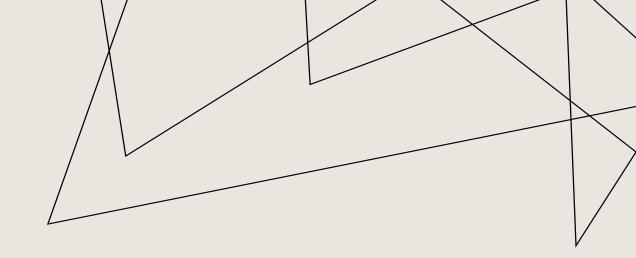


ADDISON & RUTLAND COUNTIES

AGENDA

- High-Level Overview
- Highlights
- Challenges
- Funding Impacts



HIGH LEVEL OVERVIEW



Launch of VPLO Region 2



Ongoing Creation & Evolution of Foundational Pieces



Trainings & Education Opportunities



Strengthening Community Capacity

VPLO Region 2 Structure

Vermont Department of Health, Division of Substance Use

Rutland Regional Medical Center as the Region 2 VPLO

District Leadership Team

Working Groups

Working Groups

Region 2 Advisory Committee

Region 2 Awardees Serving Communities in Addison & Rutland Counties



<u>HIGHLIGHTS</u>

- Foundational Growth
- Regional Approaches
- Decision-Making Structures
- Embedding Prevention
- Expansion of Partnerships
- Building Capacity
- Community Outreach & Education

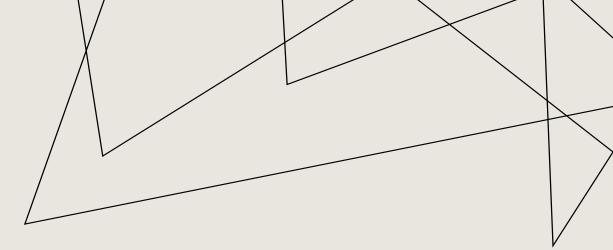
- > Equity
- > Trauma Responsiveness
- Evaluation of Processes

CHALLENGES

- 1. Lack of 501c3 Prevention Coalitions
- 2. Historically Siloed Counties
- 3. Varying Levels of Knowledge, Experience, and Capacity

TYPES OF VPLO FUNDED PROGRAMMING

- Teen Leadership & Empowerment Opportunities
- Peer Support Groups
- Affinity Spaces
- Inclusive Third Spaces
- Trauma-Responsive Trainings, Workshops, & Conferences
- Writers For Recovery Workshops
- Patient-Centered SBIRT
- Substance Free Spaces/Groups
- School-Based Mentoring



- Community Outreach & Education
- Mobile Peer Recovery Coaching
- Outreach & Support for Teen Centers
- Dispill Medication Management
- Getting to Y
- Truancy Prevention in Schools
- Caregiver & Elderly Support
- Collaborations & Referral Networks

POPULATIONS REACHED THROUGH VPLO FUNDED PROGRAMMING

- Students (K-12th Grade): In School and After School Settings
- Older Vermonters and Their Caregivers
- Vermonters who are Unhoused: In the Streets and In the Shelters
- LGBTQIA2S+ Vermonters of all ages
- Helping Professionals & First Responders
- Vermonters in Recovery
- Vermonters with Numerous Medication Prescriptions

49 TOWNS REACHED IN FY 25 OUT OF 51 TOWNS ACROSS REGION 2



"We see everyday the essential role prevention can play in the health of our community. These funds will profoundly extend our mission and our work."

-Region 2 Awardee

"I'm 16 and for a while I was dealing with drug use. At first it didn't seem like a big deal, I was just experimenting. That's around the time I met Tillie. I already kind of knew them and they always made it clear they were there if I ever needed help.

Eventually things got worse, and I realized I wasn't just experimenting anymore. I was relying on it, and it was messing up my relationships and hurting people I care about. That's when I reached out and Tillie was there. They talked with me, gave me resources, and honestly just supported me without judgment. I really believe I'd still be using if they hadn't been there.

Tillie and the youth outreach program helped me get sober. I'm seriously so thankful it exists. It changed my life and I hope it sticks around to help more teens like me."

