Overview

Research over the past decade has shown that the third space is critical to helping children and youth develop into healthy, well-rounded adults. It also encompasses a significant amount of time: a young person in Vermont spends only 20% of their waking hours in school and the rest of the time at home or in the third space - in the community, working jobs, hanging out with friends, participating in extracurricular activities, volunteering, and pursuing interests and hobbies.

In a small, rural state such as Vermont, out-of-school time programs and resources play a critical role in efforts to break the cycle of addiction and heal opioid-affected communities. This guidebook provides afterschool and third space providers tools and resources to support prevention efforts.

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Prevention in the Third Space

Vermont recognizes the value of the third space in a young person’s life. With home and family being the first space, school and the formal education system being the second space, and the third space including all the important time outside the school day and over the summer, where so much important learning and growth can happen.

Approximately 24% of Vermont youth in grades k-12 are currently enrolled in Afterschool programs. Of those not currently in programs, 33%, or more than 22,000 children and youth, would participate if a program were available.

Vermont students who participate in up to 19 hours of extracurricular activities each week are less likely to use alcohol, tobacco, or marijuana than those who do not participate in any activities. Two out of three Vermont parents agree that afterschool programs make it less likely youth with engage in risk behaviors.

One in seven Vermont youth have lived with someone who had a problem with drugs or alcohol, an Adverse Childhood Experience (ACE). ACEs can increase a child's long-term risk of substance use disorders and other future health concerns, but quality afterschool programs use trauma-informed practices that offset these impacts.
Common Signs of Alcohol and Drug Use

CHANGES IN BEHAVIOR OR MOOD
Restlessness, nervousness, paranoia, irritability, defensiveness, and/or a lack of interest in appearance or activities.

CHANGES IN FRIENDS
Switching friends and being reluctant to introduce new friends.

PROBLEMS AT SCHOOL OR HOME
Poor attendance, drop in grades, and rebelling against rules.

PHYSICAL OR MENTAL CHALLENGES
Slurred speech, lack of coordination, disorientation, memory lapses, trouble concentrating, or symptoms such as nausea, vomiting, bloody noses, teeth clenching, or sweating.

Risk and Protective Factors of Youth

Family
Time spent with parents, support, and monitoring.

Peer Group
Can have positive and negative effects.

Extracurricular Activity
Organized v.s. Unorganized

General Wellbeing
At home and in school
Alcohol

Three in five students (58%) have ever had alcohol. One-third (33%) drank alcohol in the past 30 days.

Over the past decade, the percent of students who currently drank alcohol significantly decreased. However, alcohol use in the past 30 days significantly increased since 2015.

Male students and students of color are significantly more likely than female students and white, non-Hispanic students to try alcohol before age 13 (16% vs 11% and 21% vs 12%, respectively).

Lifetime alcohol use significantly increases with each grade level. By the time students are in their senior year, nearly three-quarters have tried alcohol.

LGBT students are significantly more likely than heterosexual/cisgender students to consume alcohol in their lifetime and to drink alcohol before age 13 (20% vs 13%).

Did You Know?

For youth that did not participate in any afterschool activities, 6.2% reported binge drinking ten or more drinks at least once in the month leading up to the survey. This percentage decreased to 2.7% for youth who participated in one to four weekly hours of programming; to 3.2% for youth who participated in five to nine weekly hours of programming and 3.1% for youth who participated in ten to nineteen weekly hours of programming.

To learn more, please visit the Vermont Afterschool Blog: vermontafterschool.org/datadigest_alcohol/

Know the Signs

- Smelling of Alcohol
- Bloodshot Eyes
- Lack of Coordination
- Slurred Speech
- Poor Concentration
- Memory Lapses

Additional Information and Resources

ParentUp: https://parentupvt.org

Free and confidential information and referrals

SAMHSA: 1-800-662-HELP (1-800-662-4357) / findtreatment.samhsa.gov
Tobacco

Tobacco Use in High School (2018)


E-cigarettes are the most commonly used tobacco product among middle and high school students.

Some e-cigarette products do not look like tobacco products so students can use them unnoticed in school.

JUUL, a popular e-cigarette, is shaped like a USB flash drive.

