



February 28, 2012

Dear Vermont School:

The Northern New England Poison Center and emergency hotline agencies in Vermont have developed a personal emergency number promotion program titled "**R U Prepared?**" These hotline agencies are working to ensure that all students and staff are prepared for emergencies. To accomplish this, we are asking that your school dedicate a day during **National Poison Prevention Week, March 18-24, 2012** to inform students about each agency and allow them to pre-program their cell phones with these essential numbers.

Attached, please find the documents for the "**R U Prepared?**" campaign, which list the numbers for the Northern New England Poison Center (1-800-222-1222), Vermont Network Against Domestic Violence (1-800-228-7395) and Sexual Violence (1-800-489-7273) hotlines, the National Suicide Prevention Lifeline (1-800-273-TALK (8255)), as well as Vermont 2-1-1 and 9-1-1.

The following documents are included:

R U Prepared?: *Description of the program and the actions needed to ensure that students, parents and staff have these toll-free numbers readily available in case of an emergency*

Hotline summary: *Description of the emergency numbers which should be read in school, either over the intercom or by classroom teachers during Poison Prevention Week (March 18-24, 2012)*

Take-home summary: *Summary sheet of the toll-free agencies, including the Vermont U Matter Campaign, that should be sent home to the parents or put in the school newsletter*

Thank you in advance for your participation in this campaign to ensure that Vermonters will be prepared for an emergency and know who to call for assistance. After completing your school event, please report your activities at www.nnepc.org. Your reporting will help us measure the impact of this campaign. I look forward to hearing from you. If you have any questions, please contact me.

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Fax: 802-847-6545

Hotline Call Center & Administrative Office: Northern New England Poison Center
22 Bramhall Street
Portland, ME 04102
Office: (207) 662-7220 • Fax: (207) 662-5941

New Hampshire Education Office: NH Department of Health & Human Services
29 Hazen Drive
Concord, NH 03301
Office: (603) 271-4705 • Fax: (603) 271-4519

Vermont Education Office: Fletcher Allen Health Care
Community Health Improvement
128 Lakeside Avenue, Suite 106
Burlington, VT 05401
Office: (802) 847-2392 • Fax: (802) 847-6545

March 18-24, 2012 - Poison Prevention Week

Project Title: **R U Prepared?** - Personal Emergency Number Promotion Plan

Audience: Vermont Schools

When: Week of March 18-24, 2012

What: Promote personal emergency 24-hour hotline numbers

9-1-1 – Fire, Police, Ambulance
Vermont 2-1-1 - Information, referrals and support
1-800-222-1222 – Poison Center
1-800-273-TALK (8255) – Suicide Prevention
1-800-228-7395 – Domestic Violence
1-800-489-7273 – Sexual Violence

How: Schools dedicate time to review the above five 24-hour emergency hotline numbers.

- Read the attached hotline number descriptions with school morning announcements or in home room discussions during week of March 18-24, 2012. (*document – Hotline summary*)
- Allow students and staff to program these numbers into their cell phones during the announcement/discussion (*except 9-1-1*).
- Make copies and send home with students a copy of the attached flier and put the information in your school newsletter. (*document – Take home flier*)
- Do a supplemental school activity:
 - Art or Health class – Have students make and display posters promoting the 24-hour hotline services.
 - English class – Have students research a hotline service's website and write a summary paper about what they learned.
 - School paper – Have students write about the 24-hour hotline services available for students to use and provide example scenarios of when a teenager may need to call.
 - Student Club (such as Key Club) – Order stickers or educational materials from the hotline services above and display the information at a lunch-time resource table during the month of March.
- Get credit – Report your school's activities and get a certificate of participation by visiting www.nnepc.org and click on "Report an **R U Prepared?** Event." Your reporting will help us measure the impact of this type of event.

R U prepared 4 a personal emergency?

