



A MESSAGE FROM

Pat Jacobellis, Coalition Steering Committee Member

My name is Pat Jacobellis and I am a school counselor for Hampstead Middle School. I have had the pleasure of being a member of SoRock from the very beginning. The benefit to our school for being involved in this coalition is that we are able to share resources. Over the years, SoRock has brought anti-bullying and drug prevention programs, speakers and educational materials to Hampstead Middle School. I love SoRock’s Mission which is promoting a substance free healthy lifestyle for youth. This is a valuable, honorable and necessary undertaking. Though I plan on retiring from my job as a middle school counselor this year I will continue volunteering my time to SoRock as a Steering Committee Member.

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COALITION OFFICERS

- Kelley Binette, Chair
kelley.binette@timberlane.net
- Jessica Beaudoin, Vice Chair
jbeaudoin@clmnh.org
- Rocyln Porter, Secretary
rporter@fmjs.org
- Tim Lena, Past Chair
timothy.lena@timberlane.net

COALITION STAFF MEMBERS

- Dr. Howard Muscott, Coalition Director
hmuscott@seresc.net
- Charlotte Scott, Coalition Coordinator
sorocknhcc@gmail.com
- Chad Pimentel, Social Media Specialist
sorocknhsocialmedia@gmail.com
- Valarie Dumont, Project Assistant
valdumont@seresc.net

WEBSITE

www.SoRockNH.org





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

Five 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.

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, families and key stakeholders by:

- ✓ Supporting student 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, ACS 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 the harmful consequences of alcohol and drug use in order to increase parental and peer disapproval and reduce the likelihood of misuse.

Ways YOU Can Connect with SoRock:

SOCIAL MEDIA:



WEBSITE: **SoRockNH.org**

ANONYMOUS QUESTIONS:



Ask WAMPA!

Quarterly Newsletter:



SOUTHERN ROCKINGHAM COALITION FOR HEALTHY YOUTH
Quarterly NEWSLETTER



WAMPA Asks STUDENTS... to Prevent a PROM Mishap



Working to reduce and prevent Alcohol, Marijuana Prescription And other drug misuse

Dear Students,

You're spending a lot of money to go to your prom and post-prom gatherings. There's pressure to look great and have fun. For too many teens the prom turns into a disaster, or in the words of one senior, "the most overrated event of my life." Here are just some of the things that happened to students in past years:

- *Two boys who had been drinking on the way to the prom got into a fight at the prom. One boy was arrested and spent the night in jail. The other boy was taken to the hospital.*
- *A boy who got high with his friends before driving home from an after prom party wasn't able to react fast enough to avoid his neighbors dog who had run into the road.*
- *A girl who had been drinking before and after the prom vomited in the limousine as the driver was pulling up to a restaurant. The disgusted driver left the group stranded and refused to refund their money.*
- *A girl who had taken a pill to "feel the music better" wasn't hungry or thirsty as she danced the night away. She had a seizure from dehydration and elevated body temperature.*
- *A girl woke up alone in the back seat of a limousine and couldn't remember what had happened.*

The prom and everything that goes with it is supposed to be fun. None of the students described planned to ruin their evening. It happened because when you drink or use other drugs **the consequences are not always predictable.**

While no one can assure you that you will have a terrific time, you know that you're less likely to embarrass yourself or ruin the evening if you don't drink and use other drugs. **I challenge you and your friends to take the pledge not to use drugs or alcohol by logging onto our website at www.sorocknh.org and clicking SoRock Safe Prom Pledge 2k16 beginning April 22nd thru May 20th.** Anyone who takes the pledge will be entered to win a \$10 Dunks Gift Card and a SoRock Gift pack. Make sure to 'Like US' on Facebook at [Facebook.com/sorocknh](https://www.facebook.com/sorocknh) as a new winner will be announced every Friday.

Think about it.