E-Cigarettes deliver a high dose of nicotine which is highly addictive and harmful to adolescent brain development.

Tobacco Cessation Resources

Youth can text “VtVapeFree” to 88709 to get help and support for quitting e-cigarettes and vaping.

Free tools and support for ages 13 and older.
802 Quits: 802quits.org

Free tools and resources.
Truth Initiative: truthinitiative.org

Free tools and resources.
CDC Quits: cdc.gov/tobacco/quit_smoking/index.htm
Vaping Illness

What is Vaping Illness?

The Centers for Disease Control and Prevention (CDC), the Food and Drug Administration (FDA), and state and local health departments, including the Vermont Department of Health, are investigating a multistate outbreak of e-cigarette or vaping product use-associated lung injury (EVALI).

The investigation is ongoing and a cause has not been identified, but all reported cases have a history of using e-cigarette products. Many patients report using e-cigarette products with liquids that contain cannabinoid products, such as tetrahydrocannabinol (THC).


How to Stay Updated

EVALI is new and evolving. To stay updated, please visit the following CDC page: cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html

Know the Symptoms

- Cough, Shortness of Breath or Chest Pain
- Nausea, Abdominal Pain or Vomitting
- Fever, Chills or Weight Loss

Additional Information and Resources

Youth can text “VtVapeFree” to 88709 to get help and support for quitting e-cigarettes and vaping.

Free tools and support for ages 13 and older. 802 Quits: 802quits.org

Free tools and resources. Truth Initiative: truthinitiative.org

Free tools and resources. CDC Quits: cdc.gov/tobacco/quit_smoking/index.htm
Marijuana

Nearly four in 10 students (37%) have ever tried marijuana, while one-quarter (24%) have used it in the past 30 days.

Over the past decade, marijuana use has remained stable. However, marijuana use in the past 30 days significantly increased between 2015 and 2017.

Half of all seniors have ever tried marijuana. Ever using marijuana significantly increases with each grade level; using it before age 13 does not vary by grade.

LGBT students are significantly more likely to report ever using marijuana (shown below) and to try it before age 13 (11% vs 5%), compared to heterosexual/cisgender students.

Using marijuana before age 13 is significantly higher among male students compared to female students (7% vs 5%) and students of color (10% vs 5%).

Vermont Department of Health. YRBSS. 2018.

Know the Signs

Anxiety

Smell on Clothing

Poor Physical Coordination

Red Eyes

Difficulty with Short-term Memory

Additional Information and Resources

Department of Health: Let’s Talk Cannabis. healthvermont.gov/lets-talk-cannabis

ParentUp: parentupvt.org

Free and confidential information and referrals
SAMHSA: 1-800-662-HELP (1-800-662-4357) / findtreatment.samhsa.gov
**Opioids and Prescription Drugs**

During their lifetime, 10% of students have ever misused prescription pain medicine or stimulants.

Less than one in ten students have ever tried inhalants (6%), cocaine (4%), methamphetamines (2%) and heroin (2%).

Male students are significantly more likely than female students to misuse prescription pain medicine or stimulants.

Students of color are significantly more likely to ever misuse a prescription pain reliever or stimulant compared to white, non-Hispanic students.

LGBT students are nearly two times as likely as heterosexual/cisgender students to ever misuse a prescription pain reliever or stimulant.

**Vermont Department of Health. YRBSS. 2018.**

**Know the Signs**

- Nausea or Vomiting
- Sleepiness or Dizziness
- Itching or Sweating
- Confusion
- Slowed Breathing

**Did You Know?**

Among students who didn’t participate in any hours of afterschool activities, 2.6% students reported using heroin at some point in their lives. This percentage dropped to 0.9%, 1.5%, and 0.7% respectively for students who reported participating in 1 to 4 hours, 5 to 9 hours, and 10 to 19 hours of afterschool activities per week.

To learn more, please visit the Vermont Afterschool Blog: vermontafterschool.org/data-digest-opioids/

**Additional Information and Resources**

ParentUp: parentupvt.org

Free and confidential information and referrals

SAMHSA: 1-800-662-HELP (1-800-662-4357) / findtreatment.samhsa.gov
Supporting Youth in Crisis

Emergency (or Crisis) Services are time-limited, intensive supports provided for youth and families who are currently experiencing, or may be expected to experience, a psychological, behavioral or emotional crisis. Services may also be provided to others in the immediate support system. These services are available 24 hours a day, 7 days a week.

- Clara Martin Center Crisis Line: 1-800-639-6360
- Counseling Service of Addison County Crisis Line: 1-800-388-7641
- Howard Center Crisis Line: 1-802-488-7777 (First Call for Chittenden County)
- Healthcare and Rehabilitation Services Crisis Line: 1-800-622-4235 (Windham and Windsor Counties)
- Lamoille County Mental Health Crisis Line: 1-802-888-8888 (weekends and after 4:30 weekdays) 1-802-888-5026 (Monday through Friday 8am to 4:30pm)
- Northwestern Counseling and Support Services Crisis Line: 1-802-524-6554
- Northeast Kingdom Human Services Crisis Line: (Derby) 1-802-334-6744 (St. Johnsbury) 1-802-748-3181
- Pathways Peer Support Line call or text 1-833-888-2557
- Rutland Mental Health Services Crisis Line: 1-802-775-1000
- United Counseling Service Crisis Line: (Manchester) 1-802-362-3950 (Bennington) 1-802-442-5491
- Washington County Mental Health Crisis Line: 1-802-229-0591
Text VT to 741741

A free, 24/7 text line for people in crisis.
Additional Resources

24/7 Informational Resources

- Crisis Text Line: Text 741741 from anywhere in the USA to text with a trained Crisis Counselor.

Recovery Resources

- Vermont Recovery Network: (802) 738-8998 / vtrecoverynetwork.org

Mental Health Resources

- Vermont Suicide Prevention Center: (802) 254-6590 / vtspc.org

Other Resources

- Vermont 211: Vermont 2-1-1 is a free, confidential service. You can call Vermont 2-1-1 to find out about hundreds of important community resources.
- Vermont Alcohol and Drug Information Clearinghouse (VADIC): VADIC provides information on a range of topics related to alcohol and other drugs, prevention, treatment and recovery. (802) 223-6263 / vadic.org
- Partnership for Drug Free Kids: drugfree.org / 1-855-DRUGFREE
- Northern New England Poison Control: 1-800-222-1222
PCs provide information and referral, training and consultation on substance misuse and prevention best practices, and community organizing.

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kathrin.lawlor@vermont.gov

WHITE RIVER JUNCTION DISTRICT OFFICE
Claudia Marieb
(802) 295-8835
claudia.marieb@vermont.gov
Statewide Prevention Coalitions

ADDISON COUNTY
United Way of Addison
County unitedwayaddisoncounty.org
48 Court Street
Middlebury, VT 05753
802-388-7189
info@unitedwayaddisoncounty.org

BENNINGTON COUNTY
Alliance for Community Transformations
actbennington.org
600 Main Street, #107
Bennington, VT 05201
Dare Meunier: director@actbennington.org

CALEDONIA COUNTY
Northeast Prevention Coalition
DART-NEK.org
297 Summer Street
St. Johnsbury, VT 05819
802-748-8400
Tennyson Marceau: t.marceau@nvrh.org
Cheryl Chandler: c.chandler@nvrh.org

CHITTENDEN COUNTY
Burlington Partnership for a Healthy Community
burlingtonpartnership.org
236 Riverside Avenue, Suite F
Burlington, VT 05402
802-652-0997
Mariah Sanderson: mariahbphc@gmail.com

Essex CHIPS, Inc.
essexchips.org
2 Lincoln Street
Essex Junction, VT 05452
802-878-6982 x101
Justin Hoy: justin@essexchips.org

Connecting Youth
seewhy.info
5420 Shelburne Road, Suite 300
Shelburne, VT 05482
802-985-1931
Christine Lloyd-Newberry: cnewberry@cvsdvt.org

Milton Community Youth Coalition
miltonyouth.org
165 Route 7, Unit 1
Milton, VT 05468
802-893-1009
Tony Moulton: tmoulton@miltonyouth.org

