

# NORTHWEST + CENTRAL VT PREVENTION NETWORK

## MEETING NOTES

September 11, 2025

10:00 – 11:30am

### Meeting Goal

Providing an opportunity for people and organizations across Northwest and Central Vermont to come together to share information, make connections, and explore opportunities related to prevention of substance misuse and promoting wellbeing in our communities.

### Note on AI Notetakers:

Last month we briefly touched on whether we had a policy around AI note taking for the Network meeting. While United Way as an organization does not currently have a formal policy, as the Network Backbone team we want to clarify our expectations. It's fine to use AI to assist with note taking while you are present in the meeting, but sending an AI notetaker in your place is not what we want.

Our team already prepares meeting notes, which are reviewed and edited by a human before being shared. If you need a personal notetaker for accessibility reasons, that's okay, but we ask that you still attend the meeting.

### Welcome & Agenda Overview

#### Agenda:

Prevention Partner Updates

Backbone Updates

Jessica Bickford, Healthy Lamoille Valley CADCA Training

Q&A

### Prevention Partner Updates

**Amy Brewer:** Shoutout to Burlington Partnership for Healthy Community (working in Franklin and Grand Isle) created a Google Drive with resources for the community. Also new Tobacco Control Reports: [Plans & Reports | Vermont Department of Health](#), have a return on investment analysis for the people using it, people who invest \$1 get a \$6 return on their investment? Please refer people to 802QUITS for help.

**Mary Pickener,** DSU Prevention Consultant: [Programs & Services | Vermont Department of Health](#)

**Hilary Denton,** DSU Prevention Consultant: [Prevention for Stronger Schools | Vermont Department of Health](#)

Kate Nugent: Mukhtar Abdullahi is coordinating with Burlington and Winooski schools to inspire youth athletes at upcoming soccer games to take care of their health and contribute



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to substance use prevention efforts - Sept 19 at Winooski and Sept 30 in Burlington (still working to do this in Essex at a future time)

**Paul M**, NE-HIDTA: Registration is still open for the 2025 Youth Prevention Institute, hosted by New England HIDTA in partnership with ADAPT, the Child and Adolescent Health Measurement Initiative, and the New England Prevention Technology Transfer Center. September 15th & 16th in Manchester, NH <https://www.hidta.org/event/new-england-hidta-youth-prevention-institute/>

**Sultana Khan**, YWCA VT: Two impactful resources. Kevin Chu (VT Futures Project) is utilizing data to figure out what it'll take for Vt to become a prosperous state. Hosting a workshop at VT Chamber of Commerce next week in Burlington. Vermont Prosperity Project: what it would look like for VT to build a non-capitalist state. How are we supporting people in living comfortable, well-connected, climate resilient lives? Recognizing that capitalism is not just an economic thing, but creating an us against them mentality and dividing the community. Also in VCRD Climate Cohort role, hoping to launch a speaker series on women and people of color combatting climate change

**Ali Dieng**: Building Bright Futures Regional Council Statewide Summit, October 16<sup>th</sup> 10:00AM-2:30PM. [Regional Council Statewide Summit - Building Bright Futures](#). Keynote Jessica Lahey

**Adrienne**, UWNWVT: Second Annual Vermont Nonprofit Summit on November 4th in South Burlington. <https://commongoodvt.org/vermont-nonprofit-summit/>

## Backbone Updates

This year's Prevention Summit is on Wednesday, October 8, 9am – 3:30pm at IDX Drive in South Burlington. Registration form is available and included in the input form the form will close on September 24th. [2025 Region 1 Prevention Summit Input Form \(Registration Included!\)](#) note: if you are a state employee and the information that is being asked for doesn't apply to you, just say that your organization does not do xyz. We will be able to see what your organization is and will exclude that from the organization-specific results. **Please fill out the form even if you do not plan to come to the Summit**

Camille is gone 😞 Liv is here (Prevention Network Coordinator)! Also welcome to Zoey (Community Engagement Coordinator at United Way working with Megan B on volunteerism).

## Highlight: Jessica Bickford Healthy Lamoille Valley CADCA 7 Strategies Training

### Healthy Lamoille Valley Coalition

Background: Jess serves on CADCA's advisory council, not here representing Region 2, DOH, DSU, PW!VT

- Increasing work and collaboration
- Prevention happens at many levels
- Vermont Prevention Model



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- SAMHSA Strategic Prevention Framework
- 7 Strategies not designed to replace any of this but to complement it

## **Presentation:**

Disclaimer: this is from experience, not representing VDH or CADCA or SAHMSA

## Objectives:

- Increase understanding of CADCA's 7 Strategies
- Gain and understanding of how the use of CADCA's 7 strategies will improve your work to address a specific local condition/problem
- Collaborate: increase opportunities to collaborate toward a common goal of reducing substance misuse

Importance of data usage and equity at every point, include the people we're working with at every point