Sincerely,

WAMPA

SOROCK PARENT SERIES SURVEY RESULTS ARE IN

On behalf of the SoRock Coalition, we would like to extend a huge Thank You to everyone who participated in the SoRock Parent Series Survey. We have received an overwhelming response that has resulted in the planning of the first of many SoRock Parent Trainings which is scheduled to take place on Wednesday, May 11th (see details below.)

RISKY BUSINESS

Why Adolescents Love Risk-Taking and How we can help Them Manage It

Do you wonder how to interact with your middle/high school aged child to support their academic success, build healthy coping skills, and reduce the chance they'll engage in risky behaviors?

Join nationally renowned speaker Michael Nerney for this thought provoking and entertaining presentation!

Music blaring, 110 mph on the highway, open containers, four teens in the car... Why do adolescents find drinking alcohol and engaging in high risk behaviors so attractive?

- How do youth process information and emotions, and how can you, as a caring parent/adult influence their decisions?
- What can 15 years of research tell us about the relationship between self-esteem and good grades and effective parenting strategies for supporting success?
- How does early exposure to alcohol in youth influence nutrition, sleep, stress, brain development and intellectual ability?



WHEN:

Wednesday, May 11th - 7:00 -9:00PM

WHERE:

Sawyers Banquet Facility, 180 Plaistow Rd, Plaistow

AUDIENCE:

This event is open to parents, teachers
and anyone who works with children.

PLEASE HELP SPREAD THE WORD!



Brought to you by:



SoRock Community Partnerships

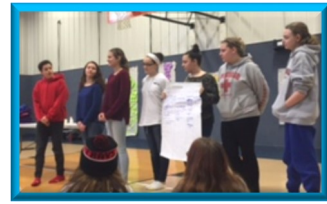
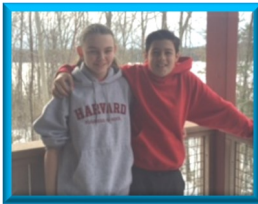


Featured Spotlight Leaders in Prevention

*by Kelley Binnete, TRMS Student Assistance Counselor and
SoROCK Steering Committee Chair*

www.nhteeninstitute.org

Since 1983, NH Teen Institute has offered comprehensive, dynamic, leadership training programs for middle and high school students to help them thrive in the midst of the pressure of growing up. Their weekend Leaders In Prevention (LIP) retreat brings together teams of middle school students for a weekend of activities and discussion with other teams from across New Hampshire. Schools and organizations identify students – from all walks of life and levels of skill – with leadership potential, who are capable of working as part of a team and willing to bring new skills back to their community.



For the past decade, the Timberlane Regional School District has partnered with NH Teen Institute to engage in building the leadership capacity of our students. Whether it be through Peer Outreach training, Peer Leader training, or participation in Leaders in Prevention, our students have gained valuable skills that prepare them to think outside the box and become a change agent. This year, Timberlane Middle School took a group of students to Leaders In Prevention (LIP) in January 2016, and what an experience it was!



Throughout the weekend, students participated in an array of learning opportunities – both within their own team and together with all of the participating teams – around topics in school climate, substance abuse prevention, and community involvement. Every participant had the opportunity to develop or expand their leadership skills, build positive relationships with their peers and adult mentors, and explore new ideas to improve their schools and communities. Through this process, they learned more about themselves and each other, and about how to work effectively as a team.



Amidst the fun, Timberlane's team worked together to design and Action Plan for our school. The group brainstormed several ideas around school and community needs and finally decided to address hunger issues. The team designed a plan to raise awareness in our schools about this issue and then host a food drive for folks in need. We will then partner with the school and disperse food items in a private, non-judgmental manner. Even though the program was a weekend long event, the team bonded with each other to create lasting memories. Without a doubt, these teens will make an impact!



Social Media Corner

by Chad Pimentel, Social Media Coordinator



Do YOU know... What's on Your Teen's Phone?

