



JUN-SEPT 2016

VOLUME V

A MESSAGE FROM

Sergeant Aurie Roy, Sandown Police Department

Hello, my name is Aurie Roy, I have been a Sergeant with the Sandown Police Department for over 25 years. As a law enforcement officer, my objective is not only to protect and serve the community but to be a strong voice in drug intervention and substance misuse prevention. I am also a D.A.R.E. Officer who has had the privilege of working with hundreds of 5th grade students from Sandown Elementary Schools over the past 16 years.

During my first SoRock meeting, I was impressed with the coalition's mission and vision. I also recognized that each member brought years of experience, knowledge, strong values and commitment to the table. From that moment on I have remained a proud member of the SoRock Coalition. Throughout the years, the coalition has collaborated with me to plan informative Drug Forums, supported D.A.R.E. and remains an invaluable resource to the Sandown Police Department.

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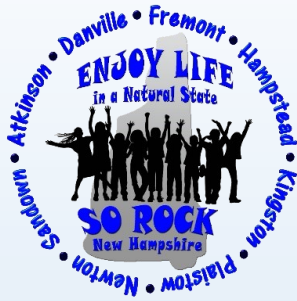
WEBSITE

www.SoRockNH.org



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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



5 TEENS Ask WAMPA



Candid Substance Misuse Questions

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

QUESTION #1

What is the most common drug kids have used by graduation?

ANSWER #1

Alcohol

QUESTION #2

What issues are linked with increased risk for heavy alcohol use in kids?

ANSWER #2

- Family history of alcoholism
- Extreme parenting style
- Heavy use of alcohol among peers

QUESTION #3

My friend is acting weird...how can I tell if she is a drug user?

ANSWER #3

While the signs of drug use could look different in different people, some common signs* can include the following:

- Changes in activity such as loss of interest in school, play, home, or work
- Changes in sleeping patterns
- Changes in eating patterns
- Changes in personality
- Manifestations of depression, such as poor attention span, difficulties in concentrating, lack of interest
- Boredom
- Trouble with law enforcement
- Multiple or frequent accident-related injuries
- School failure
- Unexplained blackouts

*Please note, the listed 'common signs' could also indicate other things.

QUESTION #4

What is a hallucinogenic drug?

ANSWER #4

Hallucinogenic drugs affect sensations, emotions and awareness and cause distortion of perceived reality. They produce illusions *not true hallucinations*. They can produce tolerance and psychological dependence.

QUESTION #5

What are designer drugs?

ANSWER #5

The term “designer drugs” refers to drugs that are created in a laboratory (*typically, an underground,” or secret, illegal lab*). A designer drug is created by changing the properties of a drug that comes from a plant—such as cocaine, morphine, or marijuana—using the tools of chemistry. The resulting “designer” drugs typically have a new, different effect on the brain or behavior.

Since many designer drugs are created in illegal labs, their ingredients and potency (*how strong they are*) vary a lot, making it nearly impossible to know what is actually in them or what they can do to you. For example, Ecstasy tablets are often contaminated with other things, like ephedrine (*used to treat allergies and asthma*), ketamine (*an injected anesthetic given for minor surgeries*), and methamphetamine (*another illicit drug*). It is not surprising that these unknown mixtures can cause dangerous side effects, such as seizures, memory loss, coma and even death.

*Sourced from: https://www.usc.edu/student-affairs/Health_Center/adolhealth/content/b8subs5.html and https://www.usc.edu/student-affairs/Health_Center/adolhealth/content/b8subs5.html

Mark Your *Summer* Calendars!



Visit us under the **Blue**
SoRock tent at these Summer
Town Events and receive a
free promo item!



