



## Southern Rockingham Coalition For Healthy Youth

c/o Sanborn Regional High School  
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### Vision

Southern Rockingham Coalition for Healthy Youth (SoRock) believes dynamic civic involvement is crucial for the continued development of healthy communities in the towns of Atkinson, Danville, Fremont, Hampstead, Kingston, Newton, Plaistow, and Sandown, NH.

### Mission

SoRock is a community coalition designed to promote wellness and nurture resiliency for the children, youth and families of southern Rockingham County with the goals of preventing substance misuse and reducing the stigma related to mental health issues.

## According to the 2017 NH Youth Risk Behavior Survey...

### 1 in 5 NH teens:

- have seriously considered suicide
- have reported misusing prescription drugs
- have participated in binge drinking

### Nearly half of NH teens:

- have used a vapor product
- report that it is very easy to get alcohol and marijuana
- have not talked with at least one of their parents about the dangers of tobacco, alcohol, or drug use

## Prevention Matters

- NH spends more than \$3 billion annually on costs related to substance misuse
- Substance misuse and related mental health issues effect workplace productivity, interpersonal relationships, health care costs, financial stability, and both community and automobile safety
- Every \$1 spent on prevention saves \$14 in health care costs, within the criminal justice system, and for addiction treatment

## SoRock History

- Began in 1986 after parent outrage over youth related alcohol deaths
- Developed as a volunteer-driven community coalition
- Has grown to include 8 towns in southern Rockingham County, NH
- Coalition now includes representatives from all facets of community

## Funding & Partnerships

- Short term federal, state and local grants
- Continuously requesting foundation, corporate, and private donations
- Partnerships include state and local government, businesses, law enforcement, civic organizations, healthcare entities, media, parents, youths, religious and social service organizations, schools and school administrators

## Community Impact

- Creates community-wide events providing education on substance use and mental health issues
- Partners with local schools to address substance use, bullying, and suicide prevention efforts, reaching 3,000 students annually
- Leads support groups for caregivers of children impacted by substance use
- Supports collection of over 1,000 lbs of unused prescription medications annually

## Advocacy Impact

- Initiated three programs which are now operational statewide
- Staff serve on multiple state-wide prevention boards
- Influences policy and program implementation related to drug misuse and prevention, statewide and nationally

## SoRock Prevention Plan

- Continue to expand funding sources and partnerships to promote mental health and prevent substance misuse
- Create more opportunities for youth to develop resiliency, communication skills, and social competency
- Encourage the development of new partnerships and expand best practices in prevention services in southern NH
- Increase scope of educational programming for all ages