## CADCA 7 Strategies

1. Provide information
  - a. Education presentations, workshops or seminars and data or media presentations (ex. PSAs, brochures, billboard campaigns, community meetings, town halls, forums, Web-based communication)
  - b. FY25 examples: BPBC, Project All Together Now, WPP
2. Enhance skills
  - a. Workshops, seminars or activities designed to increase the skills of participants, members and staff (training, technical assistance, distance learning, strategic planning retreats, parenting classes and model programs in schools)
  - b. FY25 examples: Education Justice Coalition of VT, PCAVT, Pride Center
3. Provide support (substance free alternatives)
  - a. Opportunities to support people for participation in activities that reduce risk or enhance protection (mentoring, referrals for services, support groups, youth groups, parenting groups, NA/AA)
  - b. FY25 examples: Outright VT, Richard Kemp Center, Sage Mountain, Twinfield Together Mentoring
4. Enhance or reduce access or barriers
  - a. Improving system and processes to increase the ease, ability, and opportunity to utilize systems and services (access to treatment, childcare, transportation, housing, education, special needs, cultural and language sensitivity)
  - b. FY25 examples: Dismas House, Good Samaritan Haven, People's Health and Wellness, Turning Point Center of VT, BPHC



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5. Changing consequences
  - a. Incentives/Disincentives: increasing or decreasing the probability of a specific behavior that reduces risk or enhances protection by altering the consequences for performing that behavior (increasing public recognition for deserved behavior, individual and business rewards, taxes,
  - b. FY25 examples: WPP, BPHC
6. Change physical design
  - a. Changing the physical design or structure of the environment to reduce risk or enhance protection (parks, landscapes, signage, lighting and outlet density)
  - b. FY25 Examples: BPHC, Amy Brewer's Work (tobacco), WPP
7. Change policy
  - a. Formal change in written procedures, bylaws, proclamations, rules or laws with written documentation and/or voting procedures (workplace incentives, law enforcement procedures and practices, public policy actions and systems change within government, communities and organizations)
  - b. Big P = voted on policies or laws, significant process
  - c. Little p = internal policies or practices
  - d. FY25 examples: BPHC, Amy Brewer's Work (tobacco), WPP

What can this look like?

- What is the problem or issue your work is addressing?
  - Youth using alcohol
  - Youth using cannabis
  - Youth using tobacco
  - Adult high risk substance use
  - Other
  - How do you know? Data?
- What are the root causes/contributing factors to this problem
  - High peer approval
  - High access to substances
  - Community norms support use
  - Social isolation
  - Poor mental health
  - Lack of self-esteem and connection
  - How do you know? Data?
- What does this look like in your community
  - Youth vaping in the bathrooms
  - Youth using cannabis to self medicate
  - Youth taking alcohol or medicines from unattended spaces in the home
- Putting it together: Stacking strategies maximizes impact



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## Q&A:

Paul: Evidence-based versus promising practices. Any opinion on how coalitions should approach that?

-There are registries for evidence-based practices. Whenever possible, use these!

Mary P: Appreciate the multiple levels

Amy C: Using the strategies both as a framework for thinking about activity and a framework that helps when you have a specific goal.

Beth S: At different points we implement different strategies based on data, readiness, capacity. It's a fluid thing!

[jessica@healthylamoillevalley.org](mailto:jessica@healthylamoillevalley.org)

## Trainings Shared from Beth Shrader

Save the Date:

### ***Introduction to the Prevention Core Competencies for Prevention Professionals***

November 17, 18 and 19th 2025 in St. Johnsbury, VT

Registration is coming soon.

The Introduction to the Prevention Core Competencies for Prevention Professionals, covers the foundations of substance use prevention science for early and mid-career prevention professionals. The curriculum utilizes evidence-based strategies for adult learning; and builds upon and complements existing workforce training curricula and resources (e.g., Substance Abuse Prevention Specialist Training (SAPST), Foundations of Prevention Science and Practice Curriculum, and Universal Prevention Curriculum).

Course Goals:

- To provide an overview of prevention science and its application to practice.
- To strengthen understanding of effective planning and implementation approaches to prevention services.
- To raise awareness about the training and credentialing needs for the field.
- To encourage the pursuit of more specialized training.

### ***The Art of The Ask: Building Confidence and Skills in Fundraising***

Tuesday, September 23, 2025

1:00 PM to 4:00 PM

Hartford Public Safety Building, White River Junction, VT

Fundraising can feel intimidating, but it doesn't have to be! This fun, hands-on session demystifies the process and equips participants with tools and strategies to ask with confidence and respect. Together we'll explore the psychology of giving, develop compelling elevator pitches, and practice making direct asks in a supportive environment. Participants will leave with new skills, practical worksheets, and a renewed sense of possibility for how fundraising can fuel their organization's mission. Instead of only talking about best practices, you'll experience them in action, through interactive games, peer coaching, role plays, and reflection. [Register here](#)



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This new opportunity pairs nicely with the Meeting Facilitation Workshop, also led by Katherine, which is planned earlier in the day.

## ***Leading Great Meetings***

Tuesday, September 23, 2025

9:00 AM to 12:00 PM

Hartford Public Safety Building, White River Junction, VT

Tired of unproductive meetings? This hands-on session teaches practical strategies to make meetings more effective, engaging, and inclusive. Participants will explore tools for agenda design, group agreements, inclusive participation, time and energy management, and real-time feedback. Instead of just learning about best practices, you'll practice them in action, including icebreakers, brainstorming, dot-voting, group simulations, and live feedback. Everyone will leave with a packet of practical templates, examples, and facilitation tools to use in their own organizations. [Register here](#)

These sessions complement each other beautifully, supporting both organizational sustainability and effective collaboration. Please feel free to attend one or both, depending on what your schedule allows.

## **Looking Ahead**

### **Next month is the Annual Prevention Summit!**

There is no October Network Meeting

(Please note that the Summit is on **Wednesday, October 8<sup>th</sup>**)

[Learn more and register here.](#)

