



In Our Hands Newsletter

Winter 2012

www.burlingtonpartnership.org

Have You Heard? The 2011 Youth Surveys Say: We're #1, But This Time it is NOT a Good Thing..

The most recent results from the National Survey on Drug Use and Health list VT as having the **highest rate in the country for underage drinking** in the past month (36.6%) and for binge drinking in the past month (24.6%) for youth ages 12-20. VT has the 2nd highest rate in the country for marijuana use in the past month for individuals ages 12-17 (9.7%) and the #1 highest for individuals 18-25 (30.6%).



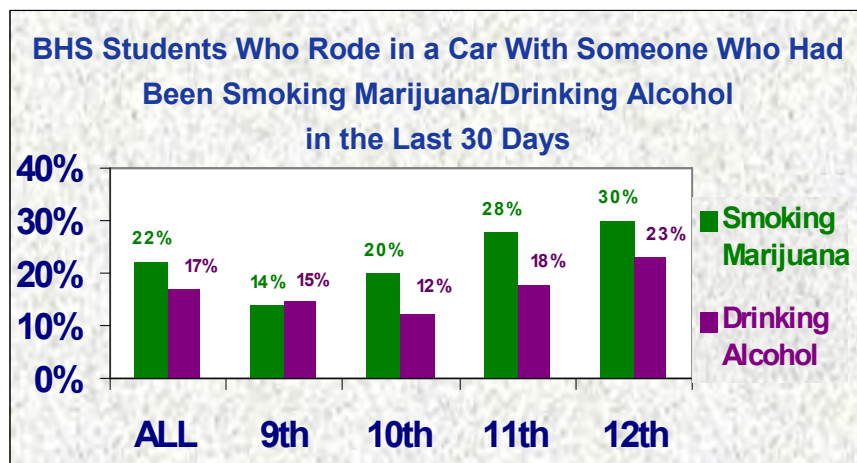
"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."

~Margaret Mead

OUR MISSION:

We are a coalition of thoughtful, committed organizations, adults and youth whose mission is to positively impact Burlington by addressing the causes and consequences of substance abuse in this community.

Marijuana use rates and the risky behaviors associated with the use are high in our community as well. **36%** of Burlington High School students in 9th-12th grade, report ever using marijuana and 21% report using it in the last 30 days. **59%** do NOT think someone their age is at great risk of harm if they smoke marijuana regularly.



There is good news. The results from the 2011 Youth Risk Behavior Survey for Burlington is showing declining rates in some areas:

- **28%** of BHS students in 9th-12th grade reported drinking alcohol in the past 30 days. While this number is still high, our trend continues to go down! 2007 was 44%. 2009 was 35%. Our coalition will continue to work on this issue.
- **10%** of BHS students report smoking a cigarette in the last 30 days. This is down from 17% in 2005 and 15% in 2007. **HOWEVER**, 35% of students report being in the same room with someone who was smoking a cigarette in the past 7 days and 27% in the same car. The surgeon general says, "there is no safe level of exposure to second-hand smoke." For this reason the Burlington Partnership will continue to support community efforts to reduce exposure to secondhand smoke for both youth and adults.
- **84%** of BHS students report they either get "mostly A's" or "mostly B's".

But...only **55%** of BHS students said they agreed with the statement, "in your community, you feel like you matter to people." We can do better people! **If you care about a teenager make sure they know it.** Tell them. Often!

Come to our next meeting:

Friday, April 6th
8:30-10:30am
@ Turning Point
Recovery Center
(191 Bank Street)

All are welcome!

HELP PROTECT BURLINGTON KIDS

Substance Abuse Prevention Red Ribbon Week

Red Ribbon Week is part of a National campaign celebrated each October by schools and communities across the country to support a generation of drug free children who make healthy choices.

On Monday, October 24th, people gathered in front of City Hall to listen to Mayor Kiss give a proclamation declaring it Substance Abuse Prevention Week in Burlington. During the week BPHC had tables on Church St. to hand out red ribbons and drug and alcohol related educational resources. Burlington High School and Hunt and Edmunds Middle Schools hosted prevention activities including: wear red day, skill building and trivia games, and promotion of a substance free lifestyle throughout the week.



Have you heard of the VT 8outof10 campaign? Burlington is doing even better than that!
9 out of 10 BHS students report they did NOT smoke cigarettes in the past 30 days.

HOWEVER, 35% of students report being in the same room with someone who was smoking a cigarette in the past 7 days and 27% in the same car.



The Surgeon General warns:
"There is NO safe level of exposure to secondhand smoke."