-Teen Resident in Region 2

THANK YOU!

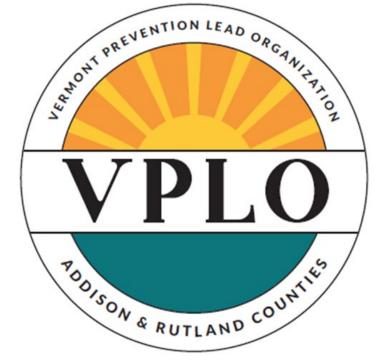
Sara Stearns (she/her)

VPLO Region 2, Prevention Coordinator

802-772-2883

sastearns@rrmc.org

VPLO Region 2







TOBACCO PREVENTION SNAPSHOT







OUR MISSION

Healthy Lamoille Valley is a coalition of individuals and community organizations working collaboratively to prevent and reduce youth substance misuse and encourage youth to make substance free healthy choices.

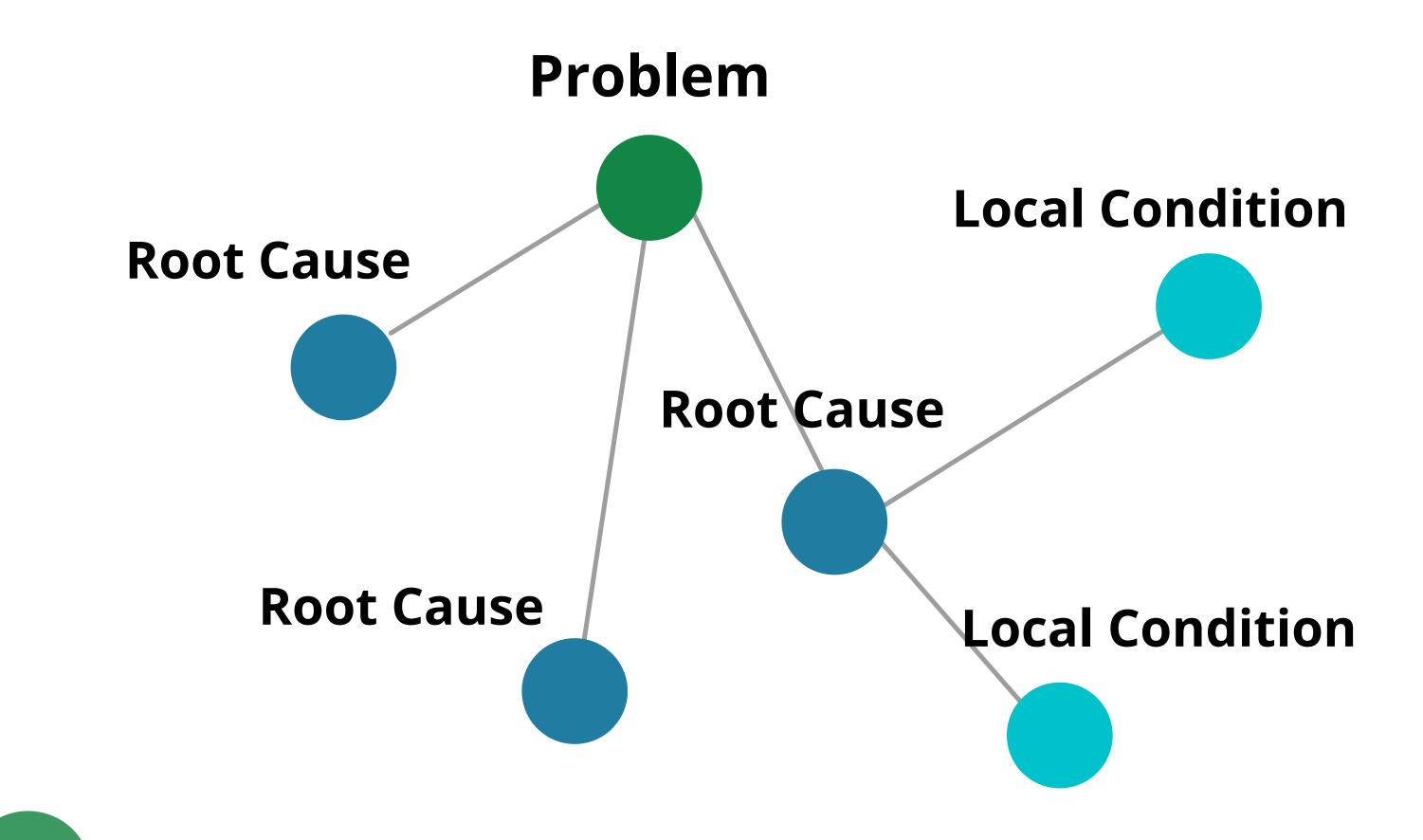
SERVING THE LAMOILLE VALLEY REGION:

