



# In Our Hands Newsletter

Issue 3, Summer 2011

[www.burlingtonpartnership.org](http://www.burlingtonpartnership.org)

## THANK YOU VOLUNTEERS!

Thank you to BHS Prevention Coordinator **Karen Quinn** and BHS students **Lucas LaBounty, Julia Marchesault, Sabine Rogers** and **Ryan Haley** who helped with our April Sticker Shock Project. Thank you to **Ryan Mitofsky** and **Cori Braue** who made buttons and entertained children at our table at Kid's Day in May.



"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.

## How much is 188 tons of medication?



On April 30th, Burlington and BPHC participated in the DEA's 2nd National Prescription Drug Take-Back Day. Americans brought in 376,593 pounds (or 188 tons) of unwanted or expired medications for safe and proper disposal! To help put it in perspective, that is the weight of approximately 16 school buses!! To learn more about the next Take-Back Event visit: [www.dea.gov](http://www.dea.gov)

BPHC worked with UVM nursing students to promote the Take-back event with flyers, door hangers, tables at the senior centers and ads in the newspaper. We hope this work is in part what helped Burlington PD to collect a total of **129 lbs of medication** at the 4/30 Take-Back day (up from 35.6 lbs collected at the last Take-Back Day in Sept.).

**Why should you get rid of unused or expired medications?** Each day in the US, approximately, 2,500 teens use prescription drugs to get high for the first time (from 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.*

For **FREE** ongoing disposal bring medications in pill form to the:

**Burlington Police Department - 1 North Avenue**

**Monday – Friday: 9am-10am and 4pm-5pm**

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

Come to our next coalition meetings:

**Sept. 9,**

**Oct. 14 & Dec. 2**

**8:30-10:30am**

**@ Turning Point Recovery Center (191 Bank Street)**

**All are welcome!**

### Počistite svoj ormaric s lijekovima!

U Sjedinjenim Državama svakog dana približno 2.500 tinejdžera koristi lijekove na recept kako bi se drogirali po prvi put (od Partnerstva za Ameriku bez droge - Partnership for a Drug Free America). Studije pokazuju kako se većina zlopotrebljenih lijekova na recept nabavlja od obitelji i prijatelja, uključujući kućni ormaric s lijekovima. Molimo zaštitite sebe, svoje voljene i naše društvo od kriminala vezanog za droge.

Zaključajte ili bacite neupotrebene 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**

### Очистите свою аптечку!

Ежедневно в США примерно 2500 подростков принимают отпускаемые по рецепту лекарства, чтобы впервые "накачаться". Исследования показывают, что большинство злоупотребляемых отпускаемых по рецепту лекарств получены у семьи и друзей, в том числе взяты из домашней аптечки. Защитите себя, своих близких и родных, а также наше сообщество от преступлений, связанных с наркотиками.

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**

## HELP PROTECT BURLINGTON KIDS



### WARNING! It is illegal...

For Alcohol Awareness month in April BPHC worked with a team of four fabulous teens from BHS and their chaparone BHS Prevention Coordinator Karen Quinn to put bright yellow stickers on multi-packs of alcoholic beverages and on alcohol cooler windows at participating stores in Burlington for Project Sticker Shock. The stickers and window clings read: "WARNING. It is illegal to provide alcohol to a person under age 21. Fines are up to \$10,000 and/or up to 5 years in jail."

When asked why she participated in this project, BHS senior Julia Marchessault (pictured at left) said, "I like participating in activities like these because it makes me feel like I'm an active member of the community and that I'm making a difference. I feel like I'm giving back to the community that helped raise me."

To read more about this project, go to:  
[burlingtonpartnership.org/stickershock.html](http://burlingtonpartnership.org/stickershock.html)

Thank you to the following stores for participating with us on Project Sticker Shock!

Dot's Market

Mobil Short Stop

North Ave. Champlain Farms

Waggy's Store & Deli

JR's Corner Store

## Winning Youth Secondhand Smoke Prevention Posters Riding CCTA Buses!

The 2010 Surgeon General's report says, "There is no safe level of exposure to tobacco smoke. Any exposure to tobacco smoke – even an occasional cigarette or exposure to secondhand smoke – is harmful."



Thank you to CCTA for donating ad space on two city buses to the Burlington Partnership for a Healthy Community and the BHS START (Students Taking Action and Risks Together) Group! The ads contain the winning posters from our April poster contest with messages to remind the community about the negative impact of secondhand smoke and the importance of protecting the Burlington youth who use the city bus as their transportation to school.

Congratulations to the winners of our poster contest: **Madison Francois** from BHS and **Emily Ax** and **Emelia Nunez** from Hunt Middle School!

Lucas LaBounty, a Burlington High School Junior, was one of the teens who helped to start this project after being inspired by another VT youth group who were able to pass a town ordinance to ban smoking in a park near their school. When asked why he was interested in pursuing this effort, Lucas said, "There's no reason we shouldn't try to make our community as healthy as possible."

To read more about this and see the winning designs, go to: [burlingtonpartnership.org/smokefree.html](http://burlingtonpartnership.org/smokefree.html).

## Building "Roots of Prevention" in Burlington

On April 13th we held our 3rd annual "Roots of Prevention" Award Ceremony at the Elks Lodge to publicly recognize individuals, programs and organizations who have helped to grow strong community roots by supporting prevention and healthy activities.

Thank you to this year's amazing awardees:

**Karen Carr** - Youth & Families Award, **Cliff and Ellen Cooper** for the North Avenue Newspaper- Business Award, **Evy Smith**-Program Award, **Jane Zenaty**-DG Weaver Award.

