



Vermont  
**Afterschool**

# 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.

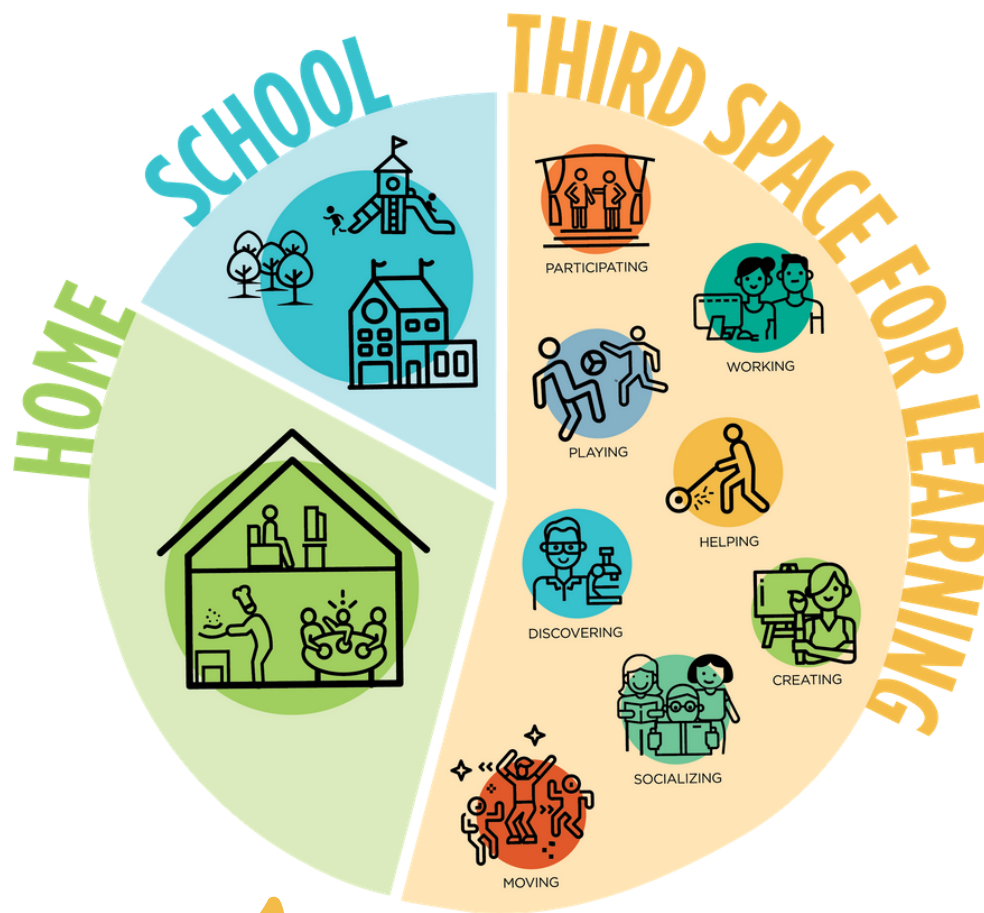
In a small, rural state such as Vermont, out-of-school time programs and resources play a critical role in efforts to break the cycle of addiction and heal opioid-affected communities. This guidebook provides afterschool and third space providers tools and resources to support prevention efforts.

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# 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 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.



# Positive Youth Development and Protective Factors

## 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:



## 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/](http://www.vermontafterschool.org/vyp/)**

# Common Signs

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 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.

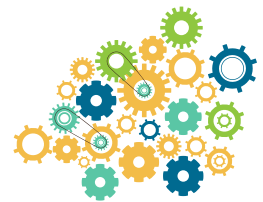
## Common Signs of Adolescent Development

### 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 drunk 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.**

- Over the past decade trying alcohol before age 13 has significantly decreased from 18% in 2009 to 13% in 2019.
- Lifetime alcohol use significantly increases with each grade level. By the time students are in their senior year, 69% have tried alcohol.
- Female students are significantly more likely than male students to have consumed alcohol during the past 30 days. LGBT students are significantly more likely than heterosexual/cisgender students to have consumed alcohol during the past 30 days.