Belvidere Cambridge Craftsbury Eden Elmore Greensboro Hardwick
Hyde Park
Jeffersonville
Johnson
Morrisville

Stannard Stowe Waterville Wolcott Woodbury A snapshot to support community work

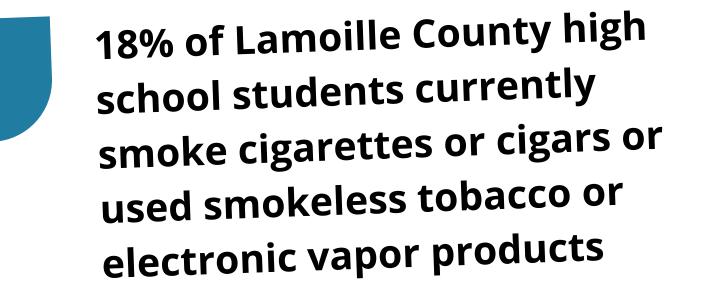


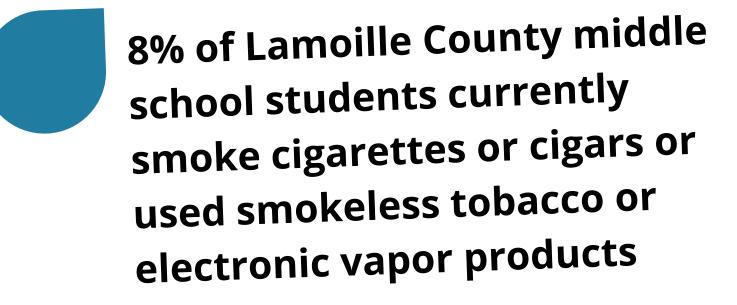
Framing the Issue



Problem Youth Using Tobacco









Root Causes

youth have access to access to tobacco and tobacco and in the in the community

Youth don't have accurate information about vaping

FeW tobaccorelated policies in region youth have barriers to cessation and mental health supports



1

youth have access to access to tobacco and tobacco and yape products in the community

Local Conditions

Youth are getting vape devices from others

High retail outlet density

Prevalence of illegal online sales

64% of Lamoille County High School students say if they wanted electronic vapor products it would be sort of easy or very easy for them to get

- 2023 VT YRBS

2

vouth don't have accurate accuration information about vaping

Local Conditions

 Missing or inconsistent vaping education

 Youth are regularly exposed to misleading marketing by the vaping industry

53% of Lamoille County High School students don't think people greatly risk harming themselves, physically or in other ways, if they use electronic vapor products regularly - 2023 VT YRBS

FeW tobacco-related policies in region

Local Conditions

 Flavored including menthol disposable vape devices are sold locally and attract youth

 Youth encounter a saturated market in their community



Local Conditions

 Youth don't have a readiness to quit due to lack of connection to quit resources

 Youth are impacted by stress and poor mental health

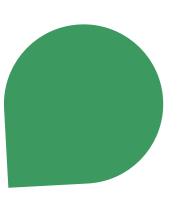
35% of Lamoille County High School students report that their mental health was most of the time or always not good in the past 30 days

- 2023 VT YRBS



We use CADCA's 7 Strategies...

