

# SoRockNEWS

SOUTHERN ROCKINGHAM COALITION FOR HEALTHY YOUTH

SPRING 2017

VOLUME VI

## Steering Committee

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Jessica Beaudoin, Vice Chair

Tim Lena, Past Chair

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## Coalition Staff

Dr. Howard Muscott, Director

Charlotte Scott, Coordinator

Chris Hanisco, Media Specialist

## Website

[www.SoRockNH.org](http://www.SoRockNH.org)



## Facebook & Twitter

Keyword: SoRockNH

## WHAT'S INSIDE

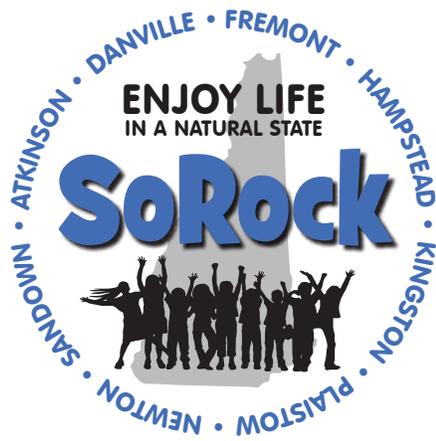
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## A MESSAGE FROM

*Tracy Fuller, Executive Director Plaistow YMCA & Steering Committee Member*

Hello! My name is Tracy Fuller, and I'm the Executive Director of the Plaistow Community YMCA and a Steering Committee member for SoRock. I have been proud to make a difference at the YMCA for over 28 years. The YMCA's focus is youth development, healthy living, and social responsibility, a focus closely aligned with SoRock's mission. We strive to meet the needs of the community, and collaborate, particularly with the school department, on providing a safe haven for youth and teens during out of school time. We have also partnered with other community organizations such as the Knights of Columbus providing dances and activities, provide enrichment and sports leagues for youth, and developed leadership opportunities at our CIT and LIT program. The SoRock Coalition is an amazing group of individuals. SoRock has partnered with the YMCA to provided community education forums such as "If Only", with the Mark Walhberg Youth Foundation and the "High and Seek" Mock Teenage Bedroom. I'm honored that the YMCA is able to work side by side with great people dedicated to addressing substance misuse awareness & promoting healthy lifestyles for youth in our communities.





# It is the mission

of the **Southern Rockingham Coalition for Healthy Youth** to promote, support and sustain healthy life choices for youth and their families in our communities.

## 5 Common Themes

In an effort to gain a better understanding of the community's perspective on youth marijuana and prescription drug misuse, SoRock conducted individual interviews from a wide range of representative community sectors. Following are five common themes that resulted from the inquiry process.

- 1** *Marijuana use is prevalent, though largely minimized.*
- 2** *Prescription drug use is more secretive and discussed far less frequently.*
- 3** *Peers are the most influential source of messaging.*
- 4** *Schools hold a central position in problem recognition and prevention efforts.*
- 5** *Parent perception, attitude and participation is the greatest community asset.*

### Connect with SoRock

Website: [www.sorocknh.org](http://www.sorocknh.org)  
 Facebook: keyword SoRockNH  
 Twitter: keyword SoRockNH

## Our goals include

increasing community collaboration and awareness about prevention as well as an increased understanding about the risk/harm of marijuana, alcohol and prescription drug misuse among youth.

## We do this by

### Collaborating and connecting with youth, family and key stakeholders by:

- Supporting youth leadership programs.
- Hosting youth and parent information forums.
- Developing multi-media campaigns and materials.
- Administering surveys for youth at risk.

### Community Engagement

- Prevention activities aligned to national events such as National Take Back Day, Red Ribbon Week, American Cancer Society's Great American Smokeout, etc.
- Work with local police departments to promote use of permanent drop boxes and increase community perception of legal consequences.
- Work with local town officials to bring human service providers together to identify needs, resources and address gaps in services.

### Evaluate and Reduce

- Gather and share information about harmful consequences of alcohol and drug use in order to increase parental and peer disapproval, and reduce the likelihood of misuse.

## COMMUNITY SPOTLIGHT

# Austin17House

By LINDSEY MESSINA, Communications Director

*Austin17House is a non-profit organization with the goal to create a place where youth and adults - from anywhere - can strengthen their identity and develop leadership skills.*

**A**ustin17House is a new non-profit community youth and adult center located in Brentwood NH. Mark Anderson, a Fremont resident, lost his son in a tragic accident on December 3, 2016. The vision to create a place where young and old can come and be strengthened in their identities and empowered to follow their dreams and passions has always been close to Anderson's heart. "This is prevention," Mark said. "This is us trying to get our kids something to do before they get into drugs. If they're on the edge of it, they can come here (for guidance and resources). We're not blind to the fact that not everyone coming in will be fine. The essence of what we're trying to do is give them space to enjoy themselves."



