

Choose To Be Healthy Coalition Newsletter



July 2014

Welcome Devin Rowe ~ Substance Abuse Prevention Specialist



Devin Rowe comes to Choose To Be Healthy with a degree in Health Promotion from Colby-Sawyer College and experience in substance abuse prevention as a youth and adult with Dover Youth 2 Youth.

She has already started some summer projects with youth and will be attending a national conference in July. Devin is an avid runner and is looking to volunteer some coaching time in her new home state. Welcome, Devin!

Healthy Food for Those In Need



Choose To Be Healthy Coalition and York Community Service Assoc. will host the Good Shepherd Food Bank mobile food distribution truck on Monday, August 18 from 5-7 PM at 38 Woodbridge Rd (YCSA Food Pantry location) in York. This is a great chance to obtain a wide variety of healthy food to anyone in need-any age and any local town. Many thanks to Good Shepherd Food Bank for bringing the mobile distribution truck to York.

Partners for a Hunger Free York County is a very energetic coalition with opportunities for people to participate in improving access to healthy food. Contact [Sue Patterson](#) for more info on the GSFB distribution day August 18 or PPHFYC.

Tell the MaineDOT what you think!

Do you wish that biking and walking on roads in Maine were safer and easier?

The Maine Department of Transportation (DOT) is asking for YOUR input for their statewide long-range transportation plan. Your answers will affect the way the Department sets goals, objectives, and strategies for future transportation projects in Maine. Please fill out the [MaineDOT's Public Opinion Survey](#) on long-range transportation needs. This is your opportunity to help shape the future biking and walking in Maine!

York Parents Talk Pot

Marijuana is a popular topic in York these days. Some people want medical marijuana dispensaries lining Route 1. Others want to legalize it for everyone over 21, medical need or not. Many are just confused.



As part of our efforts to educate adults, especially parents, CTBH staff held a discussion on marijuana called a "Table Talk" for twelve York parents. The parents, all moms of children ranging from elementary to high school and college, came to a friend's home to see a short video on marijuana, take a quiz to test their knowledge and then tackle some tough subjects of their choosing, such as what do you say to your child if they ask, "Have you ever done drugs?"

The hour and a half went by quickly with parents liking the tough subjects portion the best. Sally Manninen, Substance Abuse Prevention Director with the Choose To Be Healthy Coalition, facilitated the "Table Talk" adding the latest research, news of [legalization issues in Colorado](#) and guidance for parents. CTBH staff and parent Margie Carley hosted the talk in her home.

Some facts new to the parents included the following:

- Marijuana is typically 3-4 times stronger today than in the 80's with edibles being particularly harmful and marketed to youth.
- Youth are much more likely to get addicted to drugs like marijuana in part because their brains are still developing.
- Regular marijuana use by youth is particularly harmful to their mental health, especially if they have other risks like a family history or learning differences like ADD or ADHD.

At the end parents were given resources from [SAMHS](#) and [NIDA](#) to help them talk to their kids about marijuana as well as "business cards" to share their contact info with other like minded parents. For more info on marijuana and what is going on with marijuana in Maine, visit our [Keep Me Above the Influence](#) page on our new web site. If you would like to help coordinate a Table Talk with your friends, contact [Sally Manninen](#) at 351-2655.

Teens play active role to reduce youth access to drugs and alcohol this summer

The Choose To Be Healthy Coalition Youth launched a Sticker Shock project targeting adults in Southern York county for the holiday weekend. The Sticker Shock project is part of a series of projects Choose To Be Healthy Youth will be working on this summer about restricting access to drugs and alcohol.



The youth involved in the sticker shock hope to raise public awareness about underage drinking laws by placing stickers on multi-packs of beer, wine coolers and any other alcohol products that appeal to underage drinkers. The stickers are bright orange and give adults warning about the penalties for furnishing alcohol to minors. Youth in York County have said how easy it is to get alcohol, and are more likely to get it from an adult in their home or home of a friend.

"Research states that with more access, rates of use and abuse will increase. Everyone in the community needs to be a part of the solution in order to make community members aware of these dangers. This project is a perfect example of doing just that," said Devin Rowe, Substance Abuse Prevention Specialist at the Choose To Be Healthy Coalition.

The project represents a partnership between youth, retailers, concerned parents and community members, prevention professionals, and law enforcement. The students will be collaborating with the following York stores: Hannafords, Cat 'N Nine Tails, Anthony's Food Shop, and Cumberland Farms to reduce underage drinking and begin to take action to prevent any potential tragedies from happening in our community. Check out our [Youth In Action page on CTBH.org](#) to learn more about youth within our coalition.

Take A Breath Of Fresh Air



Where can you breathe easier? **Kittery Trading Post** - they have recently reviewed and updated their tobacco policies and are working on enforcing their tobacco free picnic area with new signage. **Laudholm Farms at Wells Reserve** - they are working on updating their signage to make sure the reserve remains tobacco free. **York Region Chamber of Commerce** - they are working on a policy to make their campus tobacco free, including the Farmers Market. And the **Wells Harbor Park Concert Series** will be tobacco free again this year!

Do you know a business or event that could use some assistance with their tobacco policy? Contact [Natalie Gould](#) for more information!

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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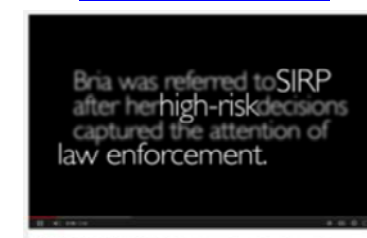
Creating a healthier
Southern York County

Summer Tip: Remember Sun Safety



[What is your sun safety IQ?](#)

Class for At Risk Youth Drug and Alcohol Education Class



YOUTH EDUCATION (SIRP) - Learn about alcohol and drugs

3rd week of the month
Sanford Police Station
FMI: Connie Roux 490-7704
ext. 311.

Medicare Questions?

For patients approaching Medicare eligibility who have questions, So. ME Area Agency on Aging staff will be on the York Hospital campus. Call SMAAA directly to make an appointment: 1-800-427-7411

July 10, 2014
August 14, 2014

6 appointments per day
from 9am-4pm



Our Lead Agency



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