Plaistow Old Home Day

When: June 18, 2016

Where: Town Hall at 145 Main St, Plaistow

Website: PlaistowOldHomeDay.com

Kingston Days

When: August 5-7, 2016

Where: 1 Main St, Kingston

Website: KingstonDays.org

Fremont Old Home Day

When: August (day TBD)

Where: TBD

Website: FremontNH.gov

Danville Old Home Days

When: August 26-28, 2016

Where: Danville Town Hall
210 Main Street, Danville

Website: TownofDanville.org

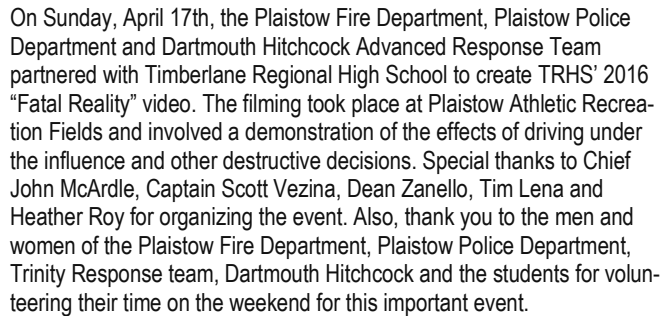
Sandown Old Home Days

When: September 9 & 10, 2016

Where: Edward C. Garvey Recreation Building
25 Pheasant Run Dr, Sandown

Website: Sandown.us/Pages/index





The video portion of the presentation was followed by “Live Action” on the PAC Stage with the actors sharing how their life had been impacted by this fatal accident. The live performance was also accentuated by a visit from “beyond the grave” of the deceased student talking about all the plans of her life that now would never be, because of one fatal high risk decision, that ended everything in the blink of an eye. Check out the whole production at <http://www.sorocknh.org/#!videos/xerxs>.





Social Media Corner

by Chad Pimentel, Social Media Coordinator

My Kid just asked me if she can get a Facebook, Twitter, Instagram, etc... account?

Think back to when we were kids. Remember asking your parents for your own phone or even better, your own phone line? Talking to your friends from that 12 foot coiled up cord that was, even when stretched to its max, just a little too short to make it all the way downstairs to the fridge? Maybe you were one of the lucky ones whose parents bought them a cool cordless phone with the 12 inch antenna. Man, could those things take out an eye if you weren't careful! I know when I got my pager (Yes, I grew up in the age of pagers.... Remember that silly trend?) I thought I was the coolest guy in town! I would send "143" pages out all day long (bonus points if you know what 143 meant in the pager era!) Well friends, times have certainly changed. Kids don't ask us for a phone line in their bedrooms, they have no idea what a pager is, instead, they ask for smartphones and social media accounts.

So how do you handle the dreaded moment when your kid starts asking for some social media accounts? Here are a few tips that may help you.

Our first reaction may just be a flat out, "No!" *Don't start with that.* You know the next question out of their mouths will be, "Why?" You want to start this journey with them knowing you're there for them. That doesn't mean you have to say yes either but hear them out first. Start with questions like these:

- Why do you want a Facebook account? I would guess the answer would be something like "Because ALL my friends have one".
- Which of your friends are on Facebook? Hopefully they tell you. If not maybe they're not ready to be on social media.

- Are these the only people you would be friends with on Facebook? This might be a good time to talk about only interacting with people they know in real life. (Fact: Creeps like social media, make sure you have this talk!)
- What do you know about Facebook? They may say something like "You talk to friends and share photos."
- What kind of photos would you be sharing? My guess is they'll say something like "I don't know. Me and my friends." This is a great time to talk about what types of

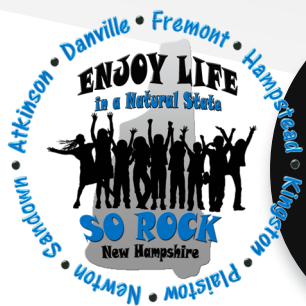


photos are appropriate to share online and why. This question is a really good conversation starter for so many topics. It can even lead into the dreaded "Birds and the Bees" talk, should you be ready.

After you've had this conversation with your child you need to make a decision as to whether they're ready for social media or not. If you're on the fence about letting them you can always say "Yes, but under one condition. You have to share your password with me.

This is the best way to make sure your child is safe. Also, have him or her sign up using your email. Turn on all the notifications within the social media app and you won't even have to check up on your child. The app will do most of it for you through email notifications. Remember, just following your child on social media will not allow you to see all of their interactions.

I hope that this has been an informative update from the social media corner. Maybe it even brought you through a short trip down memory lane. I know it did for me! I am off to scour the pawn shops for a pager and maybe even an old cordless phone...don't worry though...I won't use them. I will just show my kids what life was like in "The old days."



