



In Our Hands Newsletter

Issue 2, Winter 2011

www.burlingtonpartnership.org

“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

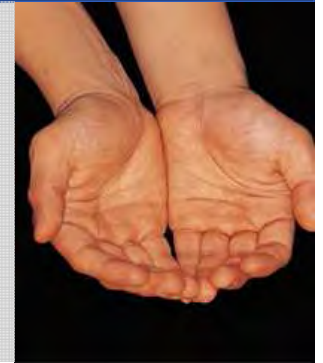
OUR MISSION:

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.

If you are interested in learning more about how to help, call us at 324-3867 or email: mariah@burlingtonpartnership.org.

Come to our next coalition meetings:
January 28 & March 11th
8:30-10:30am
@ Turning Point Recovery Center
(191 Bank Street)
All are welcome!

Thank you to the amazing volunteers who helped distribute smoking cessation resources from the VT Dept. of Health, ‘Your Quit. Your Way’ campaign to low income residents at JUMP this past month: **Jessie Lacroix** and **Laura Parker** from Prevent Child Abuse Vermont, **Larry Walters** and **Emily Harrison**. Read more inside about the many others who helped to make Substance Abuse Prevention Awareness Week in October a success! Bosnian speakers –check out the article inside, “**Preživjeti adolescenciju: Jednostavni načini da razumijete i podržite tinejdžere**” translated with help from Nerzada Pasic.



Spotlight on Prevention Coordinator, Karen Quinn

Karen is the part-time Prevention Coordinator at Burlington High School, and the mother of two young boys, ages 8 and 5. Karen has lived in Burlington for almost 19 years,



and can't imagine living anywhere else.

How did you get involved with the Burlington Partnership for a Healthy Community?

I'm fortunate that my role within the school district allows me to collaborate with BPHC. I appreciate the knowledge, support, and camaraderie the Partnership provides. BHS students also like the fact that they have contacts built into the community that support their leadership and prevention activities.

What is your favorite or the most meaningful thing you've done with the coalition?

I'm excited about a collaborative project that will include BHS students and community members on a campaign to reduce smoking around bus stops – the students don't like having to stand in second hand smoke while waiting for their bus. They're hoping to make some changes in Burlington, and we'll definitely need help from BPHC. I like knowing that I can pick up the phone and call either Mariah or Patti for help – it's in-

valuable.

What do you see as the biggest problem facing young people regarding substance abuse in our area?

What's difficult about working with teenagers, in particular, is that they're not programmed to consider *risk* the way adults are. Any adult who thinks back on his/her own teen years can probably think of some moments in time when good, solid judgment was lacking. The teenage brain is a developing organ – and the 'good judgment' portion is a work in progress.

Adults- as well as the community at large- need to help, support, and teach children and adolescents how to assess risk. We take the time to teach young kids how to cross the street, wear a helmet, and use scissors; we also need to help adolescents to cope with pressure involving drug and alcohol use, coping with stress and failure, and figuring out how to interpret the messages being pummeled at them by culture drenched in unhealthy behavior – the McDonald's commercial sandwiched between the diet pill commercial; the endless Budweiser commercials that focus on womens' body parts and the sexual appetites of men; the fame and fortune that comes to young Hollywood celebrities who enter rehab between takes, but still look fabulous in the process ! We can't expect teenagers to make sense of it all on their own. We need to respect-

fully engage in conversation with teenagers about media messages, social pressure, and real consequences of certain risk-taking behavior. We need to let them know they're supported, respected, and encouraged to be who they are and be as healthy as can be.

If you could tell other Burlington parents one thing about substance abuse what would it be?

Don't assume that your teenager will use substances in high school. Keep your expectations high, your boundaries firm. Research shows that alcohol and drug use rates are lowest in homes where the parent(s) or guardian(s) have set clear expectations, and have followed through on consequences when those expectations have been broken. Teenagers understand the importance of boundaries as long as they've been set respectfully. Keep communication clear, open, and fair. And last of all, get support!! Talk to other parents – remember all the questions you asked when your baby was born, teething, talking, toileting? Parents of adolescents are no different ! Keep asking questions and connect with each other.

