Positive Youth Development
Prevention Resource Guide for the Third Space

Updated: 08/2020
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.

Table of Contents

| Prevention in the Third Space | 3 |
| Positive Youth Development and Protective Factors | 4 |
| Common Signs | 5 |
| Alcohol | 6 |
| Tobacco | 7 |
| Vaping Illness | 8 |
| Marijuana | 9 |
| Opioids and Prescription Drugs | 10 |
| Supporting Youth in Crisis | 11 |
| Additional Resources | 12 |
| Prevention Consultants | 13-14 |
| Prevention Coalitions | 15-17 |
Prevention in the Third Space

What happens when youth aren’t at home or at school - also known as the third space - really matters in a teen’s life. This can be a significant amount of time when you take into account school vacation weeks and summer break. It is important that young people are encouraged to engage in quality activities during the out-of-school time. Whether it’s playing on a sports team, volunteering in the community, learning new skills, practicing for a performance, or hanging out with friends in a safe place, these programs allow teens to further develop their social skills and build emotional resilience.

Did You Know?

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.
What is Positive Youth Development?

Positive youth development emphasizes building on youth's strengths, creating opportunities to help youth achieve goals, fosters healthy relationships, and promotes protective factors.

What are Protective Factors?

There are many domains that youth interact with frequently and they can have protective impacts on a youth’s wellbeing. These include:

- **Community**
  - Accessible and healthy spaces and opportunities
  - Support youth voice
  - Exposure to evidence-based strategies

- **Family**
  - Caring and Warmth
  - Quality Time
  - Support
  - Monitoring

- **Individual / Peer Group**
  - Emotional Control
  - Social Skills
  - Interaction with peers that participate in protective behaviors

- **School**
  - Opportunities for involvement
  - Safety
  - Supportive adults

- **Third Space**
  - Organized quality activities
  - Trained adults
  - Accessible opportunities

Increasing Protective Factors in the Third Space

Participation in consistent, high-quality third space programs are a known protective factor against substance use and risky behaviors. Organized quality activities, trained third space leaders, and accessible opportunities that third space programs can provide are an effective primary prevention strategy.

Did You Know?

64% of youth in Vermont Youth Project communities report that there is a great deal of social opportunities available in their community.

To learn more about Vermont Youth Project, visit: www.vermontafterschool.org/vyp/
Youth go through a lot of changes and typical development between the ages of 12-18. It can be easy to mistake the changes a young person goes through during adolescence for substance misuse and mental health behaviors as many signs overlap. If you work with young people, you know them well and if there is a drastic change in behavior, it may be time to check in.

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.

Common Signs of Adolescent Development

**PHYSICAL CHANGES**
Changes in hormones and increase in weight and height.

**MENTAL CHANGES**
Developing more abstract thinking skills, forming own beliefs, and questioning authority.

**EMOTIONAL CHANGES**
Shifts mood quickly, feels more intensely, and increasing risk-taking and impulsive behavior.

**SOCIAL CHANGES**
Increase in peer influence, learning to manage relationships, and experimenting with social and cultural identity.
Alcohol

Among high school students, over half (55%) have ever drank alcohol, three in ten (31%) drank alcohol during the past 30 days, and 15% binge drank at least one time during the past 30 days. Among students who reported drinking during the past 30 days, about half drank on one or two days; about one in eight drank on ten or more days.

Know the Signs

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

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/

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

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.

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

Two in five students (40%) have ever tried marijuana, while 27% have used it in the past 30 days.

While ever using marijuana has remained relatively stable over the past decade, marijuana use significantly increased between 2017 and 2019.

Half of all seniors (52%) have ever tried marijuana. Ever using marijuana significantly increases with each grade level with 6% having used before the age of 13.

LGBT students are significantly more likely to use marijuana during the past 30 days compared to heterosexual/cisgender students (35% compared to 26%).

Among students who used marijuana in the past month, male students are significantly more likely than females to use marijuana ten or more times in the past month (48% compared to 37%).


Know the Signs

Anxiety

Poor Physical Coordination

Smell on Clothing

Red Eyes

Difficulty with Short-term Memory

Did You Know?

10% of high school youth surveyed in Vermont Youth Project communities on perceptions of marijuana use reported their parents would not care about their use, 26% report that almost all their friends use marijuana, and 22.5% of 11th and 12th graders reported that smoking marijuana increases peer respect.

To learn more, please visit the Vermont Afterschool website: www.vermontafterschool.org/vyp/

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

Just over one in ten high school students (12%) have ever used a prescription stimulant or pain reliever that was not prescribed to them or used one in a manner different from how it was prescribed. Misuse of any prescription pain reliever or stimulant statistically increased between 2017 and 2019.

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
Additional Resources

24/7 Informational Resources

- Crisis Text Line: Text 741741 from anywhere in the USA to text with a trained Crisis Counselor.
- SAMHSA: 1-800-662-HELP (1-800-662-4357) / findtreatment.samhsa.gov

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.

**BARRE DISTRICT OFFICE**
Matthew Whalen  
(802) 479-4200  
matthew.whalen@vermont.gov

**NEWPORT DISTRICT OFFICE**
Julie Raboin  
(802) 334-4391  
julie.raboin@vermont.gov

**BENNINGTON DISTRICT OFFICE**
Rachel Newton  
(802) 442-3929  
rachel.newton@vermont.gov

**RUTLAND DISTRICT OFFICE**
Sarah Roy  
(802) 786-5876  
sarah.roy@vermont.gov

**BRATTLEBORO DISTRICT OFFICE**
Robin Rieske  
(802) 257-2885  
robin.rieske@vermont.gov

**SPRINGFIELD DISTRICT OFFICE**
Heather Barbieri  
(802) 289-0549  
heather.barbieri@vermont.gov

**BURLINGTON DISTRICT OFFICE**
Amanda Froeschle  
(802) 863-7561  
amanda.froeschle@vermont.gov

**ST. ALBANS DISTRICT OFFICE**
Mary Pickener  
(802) 524-7918  
mary.pickener@vermont.gov

**MIDDLEBURY DISTRICT OFFICE**
Alan Saltis  
(802) 388-0127  
alan.saltis@vermont.gov

**ST. JOHNSBURY DISTRICT OFFICE**
Kathrin Lawlor  
(802) 751-0170  
kathrin.lawlor@vermont.gov

**MORRISVILLE DISTRICT OFFICE**
Michelle Salvador  
(802) 888-2581  
michelle.salvador@vermont.gov

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

---

**PREVENTION CONSULTANT CONTACT INFO**
February 2020
Learn more at healthvermont.gov
Statewide Prevention Coalitions

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

**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

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

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
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

Brattleboro Area Prevention Coalition
brattleboroareapreventioncoalition.org
Brattleboro, VT 05302
802-257-2175
Cassandra Holloway: cassandra.bapc@gmail.com

The Collaborative
thecollaborative.us
91 Vermont Route 11
Londonderry, VT 05148
802-824-4200
Maryann Morris, Executive Director

Deerfield Valley Community Partnership
dvcp.org
Wilmington, VT 05363
802-464-2202
Cindy Hayford: chayford.dvcp@gmail.com

Greater Falls Connections
greaterfallsconnections.org
Parks Place, 44 School Street
Bellows Falls, VT 05101
802-463-9927 x208
Laura Schairbaum, Director

West River Valley Thrives
WRVthrives.com
Townshend, VT 05353
802-356-4700

WINDSOR COUNTY

Black River Area Community Coalition, Inc.
braccvt.org
Ludlow, VT 05149
802-228-7878
Paul Faenza: paul@braccvt.org

Hartford Community Coalition
White River Junction, VT 05001
603-481-1177
Barbara Farnsworth: wecare.hartford@gmail.com

Springfield Prevention Coalition
springfieldprevention.org
59 Westview Terrace
Springfield, VT 05156
info@thecollaborative.us

Mt. Ascutney Prevention Partnership
289 County Road
Windsor, VT 05089
802-674-7450
Melanie Sheehan:
Melanie.Sheehan@mahc.org