Vermont Department of Health. YRBSS. 2019.

## 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/](https://vermontafterschool.org/datadigest_alcohol/)**

## Additional Information and Resources

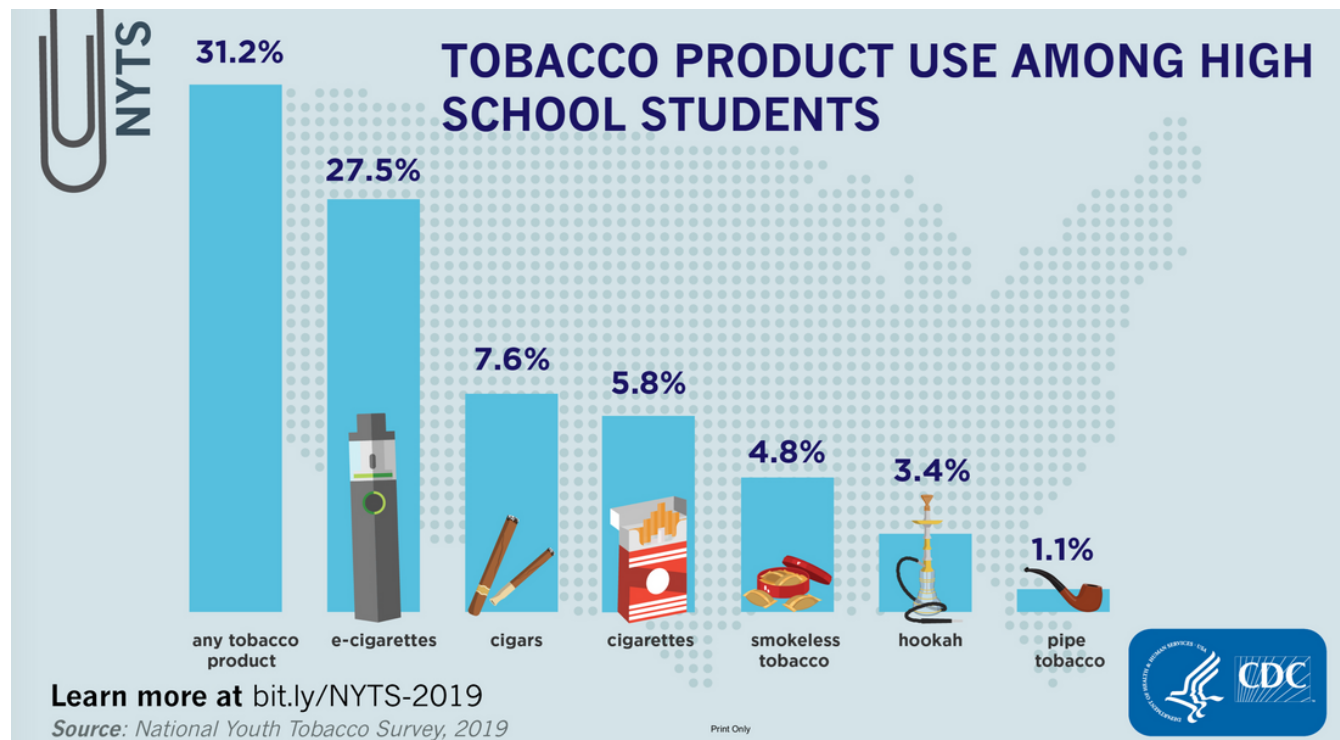
**ParentUp: <https://parentupvt.org>**

Free and confidential information and referrals

**SAMHSA: 1-800-662-HELP (1-800-662-4357) / [findtreatment.samhsa.gov](https://findtreatment.samhsa.gov)**

# Tobacco

## Tobacco Use in High School (2018)



Center for Disease Control and Prevention. Tobacco Use Infographics. 2019.

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](https://802quits.org)**

Free tools and resources.

**Truth Initiative: [truthinitiative.org](https://truthinitiative.org)**

Free tools and resources.

**CDC Quits: [cdc.gov/tobacco/quit\\_smoking/index.htm](https://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](https://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](https://802quits.org)**

Free tools and resources.