What is your favorite thing about Burlington?

I appreciate that my boys will have classmates and friends from across the globe throughout their time in Burlington schools. I love the lake, the bike-path, the views, and the over all Vermont vibe.

IN ENGLISH:

Surviving Adolescence: Simple Ways to Understand and Support Teens and Pre-teens:



On 1/18 BPHC sponsored a free community workshop with Michael Nerney, a Nationally known drug, alcohol and prevention expert to over 100 attendees. Thanks to Burlington School District Prevention Coordinator, Karen Quinn, for the highlights below:

Risk-taking is a normal change in a pubescent and adolescent brain. Teenagers are hard-wired, much more so than adults, to take risks – it gives them an emotional reward, which feels good. Mr. Nerney clarified that this 'need to take risks' shouldn't necessarily be tamed, but guided in healthy ways. Engaging in theater, sports, poetry slams, coffee houses, public speaking -and even watching horror movies- can satisfy much of this risk-taking need while avoiding all things destructive.

Other key differences in the adolescent brain are: that teenagers experience emotion 2x-4x more intensely than adults; that teenage brain cells are wired to focus on appearances (hair, clothing, skin.) This means that your teenager isn't being superficial while combing his/her hair for thirty minutes before school, or unreasonable while screaming at you that "you just don't understand!"; it simply means his/her brain is working. Telling your teenager not to worry about these things won't work. You may let them know how great they look, and that they ought to be on time for school, but let their focus on appearance go. It's a central part of their world. And *do not* take their emotional outbursts personally. It's not about you. It's just their neurochemistry !

Mr. Nerney spoke about the impact of alcohol on the teenage brain and its destructive qualities. New research shows that the chemical LI, which is crucial for laying the groundwork for *future* cognitive functioning, is wiped out by alcohol. LI sets most of its foundation between the ages of 10-14; this means that early onset of alcohol use, and especially binge drinking, can lead to

future cognitive trouble.

Lastly, Mr. Nerney concluded by saying that 'prevention begins at home,' with the Five A's of Parenting:

1. Be **Aware** of your teenager's friends, sleepovers, concerts, whereabouts.
2. Be **Alert** to changes: It's normal for your teen to roll his eyes at you; to tell you that he "already knows everything." It is not normal to 'lock you out.' He should be able to tell you with whom he's going to the movies, etc. "No one you know..." isn't OK.
3. Be **Awake** when your teenager comes home. Spend a few minutes talking; don't allow the 'sneak in.' It's important for your son/daughter to know h/she will need to speak to you at curfew time.
4. Be **Assertive**: Use the "If/then" boundary. "If you choose to drink tonight, then you'll give up your right to be with our friends for two weekends." Keep the consequences short, but be clear ahead of time what the consequences will be. Emphasize that they have a choice in the matter. This will not only help the teen to become accountable, but it will help to remove a potential battle at home.
5. Be **Affirmative**: Tell them the truth. You want them to make good choices because you want what's best for them; you love them; you care for them; and that your job as a parent is to keep them as safe as possible.

Contact Karen Quinn at kmquinn@bsdvt.org or 864-8581 for more information on prevention programs at BHS, Hunt and Edmunds.



Mariah's Corner: It's time to clean out your medicine cabinets! Do you know about the opportunities in this area to dispose of unwanted or expired medications?

- The Burlington Police Department has a 24/7 Repository Program. You can bring unwanted or expired prescription medications (both controlled and non-controlled substances) to the front desk anytime and they will properly dispose of them. Thanks BPD!
- All Kinney Drug locations will be accepting NON-controlled medications during business hours at the pharmacy desk on the following Saturdays, 1/29, 2/26 and 3/26. See

Kinnydrugs.com/medcollectday for more info.

- The DEA is hosting a Drug Take Back Day on April 30th, 2011 with drop off locations across VT. Check out www.dea.gov in the coming months as locations are posted.
- Keep your eye out for more opportunities to dispose of medications and proper disposal from BPHC coming soon!

