



# Healthy Lamoille Valley Offers You...

## INVITE US

### Free Consultation

We can conduct a youth risk audit of your store or invite us to a staff meeting to learn more about our resources, employee wellness initiatives, tobacco cessation classes and Recovery Friendly Workplaces

## PUT ON BAGS

### Sticker Shock Campaign

This is a youth-driven project that educates and reminds our community to not provide alcohol and tobacco to underage youth.

## PUT ON YOUR FRIDGE DOORS

### Cooler Door Clings

These clings remind customers to not provide to minors, and also helps patrons easily identify the alcohol coolers or move along if alcohol is not what they are looking for.

## PUT AT CHECK OUT AREA & MORE!

### Resource Cards & Stickers

Help and support for nicotine cessation and other resources. For youth and adult customers and employees. These can go on pumps, doors, or in bathrooms!

## FOR BULLETIN BOARDS OR BREAKROOMS

### Posters

Your employee and customer health is important. Hang a resource poster in your breakroom, bulletin boards or bathrooms to help them access resources they or their families may need.

## REQUEST IF INTERESTED

### Store Signage for vape/smoke free zones

### Cup sleeves with messaging

**Call us today and join us in creating safer retail environments for youth!**

**Email: [alison@healthylamoillevalley.org](mailto:alison@healthylamoillevalley.org)**



Store owners and managers,

At Healthy Lamoille Valley, we work collaboratively, as a coalition, to reduce youth substance misuse and encourage youth to make substance free healthy choices. We see your work in the retail environment as part of our coalition. We appreciate you and thank you for not selling substances to our youth.

Why we do what we do?

We know, overall, local youth are using substances too young, too often, too much (YRBS data, 2023) The brains of young people are still developing until they are 25. This puts them most at risk for substance misuse, especially if they start using at an early age, increasing their likelihood of becoming dependent and experiencing negative health outcomes.

Our Youth Risk Behavior Survey data show that youth are usually not getting substances (alcohol and tobacco) from you, though they may be getting it from someone who gets it from you. They also report that they often see marketing related to adult use products.

Equity issue

Substance misuse is often an equity and justice issue. Substance industry tactics often target more vulnerable populations, including our youth. For example the tobacco industry spends \$15.5 billion per year - that's about \$18,000 per retailer. They focus much of their attention on advertising in the retail environment - interior and exterior advertising, in-store price promotions, online coupons, and product placement (power walls), which are known to target youth and others already facing inequities. In our region we are already at a disadvantage with having both a higher than average population at the Federal Poverty Level and more price promotions than our state average.

All this being said, the retail environment can be part of the solution in first recognizing the inequities that may be perpetuated in the retail environment and then taking action.

For example, your store may sell menthol and other flavored tobacco products, but we know that these disproportionately impact Black, LGBTQ+ and youth, so your store may decide not to sell these products or not to use price promotions. You may choose to have fewer signs for substances around your store, especially at eye-level of children. You may pay more attention to the placement of your adult use/substance items and not place them near youth oriented products. If you are interested in learning more about the Tobacco Retail Market in Vermont ask us to share the StoryMap of the assessments.

You can make a difference! Easier access to substances increases use and makes it more difficult to quit and stay quit. Therefore, it is our job and responsibility is to reduce the risks in our communities that lead to youth substance misuse and to increase the factors that protect our youth towards supporting efforts to help youth make healthy substance-free choices.

Collaborate with us and check out our resources.

Spring 2025

## SUBSTANCE MISUSE AND ADDICTION SUPPORT:

VT Helplink - for all Vermonters - [vthelplink.org](http://vthelplink.org)

 SAMHSA National Helpline [1-800-662-HELP \(4357\)](tel:1-800-662-HELP)



## TOBACCO/VAPE CESSATION RESOURCES:



1-800-QUIT-NOW  
[802quits.org](http://802quits.org)  
email and text  
support

MY LIFE MY QUIT™



[mylifemyquit.org](http://mylifemyquit.org)  
Text 'Start My Quit'  
to 36072



text DITCHVAPE to  
88709  
[truthinitiative.org/](http://truthinitiative.org/)  
thisisquitting

## GET THE FACTS:



[teens.drugabuse.gov](http://teens.drugabuse.gov)



[unhypedvt.com](http://unhypedvt.com)

## ADDITIONAL RESOURCES

### LIVE YOUR WHY!

A hub of fun and meaningful  
activities to do in your free time  
with little or no resources required.



