



EVENTS

Sept 10

Rx Prevention Training @ NMC
Conference Center 2 - 5 PM

Sept 15

Bridges to Well-Being Presenta-
tion - Room 1 at NMC 8:00 AM

Sept 16

Opening LEAD Session

Sept 17

SPF Learning Community - 39
Barlow Street St Albans @ 4PM

Sept 22

Conflict Resolution @ Fairlee
Trainer: Susanne Terry

Sept 25

START Conference 9AM - 3 PM
Holiday Inn - Rutland

Sept 28

Family Dinner Night. More info
on page 2

Oct 1

Rx Prevention Training @ the
Dairy Center Enosburgh 12:30 -
3:30PM. Free lunch provided.

Oct 6

Prevention Ethics @ Rutland
Trainer: Jackie Valley

Oct 16

7th Annual VT Collaboration
Conference on Children, Youth
and Families @ Killington
Grand Hotel

Oct 17-25

Red Ribbon Week (more info
on page 2)

Oct 19

SPF Training @ Lake Morey

Oct 26

Meeting Facilitation -Montpelier
Trainer: John Udis

Rx Prevention Training

Gayle Finkelstein, Poison Prevention Educator of the Northern New England Poison Center and Community Health Improvement/FAHC will be presenting two 3-hour trainings in our area. Law enforcement, student assistance counselors, school nurses and health teachers are among those encouraged to attend.

Participants may choose between the presentation on **Thursday, September 10th** at Northwestern Medical Center Conference Center from 2 - 5 PM. Call Franklin County Caring Communities at 527-5049 x 1 or email beth@fcccp.org for more information.

Or the presentation on **Thursday, October 1st** upstairs at The Dairy Center in Enosburgh from 12:30 - 3:30 PM where a free lunch will be provided. Space is limited to 30 attendees. Please RSVP to Rural Partnerships at 393-5383 or email ruralpartnerships@gmail.com.

Over-the-counter (OTC) and prescription (Rx) drug abuse is on the rise. In 2004, poisoning became the second leading cause of death from unintentional injury in the U.S. Nearly all of these deaths resulted from the abuse of prescription and illegal drugs.

The number of unintentional poisoning deaths increased 62.5% in the United States from 1999-2004 (210% in Maine, 171% in New Hampshire, 165% in Vermont, 91% in Massachusetts and 25% in Connecticut).

The majority of these unintentional poisonings were due to substance abuse overdoses. Many people mistakenly think abusing medicine is safer than abusing illegal drugs. OTC and Rx medications have widespread availability and easy access; thus complicating prevention.

Many people do not realize that abuse of medications can be poisonous. Find out more about this growing public health problem, implications for the treatment setting, and learn what you can do in your community or agency to prevent what has become an epidemic in our area.

Poison 101 (1 hour) Objectives include: Understand poison center services. Describe poisoning data trends. Recognize basic poisoning-related first aid.

Medication Abuse Adult (1 hour, prerequisite: Poison 101) Objectives include: Describe recent medication abuse trends Recognize the dangers of medicine abuse and misuse. Understand why prescription and over-the-counter medicines are being abused Discuss prevention strategies and resources.

Medication Abuse High School Lessons (1 hour, prerequisites: Poison 101 and Medication Abuse Adult) This presentation includes a thorough review of the medication abuse prevention lesson plans: Poison prevention. Introduction to the brain. Medication abuse prevention.

Become a Family Day STAR!

I commit to:

S- Spend time with my kids by having dinner together

T- Talk to them about their friends, interests and the dangers of drugs and alcohol

A- Answer their questions and listen to what they say

R- Recognize that I have the power to help keep my kids substance free!

Grand Isle County Clean Team Advisory Board

Christie Bullis
Deirdre Clifford
Carlene Letourneau
Tara Liloia
Mary Pickener
Carol Stata

STAFF

Heather Luce
Elizabeth Newman

Family Dinner Night

Family Day - A Day to Eat Dinner with Your Children™ is a national movement to inform parents that the parental engagement fostered during frequent family dinners is an effective tool to help keep America's kids substance free. Family Day reminds parents

that Dinner Makes A Difference! Family Day 2009, will be celebrated nationwide on Monday, September 28th!

For recipes, activities, conversation starters and further information www.casafamilyday.org



Red Ribbon Week 2009

Dream . Believe . Achieve . Succeed

October 17 - 25 2009 is designated National Red Ribbon Week - an ideal way for people and communities to unite and take a visible stand against substance abuse.

The [National Family Partnership](http://www.nationalfamilypartnership.org) is the sponsor of the National Red Ribbon Week Celebration. The organization helps citizens across the state come together to keep children, families and communities safe, healthy and

drug-free, through parent training, networking and sponsoring the National Red Ribbon Campaign. More info can also be found at www.redribboncoalition.com



START Conference

Together We Can Reduce Underage Drinking "Community Partners Working Together"

Who: County START Team Representatives, Coalition Representatives, School teams consisting of the following school VTLSP/SADD Advisor, the VTLSP YAC, one other school representative, the schools SAP (Student Assistance Professional) and the SRO (School Resource Officer).

