



Good Day from Mt. Ascutney Prevention Partnership & Green Peak Alliance!  
Below please find our March/April 2021 prevention digest.

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*. Alternatively, please email me if you have any questions, or if you have an article or announcement you would like me to place in next month's digest.

Best wishes,

**Melanie Sheehan**

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**This month's topics:**

- **LGBTQ Perspectives:** New documentary series that helps us understand gender, pronouns, and how to be more supportive of LGBTQ+ people, and more.
- **Military Family Support:** VT is deploying 1,000 service members in 2021, learn how we can support the families locally.
- **DATA:** See 2018/2019 National Survey on Drug Use & Health (NSDUH) data and how VT citizens age 12+ compare to the Nation and to the rest of the Northeast.
- **RESOURCES:** APRIL is Alcohol Awareness Month! Here we share helpful tools.
- **Breaking News!:** Governor Scott announces State Cannabis Control Board members.
- **"Farmers to Families" Food Boxes:** This program is continuing through April.

**Community Connections: The LGBTQ Perspectives Project** - a mini-docuseries co-produced MAPP and GPA. We teamed up with Vermont filmmaker Clare Swanson and subject matter expert Davey Shlasko of [Think Again Training and Consulting](http://ThinkAgainTrainingandConsulting) to create this four-part series. In the first episode, *An Introduction*, Davey answers questions many of us have about gender, pronouns, how to be more supportive of LGBTQ+ people, and more. We also meet the 12 amazing individuals interviewed for the series. The other three episodes draw from themes across the interviews: *Community and Belonging*, *Seeing Ourselves in Media*, and *Intersectionality*. **A new episode drops every Tuesday, starting March 30 through April 20.**

Check out this week's episode!

- Access the videos and other resources at <http://www.greenpeakalliance.org/lgbtqperspectives/>
- See it on many public access TV stations in VT and NH, thanks to our partner [CATV](#) in Hartford
- To get an alert when new episodes drop, subscribe to GPA's [YouTube Channel](#)

**Military Family Support** – GPA “For Your Health” TV show host interviews Nicholas Thomas, Military & Family Readiness Specialist, and Rachel Newton, a military spouse, about supporting Vermont’s families during the state’s deployment of over 1,000 service members this year.

While military families are proud to serve the country, they are often hesitant to ask for help. Friends and community members should reach out to military families to lend a hand. Businesses can offer military discounts. Teachers can be mindful of students who belong to military families. The Family Programs Office has military family readiness specialists like Nick who partner with the local community to keep military populations healthy through a variety of services, including child and youth camps to bring military kids together.

Nick: “Our National Guard families are just like any other family in the community, but they are under more stress.”

- To watch, visit: <https://youtu.be/cY-V2f4E07c>
- To get an alert when new episodes are released, subscribe to GPA’s [YouTube Channel](#)

**NSDUH Data** – The VT Department of Health Alcohol & Drug Abuse Program (ADAP) created slides showcasing NSDUH data which can help us to understand current and trend substance use among Vermonters, ages 12+. *Substance use in VT is statistically, significantly higher than the US and Northeast across many substances.*

You can view the slides [here](#).

#### **RESOURCES: April is Alcohol Awareness Month!**

- Are you thinking about making a change in your drinking habits? Find the tools you need to make informed decisions about drinking here: [ReThinking Drinking](#)
- There are proven ways to help youth stay goal-oriented and avoid the risks of underage drinking. Find out about the risks, how to talk with your kiddo, and steps you can take to create a safer environment by visiting: [ParentUP Vermont](#)
- Did you know, being in recovery is the new wellness trend? Find stories of hope, connect with judgement-free peers, find dignity. [We Are Worthwhile](#)
- Youth interested in being trained as a youth leader to help peers who may be struggling with alcohol use or any other issues can reach out to the Youth Peer Leader program - designed to prepare Youth Leaders, between the ages of 13-21. For more information visit [Youth Peer Recovery Supports](#)

**Breaking News:** March 29, 2021 – Governor Phil Scott announced that he has appointed James Pepper of Montpelier, Julie Hulburt of Colchester and Kyle Harris of Montpelier to the Cannabis Control Board (CCB). “The Board will play a critical role in ensuring public safety, equity and fairness while implementing this new market,” said Governor Phil Scott. [Full story.](#)

**“Farmers to Families” Food Boxes:** This program will continue through April. To keep wait times to a minimum, reservations will be required for the distributions. New distribution dates and locations will be posted regularly –dates through mid-April are available now.

To register and see the dates and locations, please visit <https://humanresources.vermont.gov/food-help> or call 802-476-0316 for assistance.

Each reservation will receive 1 box with about 30 lbs. of food, including fresh produce, dairy products, and meat. Pick up for other families who are not able to make it to the pickup site, is allowed, just be sure to make a separate reservation for each household you would like to pick up for. Each reservation is for one box of food.