Do you ever stop and think, “*What happens on the social media sites my children are using?*” Did you know that many tweens and teens have abandoned Facebook? To them, it’s just not cool anymore. Then there is us, you know us, the older less cool group. Don’t worry, as much as I like to think I am cool, I am including myself in this group. For our generation, there is too much effort involved in posting photos on Instagram. Waking up to find a new wrinkle on my forehead leaves me with little desire for a SnapChat account that will allow me to create and share photos with filters that make me look like a dog, or worse, a pig. The aging process is messing with my face enough! Quite honestly, texting on *WhatsApp*, and checking my Twitter feed throughout the day, doesn’t excite me either. It’s not about me though, it isn’t even about you, it’s about your tweens and teens and you know as well as I do, they love the variety.

You do not really need to know everything about the social media sites your kids are using. You just need to know some of the important things. Now, this list may not be everything you need to know, but it is a good start. These are the sites the kids are using according to an informal survey of my students. The more you know about the advantages and disadvantages, the better off you are.



Kik Messenger is an app that allows kids to text for free. Because it's an app, the texts won't show up on your kid's phone's messaging service, if you don't know they have it, you don't know who they are talking to.

DANGER: This is a predator gold mine. You have no way of knowing who your child it talking to.



Instagram lets users snap, edit, and share photos and 15-second videos, either publicly or with a private network of followers.

DANGER: Photos and videos shared on *Instagram* are public unless privacy settings are adjusted. Hashtags and location information can make photos even more visible to communities beyond a teen's followers if his or her account is public.



Burn Note is a messaging app that erases messages after a set period of time. Unlike many other apps of this sort, it limits itself to text messages; users cannot send pictures or video.

DANGER: You don't have to have the app to receive a Burn Note. Unlike other apps -- for example, *Snapchat* -- users can send a Burn Note to anyone, not only others who have the program.



Snapchat is a messaging app that lets users put a time limit on the pictures and videos they send before they disappear.

DANGER: It's a myth that Snapchats go away forever. Data is data: Whenever an image is sent, it never truly goes away. (For example, the person on the receiving end can take a screenshot of the image before it disappears.) It can make sexting seem OK. The seemingly risk-free messaging might encourage users to share pictures containing sexy images.



Twitter allows users to post brief, 140 -character messages called "tweets" and follow other users' activities. It's not only for adults; teens like using it to share tidbits and keep up with news and celebrities.

DANGER: Updates appear immediately. Even though you can remove tweets, your followers can still read what you wrote until it's gone. This can get kids in trouble if they say something in the heat of the moment.



Coordinator's column

by Charlotte Scott, SoRock Coordinator

In February I attended the CADCA's (Community Anti-Drug Coalitions of America) 26th Annual National Leadership Forum and SAMHSA's (Substance Abuse and Mental Health Services Administration) 12th Prevention Day in Washington DC. I was joined by nearly 3,000 prevention activists from around the country, including states as far away as Alaska and Hawaii!!



The week kicked off with Prevention Day speakers Frances Harding, Director, Center for Substance Abuse Prevention (CSAP) & Substance Abuse and Mental Health Services Administration (SAMHSA) as well as Kana Enomoto, Acting Administrator for SAMHSA. Our Keynote for the day was U.S. Surgeon General, Vice Admiral Vivek H. Murthy. I really enjoyed listening to his experiences and hearing his plans to focus his efforts on building partnerships within communities and across sectors to address the epidemics this country is facing, to reduce stigmas for mental health and substance misuse and to make prevention and health promotion the backbone of a strong and healthy America.



Tuesday was kicked off by an ideas fair and speeches from the Director of ONDCP (Office of National Drug Control Policy), The Acting Administrator from the DEA (Drug Enforcement Administration) and Keynote for the day, Harvard Professor of Psychobiology Dr. Bertha K Madras, PhD who gave us updates on the current research behind addiction and it's affect on brain development. I was captivated for hours by every word she said and every slide in her presentation!

