

Summer 2016

burlingtonpartnership.org



Youth Engagement: 2015-2016

Welcome Back, START!

To kick off a new year together, Burlington High School START students spent an afternoon at the UVM ropes course to work on team building.



Prevention Day Rocks!

On October 26th, BPHC staff partnered with Prevention Works! VT to organize the 5th annual VT Substance Abuse Prevention Day in Montpelier. Our Director, Mariah Sanderson, led youth workshops for middle and high school students on living life above the influence of drugs and alcohol.

Be the Influence!

In November, BPHC staff partnered with other Chittenden County prevention groups to host an annual prevention conference for middle schoolers. The conference gave teens a chance to connect with other kids their age in the area who are committed to being substance free.



START Takes DC!

In February, BPHC staffer Jessica took three students to DC to attend CADCA's annual prevention Leadership conference. We joined representatives from all over Vermont to meet with our state's Congressional delegation.

Burlington Kids Kick Butts!

March 16th was National Kick Butts Day. BHS START members tied ribbons with smoke-free messaging around trees at North Beach while Edmunds Middle School students from VT Kids Against Tobacco decorated Church St. and Waterfront park.

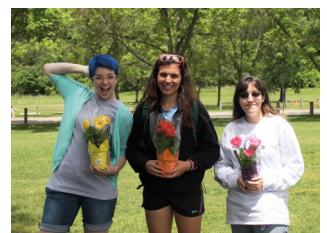


Keeping Kids Safe for Prom!

This May, BPHC staff and START students visited local alcohol retailers as a part of their annual Project Sticker Shock. Students placed bright stickers on alcoholic beverages and cooler windows that read "Hey there, please keep this out of the hands of minors. Providing alcohol to people under 21 may result in fines up to \$2,000 and 2 years in jail."

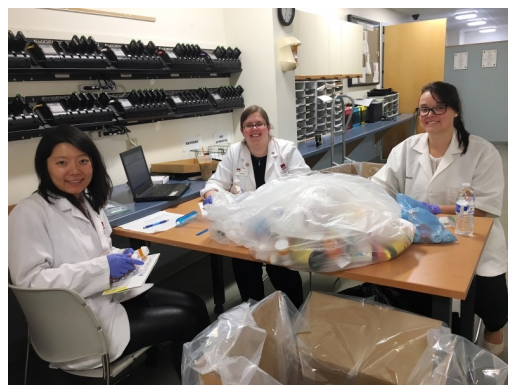
See You in the Fall!

BTV youth wrapped up this year with a fun "step up" ice cream social for the 8th graders from the middle schools to meet the BHS START members and get them excited about joining the high school team in the fall. The BHS START group also headed to North Beach for a final "THANK YOU" and celebration of a great year with staff.



Prescription Drug Take Back Day 2016 = Success!

On April 30th, the Drug Enforcement Administration hosted its semi-annual National Prescription Drug Take-Back Day. Since they began hosting this event, the DEA has safely disposed of over 4,823,251 pounds of pills in the US. Staff and volunteers from BPHC worked with the Burlington Police and students from Albany College of Pharmacology to decrease the availability of prescription drugs by supporting a prescription disposal site for Take-Back Day at Burlington Police Department. Over 192 pounds of drugs were collected at BPD since the last Take-back event in October 2015. ***Thank you all our amazing volunteers who donated their time to make the event happen in Burlington!***



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
- Show you care. DON'T SHARE your medications

If you're a Burlington resident and have unwanted or expired medications in your home you can dispose of them Monday-Friday from 7:30-4:15 at the Burlington Police Department!. This service is free and anonymous!

Goodbye School, Hello Summer

It's summertime and the living is easy, or so the song goes. Kids are excited to be out of school, VT weather is *finally* warm and the gardens are starting to fill with beautiful flowers and delicious fresh fruits and veggies. With all that to look forward to, it's easy to forget that summer also means a change from structured routine to unstructured and unsupervised time for tweens and teens. So what's a parent to do? Here are a few ideas we hope will help:

- Create structure and supervision. Make a plan each morning (or night before) of what your child will/can do that day. If they are going to be home alone all day, ask a friend or neighbor to check in randomly, or make a plan with other parents to alternate who is around for supervision. Day camps are still great options for tweens, and teens might enjoy the structure of a summer job or class.
- Find time to connect. Summer is a time for relaxation and adventure, and everyone's routine is different. Make time to have a family meal together every day to share what you've all been up to! Research shows that kids who regularly eat meals with their family are less likely to smoke cigarettes, use marijuana, drink alcohol, get into fights, or make a suicide plan.
- Set rules and boundaries. Children of all ages need clear expectations. Share your expectations related to drinking and other drug use with your child, and follow through on both consequences and rewards!

