

2020

AT-A-GLANCE

From the Coordinator/Program Director

What an extraordinary year this has been! 2020 has been about adaptation and learning a new ways of coping and connecting during unprecedented global physical distancing. SoRock has worked hard this year to get creative and bring both virtual & tangible resources to our communities. We will continue to adapt in whatever ways necessary to ensure we are here for you.

Funding

SoRock was funded in 2020 through taxpayer support from the towns of Atkinson, Danville, Hampstead, Kingston, Newton and Sandown. In addition to funds from Exeter Hospital, NH Department of Health and Human Services, GYAC and GOFERR (CARES Act) grants. SoRock also engaged in fundraising efforts and received donations from business, civic group and private parties.

Partnerships

What we are able to accomplish is made possible through our partnerships. Partnerships include state and local government, businesses, law enforcement, civic organizations, healthcare entities, media, parents, youths, religious and social service organizations, schools and school administrators & public health networks.

Throughout 2020 SoRock has continued to collaborate with multiple local and state organizations with our similar mission. SoRock steering committee members, staff and youth maintained a presence on multiple state-wide prevention boards & task forces advocating for resources benefiting the towns we serve. This year SoRock assisted in the process of getting Tobacco 21 passed in NH to match the federal age of purchase. SoRock has maintained monthly in person then virtual coalition meetings for key stakeholders throughout 2020. We partnered with other local agencies to ensure our monthly family caregiver support group, for those raising children of a family member with a substance use disorder, was able to continue remotely.

In 2021 SoRock hopes to continue to expand funding sources and partnerships to promote mental health and prevent substance misuse. We will create more opportunities for youth to develop resiliency, communication skills and social competency. We will encourage the development of new partnerships and expand best practices and prevention services in southern New Hampshire and increase the scope of educational programming for all ages.

B.C. (BEFORE COVID-19)



The Sanborn Youth in Action students did an amazing job coordinating the "Healing Through the Arts" art show. Over 40 pieces of art were submitted from individuals of all ages throughout the Southern Rockingham community. It was truly inspiring to see everyone come together to spread awareness for mental health.

With our federal funding expiring in 2019, 2020 was SoRock's first year turning to our community for sustainability! We learned so much about each of the eight towns we serve during this process and made some great new partnerships and relationships! The process inspired some brand new voter registrations along the way!



MARCH'N AHEAD

In 2020 SoRock provided several virtual training and workshop opportunities. Some programs ran multiple times for different audiences.

- Signs of Suicide prevention training for education professionals.
- Signs of Suicide prevention training for parents/community members.
- The First Day - Community substance misuse prevention virtual screening with Q&A.
- More Than Sad for Parents - Understanding teen depression.
- More Than Sad for Teens - Understanding teen depression.
- The First Day - Youth substance misuse prevention virtual screening with breakout discussions.
- Pyramid of Prevention - Peer leadership & assistance training for youth.

MY FRIEND TOLD ME SOMETHING... AND I'M NOT SURE WHAT TO DO.....

There are times when normal every day teen stressors may escalate to more of a crisis.

When can you help?

When should you consult with adult advisor?

When should you bring the friend immediately to a trusted adult?

ti SoRock

ENJOY LIFE SoRock

PYRAMID OF PREVENTION VIRTUAL TRAINING



With funding from the NH DHHS My Life My Quit initiative we were able to develop creative ways to get physical resources into the hands of our community. These resource bags were used by stores, police departments and schools. Youth inspired resource napkins were distributed to locally owned food establishments to be included in take out orders. Nearly 7,000 napkins were distributed! These projects allowed for a large and diverse community reach.

SoRock was also able to send home crisis resource cards through the school lunch delivery program.

This fall was our first annual Steps for Strength walk and 5K to raise awareness and reduce the stigma around mental health and substance use disorders. This event was able to bring people together in a healthy way during this time of physical distancing. We were excited to have participation from all eight towns and logged a total of 266,788 steps for awareness! Thank you to all who participated and we hope to see you again next year!

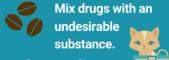
"This event was very easy to engage my family in, walking 5K without any pressure of having to fund raise on the side OR having to RUN the 5K. It was great and has started my family out walking more, in nature, or just in our neighborhood. A win/win !!"



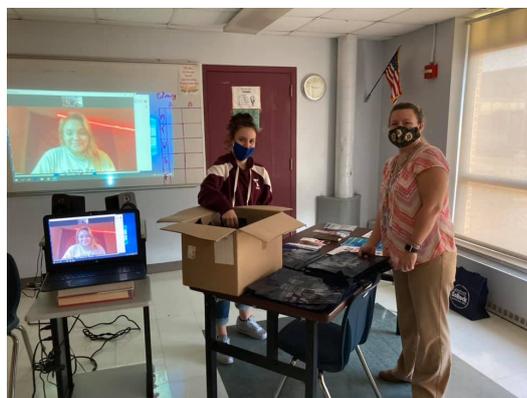
PROPER DISPOSAL OF MEDICINES

PROTECTS YOU AND THE EARTH

- Prevents **poisoning** of children and pets.
- Deters **misuse** by teenagers and adults.
- Avoids health problems from accidentally taking the wrong medicine, too much of the same medicine, or a medicine that is too old to work well.
- Keeps medicines from entering streams and rivers when poured down the drain or flushed down the toilet.

 <p>Mix drugs with an undesirable substance. Such as, cat litter or used coffee grounds.</p>	 <p>Put mixture into a disposable container with a lid, such as an empty margarine tub, or into a sealable bag.</p>	 <p>The sealed container with the drug mixture can now be placed in the trash.</p>
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Your safety is our top concern!



When the spring DEA Take Back Day was postponed due to COVID-19 safety concerns, SoRock partnered with our two public health networks and the Raymond Coalition or Youth to develop a virtual safe disposal campaign for Southern Rockingham County. This campaign was incentivised with gift certificates for local business to promote participation and the removal of unused and expired Rx medication from homes.

When the fall DEA take back happened on schedule our youth groups made sure all of our police departments had the supplies they needed along with resource & disposal bags to hand out to community members during the event. **Our towns collected a total of 782lbs of medications at this event!**

#BESAFEWITHSOROCK



Home safety kits COMING SOON! We are finishing up gathering all the items for our community home safety kits! These kits will help community members start off 2021 with additional safety measures in their homes. Kits will be free and available through your police department. Stay tuned for a kick off date in the coming weeks!



SoRock provided 800 personalized masks to our local police departments and 4,600 personalized masks to our middle and high schools. Masks include PD/School logos campaign name and SoRock website for access to resources.

We're helping each community remember to check on one another as often as possible with these attention grabbing yard/window signs!

CONTACT US

To learn more about what SoRock is doing or how you can get involved follow us on social media @SoRockNH or visit our website SoRocknh.org

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