

Who We Are

Healthy Lamoille Valley (HLV) is a coalition of individuals and community organizations working collaboratively to reduce youth substance misuse and encourage youth to make substance free healthy choices. We are a program of the nonprofit Lamoille Family Center, serving the communities of Vermont's Lamoille Valley region. We are a member of the Northeast Vermont Prevention Consortium, committed to preventing and ending problematic substance use across the lifespan.

What We Do



COMMUNITY HEALTH



EDUCATION



YOUTH ENGAGEMENT



TOWN PLANNING

Why We're Here

Young people who use alcohol, marijuana, tobacco and other substances are more likely to develop substance dependency in their lifetime than those who delay use until after age 21 or later. In Lamoille County, 14% of high school students report that they first used alcohol before the age of 13, and 27% of high school students report using cannabis in the last month.

Recognizing that the adolescent years are one of the most critical for brain development, we come together as youth, parents, educators, health providers, and community members to reduce youth substance use in our communities, schools, and towns.

Community Impact Highlights

Over 300 active individual and organizational members

Youth empowerment groups engaged in substance use prevention at 4 Lamoille Valley middle & high schools

161 local 6th graders trained in substance refusal skills during 2025

Anti-vape PSAs produced with 3 school-based youth groups in 2025 resulting in 4,500 views and 20,000 digital impressions within the first two months

\$11,000 awarded in community sponsorships in 2025 through the Northeast Vermont Prevention Consortium

Supporting community action through 3 original publications: Community Planning Toolkit, Educator Conversation Guide, Youth Coaches Handbook

Get Involved!

We're a community coalition! Become a community partner, join coalition meetings, help plan and implement events and activities, share resources and knowledge. Visit our website or contact Coalition Coordinator Jessica Bickford to learn more!

www.healthylamoillevalley.org
Jessica Bickford, Coalition Coordinator
802.730.6599 | jessica@healthylamoillevalley.org