



**BAPC**  
Building a Positive Community

## NEWSLETTER

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### MESSAGE FROM BAPC DIRECTOR



Hello parents and caregivers!  
My name is Cassandra Holloway and I am the director of Building a Positive Community. We are excited to start providing newsletters at least four times a year to parents & caregivers and youth (with a focus on 5th to 12th grade).

These newsletters are intended to let you know about the work we do; to provide useful and important resources; and to invite your input and/or involvement in our mission to foster the well-being of our young people, promote the resilience of their families, and reduce harm related to substance use.



### OUR GOALS & PROGRAMS

The goal of BAPC youth programs is to foster our young people's resilience, positive identity, social and life skills. We promote healthy connections in order for them to not only thrive but to help in creating safe and supportive schools and community environments. We hope to increase the amount of "developmental relationships" youth have with adults and peers in their lives.

BAPC's youth development and empowerment programs include:

#### **WSEU's Social Competency Development**

**Curriculum** This includes overseeing the 8 district-wide Middle School Leadership Teams for 6th to 8th-grade students, family engagement opportunities, and coordinating a Youth Resiliency Summit for youth, school staff, and youth-serving organizations.

**Peer Mentor Program** 5 BUHS 11th and 12th graders serve as healthy role models who connect with peers with questions or concerns regarding substance use. They help access information and activities addressing teen substance use.

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## OUR GOALS & PROGRAMS CONT...

**Our Voices Exposed and Vermont Kids Against Tobacco groups** Statewide program where students learn about nicotine use prevention, marketing tactics, and advocacy to speak with peers, parents, schools, and decision-makers.

### **Quality Youth Development Project(QYD)**

Brattleboro was the third town to be certified as a QYD Community. On October 18, 2022, Brattleboro became the first ever Two Star QYD Community™! Today, the steering committee is working toward a third star by planning a youth conference. The Brattleboro QYD project was chosen to be one of the 2019 vital projects (out of 59 submissions) of Brattleboro Development Credit Corporation's comprehensive economic development strategy. Learn more at:

[www.qualityyouthdevelopment.org/brattleboro](http://www.qualityyouthdevelopment.org/brattleboro)

### **BAPC Internship and Steering Committee**

**Membership** BAPC is in the early stages of promoting youth and college internships. On the BAPC steering committee, we strive to have an equal amount of youth as adults.

**Brattleboro Area Youth Council** Created by 20 local youth in 2022, the Youth Council's purpose is to advise the community on issues, directly and indirectly, related to youth, and to promote more community engagement opportunities for youth such as internships, apprenticeships, civic leadership, and job opportunities. There are currently 11 active members with ongoing enrollment for new members ages 11 to 21.

Learn more at [www.youthcouncil802.org](http://www.youthcouncil802.org).

## ABOUT BAPC

Building a Positive Community (BAPC) dedicates much of its effort toward community youth, working directly with the five public schools in Brattleboro. In addition to working toward reducing the harm of substance misuse, BAPC would like to have more parents/caregivers involved in our work.

### **Get Involved with BAPC:**

#### **Join our email list:**

If interested in getting involved or to promote our efforts, please [contact](#) us.

Visit our [website](#) to learn more!

**Learn** - Interested in learning more about the efforts of Building a Positive Community and ways to become involved ?  
[please fill out this brief survey!](#)

### **Follow us**





## EARN MONEY FOR YOUR CHILD'S SCHOOL!

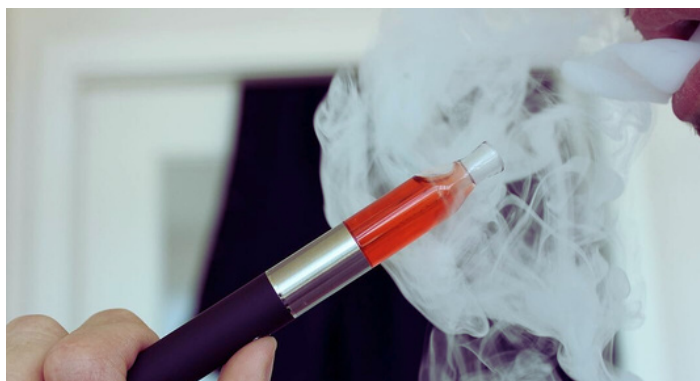
Caregivers of students in grades K – 12:

You are invited to participate in a brief web-based survey, sponsored by Building a Positive Community, to share your views on issues related to youth substance misuse prevention.

Please participate in our parent/community survey. The results will assist us in gaining input for upcoming substance misuse prevention efforts, evaluating our past work and obtaining grants to further our mission to foster the well-being of our young people, promote the resilience of their families, and reduce harm related to substance use.

**YES I want to earn \$5 for my school!**

Survey is open until June 10, 2023



**[Click here for resources to help your teen quit using nicotine products, and support you as well!](#)**

## EVALI Epidemic Continues

In 2019, before COVID started filling the headlines, there was another epidemic in the news. E-cigarette and Vaping Associated Lung Injury, (aka "EVALI") sent people to the emergency room with inflammation of the lungs, pneumonia and/ or hemorrhages. There were thousands of cases, 69 people died, and many suffered long term damage to their lungs.

The majority of the cases appeared to be linked to vitamin E-acetate in THC products. However, the Centers for Disease Control stated "Evidence is not sufficient to rule out the contribution of other chemicals of concern, " the CDC reported, "including chemicals in either THC or non-THC products.."

Click [here](#) to see CDC page on EVALI

In her report, " Forgotten but Not Gone: EVALI Epidemic Continues" Lisa Gillespie, (a former health reporter for NPR) documented over 30,000 people suffered lung harm from vaping in 2022. Not all of these were full blown EVALI.

Click [here](#) to read the full report.

People with EVALI can experience:

- Fever
- Chills
- Cough
- Breathing difficulty
- Chest tightness
- Belly Pain
- Loss of appetite
- Nausea & vomiting
- Diarrhea
- Weight loss

If someone you love has some of these symptoms and a history of vaping, consult your doctor.





## BE IN THE KNOW: ONE PILL CAN KILL

DEA Laboratory Testing Reveals that 6 out of 10 Fentanyl-Laced Fake Prescription Pills Now Contain a Potentially Lethal Dose of Fentanyl

The DEA Laboratory has found that, of the fentanyl-laced fake prescription pills analyzed in 2022, six out of ten now contain a potentially lethal dose of fentanyl. This is an increase from DEA's previous announcement in 2021 that four out of ten fentanyl-laced fake prescription pills were found to contain a potentially lethal dose.

[Read more about Lab testing](#)

### What are fake pills?

- The Sinaloa Cartel and Cartel de Jalisco Nueva Generacion are making fentanyl and pressing it into fake pills. Fake pills are made to look like OxyContin®, Xanax®, Adderall®, and other pharmaceuticals. These fake pills contain no legitimate medicine.
- Kids might see rainbow colored fentanyl pills and mistake them for candy. "According to [CNN](#), In 2021, 40 infants and 93 children ages 1 to 4 died from a fentanyl overdose."



## RESOURCES

### Cope & Connect Resources

This resources guide is a list of things you can partake! It's loaded with fun stuff and educational stuff. Helpful stuff. Timely stuff. Stuff for teens. Stuff for adults and caregivers. Stuff for all ages.

### Including:

- TECHNOLOGY FOR TEENS
- YOUTUBE CHANNELS
- PODCASTS
- FUN THINGS TO LEARN AND DO
- COPING RESOURCES & SUPPORT
- MAKING A DIFFERENCE
- SUPPORT FOR PARENTS & CAREGIVERS



**\*FAKE**  
rainbow oxycodone M30 tablets containing fentanyl