March 18-24, 2012 is National Poison Prevention Week. Many of us will experience a personal emergency such as a car crash, a suicidal friend or a medication error. It is important to be prepared for these emergencies. One of the best ways to prepare is to know the right emergency hotline number for each type of personal emergency. We are going to highlight six 24-hour emergency hotline services available for you to use. Take this time to program your cell phone with all the numbers except 9-1-1. **Note:** *to avoid accidental dialing, please do not pre-program 9-1-1 into your cell phone.*

Northern New England Poison Center

Every 13 seconds someone calls a poison center about a poisoning. You can call about a poisoning or to ask a poison-related question. Most poisonings can be treated onsite with over-the-phone advice. The most common poison is medication. Poison centers are available 24 hours a day. All calls are free, confidential and answered by trained medical professionals. The national hotline is **1-800-222-1222**. Website: www.nnepc.org.



Vermont Network Against Domestic and Sexual Violence Hotlines

If you or someone you know is experiencing or has experienced domestic, dating or sexual violence, you can contact the crisis center nearest you for information, referrals and support.



For **domestic or dating violence** call toll-free **1-800-228-7395**

(ABUSE-95) to be connected to the crisis center nearest you. For **sexual violence or if you have had unwanted sex**, call **1-800-489-7273 (489-RAPE)**.

Help is available 24/7, whether you have questions about your own situation or a friend or family member's, or if you just need to talk. You need not be in crisis to call! All services are free and confidential to anonymous callers. Website: www.vtnetwork.org.

National Suicide Prevention Lifeline

Are you feeling desperate, alone or hopeless? Call the National Suicide Prevention Lifeline at **1-800-273-TALK (8255)**. This is a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Your call will be routed to the crisis center nearest to you. Website:

www.suicidepreventionlifeline.org.



UMatter Youth Suicide Prevention in Vermont

For emergency assistance call **2-1-1** in Vermont or the National Suicide Prevention Lifeline at **1-800-273-TALK**. Website:

www.UmatterUCanGetHelp.com.



Vermont 2-1-1

Vermont 2-1-1, a program of United Ways of Vermont, is a free and confidential service that makes it easier for Vermonters to get help, give help and discover options. Vermont 2-1-1 is a local call from anywhere in Vermont. By dialing 2-1-1, callers receive person-to-person assistance 24 hours a day, 7 days a week, in connecting with community organizations and government agencies that provide such services as mental health care and counseling, alcohol and drug recovery, health care,



volunteering, support groups and more. Vermont 2-1-1 assistance includes information, referrals and problem solving support. Just dial 2-1-1 in Vermont or 866-652-4636. Website: www.vermont211.org.

9-1-1

9-1-1 is an emergency telephone number. An emergency may be defined as any situation that requires immediate response. Any time that you need help in a hurry from any of the emergency service agencies (police, fire and ambulance) you should call 9-1-1. Call immediately if a person's life or well being is threatened, property is endangered or an illegal activity is in progress.

But remember, 9-1-1 is not a toy. It should be used only in real emergencies, not for information, directions or just to see if it works. Website: www.e911.vermont.gov.



Take Home Summary

R U Prepared 4 an Emergency?

Are you prepared for a possible personal emergency? One of the best ways to prepare is to program your cell phone and post these hotline numbers near your home phone.

Note: To avoid accidental dialing, please do not pre-program your cell phone for 9-1-1.

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UMatter Youth Suicide Prevention in Vermont

Of all the causes of death among teens in Vermont, suicide is number two. Yet suicide is largely preventable if people know the warning signs and how to get help.



Depression is a major factor in most suicides. It's not uncommon to feel down from time to time; all of us do. But if you feel depressed, listless or have trouble sleeping for more than two weeks, it's time to get help. Talk to an adult: a parent, family member, teacher, counselor or faith leader. It's important to take care of yourself and it's OK to ask for help. Though you may not feel it at the moment, there are friends who care about you, family who would miss you and people who depend on you. You matter and there is a place for you in the Big Picture.

Friends are often the first to see the warning signs of suicide. If you notice a friend talking or writing about death, threatening suicide or looking for ways to kill themselves, get immediate help. Show you care by listening and taking them seriously. Ask them if they are at all thinking about suicide. Offer to get help, then call 9-1-1 and stay with them until help arrives. Saving a life is more important than wondering whether the person will be mad at you. As a friend, you matter because you can lead someone to the help they need. For emergency assistance call **2-1-1** in Vermont or the National Suicide Prevention Lifeline at **1-800-273-TALK**. Suicide prevention website: www.UmatterUCanGetHelp.com.

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