Please help keep smoke away from our vulnerable youth!



Hey teens! If you've tried smoking that doesn't necessarily make you a smoker...yet! Listen to your gut and quit while you are ahead. Check out ovx.org for fun games and tools to help you.

"Do you or anyone you know want to quit smoking?"

...Is what our staff and volunteers said to people accessing resources from the Joint Urban Ministry Project (JUMP) in December and January. Our efforts were rewarded when almost everyone we talked to wanted information about the Vermont Quit Network's campaign "Your Quit. Your way." to help Vermonters quit on their own time.



Volunteer Eddie DeMott from the Vermont Department of Health elaborates, "I felt a real sense of gratification talking with the folks at JUMP. Raising their awareness of smoking/tobacco cessation support helped them and sharing in another person's challenges and triumphs enriched me personally & professionally. This to me is the essence of community connection!"

Every quit attempt counts.

Call 1-800-QUIT-NOW or visit vtquitnetwork.org for tools and advice to make a quit attempt today!

OUR WORK IN PICTURES



Students Taking Actions and Risks Together (START) group from BHS. Keep your eyes out for ads in Burlington with the slogans they created for Above the Influence!



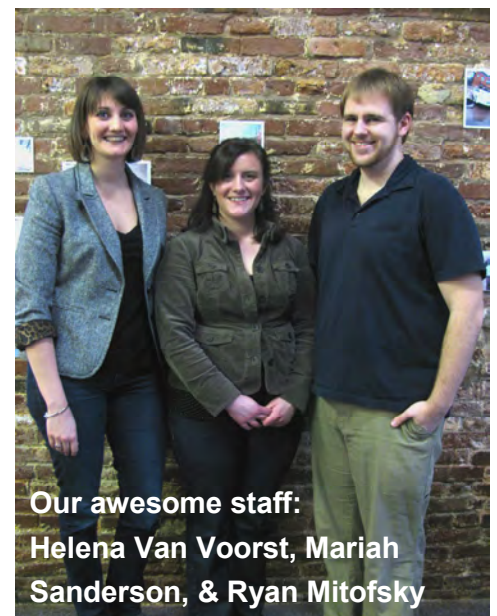
Mayor Kiss at our Substance Abuse Prevention Red Ribbon Week Proclamation in October



Making buttons with kids at the Burlington Winter Festival



Come to one of our meetings. We do fun stuff!



Our awesome staff: Helena Van Voorst, Mariah Sanderson, & Ryan Mitofsky



Volunteer Kate Cooke at our Great American Smokeout quit resource table at the Turning Point Center



Our staff and other VT coalition representatives at the Community Anti-Drug Coalitions of America Forum in DC!

SAVE THE DATE!

Our 4th Annual Roots of Prevention Award Ceremony

May 15th 2012 from 8-10AM
(breakfast starts at 7:30AM)

Elk's Lodge
925 No. Ave., Burlington

*Do you know someone
who helped create a
healthier community in
Burlington?*

Nominate them for a
Prevention Award!

Contact Ryan:
Ryan@
burlingtonpartnership.org
(802) 324-3841

OR print the nomination
form from our website.

WE ACCEPT DONATIONS!

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

To get involved,
contact us, or send
checks to:

**BPHC, PO Box 1353,
Burlington, VT 05402**

to make a contribution
today!



What Should You Do With Your Unused Medication?

National Prescription Drug Take-Back Day

April 28th • 10-2 PM

Check out dea.gov for a list of VT
Take-Back locations.

For free ongoing disposal
BURLINGTON RESIDENTS
can bring medications in pill form
to the:

Burlington Police Department
Monday – Friday:
9AM-10AM and 4PM-5PM

Bosnian/Serbian/Croatian

Molimo zaštitite sebe, svoje
voljene i naše društvo od
kriminala vezanog za droge.

Zaključajte ili bacite
neupotrebljene lijekove na
recept.

Za BESPLATNO tekuće
odlaganje donesite lijekove u
obliku pilule u:

Burlington Police Dept
Od ponedjeljka do petka
9AM-10AM i 4PM-5PM

Russian

Держите под замком или
уничтожьте неиспользованные
лекарства, отпускаемые по
рецепту.

Для БЕСПЛАТНОГО
уничтожения медицинских
препаратов приносите
лекарства в виде таблеток по
следующему адресу:

**Департамент полиции г.
Берлингтон Понедельник –
пятница**
9:00–10:00 и 16:00–17:00



Burlington Partnership for a Healthy Community
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Burlington, VT 05402
burlingtonpartnership.org