Coordinator's column

by Charlotte Scott, SoRock Coordinator

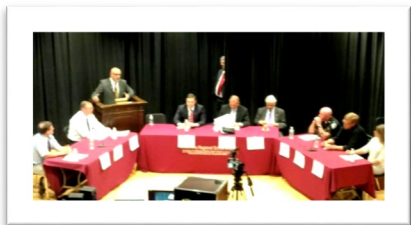
Rain or shine it's been a busy Spring for SoRock!



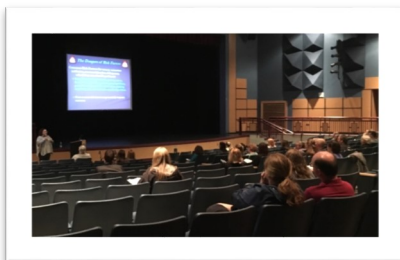
In May I attended the 1st Annual NH Governor's Summit on Substance Misuse along with over 800 others from the state of NH!! In attendance along with me were SoRock steering committee members Bob Mailloux of Hampstead Middle School, Tim Lena of Timberlane High School and Amanda Fuller from Sanborn High School! We started the day with a Keynote presentation by A. Thomas McLellan, Ph.D., Chairman and Founder of the Treatment Research Institute who spoke to us about Integrating Care for Substance Use Disorders into Mainstream Healthcare and at lunch a presentation by Tom Vilsack, United States Secretary of Agriculture who spoke to Addressing the Heroin and Prescription Opioid Epidemic. We spent the remainder of the day in various breakouts gaining prevention skills and sharing ideas with others in the State to bring strategies back to our communities. It was a great day full of amazing resources!



This month we also welcomed nationally renowned speaker Michael Nerney to Sawyers Banquet Facility in Plaistow for "Risky Business" a presentation on adolescent brain development and what leads them to engage in high risk behaviors. This presentation was fabulous, engaging and informative! Attendees rated the quality of the presentation, content, relevancy, value and effectiveness of the presentation all to be very high. Everyone learned something by coming out for this event!! This presentation was recorded but encountered some technical difficulties. We have our technicians trying to clean up the audio and hope to have it posted on our websiteM(<http://www.sorocknh.org/#!/videos/xerxs>) soon, please check back.



Atkinson Representative Jack Sapia, of the Timberlane School Board put together a community roundtable discussion on substance misuse which was held on May 16th. I was asked to be on the panel along with Tim Lena, Student Assistance Counselor for TRHS, Dr. Earl Metzler Timberlane Superintendent, Chief John McArdle of the Plaistow PD, Jason Grosky from Salem District Court, Col. Robert Quinn of the NH State Police, NH Senator Jeb Bradley, Chief Brackett of the Atkinson Police Department and Aaron Goodru of the Plaistow Baptist Church. Sergeant Aurie Roy gave a fantastic presentation highlighting the face of addiction, ending the stigma and acknowledging its effect on each and every member of the community. This event was live streamed and recorded and available on the video page of our website (<http://www.sorocknh.org/#!/videos/xerxs>).



Another successful year of D.A.D / Sanborn's Project Stand by me took place on the 18th of May! 'Stand By Me' is a program created to inspire and develop self-esteem in Grade 5 students who are about to begin the process of transitioning from Grade Five neighborhood schools to joining the Sanborn Regional Middle School community. The program also serves as a guide to parents who have the awesome task of helping their child make healthy, responsible choices in the ever changing world in which they live. Students spent the morning at Camp Lincoln for games, boating and challenge courses while parents were at Sanborn High School with Dick Gerrish (Drugs are Dangerous) myself, SoRock steering committee members Amanda Fuller (student assistance counselor for SRMS & SRHS) and Roclyn Porter (Family Mediation and Juvenile Services) learning tips to prevent against risk factors!! The parent presentation was followed by some thoughtful questions and conversation with over 35 parents, then they were off to Camp Lincoln to join their children for lunch and an afternoon of fun!



Please consider coming to our next community meeting on June 22nd at 9am at the Plaistow Library! Coffee and refreshments will be provided! I am looking forward to seeing many of you at Town Day's this summer!! Remember, prevention is everyone's business!!

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.

June 22, 2016 - 9:00am-10:30am
Nelson Room, Plaistow Public Library

Questions? email: sorocknhcc@gmail.com

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.