Not sure where to turn for the summer boredom blues? Here are some activities to try:

- Check out the Burlington Farmer's Market. It's downtown in City Hall Park every Saturday morning.
- Have a weekly family game night. Loser has to clean up!
- Grab blankets and camp chairs: visit a drive in movie theater together.
- Sign up for summer reading at your local library! Reading just 3 books over the summer can help prevent the summer slide and make sure your child is ready for school in the fall.
- Visit a state park or museum together. Libraries have passes available for free or reduced admission to ECHO, Shelburne Farms, VT Historical Sites, and VT State Parks!
- Watch the Olympics together! This summer is the summer Olympics in Rio. What's your child's favorite sport? Many of the events will stream online for free.
- Play yard games! Anyone for evening flashlight tag?



8th Annual Roots of Prevention Award Celebration!

Our annual celebration brings people together to support the hard work of individuals, programs, and organizations instrumental in creating a healthier, safer and more vibrant Burlington community! Stay tuned for more information on how you can help us recognize those making a positive difference in the health and wellness of our city. Stay tuned for more information regarding time and location.

Send Us Your Nominations!

Help us recognize those individuals and programs in Burlington doing important work to support youth, families, and health and wellness in our community. Think about who inspires you and tell us why! Nominations due by 8/3/16. Nominations can be completed at www.burlingtonpartnership.org



Chittenden Prevention Network Unites to Support Local Policy Makers

This year our coalition began working collaboratively with other substance abuse prevention coalitions in the area and the Chittenden County Regional Planning Commission as part of the Chittenden Prevention Network. One exciting thing this group is working on is the creation of a new policy guide to inform municipalities of small and large changes that can be made to local practices, ordinances, and zoning that research has shown will reduce substance abuse rates or improve the community consequences from substance abuse or misuse. The guide compiles data on best practice, crime, and substance use for our area, as well as local and national policy examples into one place and includes recommendations for change in our county! We are very excited to have this invaluable resource to help us improve health and wellness in Burlington coming soon!

Reducing the Impact of Big Tobacco



Did you know?

The tobacco industry spends over \$19 MILLION a year on tobacco advertising here in Vermont 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 sale" 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, or in the pharmacies that were originally designed to sell medicines and other health related products. Join with us and other Vermonters to address the placement, quantity, and access to these adult products to create a healthy environment in Vermont for youth to succeed.

In 2014, we worked with Burlington middle and high school youth to assess the 44 tobacco retailers in Burlington! Here are a few highlights from the assessment:

- 22% of tobacco retailers have cigarette ads within 3 feet of the floor
- 18% have a pharmacy counter
- 20% sell tobacco and 23% sell e-cigarettes within 12 inches of gum, candy toys, slushy machines or ice cream

So what do we do now? To learn more about how to reduce Big Tobacco's influence on Burlington go to COUNTERBALANCEVT.COM.

Here are a few ways we can all help:

- Teach kids to think critically about advertising by talking through ideas and challenging messaging they hear
- Support policies that eliminate smoking or tobacco advertising in public places
- Promote your public events as smoke-free



Free Cessation Support with 802Quits



Our coalition is excited to help promote Vermont's 802Quits resources to help smokers quit.

FREE smoking cessation support and resources for all Vermont residents, including students in residence at Vermont colleges.

- Online at 802Quits.org
- By phone at 1-800-QUIT-NOW
- In person with **Vermont Quit Partners** around the state

Board of Directors:

Chair: Michael Casarico, Burlington Labs

Vice-Chair: Megan Peek, Blue Cross/Blue Shield of Vermont

Fiscal Agent Rep: Mitch Barron, Centerpoint Adolescent Services

Ed DeMott, Vermont Department of Health

Meghan O'Rourke, Channel 17, CCTV

Kerin Durfee, City Market Coop

Staff:

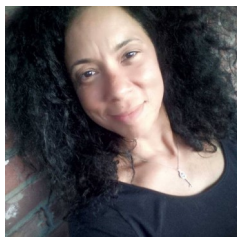
Mariah Sanderson, Director
mariah@burlingtonpartnership.org

Helena Van Voorst, Grants Administrator
helena@burlingtonpartnership.org

Jessica Summer, Office Assistant
jessica@burlingtonpartnership.org

Breanna Schmidt, Marketing & Communications
breanna@burlingtonpartnership.org

BPHC Is Growing: Welcome new board and staff members



Kerin Durfee is our newest board member. She has been with City Market for 10 years and currently serves as the front-end operations manager. She has a B.A. from Vermont College and an M.B.A.

from Norwich University. She has lived in Vermont for 25 years this October and currently resides in Burlington. She has 3 grown children and 7 grandchildren.

She serves on the board at BPHC because she believes prevention is a key component to raising healthy kids.

Breanna Schmidt joined our staff as our Marketing and Communications consultant. She moved to Vermont 2 and half years ago with her husband and two sons. She has worked in marketing and management since 2007 since earning her degree at University of North Dakota.



Zhou Golden & Hawa Adam

joined our staff as our part-time student interns to support youth engagement in substance abuse prevention initiatives.



Thank you for helping us make Burlington a great place to live, play and work.

We rely on the community's generous donations of time, ideas, creativity and money.

To get involved, contact us or make a donation:



Check us out!

