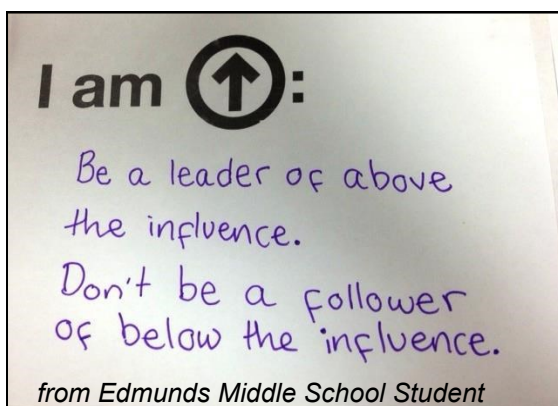
Secondhand Smoke Exposure & Smoking Cessation



According to the US Surgeon General's Report "There is no risk free level of exposure to secondhand smoke." This summer we worked with area youth at Oakledge Park to remind park goers how dangerous tobacco smoke is to them and everyone around them. It was an afternoon of hard work and tons of laughter as we used chalk stencils with facts about secondhand smoke around the pavilions at Oakledge. *Thank you Burlington Parks and Recreation for your support and assistance in this effort!*



For the annual Great American Smokeout in November students and adult prevention staff talked with community members on Church St. about the harmful effects of tobacco and the resources available through the Vermont Quit Network to help smokers kick the habit. Our team worked hard to help smokers make a plan to quit for good!



Above the Influence

In October, several Burlington schools participated in the National Above the Influence Day. Kids participated in activities that encouraged them to be more aware of the influences around them and to carefully consider risks when faced with tough decisions. Above the Influence is a national campaign that works to educate youth that living substance free does not make them an outcast but rather an individual and part of a vast majority of young people facing the same challenges that are also choosing to live substance free. ATI broadcasts a powerful message: "This is your life and your chance to define yourself. Stand up for who you are!"

Another Successful Prescription Drug Take-back Day

On October 26th the Drug Enforcement Administration hosted its 7th National Prescription Drug Take-Back Day. This year's event broke records in Vermont, with residents across the state turning in a total of 3,429.5 pounds of unwanted or expired medications for safe and proper disposal. Staff and volunteers from BPHC worked with the Burlington Police Department to decrease the availability of prescription drugs by hosting and promoting disposal locations. Over 152 pounds of drugs were returned to BPD during the 4 hour event. Thank you to Sharon Zhou, Lawrence Narayan, Nicole Pone, Miranda Wells, and Owen Foley the amazing pharmacists who volunteered their Saturday to help us track what came in!



Each day in the US, approximately, 2,500 teens use prescription drugs to get high for the first time (* *Partnership for a Drug Free America*). Studies show that a majority of abused prescription drugs are obtained from family and friends, including the home medicine cabinet. Please protect yourself, loved ones and our community from drug related crime. *Lock up or dispose of unused prescription medication.*

Follow these simple steps to help prevent prescription (Rx) drug misuse:

- TALK with your family, friends and children about the dangers of Rx drug misuse
- Keep medications SECURE in your home
- Safely DISPOSE of your unused medications at a local disposal site near you
- Count and keep TRACK of your medications
- NEVER SHARE your medications

If you are a Burlington resident and have unwanted or expired medications in your home they can be returned year round **Monday-Friday, 9-10am or 4-5pm** to the Burlington Police Department.

BIG Advertising is Shaping our Children's Future. Let's Take it Back!

When we look around at our beautiful state and connected communities sometimes it is easy to imagine Vermont as apart from the advertising and promotion of BIG alcohol and tobacco companies that larger cities often see. Did you know the tobacco industry spends over \$27 MILLION on tobacco advertising here in Vermont each year and that youth are 3 times as sensitive as adults to that advertising? In Vermont the majority of those advertising dollars go to "point of purchase" advertising that is most often seen in the small convenience stores where adults are stopping for their gas and morning coffee or our kids are stopping by after school to pick up a snack.



BPHC is working hard to support the small convenience stores that are vital parts of our neighborhoods to create a healthy atmosphere for the youth in our community to succeed. The Healthy Retailer Project is a statewide effort to raise awareness about the harmful effects of Big Alcohol and Tobacco companies. These companies strategically place their ads to be seen by the youth of the community without regard for our community values. The project encourages stores to address the placement, advertising and access to adult products and increase healthy food options and attention to the more nutritious items in the store.

National studies have concluded that greater exposure to alcohol advertising contributes to an increase in drinking among underage youth. For each additional ad a young person sees (above the monthly youth average of 23), he or she drank 1% more. (*Archives of Pediatric and Adolescent Medicine*, 2006). A 2010 study found that 29% of youth who shop at convenience, liquor or small grocery stores at least twice a week began using tobacco at a substantially higher rate over their peers.

Want to help? Here are some simple things you can do:

- Ask the store owner or manager to reduce their alcohol and/or tobacco ads.
- Purchase the healthy food products retailers offer— especially fresh fruit and vegetables.
- Suggest healthy food products you would buy to the store owner or manager.
- Teach your kids to think critically about advertising.
- Contact us to get more involved!

The Burlington Partnership for a Healthy Community

is a coalition of Burlington residents, businesses, schools and college representatives, parents, youth, medical professionals, students, social service representatives, law enforcement officials, court representatives and more, who recognize that the damages of drugs, alcohol abuse, and tobacco effect us all. We work together to create a healthier environment in Burlington by addressing the causes and consequences of substance abuse.

We have a brand new website! Let us know what you think.



burlingtonpartnership.org

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Tian Berry, Student Position

Things are changing at BPHC! New office space, new website and new staff!



This summer we welcomed our new Project Coordinator Daniel Mulligan to our team. Dan came to Vermont 3 years ago when he went to work for Democracy for America in Burlington. A short time later Daniel was hired on as

the Vermont State Director for President Obama's national re-election campaign. Dan lives in Burlington with his wife Amy. He is enthusiastic and ready to apply his skills to help make Burlington an even healthier and safer place to live.



We recently hired Evan Cassidy as our new Admin-Marketing Assistant. Evan is a life-long Vermonter, born and raised in South Burlington. He will be graduating from the University of

Vermont this December with a Bachelors of Science in Community Entrepreneurship and Business. Evan plans on using his local knowledge and savvy computer skills to help us promote and expand prevention awareness in our community.



We rely on the community's generous donations of time, ideas, creativity, and money. To get involved, contact us, or make a donation:

