



Positive Youth Development

Prevention Resource Guide for the Third Space



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 will 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

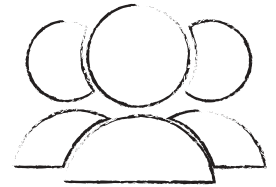
CHANGES IN BEHAVIOR OR MOOD

Restlessness, nervousness, paranoia, irritability, defensiveness, and/or a lack of interest in appearance or activities.



CHANGES IN FRIENDS

Switching friends and being relectant to introduce new friends.



PROBLEMS AT SCHOOL OR HOME

Poor attendance, drop in grades, and rebelling against rules.

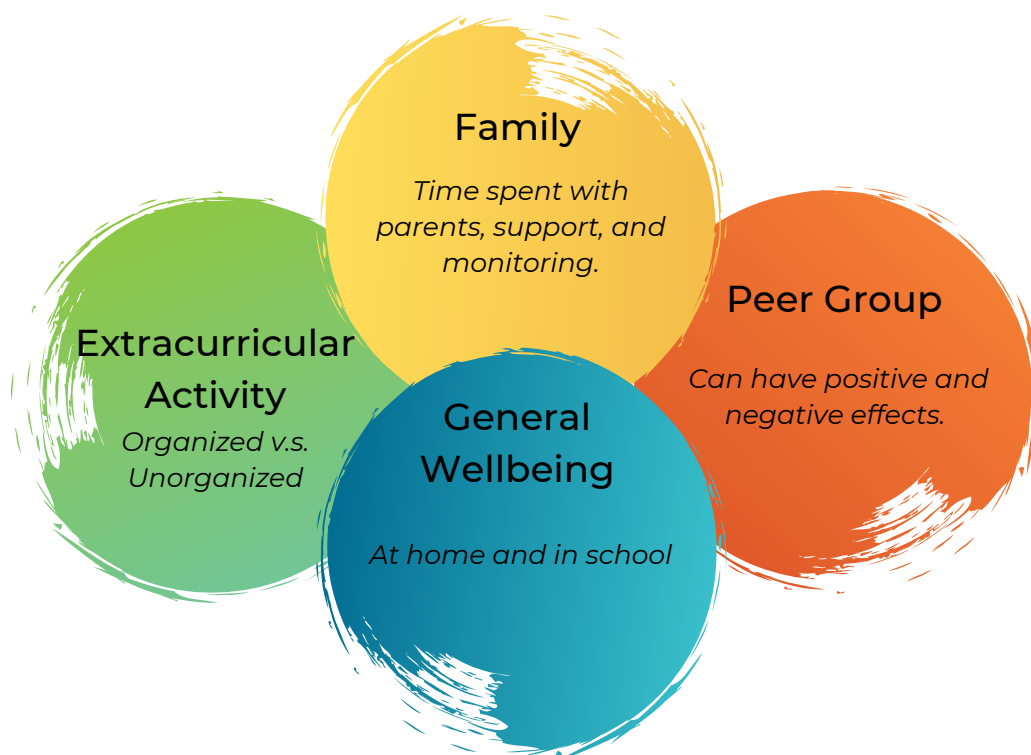


PHYSICAL OR MENTAL CHALLENGES

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



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%).

Vermont Department of Health. YRBSS. 2018.

Know the Signs

Smelling of Alcohol

Slurred Speech

Bloodshot Eyes

Poor Concentration

Lack of Coordination

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

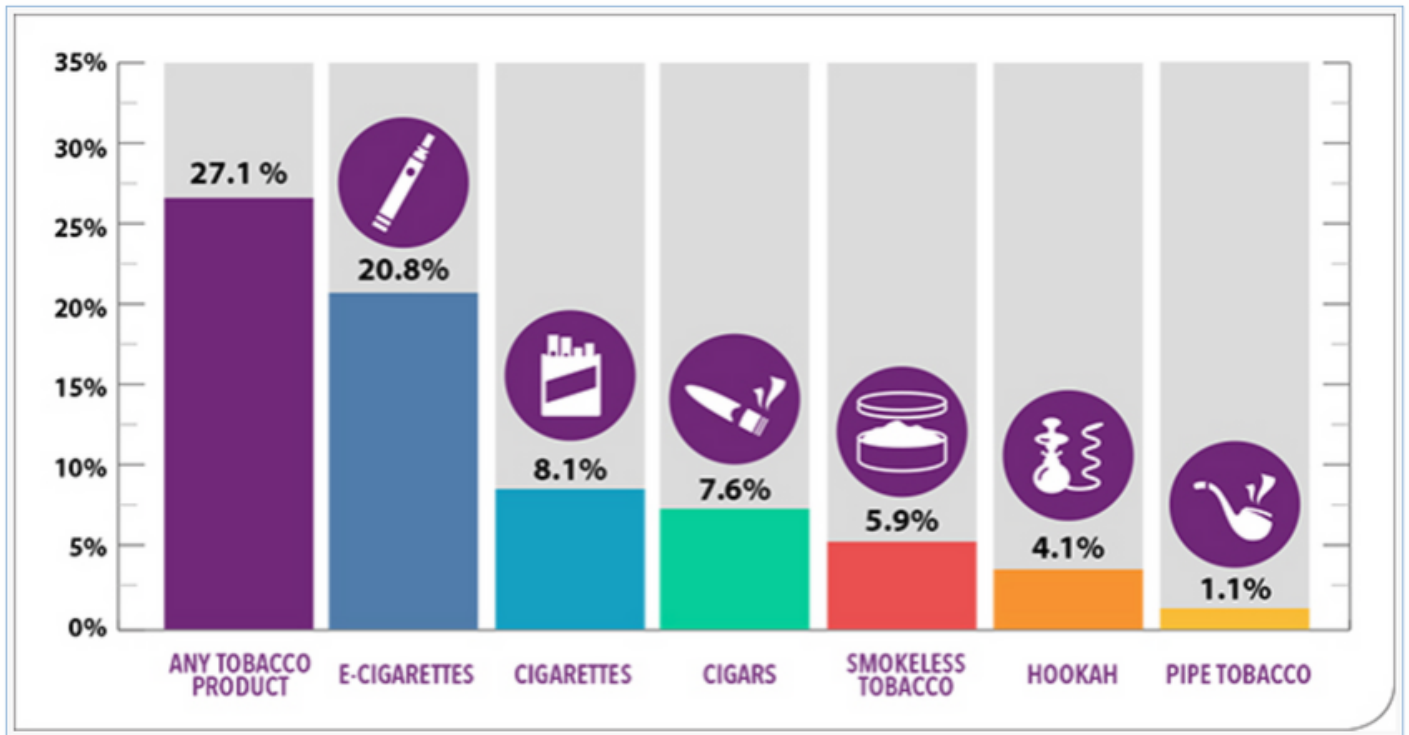
ParentUp: <https://parentupvt.org>

Free and confidential information and referrals

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

Tobacco

Tobacco Use in High School (2018)



Center for Disease Control and Prevention. Tobacco Use Infographics. 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).

Department of Health. Lung Injury Associated with E-Cigarette Use in 2019.

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 Vomiting

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.
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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

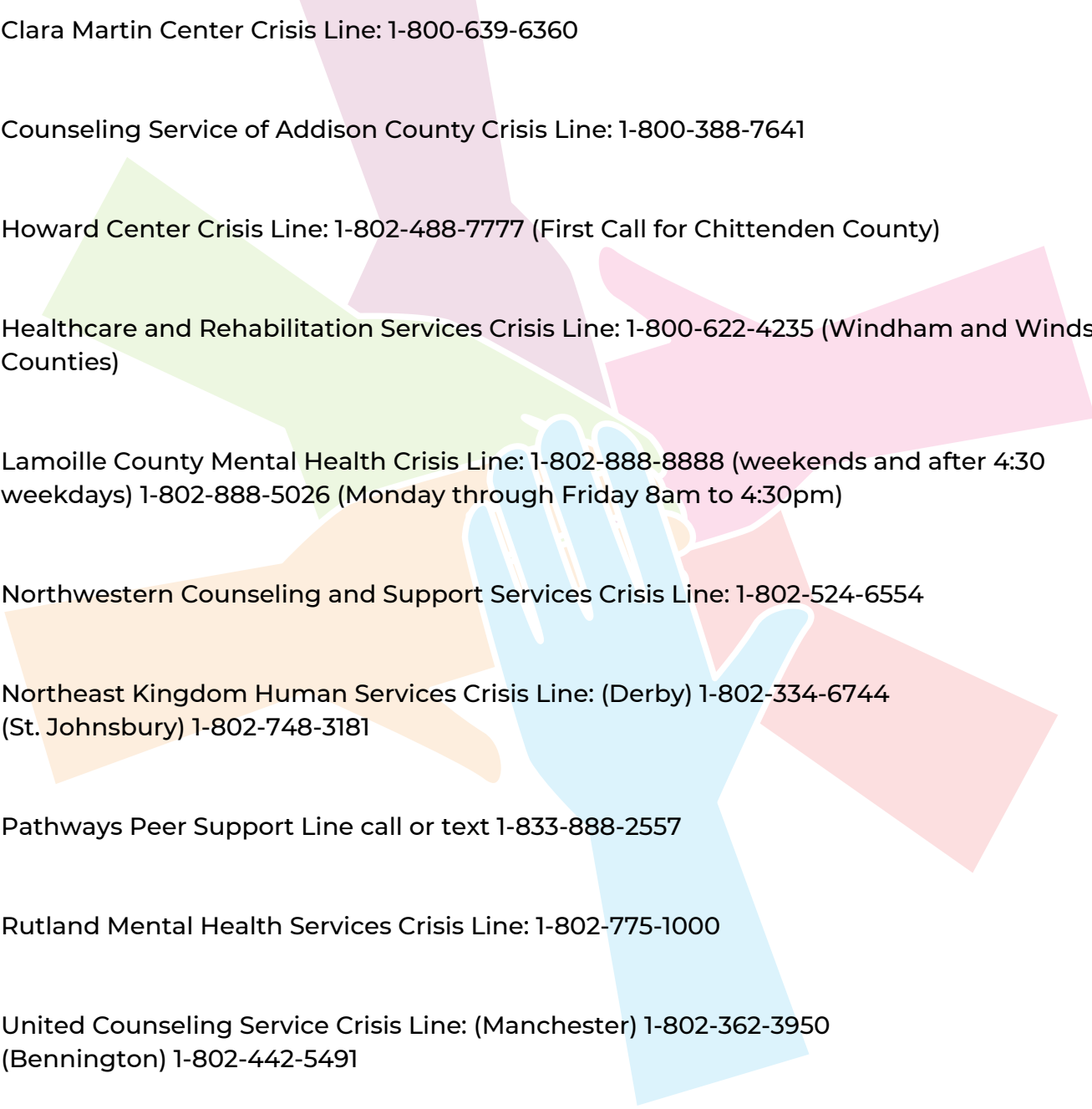
ParentUp: parentupvt.org

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

CRISIS TEXT LINE |

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

Text VT to 741741

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

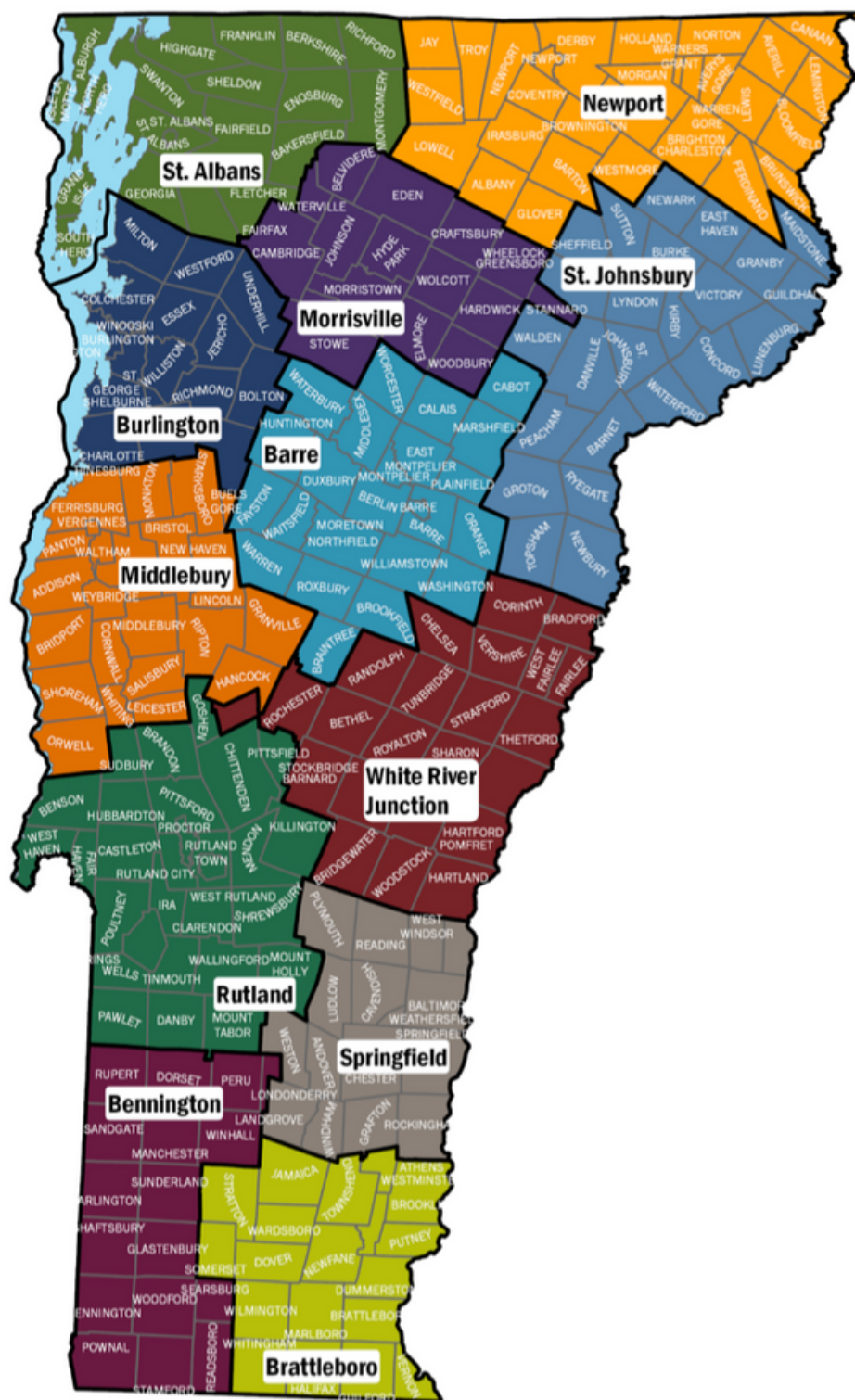
Mental Health Resources

- 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

ADAP Substance Abuse Prevention Consultant (PC) Regions & Contact Information



PREVENTION CONSULTANT REGIONS
August 2019
Learn more at healthvermont.gov

  @healthvermont

 **VERMONT**
DEPARTMENT OF HEALTH

PCs provide information and referral, training and consultation on substance misuse and prevention best practices, and community organizing.

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WHITE RIVER JUNCTION DISTRICT OFFICE

Claudia Marieb

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claudia.marieb@vermont.gov

PREVENTION CONSULTANT CONTACT INFO

August 2019

Learn more at healthvermont.gov

 @healthvermont

 **VERMONT**
DEPARTMENT OF HEALTH

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

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

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

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

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braccvt.org
Ludlow, VT 05149
802-228-7878
Paul Faenza: paul@braccvt.org

Hartford Community Coalition
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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
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802-674-7450
Melanie Sheehan:
Melanie.Sheehan@mahhc.org



Strengthening programs. Empowering youth.

vermontafterschool.org

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