Provide Information

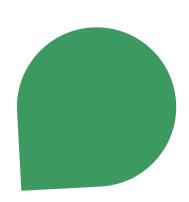


 Educational presentations, workshops or seminars and data or media presentations (e.g., public service announcements, brochures, billboard campaigns, community meetings, town halls, forums and Web-based communication).

HLV Examples:

- Toolkits (Prevention, Coaches, Conversation guides)
- Tabling with toolkits
- Vape PSAs at Bijou Theater (Private foundation funding)
- Information to local colleges
- Retailer information packets
- Social media
- Newsletter

Enhance Skills



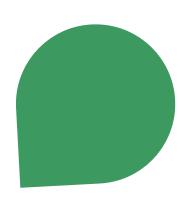
Workshops, seminars or activities designed to increase the skills of participants, members and staff (e.g., training, technical assistance, distance learning, strategic planning retreats, parenting classes and model programs in schools).

HLV Examples:

- Work with HR Directors to support employee wellness
- Checklist for events and town processes
- Support for local colleges
- 3-4-50
- · Refusal Skills
- Skill building with Jenna's Promise staff to support alternative smoke breaks and other
- Coaches collaborative
- Scheduled DITEP Training for educators



Provide Support



 Opportunities to support people for participation in activities that reduce risk or enhance protection (e.g., providing alternative activities, mentoring, referrals for services, support groups, youth clubs, parenting groups, Alcoholics or Narcotics Anonymous).

HLV Examples:

HLV holds the processes for the Statewide OVX Youth Collaboration Supporting Youth Groups and OVX

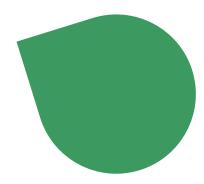


Enhance or Reduce Access or Barriers

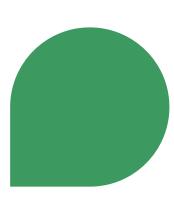
 Improving systems and processes to increase the ease, ability and opportunity to utilize systems and services (e.g., access to treatment, childcare, transportation, housing, education, special needs and cultural and language sensitivity).

HLV Examples:

- Jenna's Promise Recovery Cessation work alternative smoke breaks
- Retailer "We Card Because We Care"
- 3-4-50 initiatives
- Second-Hand Smoke Initiatives
- Great American Smoke Out with community partners (enhancing access to skills)
- Referrals to 802 Quits
- Nic quit kits



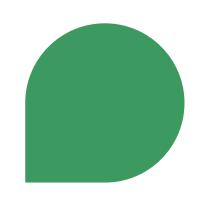
Change Consequences



Incentives/Disincentives: Increasing or decreasing the probability of a specific behavior that reduces risk or
enhances protection by altering the consequences for performing that behavior (e.g., increasing public
recognition for deserved behavior, individual and business rewards, taxes, citations, fines, revocations and
loss of privileges).

- HLV Examples
 - 3-4-50 partner recognition
 - · Partnerships with local law enforcement and DLL
 - Retailer recognition for passing compliance (in collaboration with Department of Liquor and Lottery (DLL)
 - Newsletter shoutouts

Change Physical Design



 Changing the physical design or structure of the environment to reduce risk or enhance protection (e.g., parks, landscapes, signage, lighting and outlet density).

- FY 25 Examples:
 - Lamoille County Field Days
 - Yard signs at summer events
 - Permanent signs
 - Butlers and cigarette butt cleanup efforts
 - Morrisville Plaza Work



Modify or Change Policies

- Formal change in written procedures, bylaws, proclamations, rules or laws with written documentation and/or voting procedures (e.g., workplace initiatives, law enforcement procedures and practices, public policy actions and systems change within government, communities and organizations).
- Big P = Voted on Policies or Laws Significant process
- Little p = internal policies or practices.