So, why should you take your old medications to a disposal site? Medications that are flushed or poured down the drain have found their way into our lakes, rivers and streams. Most water treatment plants or septic tanks are not designed to remove these chemicals. There is limited information on the health effects to humans, animals or aquatic ecosystems if large amounts of these chemicals get into the water supply. Also, meds thrown away or left in medicine cabinets can be attractive to drug dealers and addicts as well as to children and youth. They can cause health problems if used by someone other than the intended user.

Want regular updates about our projects and events like the one above?

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Preživjeti adolescenciju: Jednostavni načini da razumijete i podržite tinejdžere

napisala Karen Quinn, Koordinator prevencije Školskog distrikta



Burlington

Michael Nerney, poznati stručnjak sirom Amerike za droge i alkohol i konzultant za prevenciju, prezentirao je grupi od preko 100 članova zajednice u ponedjeljak uveče, 8. novembra na besplatnom događaju u First Congregational Church u Burlington. Događaj su sponzoravali Partnerstvo za zdravu zajednicu Burlingtona i Školski distrikt Burlingtona. Evo nekih važnih

navoda od gospodina Nerneyja:

Preuzimanje rizika je normalna promjena u pubescentnom i adolescentnom mozgu. Tinejdžerima je urođeno, mnogo više nego odraslima, preuzimati rizike – to im daje emocionalnu nagradu, što je dobar osjećaj. Gospodin Nerney pojasnio je kako ta 'potreba za preuzimanjem rizika' ne treba obavezno biti kroćena, već vođena na zdrave načine. Bavljenje kazalištem, sportovima, pjesničkim natjecanjima, kafićima, javnim govorom - pa čak i gledanje horor filmova - može zadovoljiti većinu te potrebe za preuzimanje rizika istovremeno izbjegavajući sve destruktivne stvari.

Druge ključne razlike u adolescentnom mozgu su: tinejdžeri doživljavaju emociju 2x-4x intenzivnije nego odrasli; moždane stanice tinejdžera se biološki urođeno fokusiraju na vanjštinu (frizura, odjeća, koža). To znači da vaš tinejdžer/tinejdžerka nije površan/površna kad se prije škole češlja po trideset minuta, niti je nerazuman/nerazumna kad vrišti na vas kako "vi prosto ne razumijete!" To jednostavno znači da njegov/njezin mozak radi. U mozgu adolescenta postoji značajno velik broj stanica posvećenih emocionalnoj memoriji koji pokazuje da adolescente više pogađa ono što im drugi kažu. To znači da je adolescentu teže nego odraslom otarasiti se zamjerki. Govoriti svom tinejdžeru da ne brine o tim stvarima neće djelovati. Možete im staviti do znanja kako divno izgledaju i kako bi trebali stići na vrijeme u školu, ali ne dirajte njihovo fokusiranje na vanjštinu. To je središnji dio njihovog svijeta. I

nemojte osobno uzimati njihove emocionalne ispade. Tu se ne radi o vama. To je samo njihova neurohemija!

U Rastanku gospodin Nerney govorio je o utjecaju alkohola na mozak tinejdžera i njegovim destruktivnim svojstvima. Novo istraživanje pokazuje kako kemikaliju LI, koja je presudna za polaganje temelja za *buduće* kognitivno funkcioniranje, uništava alkohol. LI postavlja veći dio svog temelja između dobi od 10-14; to znači da rani početak korištenja alkohola, a pogotovu napijanje, može dovesti do budućih kognitivnih nevolja. Naposljetku, gospodin Nerney zaključio je govoreći kako 'prevencija počinje doma', s *Pet pravila Roditeljskog Odgoja*:

1. Budite **svjesni** prijatelja, posjetilaca, koncerata, kretanja svog tinejdžera
2. Budite **oprezni** na promjene: Normalno je da vaš tinejdžer prevrće očima na vas, da vam kaže kako "već sve zna". Nije normalno da se zaključava pred vama. Trebao bi vam moći reći s kim ide u kino, itd. "Nitko koga poznaješ..." nije u redu.
3. Budite **budni** kad vaš tinejdžer dođe doma. Provedite nekoliko minuta razgovarajući; ne dopuštajte 'ušunjavanje'. Važno je za vašeg sina/kćer da zna kako će trebati razgovarati s vama u vrijeme policijskog časa.
4. Budite **samopouzdan**: Koristite "ako/onda" granicu. "Ako odlučiš da piješ večeras, onda ćeš se na dva vikenda odreći svog prava da budeš sa svojim prijateljima." Zadržite posljedice kratkima, ali unaprijed budite jasni kakve će posljedice biti. Naglasite kako oni imaju izbor u tom pitanju. To će ne samo pomoći tinejdžeru da bude odgovoran, nego će i pomoći da se otkloni potencijalna borba u domu.
5. Budite **potvrđni**: Recite im istinu. Vi želite da oni naprave dobre izbore jer vi želite ono što je najbolje za njih; vi ih volite; vi se brinete za njih; i vaš posao kao roditelja je da ih održite bezbjednim koliko je moguće.

Za više informacija slobodno kontaktirajte Karen Quinn, Koordinator prevencije, na kmquinn@bsdvt.org na 864-8581.



Save the date!

Our 2011

Roots of Prevention Award

Ceremony will be held on

Wednesday, April 13, 2011

from 8-10am

at the Elks Lodge on North Ave. in

Burlington. For more info or to

RSVP contact Patti Gannon at

patti@burlingtonpartnership.org or

at 324-34841.

Substance Abuse Prevention Awareness Red Ribbon

Week in October was a success!



Mayor Kiss proclamation of 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 25, on the steps of City Hall, people gathered to listen to Mayor Bob Kiss give a proclamation declaring it Substance Abuse Prevention Week in Burlington. During the week, BPHC had tables on Church Street to hand out red ribbons and drug and alcohol educational resources. The Turning Point Center,

Spectrum, Burlington High School and Hunt and Edmunds Middle Schools hosted Prevention activities some with funding support from BPHC; including red face painting, skill building and trivia games and promotion throughout the week. BPHC provided free ribbons for people to pick up at locations throughout the community.

We gladly accept donations!

Did you hear the exciting news about our **NEW Federal Drug Free Communities Funding?! This competitive award we received in October from the Substance Abuse and Mental Health Services Administration (SAMHSA) includes first year funding of \$93,000 with an additional four years at \$125,000, and a primary focus on two goal areas:**

1. **Strengthen collaboration among communities, public and private nonprofit agencies, and Federal, State, local, and tribal governments to support the efforts of community coalitions to prevent and reduce substance use among youth (18 years old and younger).**
2. **Reduce substance use among youth and, over time, reduce substance abuse among adults by addressing the factors in a community that increase the risk of substance abuse and promoting the factors that minimize the risk of substance abuse.**

This funding carries with it a requirement to match the award amount each year with funds and services donated from individuals, organizations, businesses and partners in the community. We are most interested in your time, ideas and creativity but if you can't spare these we appreciate any financial donations you can make. You can send checks to:

Burlington Partnership for a Healthy Community, PO Box 1353, Burlington, VT 05402.

Thank You!

Here are just 2 of our many projects anyone can get involved with:

With our new Drug Free Communities grant funding we will be creating, designing and implementing two new marketing campaigns in the Burlington area.

1. If you are interested in getting involved with a campaign to encourage and raise awareness about proper disposal of prescription medications contact the work group Chair, Jenny Davis, at jdavis@ci.burlington.vt.us.
2. If you are interested in getting involved with a campaign that will focus on raising parent awareness of the consequences of underage drinking and supporting parents positive efforts to combat this problem contact the work group Chair, Mitch Barron, at mbarron@gmavt.net.

"Your Quit. Your Way"—Resources to Quit Smoking on Your Own

Throughout November & December we participated in the VT Dept. of Health campaign to connect smokers who want to quit with resources and tips that will help them be more successful on their own.



every try counts

1-800-QUIT-NOW (784-8669) vtquitnetwork.org

VERMONT DEPARTMENT OF HEALTH

There is lots of great information and free stuff available by calling or through the website.

Check it out!



Burlington Partnership for a Healthy Community
PO Box 1353
Burlington, VT 05402