HELP, SUPPORT, AND OPPORTUNITIES FOR  
YOU AND YOUR FRIENDS

[healthylamoillevalley.org/youthresources](http://healthylamoillevalley.org/youthresources)



# **PREVENTION RESOURCES**

## **USEFUL WEBSITES FOR SUBSTANCE PREVENTION:**

**VT HELPLINK - [VTHELPLINK.ORG](http://VTHELPLINK.ORG)**

**PARENTUPVT - [PARENTUPVT.ORG](http://PARENTUPVT.ORG)**

**PARTNERSHIP TO END ADDICTION - [DRUGFREE.ORG](http://DRUGFREE.ORG)**

**SAMHSA NATIONAL HELPLINE - [1-800-662-HELP \(4357\)](tel:1-800-662-HELP)**

**TRUTH INITIATIVE - [TRUTHINITIATIVE.ORG](http://TRUTHINITIATIVE.ORG)**

**NIDA FOR TEENS - [TEENS.DRUGABUSE.GOV/PARENTS](http://TEENS.DRUGABUSE.GOV/PARENTS)**

## **COALITION INVOLVEMENT OPPORTUNITIES:**

**HLV COALITION MEETINGS - 2ND THURSDAY | 3:30-4:45**  
**Working meetings to address substance misuse together**

**HLV PARENT/CAREGIVER PILOT COMMUNITY**

**Work with other parents/caregivers of 5-12 graders to support each other as we support our tweens/teens**

**LAMOILLE AREA YOUTH COUNCIL - An opportunity for 6th-12th grade students to engage in projects aimed at reducing youth substance misuse and promoting healthy choices.**

**TOBACCO TASKFORCE - PERIODIC MEETINGS AND LISTSERV**  
**identify goals & action items to reduce tobacco use, smoking and vaping**

**LAMOILLE AREA COACHING COLLABORATIVE - QUARTERLY MEETINGS & BASECAMP**  
**Support local coaches in being “protective factors” for our youth families and communities**

**TO FIND OUT MORE ABOUT ANY OF THESE OPPORTUNITIES PLEASE EMAIL:  
JESSICA BICKFORD, COORDINATOR | [JESSICA@HEALTHYLAMOILLEVALLEY.ORG](mailto:JESSICA@HEALTHYLAMOILLEVALLEY.ORG)**

**Facebook: [Healthy Lamoille Valley](#) | Twitter [@HealthyLamoille](#)  
[www.healthylamoillevalley.org](http://www.healthylamoillevalley.org)**

**Subscribe to our Newsletter | [www.healthylamoillevalley.org/signup](http://www.healthylamoillevalley.org/signup)**

# VAPING QUIT HELP

## LOCAL HELP:

**We recommend that you contact your  
local medical provider.  
If you need one, check with:**

**VICTORIA FOSTER - COMMUNITY RESOURCE COORDINATOR**  
Hardwick Health Center | (802) 472-3300 | victoriamf@nchcv.org  
[www.nchcv.org/locations-providers/hardwick-area-health-center](http://www.nchcv.org/locations-providers/hardwick-area-health-center)

**RORIE DUNPHEY - SELF MANAGEMENT REGIONAL COORDINATOR**  
Lamoille Health Partners | (802) 324-9198 | roried@protonmail.com  
[myhealthyvt.org](http://myhealthyvt.org)

**Sarah Pecor - RN Care Coordinator Cambridge Family Practice**  
[sarahpecor.vt@gmail.com](mailto:sarahpecor.vt@gmail.com) | (802) 644 5114 | [cambridgefamilypractice.com](http://cambridgefamilypractice.com)

## CESSATION RESOURCES:

**802QUITS (VERMONT'S QUIT RESOURCE)**  
1-800-QUIT-NOW | [802QUITS.ORG](http://802QUITS.ORG)

**THIS IS QUITTING (TEXT-BASED FOR TEENS)**  
TEXT DITCHVAPE TO 88709 | [TRUTHINITIATIVE.ORG/THISISQUITTING](http://TRUTHINITIATIVE.ORG/THISISQUITTING)

**BECOME AN EX (CUSTOMIZED QUIT PLANS & TEXTS FOR ADULTS)**  
[BECOMEANEX.ORG](http://BECOMEANEX.ORG)

**MY LIFE, MY QUIT™**  
TEXT 'START MY QUIT' TO 36072 | [MYLIFEMYQUIT.ORG](http://MYLIFEMYQUIT.ORG)

**QUITSTART APP**  
(SEARCH ON THE APP STORE OR GOOGLE PLAY) | TEXT QUIT TO 47848

## VAPING FACTS:

**BEHIND THE HAZE (YOUTH-FRIENDLY)**  
[WWW.BEHINDTHEHAZE.COM](http://WWW.BEHINDTHEHAZE.COM)

**NATIONAL INSTITUTE ON DRUG ABUSE**  
[WWW.DRUGABUSE.GOV/PUBLICATIONS/DRUGFACTS/VAPING-DEVICES-ELECTRONIC-CIGARETTES](http://WWW.DRUGABUSE.GOV/PUBLICATIONS/DRUGFACTS/VAPING-DEVICES-ELECTRONIC-CIGARETTES)

**VT DEPARTMENT OF HEALTH**  
[WWW.HEALTHVERMONT.GOV/WELLNESS/TOBACCO/RESOURCES](http://WWW.HEALTHVERMONT.GOV/WELLNESS/TOBACCO/RESOURCES)



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**\$600 A YEAR?**

**CUT OUT VAPING.**

Text "Start My Quit" to 36072 or  
call 855-891-9989.

Free, confidential help to quit vaping, smoking  
or chewing. Just for teens.

[WWW.MYLIFEMYQUIT.COM](http://WWW.MYLIFEMYQUIT.COM)

MY LIFE  MY QUIT™

