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Choose To Be Healthy Coalition Newsletter



September 2014

Coalition update

The CTBH Coalition wants to acknowledge and thank our CTBH Coalition Advisory Board members. Board members include Jack Moran, Michelle Surdoval, Pat Endsley, Barb Bourgoine, Brenda Dowling and Deb Erickson-Irons. They work with staff and the coalition to guide and improve our communities' health through our coalition efforts. They bring lots of expertise and different perspectives to the table and help us "make it happen".

If you would like more information on joining the CTBH Coalition, please contact Sue at spatterson@yorkhospital.com or 351-2658.



Join us for our Coalition Meeting!

Substance Abuse Prevention: Planning Successes for the Next 5 Years

Thursday September 18, 2014
3:30 - 5:00 PM

York County Community College
[Click Here To RSVP](#)

The Choose To Be Healthy Coalition is in the 4th year of its 5 year Drug Free Communities Grant. It's time to look back on our successes and plan for what we want to accomplish in the next 5 years. Please join us to discuss what substance abuse prevention strategies we will be working on to keep our youth and communities healthy!

York County Public Health District

Table Top Exercise for
Public Health
Emergencies Topic: [MERS](#)
Monday, September 8
3:00-5:00pm
YCCC
[Click Here to Register](#)



CTBH [YOU]th update

The Choose To Be Healthy Coalition would like to formally introduce our new group of youth leaders, "CTBH [YOU]th". This group is actively out in the community, working on different awareness projects regarding drugs and alcohol. They are working with Dover Youth2Youth to create radio PSAs, which will be aired on local radio stations this fall. These PSAs will be based on information from the results of a polling activity the [YOU]th have been doing with local adults regarding their opinions on legalizing recreational marijuana in York.

Looking forward to the fall, we will have a Choose To Be Healthy staff member at a majority of middle school & high school open houses within our service area. We look forward to meeting new youth and parents! If you are interested in what [YOU]th is doing, wish to join, or any other questions please email [Devin Rowe](mailto:Devin.Rowe@ctbh.org), Substance Abuse Prevention Specialist.

Fall Family Fun! Find a local Apple Orchard



[Maine Apple Orchards](http://www.maineappleorchards.com)

October is National Substance Abuse Prevention Month



Marijuana news from Maine & Colorado

Two new resources are now found on our CTBH.org webpage.

[Keeping ME Above the Influence](#) is a page on our website and the name of our new electronic newsletter using paper.li. Keeping ME Above the Influence, will

help keep you up to date on news regarding the effects of medical and legalized recreational marijuana in other states and efforts to bring recreational use to Maine. You can subscribe to the paper and then add it to your favorites bar. [Check it out!](#)

[The Legalization of Marijuana in Colorado: The Impact](#) is the second annual report from Colorado which tracks public safety and health effects like drugged driving, youth marijuana use, emergency room admissions and diversion of drugs out of state.

Some information from this 2013 report include the following:

- 100% increase in traffic fatalities involving marijuana;
- Over 57% increase in marijuana related ER visits from 2011-2013;
- 397% increase in highway seizures of marijuana being smuggled out of Colorado from 2008-2013; and,
- The majority of towns and cities in Colorado banning recreational marijuana businesses.



TOPS Club, Inc. is the original, nonprofit, weight-loss support and wellness education organization.

Established in 1948 to champion weight-loss support and success, TOPS has helped millions of people live healthier lives. TOPS has local community chapters all over the world. In addition, TOPS offers very customizable programs for Workplace Wellness. For more info, or to find a chapter near you, check out our [website](#) or contact [Charlie Quint](#) at 207-324-0195.

Interested in becoming a Certified Application Counselor (CAC) organization for the Health Insurance Marketplace?

Contact: Jennifer Syria
617-565-1247

Jennifer.syria@cms.hhs.gov



DRUG TAKE BACK DAY

Turn in your unused, unwanted, or expired medications for safe disposal.

Saturday, September 27th 10am-2pm

[Click here for more info](#)



Problem gambling? Learn how self-exclusion can help

Self-exclusion is action that a person can take to ban themselves from entering all casinos in Maine for a specific period of time. A person concerned about his or her gambling habits may have trouble resisting the

attractions inside a casino that can trigger the desire to gamble. Self-exclusion keeps a person from entering a casino which may reduce the temptation to gamble.

[Click here](#) for the listing of sites where you can self-exclude.



RALA update

The York Rural Active Living Assessment initial assessments have been completed! Over the summer, a group of York residents, town employees, regional planners and CTBH staff assessed the programs, policies and roads for bikeability, walkability, and access to physical activities in town. We found several areas that were bike/ped friendly, areas that could use small improvements, and areas that will need further review and planning.

The final step will be to complete the assessment of the town and share with interested parties. If you would like to see the results of the York RALA, please contact [Natalie Gould](#) at 207-351-2662.

Upcoming Tobacco Free Events!

Mt. A Bike Challenge
September 27th, 2014
 Registration starts at 9:00
 Ride starts at 10:30
 Registration Donation is \$35
 \$20 for kids 12 and under.
RIDE Like Someone's Life Depended On It

The Mount Agamenticus Bike Challenge

This is a benefit ride for York Community Service Association, a non-profit providing family services including food pantry and fuel assistance. Visit www.ycsame.org for more information about YCSA.

The Mt. A Bike Challenge is a 22 mile ride from the State of Maine District Court House in York to the base of Mt. A and back. If you are a beginning rider, ride as far as you can....if you are an experienced rider head to the base of Mt. Agamenticus!

Visit www.mtagamenticuschallenge.com for more information or to register.

Eliot Festival Days



Eliot Festival Days starts on Friday, September 26 with vendors & fireworks at the Eliot Boat Basin. On Saturday, September 27 the day begins with a 5K road race followed by crafts & food booths, information & entertainment, ECSD Kids Corner, lots of activities and entertainment for all ages! There will also be a parade and a kids fun run!

Visit www.eliot5kandfestival.com for more information.

Our Funders



ONDCP DRUG-FREE COMMUNITIES

Our Lead Agency



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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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