

# Choose To Be Healthy COALITION

Creating a healthier Southern York County



November 2014

## Coalition Updates

**Advisory Board:** We are continuing to "grow" our Advisory Board and we welcome new members Linda White, Ginger Laurits and Alan Bean Burpee.



**Michelle Mason,  
Program Assistant**

**Welcome our new staff member:** Please join us in welcoming our new staff member, Michelle Mason. Michelle has been working as the VetCorps Prevention Coordinator in Bangor and she and her family have re-located to southern Maine.

**Awards:** Special congratulations to Gina Brodsky, CTBH coalition member extraordinaire. Gina was recognized at the Annual Maine Youth Leadership Summit with the Empowering Adult award. This is

awarded to an adult who has gone above and beyond to encourage and empower youth ages 12-18 and who has supported youth to find their voice and to make an impact in their community. Gina is the Substance Abuse Counselor and a Guidance Counselor at York High School. She also leads the Making Change group which meets weekly and is for youth in or considering recovery. The award is very well deserved!

**Events:** We are pleased to have held two successful events in the past few weeks. Bob Doyle, Executive Director of the Colorado Education and Prevention Alliance, shared data related to the marijuana industry's affect on public health, youth use and safety on Oct. 20 (see article below). Deb Erickson-Irons led a World Café on Improving the Health of Community Members on Oct. 28. Natalie is planning a presentation on Tobacco Updates on Nov. 20-hope you will attend!

## York County Public Health District

Alzheimer's in York  
County

Monday, December 1  
3:00-5:00pm  
YCCC

For more information,  
contact [Adam Hartwig](#)

## Ebola Update from Maine Public Health!

The Ebola virus and the devastation it is causing in three African countries has taken over the news wires. Unfortunately, there is much misinformation and people are nervous about how this virus could impact themselves and the people they love. MPHA

If you would like more information or to join the Choose To Be Healthy Coalition, please contact [Sue Patterson](#) at 351-2658.

### Join us for our Coalition Meeting!

**Great American Smokeout! What's New in Tobacco?**  
Thursday, November 20, 2014  
3:30 - 5:00 PM  
York Hospital ~ TMR "Temporary Meeting Room"  
[Click Here To RSVP](#)

Join us on the National Great American Smokeout day to celebrate our successes in creating healthier communities through tobacco free policies! Learn how your business or organization can strengthen its tobacco policy. Curious about e-cigarettes? There have been many conflicting reports. Come find out the latest info!

### Local Youth Empowered To Lead



Six youth from York High School attended the annual, two-day, statewide Maine Youth Leadership Summit in Augusta where they learned advocacy skills and heard peers share their empowering stories of community change and action.

Kayla Edminster, Jack Northrop, and Abby Wood attended with chaperone and Choose To Be Healthy Substance Abuse Prevention Specialist, Devin Rowe; and Joe Yauch and Kelsey Cole were there as part of TIDALWAVSE with their Adult Advisor, Gina Brodsky. Ms. Brodsky also received a well deserved award for Empowering Adult of the Year and was given a standing ovation by the York crew.

CTBH brought youth to the Leadership Summit to learn skills to address substance abuse. "I feel fired up from everything I heard at the Summit," said one of the youth. Joe Yauch and Kelsey Cole from TIDALWAVSE were inspired by an activity on underage drinking prevention that used real life scenarios and humor to get its point across.

The youth who attended with Devin will be serving on CTBH's new Youth Advisory Board as its first members. CTBH's goal is to work with youth from all five school districts in Southern York County and hopes to have representatives join from Wells, Kittery, Marshwood and Noble schools. The Youth Advisory Board will work on community projects to help prevent substance abuse and will help other youth get projects started at their schools.

If you know of youth who would be interested in joining CTBH [YOU]th, email [Devin Rowe](#). If you would like more information about youth projects or CTBH please visit [www.ctbh.org](http://www.ctbh.org) or the youth Facebook page: [www.facebook.com/themainevoice](http://www.facebook.com/themainevoice).