Wednesday was Capital Hill Day!! We started with a huge rally to get us geared up to meet with our legislators then we were off to Capital Hill! I gathered with members from the Raymond Coalition for Youth, the CADY (Communities for Alcohol and Drug free Youth) The Nashua Prevention Coalition and the Upper Valley All Together Coalition at the State House to meet with Rep. Frank Guinta, Rep. Annie Custer, Senator Jeanne Shaheen and Senator Kelly Ayotte to discuss the needs of NH. We had productive meetings with all and were able to inform our legislators what we were doing on the prevention end of things, let them know what we needed and thanked them for their support. They were able to let us know the status of the actions being taken to help our efforts at the federal level.



Friday began with Award winning reporter and producer Andy Field who taught us how to best tell our stories using media. Andy has a 30 year news career on network and local radio and television. We had some additional training sessions with the DEA (Drug Enforcement Administration) before heading to the National Leadership Awards Luncheon where once again 2,700 people gathered to recognize outstanding members of the prevention field.

These CADCA conferences are incredibly energizing and informative and allow such an amazing opportunity make connections and to discuss prevention efforts with people from around the country and to gain ideas and insight that couldn't be obtained any other way!

Southern Rockingham Coalition for Healthy Youth

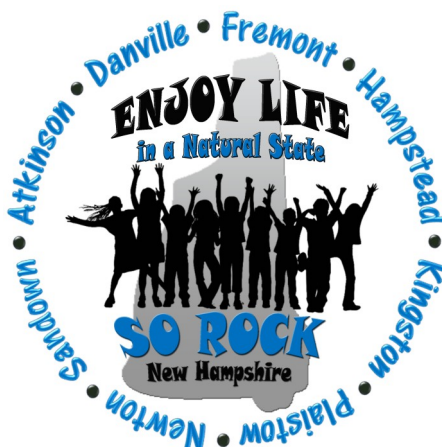
INVITES YOU

TO OUR NEXT QUARTERLY

Community Meeting!



**Coffee,
Snacks & Door Prize**



**All Are
Welcome!**

WE NEED YOU!



PREVENTION IS EVERYONE'S BUSINESS!



SoRocknh.org

The Southern Rockingham Coalition for Healthy Youth (SoRock) is a community coalition serving the Sanborn and Timberlane school districts. Our mission is to promote, support, and sustain healthy choices for youth and families in our communities by actively working to reduce and prevent alcohol, marijuana, prescription and other drug misuse. We carry out our mission through collaboration with parents, youth, the business community, civic and volunteer groups, healthcare professionals, law enforcement, the faith community, media, schools, state, local and other governmental agencies, youth serving organizations and substance misuse prevention organizations around the state and country.

Wednesday, June 22nd 9:00am-10:30am

Nelson Room, Plaistow Public Library

Questions? email: sorocknhcc@gmail.com



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y NIGHT FRIDAY

FREE EVENTS

Plaistow Community YMCA

6-9pm

Middle/High School

FRIDAY NIGHTS THROUGH
APRIL 8th, 15th, 22nd, 29th

FEATURING

- Dodgeball Tournaments
- Open Basketball
- Pick up Volleyball
- Pick up Floor Hockey
-

YNIGHTS Sponsored By:



For more information please contact
the Plaistow Community YMCA.
603-382-0641

www.northshoreymca.org



Welcome To Center for Life Management

MENTAL HEALTH AND SUBSTANCE USE SERVICES

CLM provides a comprehensive complement of mental health and substance use services, psychiatric treatment, acute care, medication services, emergency intervention, and family support services for adults, children, adolescents and families. In addition, we work closely with a variety of regional health and human service providers to ensure that your mental health care is comprehensive, integrated and community-based. Following are some of the ways we support some the Children and Families in the SoRock Community.

Child, Adolescent and Family Services

CLM provides the area's most comprehensive array of mental health care for children and their families. Our specialists work with children experiencing serious emotional difficulties such as depression, attention deficit and hyperactivity disorder, autism, disruptive behaviors, substance use disorders, and trauma associated with emotional, physical or sexual abuse. Emotional health impacts each area of a child's life including family, school and social relationships. CLM encourages a "wrap-around" approach that, whenever possible and necessary, pulls together other community resources to address the interconnected areas of a child's life. CLM is committed to an outreach approach that provides many services to children in their home, at school or in other community settings.