The vision, to create a place where youth and adults can strengthen their identity, becomes strong leaders and where they can build and find their dreams. Their goal is to do this through community, building support systems and hope. The facility is currently building a team of volunteers who are passionate about taking action and making a

difference in their surrounding communities. Volunteer meetings are hosted on the first and third Tuesday of every month, from 6:00pm to 8pm.

Austin17House has been working closely with the Kingston Lions Club the last few months and initiated eight of their own team members on April 18th. Austin17House also supports, SoRock, a community coalition focused on promoting, supporting, and sustaining healthy lifestyle choices for youth and their families in our communities.



If you're interested in being part of making a difference in our youth and taking actions in our communities, then feel free to check us out online or call our Communications Director, Lindsey Messina at (603) 686-9505 or visit us at [www.austin17house.org](http://www.austin17house.org).



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# Coordinator's Column

By CHARLOTTE SCOTT, SoRock Coordinator

Things have been busy at SoRock! In February, our Chair Kelley Binette and I were off to Washington D.C for the CADCA (Community Anti-Drug Coalitions of America) Annual Leadership Conference! This conference is an amazing opportunity to network with nearly 3000 other prevention workers and youth from all over the United States. The full days of workshops keep us up to date on substance misuse strategies, education and community engagement along with the latest trends and addiction related science. The collective energy and passion of the group is truly inspiring and invigorating! We were able to spend time on Capitol Hill speaking with our NH legislators; keeping them informed of our efforts and asking for their continued support for prevention funding at the state and federal level.



Our smoking awareness campaigns with both school districts this winter featured a healthy and diseased tar filled lung for the students to see and touch! Many high school students pledged to either quit smoking for a day or to sponsor a friend or family member to quit. Through this interactive experience, we were able to educate students on the dangers of cigarette & marijuana smoke as well as vaping.

In March, students from Sanborn, Timberlane and Hampstead schools, along with SoRock, school guidance and Student Assistance counseling staff, attended the NH Youth Opioid Summit in Manchester. The event was filled with a variety of speakers, some famous, as well as local musical talent and a presentation of the Mark Wahlberg Youth Foundations movie "If Only". It was an interactive and engaging event empowering the youth of NH to be the leaders in taking charge of their future, and the future of New Hampshire's young people by getting involved and making healthy choices.



On March 29th, our Vice Chair Jessica Beaudoin of CLM and I were on the panel for the Timberlane Drug Awareness night sponsored by the George Family.

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## Coordinator's Column (cont.)

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Charlie George told the story of his son and losing him to alcoholism. Jeff Hatch also spoke about his personal experiences with substance misuse along with his recovery, giving the community a preview of his presentation to middle school students scheduled for the next day.

April was Alcohol Awareness month! Students participated in impaired and distracted driving simulations during lunches. This simulation allowed them to experience the dangers of delayed response time when driving impaired. We also shared facts about laws and physical consequences of impaired and distracted driving. Timberlane Peer Outreach participated in Operation Sticker Shock, a project where students (with their staff advisors) visit local grocery stores and tag beer cases with "Buyer Beware" stickers to inform consumers that that purchasing alcohol for anyone under 21 is illegal. Thank you to our business partners at Shaw's and Market Basket for allowing us to share this message with your customers! We even got to meet one of the owners of the Demoulas Corporation, T.A. Demoulas, and have a group picture taken!"



This year I was asked to serve as the community advisor for the Sanborn Leo's who have taken on a substance misuse prevention focus for their club! I do this along with Ms. Fuller, the Sanborn Student Assistance Counselor for the middle and high

schools, and Doug Griffin of the Kingston Lions Club. The word "Leo" stands for Leadership, Experience, Opportunity. Leo clubs encourage youths to develop leadership qualities by participating in social service activities. I have also been very involved with the activities of Timberlane Peer Outreach and Life of an Owl students!

I have been working with the new community center in Brentwood, the Austin 17 House, bringing a prevention perspective to the table and advising as needed, along with Rick Alleva of the UNH Cooperative Extension. The key concept to the Austin17 project is "community connections without boundaries". The business community has been incredibly engaged in volunteering time and services for the young people of our area. I look forward to continuing to work with this amazing and passionate team of individuals!



This is just a snapshot of some of what has been happening with me and our amazing coalition. Our partners are doing incredible things every day. Please reach out anytime to get involved or if you have questions [sorocknhcc@gmail.com](mailto:sorocknhcc@gmail.com) or 603-642-3341 x 196. I am so grateful every day to have a job that I love, helping my community side-by-side with all of you!

*Charlotte*



## SOCIAL MEDIA CORNER



# Is too much technology a bad thing for kids?

By BRIAN STACK, Principal - Sanborn Regional High School

**D**oes this story sound familiar to you? It is a typical weekday evening at home. Our family has just finished eating dinner together. The kitchen has been cleaned up, lunches have been packed for school the next day, and my wife Erica and I both sit down and start to scroll through the many notifications that have popped up on our phones from both email and social media over the past couple of hours.

Before we realize it, half an hour has passed and we are startled by the chiming of the clock in the dining room. As we both look up, we notice our children are doing the exact same thing that we are — mindlessly scrolling through things on their devices.

