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

Below please find our July/August 2021 prevention digest.

This month’s edition focuses on supporting youth, providing resources, and links to vaping specific resources (among other things). We encourage readers to think of the mental health impact that COVID has had on teen across the state and think about how these resources can help them recover as they begin another school year.

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

Best wishes,

**Melanie Sheehan**

*Prevention Program Manager, MAPP* [*www.mappvt.org*](http://www.mappvt.org)

*Member, Green Peak Alliance, GPA* [*www.greenpeakalliance.org*](http://www.greenpeakalliance.org)

**This month’s topics:**

* **Teen Health:** Information and referral services available for teens across VT
* **Save the Date!** : Upcoming Youth Allies conference focused on engaging youth voice
* **Vaping trends:** Familiarize yourself with the new terms and look of emerging products
* **Order VAPE FREE materials:** For free vape quit help items, place an order
* **\*New vaping resources website:** For educators, students, and families!
* **FREE Youth Cannabis Conference webinars:** Learn about the impacts of legalization
* **Save $ on groceries:** Information to share with VT citizens over age 60

***Teenline and Safe Spaces*** *–* Covid-19 has taken a significant toll on youth across VT. There is help for teens through an information and referral service called Teenline - addressing housing, afterschool resources, food security, support for social struggles, etc. Visit [www.essexchips.org/teenline](http://www.essexchips.org/teenline) It is available to youth in need of services and adults seeking to support them.

* Call TOLL FREE (855)273-8336 or call/text (802)316-8126
* Email: [teenline@essexchips.org](mailto:teenline@essexchips.org)

**Save the Date: Youth Allies Conference:** Prevention Works! VT is excited to share with you, our upcoming Youth Allies Conference on August 24th from 12 PM - 3 PM.  Please [register today](https://www.eventbrite.com/e/youth-allies-conference-tickets-164014406505) for an opportunity to attend a youth engagement event with phenomenal guest speakers and interesting breakout rooms which will allow discussion on engaging Vermont's youth.

For more information please contact Taysa Lynch at [Taysa.pwvt@gmail.com](mailto:Taysa.pwvt@gmail.com).

**Vaping trends** – Below are pictures of the vaping products now trending among local youth (and confiscated by schools across Windsor County VT). It is important to let teens know that vapes contain nicotine that is highly addictive and not good for their developing brains! To get a full list and more details of these new emerging nicotine delivery products, email [Courtney.Hillhouse@mahhc.org](mailto:Courtney.Hillhouse@mahhc.org).

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| --- | --- | --- | --- |
| **PUFF BAR** | **STIG** | **Suorin Air Bar Lux** | **Posh** |
|  |  |  |  |



**ZYN/ON/VELO –** Oral nicotine pouches that mimic chew tobacco

*To quit vape, text VTVAPEFREE to 88709*

**Quit Vaping Promotional Items**: Courtney can also send you materials to promote VTVAPEFREE, we have:

* Lanyards & Shoelaces
* Pop sockets
* Pens
* Mini hand gel w/ clip
* Stickers – multiple varieties, teen approved!
* And more….

[Courtney.Hillhouse@mahhc.org](mailto:Courtney.Hillhouse@mahhc.org) or call 674-7334

**\*New VAPING resources website\*** – The VCHIP Youth Non-Vaping Team is excited to launch a new website on vaping that can be shared with students and their families. The YEP!Vermont website is unique and provides:

* Factual information on vaping products containing nicotine, as well as cannabis and the newer non-nicotine "herbal" and "vitamin" vapes
* Quitting resources for students, and for parents who want to be supportive, and
* Information on adolescent brain development and addiction.

[https://yepvermont.godaddysites.com/](https://urldefense.com/v3/__https:/yepvermont.godaddysites.com/__;!!Eh6P0A!DGOUy0NL647lIXitCBXGy7hS0xokFI_OWGO5ujcMAfCwGZBKN3PK5XBm8hXCIX9fkJY$)

**FREE Cannabis Cornerstone Webinar Series: Youth Cannabis Conference**

Foundations in Cannabis Trends, Consequences of Legalization, and Impacts for Youth

September 7th and 9th 2021 - Virtual *– These webinars are foundational and provide an opportunity for people across state to get up to date information on the latest cannabis trends and impacts on youth.*

* September 7, 2021, 1:30 to 3:00 pm via Zoom – **Latest Trends in Cannabis and Youth, register:**
* September 9, 2021, 9:30 to 11:30 am via Zoom – **Consequences of Cannabis Use and Legalization on Youth**

**To find out more and to register for these webinars** [**CLICK HERE**](https://www.eventbrite.com/e/cornerstone-webinar-series-current-cannabis-trends-and-impacts-tickets-163127606061)

**VT Foodbank assistance program for VT’ers 60+:** Please help spread the word about the CSFP program that offers free monthly food boxes – canned fruit, vegetables, juice, cereal, pasta, cheese, shelf-stable milk, and canned meat. Savings of over $50 per month! Must be over age 60 and meet 2021 income guildelines. Call, email, or apply for more details.

* Easy online application: <https://www.vtfoodbank.org/share-food/csfp>
* Email [CSFP@vtfoodbank.org](mailto:CSFP@vtfoodbank.org)
* Call 1-800-214-4648