Therapy (Individual, Group, Family)

Healthy emotional well-being is essential to children and important to their family, social and academic success. Our specialists are skilled and experienced at working with children as early as pre-school age through adolescence and their families. We provide therapy for:

Individual - Our initial goal of therapy starts with building trust with each child and teen so that we can communicate in a safe setting and form a healing partnership. Through this partnership, we create a relationship where it is acceptable to listen, share, challenge emotions and experience difficult emotions and to attempt new, healthier ways of living.

Group - Group therapy offers individuals a safe and comfortable place where they explore problems and emotional issues, gain insight into their own thoughts and behavior, and gain understanding of behaviors and offer suggestions and support to others. In addition, individuals who have a difficult time with interpersonal relationships can benefit from the social interactions that are a basic part of the group therapy experience.

Family - Families function best when there are appropriate hierarchies and boundaries. When difficulties arise between family members, family therapy can be effective in re-establishing roles, boundaries and healthy communication. Family therapy offers each family member a place to work together and gain understanding of each person's role in the family and improve communication.

Groups for Children and Adolescents

CLM's Child, Adolescent and Family services regularly offers a number of psycho-therapeutic and skill-building groups focused on helping children and teens attain success. Led by children's clinicians, the groups are geared to specific age groups and cover a variety of topics including anxiety disorders, anger management, self-esteem, social skills, substance abuse, grief/loss, dialectic behavioral therapy, emotional regulation. Being a part of a therapeutic group can be a profound, powerful and helpful experience for children and teens. For more information about CLM please check out our website at: <http://www.centerforlifemanagement.org/>.

Your \$upport is Appreciated



Please consider making a difference in your community

Prevention is Everyone's Business

OUR MISSION:

The Southern Rockingham Coalition for Healthy Youth is helping to promote, support, and sustain healthy choices for children, youth and families in our communities by actively working to reduce and prevent alcohol, marijuana, prescription and other drug misuse.

WE DO THIS BY:

- Supporting Student Leadership Programs
- Hosting Youth & Parent Information Forums
- Developing Multi-Media Educational Materials
- Administering Student Surveys for Youth at Risk

DONATE

To make a tax deductible donation please follow this link : <http://www.sorocknh.org/#support-us/ctzx>

**TO DONATE NOW
PLEASE SCAN HERE**





Resources and Information on Substance Abuse Prevention:



Informational Websites:

- POLICE DEPARTMENTS

Atkinson, Danville, Fremont, Hampstead, Kingston, Newton, Plaistow and Sandown

- 2-1-1 no cost number for information about critical health and human services available in your community
- United Way of Massachusetts, Bay and Merrimack Valley
- Hampstead School District
- Sanborn School District
- Timberlane School District
- SERESC
- YMCA – Plaistow Area
- Child and Family Services
- Center for Life Management
- Family Mediation & Juvenile Services of Southern Rockingham County

- NH Treatment Locator
- Allies in Substance Abuse Prevention
- SAFE Sanborn
- A Safe Place
- NH Party Host Liability Law
- DrugfreeNH
- DrugFree
- NH Inhalant Abuse On-line Training for Adults:
- 60 Minutes - The Marijuana Effect
- Results from the 2013 National Survey on Drug Use and Health: Summary of National Findings
- Substance Use and Mental Health Estimates from the 2013 National Survey on Drug Use and Health-Overview of Findings
- Please refer to SAMHSA's website around their Rx Drug abuse initiatives – there is a wealth of information here along with toolkits:
- <http://www.samhsa.gov/prescription-drug-misuse-abuse/samhsas-efforts>
- Operation Parent
- Get Smart About Drugs
- Granite State Children's Alliance
- Northern New England Poison Center
- Rockingham Community Action
- Hampstead Hospital
- Breathe NH
- www.drugabuse.gov
- www.nfp.org
- www.checkthetatsnh.org



MISSION STATEMENT

It is the mission of the So ROCK 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.