## Good Day from Mt. Ascutney Prevention Partnership & Green Peak Alliance!

## Below please find our *April 2022* prevention digest.

This month’s edition focuses on celebrating young children and youth!

As always, we hope you find our digest helpful. Please reply to this email if this digest has reached you in error and *you would like to be removed*.

Best wishes,

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**This month’s topics:**

* **Week of the Young Child:** April 2nd – April 9th celebrates early childhood programs.
* **Training Opportunity:** Project Echo
* **Learning from our Librarians:**
* **Your Input Matters!:** Take survey to shape Vermont’s plan to reduce Tobacco & Vaping
* **Latest Research:** Youth Mental Health, protective factors that worked during COVID
* **\*NEW\* additions to the health policy clearinghouse –** see below for updates!

**Week of the Young Child –** Sponsored by the National Association for the Education of Young Children, this week of April 2nd – 9th celebrated early childhood programs that help expand opportunities for children and families. MAPP also wishes to celebrate families with young children and the value of spending time together, dinners together, crafting, laughing, etc. For fun activities to share with young children, visit:

* <http://www.mappvt.org/healthy-resources/early-childhood>
* [Time Together Packet](http://www.mappvt.org/sites/default/files/%5B2%5DWOYC%20Time%20Together%20Packet.pdf)
* [Activity Cube](http://www.mappvt.org/sites/default/files/Activity%20cube%20ages%204-6.pdf)
* [FREE Downloads](https://page.search-institute.org/40-developmental-assets), how to build assets that ensure healthy youth develop

**Training Opportunities -**  Please consider these important opportunities

|  |  |
| --- | --- |
| **PROJECT ECHO: Supporting Students in Mental Health Distress**  ECHO sessions will be held every other Tuesdays starting April 5, 2022 - May 31, 2022, from 3:30-4:30pm EST  At the conclusion, participants will be able to design a plan of care to address the needs of students who are at risk of harm due to mental distress by completing accurate assessments that lead to appropriate support and referral to providers.  [REGISTRATION](https://connect.echodartmouth-hitchcock.org/Series/SeriesRegistration?cohortId=1475) | **CONFERNCE: Teaching Cannabis Prevention and Awareness - A Focus on the Triangulum of Cannabis, Tobacco, and Vaping**  April 27th, 2022 & April 28th, 2022 from 11am – 3:30pm EST (note: registration materials use PST time 8am – 11:30am)  \*Lots of sessions, consider sending a team! Email [Melanie.sheehan@mahhc.org](mailto:Melanie.sheehan@mahhc.org) for a flyer of breakouts or if cost is a barrier.  [REGISTRATION](https://urldefense.com/v3/__https:/app.certain.com/profile/form/index.cfm?PKformID=0x3286184abcd__;!!Eh6P0A!DF-ElHzykDcHEHTFJEl4WmgRdlD8zBM53SYCCvMIE_JfEqQoh_gwuRnwhAhLwk-Xfw$) |

**Learning from the Librarians –** We recently surveyed librarians about changes they’ve made to policies and practices after attending a training MAPP hosted about LGBTQ+ Inclusion. Here’s some of what they shared about changes that have been made as a result of the training:

|  |  |  |
| --- | --- | --- |
| Collections and programs | Policy and Practice | Personal |
| ~ We have made a point to diversify our collection, adding titles by and about LGBTQ+ folks. We are also updating our library policies to have more inclusion language.  ~ More focus on including titles by/about diverse authors/topics in all our collections. | ~ Our new library card application asks for pronouns.  ~ Included pronouns on name badges. | ~ I have pronouns in my email signature now.  ~ Additional readings on this topic and other marginalized groups. |

**Your Input Matters!** Vermont residents, educators, prevention professionals, etc. are being given a great opportunity to contribute to an important effort to reduce the burden of tobacco and nicotine addiction among Vermonters, and to connect with others in the state who share this goal. Please, take [this survey](https://pda.evalsurvey.com/index.php?r=survey/index&sid=732929&lang=en) and contribute your thoughts in the Vermont Tobacco Control Program’s strategic planning process. Thank you!

**New Additions to the Health Policy Clearinghouse! -** The Green Peak Alliance’s Health Policy Clearinghouse, hosted by TRORC, has additional resources available for policy makers to support healthy communities. New additions include templates for municipal smoke-free housing and smoke-free town-owned parks and recreation areas, as well as the municipal guidance document released by the Cannabis Control Board in January. To access these resources and more, go to [www.trorc.org/healthpolicyclearinghouse [trorc.org]](https://urldefense.com/v3/__http:/www.trorc.org/healthpolicyclearinghouse__;!!Eh6P0A!C8VsmdsIk_fVI5sEeRt721RjMTwLxAuVzYf8InpcbtnT5icAMLzzY1xfJQ4qEx-FJA$)

**Latest Research -** Longitudinal survey data of more than 3,000 adolescents ages 11-14 recorded before and during the early months of the COVID-19 pandemic in 2020 found that supportive relationships with family and friends and healthy behaviors, like engaging in physical activity and better sleep, appeared to shield against the harmful effects of the pandemic on adolescents' mental health. To read and find out more, visit [NIH News](https://nida.nih.gov/news-events/news-releases/2022/01/social-connectedness-sleep-and-physical-activity-associated-with-better-mental-health-among-youth-during-the-covid-19-pandemic).

Like this study shows, MAPP and other community partners know that developing youth assets can protect kids from hard decisions and also put them on a path to health and success. Here are some great messages from our partners at Green Peak Alliance.