FY 25 Examples:

Prevention Toolkit

Green Up Day Survey

Morristown Wellness Chapter and Wellness

Committee

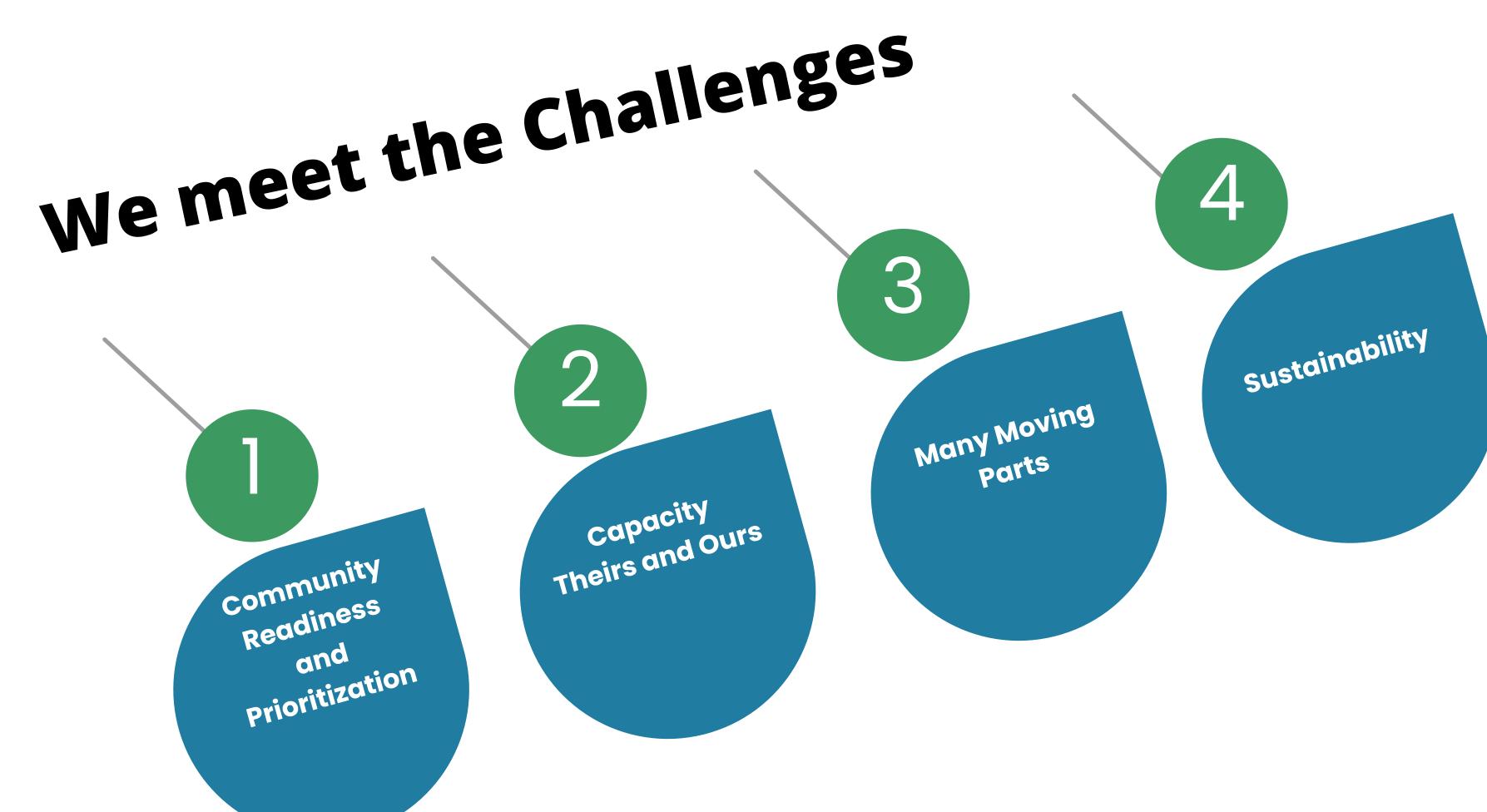
Working with towns on their Wellness Chapters or

language for their Town Plans:

Morristown, Elmore, Wolcott, Craftsbury, Hardwick, Cambridge, Stowe, Eden

Morrisville Plaza Town processes for events. Lamoille County Field Days School based collaborations on policy





Thank you!

Healthy Lamoille Valley

Jessica@healthylamiollevalley.or
g