Visit the Award Ceremony page on our website to download a nomination form for the April 2012 ceremony.



## CAN WE CHANGE DRINKING BEHAVIOR IN BURLINGTON?



Since 2008, BPHC has been working with the Dept of Liquor Control (DLC) to increase training and support for those licensed to sell alcohol in Burlington. In 2009 we started a collaboration with community partners (including, the Cabaret Association of Burlington, The Church Street Marketplace Association, Burlington Police Department, DLC, UVM, Champlain College and more) to increase efforts to address underage and high-risk drinking and the related consequences in downtown Burlington. This included hosting 2 intense all-day trainings in April of 2010 and February of 2011 for bar and restaurant staff to teach practical strategies to reduce violent incidences, underage drinking and drinking and driving.

This year for Mardi Gras and the months following we worked with 11 Burlington bars to distribute materials (posters, bar napkins and table tents) that encourage patrons to monitor their drinking to reduce overconsumption as well as include local cab information and discourage driving after drinking. Visit our website to learn more about this effort to address underage and high-risk drinking.

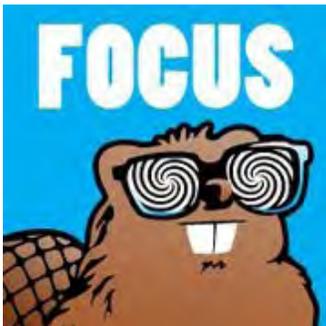
**Thank you to the following bars for helping us give out materials!**

**Rasputin's  
Three Needs  
Ruben James  
Lift**

**Metronome  
Nectar's  
JP's Pub  
VT Pub & Brewery**

**Red Square  
What Ale's You?  
RiRa's**

### Champlain Students FOCUS on Success



Check out the FOCUS Campaign we worked on with Champlain College this academic year to reduce high risk and underage drinking on campus. We used funds from our SPF grant to emphasize the importance of academic success and fun without alcohol using the beloved school mascot Chauncy, the beaver. Students won campaign materials (T-shirts, buttons, decals, etc) by showing up at substance free events on campus and "liking" the FOCUS Facebook page. Great feedback was reported from students on the materials and messaging! We are currently exploring funding sources to continue the work started with this campaign.

Read more at: [burlingtonpartnership.com/socialnorms/home.html](http://burlingtonpartnership.com/socialnorms/home.html)

### UVM Students Think. Care. Act to Change Drinking Perceptions

All college students drink a lot, right? Not, right. Did you know that most UVM students drink 0-4 drinks when socializing? Historically, college students tend to overestimate the amount of substance use on their campus. Most students believe that all of their peers use or abuse alcohol and as a result often feel compelled to do so themselves to fit in. Typically student views about how many of their peers actually drink, how often they drink, and how much they drink is exaggerated.

UVM worked with BPHC this academic year to promote a Social Norms campaign with funds from our SPF grant targeted at UVM students 21 and over, that promoted actual statistics of student drinking behavior. Social Norms research demonstrates that if accurate numbers are widely publicized; students won't feed the need to live up to an exaggerated, unrealistic perception or behavior. UVM Students 21+ received birthday cards, postcards, water bottles, bags, frisbees and more with the campaign message and info on how to drink in moderation or encouragement to abstain. The "0-4" message was done in collaboration with an already recognizable image at UVM of their "Think.Care.Act." campaign.



## Coordinator's Corner

by Burlington Partnership for a Healthy Community Coordinator, Mariah Sanderson



It's summertime! The livin' is supposed to be easy now, right? No more shoveling snow, cleaning flooded basements, homework to do, children needing to catch the bus...it's all sunny days, ice cream, bike riding, fresh vegetables and easy living from now until September... Well, I hope all of us have a summer like that, but to help parents ensure it is a happy and safe one for you and your kids I'd like to share a few thoughts.

Summertime often leaves kids with a lot of unmonitored time. I know it can be challenging if you have to work, or your kids are getting older and don't want a parent around all the time, but try to have an adult be physically present throughout the day. How about asking a neighbor or a friend to check in randomly? Or work out a plan with parents of your children's friends to help with supervision. As kids get older it can become more challenging to figure out how to provide the right kind of structure; encouraging a summer job, camp or class might help!

Even though they may be pushing away to hang with their friends, don't forget that teens still say the number one thing that impacts their decision to stay away from drugs and alcohol is their parents. Summer is a good time to engage your kids in something interactive you can do together to make sure you have opportunities to share your values and support with them. How about volunteering together? On the *Chittenden County United Way* website you can search for volunteer opportunities by age of your youth! Or start a summer reading list and make time to get together and discuss the books. I have fond memories of my mother reading to me and my sisters into my early teens. Now she and I both just read *The Help* and are excited to see the movie together when it comes out. You could start a tradition now your kids will remember for years to come! I'll end with a hope from me and cartoonist James Dent that you have a summer day like this one, "A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken."

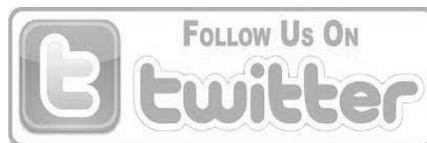
### We Accept Donations!

The majority of our grant 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 interested in your time, ideas and creativity, but if you can't spare these we appreciate any financial donations you can make. THANK YOU!

You can send checks to:

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

### We Are Very "Likeable"!



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