What: An annual conference that encourages collaboration between law enforcement, teens, local prevention coalitions, and schools where county teams plan county wide and county specific prevention initiatives.

When: Friday, September 25, 2009 Registration and continental breakfast at 8:30 am Conference 9:00 am – 3:00 pm Location: Holiday Inn - Rutland, VT

F/GI United Way and NMC Announce Priorities & Progress Review

Join us for an overview of *"Bridges To Well-Being,"* the 2009 Community Needs Assessment and NMC's 2009 Hospital Report card and actions relating to them in our community and at our hospital: **Tuesday, September 15 at 8 am in Conference Room 1 at NMC.**

The 2009 Community Needs Assessment, has been published by the Franklin Grand Isle United Way.

It gives a statistical overview of the needs facing our community and a narrative glimpse at efforts to address those needs.

In addition, NMC's 2009 Hospital Report Card is now available online at : www.northwesternmedicalcenter.org

It reviews quality of care; quality improvement; patient satisfaction; hospital pricing and discounts/free

care; financial indicators; strategic planning; governance; and the complaint process.

Light breakfast fare will be provided.

Please RSVP to Janet at 524-1280 or jhavrliko@nmcinc.org

GICCT New Coordinator for Leadership Program

Beginning the first week of September GICCT took over the coordination of LEAD, a regional leadership development program. This new partnership will continue the high quality programming designed to educate future community leaders and increase community connections and awareness of resources between our two counties. We are looking forward to working with the LEAD Board and meeting the 2009-2010 students at the Opening Session September 16th at the Grand Isle Lake House!

LEAD (an acronym for Leadership, Education, Aptitude and Development) is designed to give community members the training and self assurance to become leaders in Northwestern Vermont. Through a series of 10 monthly interactive seminars, participants learn the intricacies of human services, economy & environment, government & politics, community leadership, law & justice, education, communications & media, and health care. Each seminar includes discussion, tours, debates, and presentations by leaders in the field. A simultaneous project component provides participants with opportunities to gain knowledge and insight into community issues and leadership skills each semester.

"A sense of humor is part of the art of leadership, of getting along with people, of getting things done."
- Dwight D. Eisenhower

Make A Difference Day

The national day to help others October 24, 2009, the 19th annual Day



Make A Difference Day is the most encompassing national day of helping others -- a celebration of neighbors helping neighbors. Everyone can participate.

Created by USA WEEKEND Magazine, Make A Difference Day is an annual event that takes place on the fourth Saturday of every October. The next event is Saturday,

(con't on page 4)



**Leadership . Education.
Aptitude . Development**

"My desire for promotion at NMC changed to action after completing the LEAD program in the spring of 2007.

The knowledge I gained about my community, teamwork, and leadership opened many doors for me. In the fall of 2008 I was offered a management position in my own work place. A big thank you goes out to NMC for their support of the LEAD program!"

- Lisa Bovat Clark
NMC Restaurant & Catering Manager
LEAD 2007



Grand Isle County Clean Team

PO Box 64, 3537 US Route 2
North Hero, VT 05474
Phone: 802 324-2584
Fax: 802 928-3140

STAFF

Heather Luce
heather@gicct.org

Elizabeth Newman
eliz@gicct.org

SAFE . HEALTHY . COMMUNITY

The Grand Isle County Clean Team is a Substance Abuse Prevention Coalition established in 2005. Its mission is:

Working to Prevent and Reduce Substance Abuse in Grand Isle County by Connecting Our Communities and Resources.

The Clean Team is a member of the Youth Transition Team, coordinates activities and events around Red Ribbon Week, Alcohol Awareness Month, the 8th Grade Transition Event, the Big Shabang and is a recipient of the Strategic Prevention Framework grant and the Drug Free Communities grant.

For more information please contact info@gicct.org

www.gicct.org

Make A Difference (con't from page 3)

October 24, 2009.

In 2008, 3 million people cared enough about their communities to volunteer on that day, accomplishing thousands of projects in hundreds of towns. Your project can be as large or as small as you wish!

Look around your community and see what needs to be done. Or let the [Idea](#)

[Generator](#) help you find a project idea to help your community.

After participating Oct. 24, please send in an entry form so you will be counted among the millions of volunteers and be considered for an award.

Anyone. Young and old, individuals and groups, anyone can carry out a volunteer

project that helps others. It might be as ambitious as collecting truckloads of clothing for the homeless, or as personal as spending an afternoon helping an elderly neighbor or relative. USA WEEKEND features volunteers and their projects in articles and photos.

More info at:
www.usaweekend.com/diffday/