We both lock eyes on each other, and our expressions tell us we are both thinking exactly the same thing. Has too much technology started to become a bad thing for our kids, and us?

Earlier this month, Education Week's Matthew Lynch blogged about how screens can turn kids into "digital addicts." Lynch noted recent research has shown that prolonged use of digital devices such as phones, tablets and video games can produce similar effects on the body as drugs do because these devices stimulate the frontal cortex, the part of the brain that controls execution and impulses.

Prolonged time spent staring at digital screens can increase dopamine levels, and this explains why children can become emotional and upset when a device is taken away from them. Lynch went on to quote Dr. Peter Whybrow, director of neuroscience and human behavior at UCLA, who refers to digital devices "electronic cocaine," and also researchers from China who refer to them as "digital heroin."



Technology use by children and teens is on the rise, both in school and in the home.

According to this 2015 Washington Post article, teens spend nearly nine hours per day consuming media, including television, internet and social media, music and video games. This is up from an average of seven and a half hours in 2010, according to this Kaiser Family Foundation study. For preteens and younger children, the Washington Post reported an average of six hours a day spent on devices in 2015.

In recent years, with the rise in popularity of thousands of ed tech companies that are producing quality technology solutions that allow educators to personalize learning and engage students in deeper understanding of concepts, parents like my wife and me are left wondering how to approach the use of digital devices at home with our own children. Do we ban devices completely? Do we look to place our children in schools that limit time on devices?

The problem we face is that our global society as a whole — particularly the workplace — is also becoming increasingly dependent on the use of technology. Banning technology all together is not the best long-term solution for our children because it will not help them develop the necessary coping skills to

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## Is Too Much Technology Bad for Kids? (cont.)

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know when to use technology and when it is time to take a break from it.

Instead, we fall back on the suggestions proposed by Lynch in his blog: "The answer is somewhere in the middle — let your child enjoy electronic devices, but set time limits. Also, take advantage of that screen time by combining fun with education, such as downloading educational games or apps, so your child is enjoying the device while also learning."

• A recent Digital Trends article provides parents with several ways that parents can limit their kid's technology usage. Their suggestions include such strategies as:

- Talk to your children about the importance and need for time restrictions on devices
- Set rules for time restrictions, and follow through on them
- Encourage outside activities that naturally take children away from their devices
- Make use of an app that can set limits on devices. Two such apps that work on both Apple and Android platforms are Kidslox and Mobile Guardian.

As a parent, part of me has to learn to take a hard look in the mirror when I think about my children's technology use. Despite my best efforts, I often find myself spending too much time on my device at home, and I know that my children use me as a role model.

I have started to learn to not carry my phone on me in the house, and to try to leave it out of reach to prevent unnecessary use. I have also tried to curb my use of social media for personal purposes in recent weeks.

My hope is that I can be a better role model for my children, because all of us could benefit from recognizing when too much technology has become a bad thing.

*This article was written originally for MultiBriefs Education.*



### New Prescription Drop Boxes Added to Atkinson and Plaistow!

**Now you can dispose of your unused prescription drugs at the Atkinson and Plaistow police departments! The Sandown police also have a drop box. The drop boxes are located in their lobbies. No syringes, needles, biohazards, medical waste or illegal substances of any kind are allowed for drop-off. Please share with friends and family so that they know about this wonderful service!**

# Resources & Info

## Informational Websites

### **POLICE DEPARTMENTS**

Emergency - Dial 9-1-1

[Atkinson Police](#)

[Danville Police](#)

[Fremont Police](#)

[Hampstead Police](#)

[Kingston Police](#)

[Newton Police](#)

[Plaistow Police](#)

[Sandown Police](#)

### **2-1-1**

A no-cost number for information about critical health and human services available in your community.

[Hampstead School District](#)

[Sanborn School District](#)

[Timberlane School District](#)

[YMCA - Plaistow Area](#)

[Child & Family Services](#)

[Center for Life Management](#)

[Family Mediation & Juvenile Services of Southern Rockingham County](#)

## Substance Abuse Prevention

[NH Treatment Locator](#)

[Allies in Substance Abuse Prevention](#)

[SAFE Sanborn](#)

[HAVEN](#)

[NH Party Host Liability Law DrugFree](#)

[NH](#)

[Drug Free](#)

[SAMHSA](#)

[Get Smart About Drugs](#)

[Granite State Children's Alliance](#)

[Northern New England Poison Center](#)

[Rockingham Community Action](#)

[Hampstead Hospital](#)

[Breathe NH](#)

[DrugAbuse.gov](#)

[NFP.org](#)

## Mission Statement

It is the mission of the SoRock Coalition to promote, support and sustain healthy life choices for youth and their families in our communities.

## Vision Statement

The towns of the Sanborn and Timberlane school districts (Atkinson, Danville, Fremont, Hampstead, Kingston, Newton, Plaistow and Sandown, NH) are vibrant, active, caring communities that support families being the best they can be by promoting safe, healthy and substance free lifestyles for children and adults through collective and individual responsibility.