Winooski Partnership for Prevention
www.Winooskiprevention.org
32 Malletts Bay Ave.
O’Brien Community Center
Winooski, VT 05404
802-655-4565
Kate Nugent: katenugent@winooskiprevention.org
Statewide Prevention Coalitions

FRANKLIN COUNTY
Franklin County Caring Communities
FCCCP.org
27 Church Street, Suite 2
St. Albans, VT 05478
802-527-5049
Crystal Lampman:
crystal.fcccp@gmail.com

LAMOILLE COUNTY
Healthy Lamoille Valley
healthylamoillevalley.org
480 Cadys Falls Road
Morrisville, VT 05661
802-730-6599
Jessica Bickford:
jessica@healthylamoillevalley.org

ORANGE COUNTY
302 Cares
297 Summer Street
St. Johnsbury, VT 05819
802-748-8400
Cheryl Chandler: c.chandler@nvrh.org

ORLEANS COUNTY
The Prevention Intervention Treatment Recovery Collaborative
55 Seymour Lane, Suite 11
Newport, VT 05855
802-334-7506
Allyson Howell: allyson.howell@neklsvt.org

RUTLAND COUNTY
Partners for Prevention
partnersforprevention802.org
160 Allen Street
Rutland, VT 05701
802-776-5515

WASHINGTON COUNTY
Central Vermont New Directions Coalition
www.cvndc.org
73 Main Street, #33
Montpelier, VT 05602
802-223-4949
Ann Gilbert, Coordinator
# Statewide Prevention Coalitions

## WINDHAM COUNTY

<table>
<thead>
<tr>
<th>Coalition Name</th>
<th>Website</th>
<th>Address</th>
<th>Phone</th>
<th>Contact Person</th>
<th>Email Address</th>
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<tbody>
<tr>
<td>Brattleboro Area Prevention Coalition</td>
<td>brattleboroareapreventioncoalition.org</td>
<td>Brattleboro, VT 05302</td>
<td>802-257-2175</td>
<td>Cassandra Holloway</td>
<td><a href="mailto:cassandra.bapc@gmail.com">cassandra.bapc@gmail.com</a></td>
</tr>
<tr>
<td>The Collaborative</td>
<td>thecollaborative.us</td>
<td>91 Vermont Route 11</td>
<td>802-824-4200</td>
<td>Maryann Morris, Executive Director</td>
<td></td>
</tr>
<tr>
<td>Deerfield Valley Community Partnership</td>
<td>dvcp.org</td>
<td>Wilmington, VT 05363</td>
<td>802-464-2202</td>
<td>Cindy Hayford</td>
<td><a href="mailto:chayford.dvcp@gmail.com">chayford.dvcp@gmail.com</a></td>
</tr>
<tr>
<td>Greater Falls Connections</td>
<td>greaterfallsconnections.org</td>
<td>Parks Place, VT 05001</td>
<td>802-463-9927</td>
<td>Laura Schairbaum</td>
<td></td>
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<tr>
<td>West River Valley Thrives</td>
<td>WRVthrives.com</td>
<td>Townshend, VT 05353</td>
<td>802-356-4700</td>
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## WINDSOR COUNTY

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<tr>
<th>Coalition Name</th>
<th>Website</th>
<th>Address</th>
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<th>Contact Person</th>
<th>Email Address</th>
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<tbody>
<tr>
<td>Black River Area Community Coalition, Inc.</td>
<td>braccvt.org</td>
<td>Ludlow, VT 05149</td>
<td>802-228-7878</td>
<td>Paul Faenza</td>
<td><a href="mailto:paul@braccvt.org">paul@braccvt.org</a></td>
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<tr>
<td>Hartford Community Coalition</td>
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<tr>
<td>Springfield Prevention Coalition</td>
<td>springfieldprevention.org</td>
<td>59 Westview Terrace</td>
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<tr>
<td>Mt. Ascutney Prevention Partnership</td>
<td></td>
<td>289 County Road</td>
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Strengthening programs. Empowering youth.

vermontafterschool.org

150 Kennedy Drive, South Burlington, VT 05403

802-448-3464

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