**Truth Initiative: [truthinitiative.org](https://truthinitiative.org)**

Free tools and resources.

**CDC Quits: [cdc.gov/tobacco/quit\\_smoking/index.htm](https://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%).

Vermont Department of Health. YRBSS. 2019.

## 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/](http://www.vermontafterschool.org/vyp/)**

## Additional Information and Resources

**Department of Health: Let's Talk Cannabis. [healthvermont.gov/lets-talk-cannabis](http://healthvermont.gov/lets-talk-cannabis)**

**ParentUp: [parentupvt.org](http://parentupvt.org)**

Free and confidential information and referrals

**SAMHSA: 1-800-662-HELP (1-800-662-4357) / [findtreatment.samhsa.gov](http://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.**

- Ever misusing a prescription pain reliever or stimulant does not differ by sex or grade level.
- Students of color are significantly more likely to ever misuse a prescription pain reliever or stimulant compared to white, non-Hispanic students (17% compared to 11%).
- 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. 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/](https://vermontafterschool.org/data-digest-opioids/)

## Additional Information and Resources


**ParentUp: [parentupvt.org](https://parentupvt.org)**

Free and confidential information and referrals

**SAMHSA: 1-800-662-HELP (1-800-662-4357) / [findtreatment.samhsa.gov](https://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.

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- **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](https://findtreatment.samhsa.gov)

## Recovery Resources

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

## Mental Health Resources

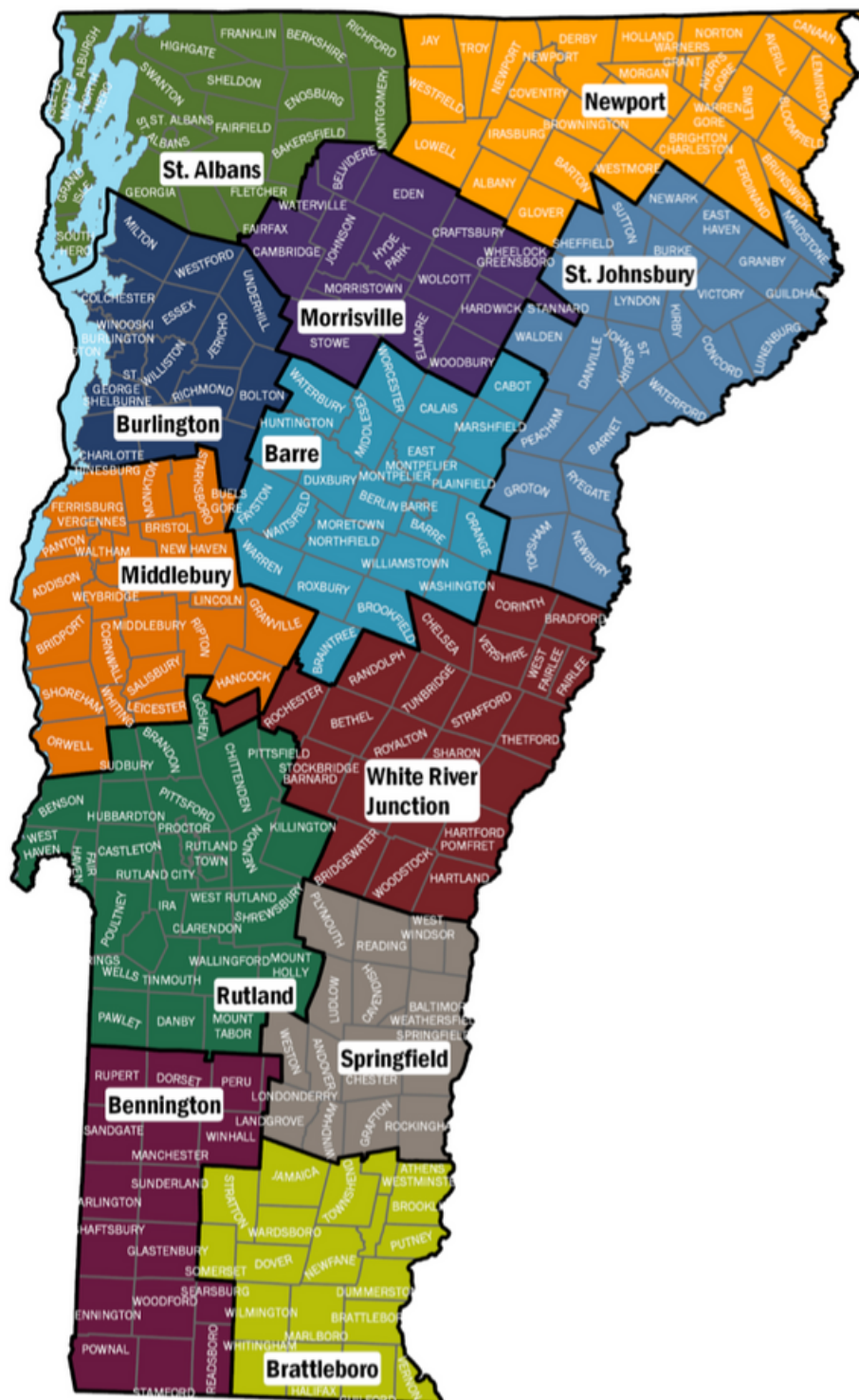
- Vermont Suicide Prevention Center: (802) 254-6590 / [vtspc.org](https://vtspc.org)

