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## The Choose To Be Healthy Coalition Newsletter ~ January

Issue # 17



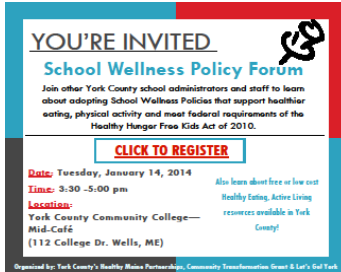
A Local Healthy Maine Partnership  
and A Drug-Free Communities Coalition at CTBH  
Join us at [www.ctbh.org](http://www.ctbh.org)

[www.ctbh.org](http://www.ctbh.org)

Choose To Be Healthy  
Coalition Meeting

## What's New and Coming Up in Our Communities

### York County School Wellness Policy Forum, January 14th



Join York County schools to learn and share info on what makes a good school wellness policy that supports healthy eating, physical activity and follows the Healthy Hunger Free Kids Act.

York County's three Healthy Maine Partnerships are coordinating this forum with the Community Transformation Grant and Let's Go 5210. FMI contact Sue at 351-2658 or [register here.](#)



York County  
Community College  
Thursday, January 16th  
3:30-5 PM  
RSVP to  
Amanda Carey at  
[acarey@yorkhospital.com](mailto:acarey@yorkhospital.com)

### New SNAP Educator Serving Southern York County

Caitlin Crane, RD, is the new full-time SNAP Educator serving southern York County starting January, 2014. The Supplemental Nutritional Assistance Program, or SNAP, is the benefits-for-food program administered by the Department of Agriculture's Food and Nutrition Service formerly known as "food stamps."

Qualifying individuals and families receive government assistance to purchase food through the use of Electronic Benefit Transfer accounts, or EBT cards that can be used to purchase food at qualifying establishments, such as convenience stores, grocery stores, markets and co-ops.

Caitlin will be working with all ages on improving healthy eating and will be recruiting locations, volunteers and students for her upcoming activities and classes. After January 6th, you can contact Caitlin who will be located at Choose To Be Healthy's office at 351-8688 or [crcrane@une.edu](mailto:crcrane@une.edu).



### CTBH YouTube Channel



[Drugged Driving Prevention PSA](#)

Share this message about dangers of drugged driving from Traip Academy Advocacy Group and local police

### Maine Health Access Foundation Grant Helps Identify Local Issues



Choose To Be Healthy is the successful recipient of an \$18,300 Healthy Communities grant from the Maine Health Access Foundation.

CTBH will use the funds to hold 5 World Café discussions about social influences on health. Our purpose will be to identify one health issue that we will commit as a community to influence in coming years. We know that access to health care influences how healthy a person is; however, what about the often overlooked connection between social needs and good health?

### National Drug Facts Week January 27th-February 2nd



[Shatter the myths about drugs](#)

The first of these "Community Café Conversations - Focus on Health" will be held February 3, 5:30-7:30 PM. Participants will share a meal and their diverse perspectives. If you are interested in participating, please email Coalition Director, Deborah Erickson-Irons at [derickson-irons@yorkhospital.com](mailto:derickson-irons@yorkhospital.com).

### Anonymous Tip Lines Set Up in York County

With support from both state and federal substance abuse prevention grants, several of our area police departments will be using new tip software that allows people to send anonymous tips via web, cell phone text or smart phone app.

South Berwick and Berwick police have set up SOBERTIP. Wells and Ogunquit's tip line is WOTIP. York, Kittery and North Berwick's will be available soon. The goal of TipSoft is to encourage community support in helping to prevent underage drinking, drug use and other crimes such as bullying, sexting, and vandalism. To learn more and access these tools go to the links at <http://www.ctbh.org/substance.htm>



### Our Funders

[Maine Center for Disease Control, Fund for a Healthy Maine](#)

[Maine Office of Substance Abuse and Mental Health Services](#)

[US Office of National Drug Control Policy, Drug Free Communities](#)

### Our Lead Agency



### Local Youth Groups Attend Conference and Bring Home Prevention



Choose To Be Healthy provided scholarships for students from York High School, York Middle School and Traip Academy in Kittery to attend the Maine Youth Action Network's (MYAN) annual Youth Leadership Summit in Augusta. Youth learned leadership and advocacy skills and attended workshops on health and wellness topics.

Kittery's youth group, TAAG, will create a multimedia campaign on underage drinking and drug prevention. Youth from York High School's TIDALWAVSE are planning underage drinking prevention activities for their annual Substance Abuse Prevention Week in March. York Middle School attended for the first time and have plans for more youth led projects. To learn more about youth work contact Amanda Carey, Youth Coordinator, at 351-2654 or [acarey@yorkhospital.com](mailto:acarey@yorkhospital.com).

The Choose To Be Healthy Coalition is a local Healthy Maine Partnership and Drug Free Communities Coalition serving Berwick, Eliot, Kittery, Lebanon, North Berwick, Ogunquit, South Berwick, Wells and York.

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