### Concerning Trends in Marijuana: Public Health and Safety Lessons Learned from Colorado

and our partners worked together to write an article giving people factual information and calming unfounded fears. [Click here](#) to read the article and find science based information and fact sheets.

### Cold & Flu Season is upon us!

[Study: Hand 'quicker than the sneeze in the spread of disease'](#)



Don't forget to get your flu shot!

### Where is this hilltop lookout?



Check out [Gateway to Maine: Outside](#) for outdoor adventures, local hikes and more!

### Our Funders





Parents, law enforcement, teachers, counselors, addiction specialists and doctors were among over 60 community leaders who attended an educational forum on marijuana commercialization at York County Community College sponsored by the Choose To Be Healthy Coalition.

Bob Doyle, Executive Director of the Colorado Education and Prevention Alliance, shared the latest data of how marijuana commercialization is negatively affecting public health, youth use and safety in Colorado. Bob spoke of his 20 years expertise in combating tobacco marketing tactics and now those of the marijuana industry and warned, "The marijuana industry is the tobacco industry on steroids."

While Denver has over 200 places to buy marijuana, "the media won't tell you that over 200 Colorado towns have banned the sale of marijuana. And they won't tell you that the latest Colorado poll shows an almost 20% decrease in approval of legalization. Both men running for Governor in Colorado have said that legalization was a mistake and one is promising a repeal of the law."

Much of Bob's message came back to the need to be sophisticated consumers of the media, to question the motives and messages of the marijuana industry and to learn from our mistakes with the tobacco industry. "I hope we can educate ourselves so that we do not have to spend the next few decades playing catch up with mistakes we might make now."

If you missed it, you can view the entire presentation on [YouTube](#).

## Teen Gambling

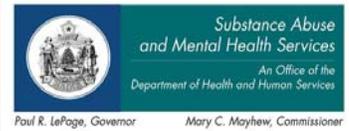


Did you know that as many as 10-15% of our youth may develop a problem with gambling? Young people are more likely than adults to develop a serious gambling problem. For some young people, what appears to be innocent gaming such as scratch tickets, sporting events, and online poker games may develop into a problem.

Ways to identify a gambling problem include: borrowing money and not paying it back; stealing money; selling personal belongings; showing an unusual interest in sports scores; and suddenly having large sums of money. If your child exhibits any of these behaviors, he or she may be at risk for a gambling addiction.

To learn more visit the Maine Office of Substance Abuse and Mental Health Services website on [youth gambling](#) or visit [211maine.org](#) for assistance and a list of resources. Also, York Hospital hosts Gamblers Anonymous meetings on Saturdays from 9-11am on the main campus at the Hall House (grey building next to Helipad). This is an open meeting and spouses, family and friends of gamblers are welcome to attend.

## Tobacco Updates



Paul R. LePage, Governor Mary C. Mayhew, Commissioner



ONDCP DRUG-FREE COMMUNITIES

## Our Lead Agency



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**York Harvestfest, Oct 25**

**Events:** Through September and October CTBH hosted Tobacco Free Events in Eliot, promote as tobacco free, it's easy! Simply contact Natalie Gould and she will assist you in updating or revising your tobacco policy. Then you can apply for a mini-grant to help sponsor your event(s). If you have already updated your policies with CTBH, we are happy to lend you our Tobacco Free Event banners.

**Workplaces:** CTBH is also working with worksites to ensure compliance with Maine State Law and more. Does your business have a policy on e-cigarettes? Many people have started "vaping" either as a way to quit or as an alternative to smoking. What would your company do if an employee came into work and wanted to use their e-cig in their cubicle? If your company had a policy you would know exactly what to do.

For assistance with any tobacco policies, contact [Natalie Gould](#) at 207-351-2662.

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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