## 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](https://vadic.org)
- Partnership for Drug Free Kids: [drugfree.org](https://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**  
February 2020  
Learn more at [healthvermont.gov](http://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.**

**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**

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(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](https://healthvermont.gov)**

 @healthvermont



# Statewide Prevention Coalitions

## ADDISON COUNTY

United Way of Addison  
County [unitedwayaddisoncounty.org](http://unitedwayaddisoncounty.org)  
48 Court Street  
Middlebury, VT 05753  
802-388-7189  
[info@unitedwayaddisoncounty.or](mailto:info@unitedwayaddisoncounty.or)

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## BENNINGTON COUNTY

Alliance for Community Transformations  
[actbennington.org](http://actbennington.org)  
600 Main Street, #107  
Bennington, VT 05201  
Dare Meunier: [director@actbennington.org](mailto:director@actbennington.org)

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## CALEDONIA COUNTY

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

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## CHITTENDEN COUNTY

Burlington Partnership for a Healthy Community  
[burlingtonpartnership.org](http://burlingtonpartnership.org)  
236 Riverside Avenue, Suite F  
Burlington, VT 05402  
802-652-0997  
Mariah Sanderson: [mariahbphc@gmail.com](mailto:mariahbphc@gmail.com)

Connecting Youth  
[seewhy.info](http://seewhy.info)  
5420 Shelburne Road, Suite 300  
Shelburne, VT 05482  
802-985-1931  
Christine Lloyd-Newberry: [cnewberry@cvsdvt.org](mailto:cnewberry@cvsdvt.org)

Essex CHIPS, Inc.  
[essexchips.org](http://essexchips.org)  
2 Lincoln Street  
Essex Junction, VT 05452  
802-878-6982 x101  
Justin Hoy: [justin@essexchips.org](mailto:justin@essexchips.org)

Milton Community Youth Coalition  
[miltonyouth.org](http://miltonyouth.org)  
165 Route 7, Unit 1  
Milton, VT 05468  
802-893-1009  
Tony Moulton: [tmoulton@miltonyouth.org](mailto:tmoulton@miltonyouth.org)

Winooski Partnership for Prevention  
[www.WinooskiPrevention.org](http://www.WinooskiPrevention.org)  
32 Malletts Bay Ave.  
O'Brien Community Center  
Winooski, VT 05404  
802-655-4565  
Kate Nugent: [katenugent@winooskiprevention.org](mailto: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

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## LAMOILLE COUNTY

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

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## ORANGE COUNTY

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

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## 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

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## RUTLAND COUNTY

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

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## 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

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## 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@mahhc.org



*Strengthening programs. Empowering youth.*

[vermontafterschool.org](http://vermontafterschool.org)

150 Kennedy Drive, South Burlington, VT 05403

802-448-3464

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