

Michelle Mason

From: Choose To Be Healthy Coalition Staff [healthinfo@ctbh.ccsend.com] on behalf of Sue Patterson
Sent: Monday, March 16, 2015 8:27 AM
To: Michelle Mason
Subject: March Newsletter: Mental Health First Aid, Heroin Forum, Youth Training, and More!



March 2015

Choose To Be Healthy Coalition Newsletter

Creating a Healthier Southern York County

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An Update From Our Director



We moved to a new office on the York Hospital campus at the end of January. We are now located at 18 Williams Avenue. Come to our Open House, Thursday, March 19th anytime between 11 AM and 5 PM!

We have also had some staffing changes. Natalie Gould left to join the Wells Recreation Department. She accomplished a lot with tobacco and obesity strategies while she worked with us. Charley LaFlamme will join us in the next few weeks working on the Wells Rural Active Living Assessment, tobacco worksite policies and tobacco-free open air and event policies.

The York District Public Health Coordinating Council has organized a panel of experts to present "Heroin: A Community Conversation". This event will be held on Wednesday, March 25 at The Coastal House in Wells from 3-5 PM. We hope you will join us.

Choose To Be Healthy continues to work on tobacco, obesity and substance abuse prevention strategies as well as help plan mental health awareness activities scheduled for May and June.

If you would like to join the Choose To Be Healthy Coalition or would like more information, please contact Coalition Director, Sue

Upcoming Events

[Maine's Annual Conference on Problem Gambling Awareness](#)

Wednesday, March 11th
9:00 AM to 4:00 PM
Maple Hill Farm
Hallowell, Maine

CTBH Coalition Open House

Thursday, March 19th
11:00 AM to 5:00 PM
York Hospital
18 Williams Ave
York, Maine

Cooking Matters, At The Store

Monday, March 23rd
3:00 PM-6:00 PM
York Hannaford
5 Hannaford Drive
York, Maine
FMI contact Caitlin Crane
at ccrane3@une.edu

[Maine DOT Regional Public Input Meeting](#)

Talk Transportation
Tuesday, March 31st
2:00 PM to 4:00 PM and
6:00 PM to 8:00 PM
Henry Warner Building,
York Hospital
16 Hospital Drive
York, Maine

[Heroin: A Community Conversation](#)



Patterson at spatterson@yorkhospital.com.



Choose To Be Healthy Meets With Local Legislators

Coalition staff, Advisory Board members, and York Hospital President Jud Knox met with local legislators from Southern York County on February 27th to talk about the value of Healthy Maine Partnerships.

Maine is 1 of 3 states without a local and/or county public health system. The 27 Healthy Maine Partnerships make up Maine's public health infrastructure and work to bring people together to improve the health and well-being of our citizens.

The Governor's budget proposes cutting funding to Healthy Maine Partnership coalitions and the public health infrastructure. For more information on the effects of these proposed cuts, please visit www.ctbh.org and www.mpha.org.

Legislators attending included Lydia Blume, Deane Rykerson, Patty Hymanson, Dawn Hill, Bob Foley, and Stedman Seavey.



Regional Youth Training at Spring Hill

Nearly 50 youth leaders from York, Traip, and Wells schools gathered at Spring Hill in South Berwick to learn leadership and public speaking skills, take part in a state-wide drug prevention focus group, and hear a young man in recovery speak about addiction.

At the end of the interactive training led by a presentation by Dover Youth2Youth, all youth shared something they learned or will bring back to their community. Answers included peer leadership, how to help friends who might start using drugs or alcohol, and implementing an event to promote Drug Take Back Day.

The Choose To Be Healthy Coalition is happy to support youth who want to work on substance abuse prevention projects in their school or community. For more information about youth leadership projects, please contact Devin Rowe, Substance Abuse Prevention Specialist, at drowe@yorkhospital.com or 351-2654.



York District
Public Health Council
March 25th 3:00-5:00pm
at the Coastal House,
Wells
FMI and to RSVP
contact Adam Hartwig
adam.hartwig@maine.gov

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Save The Dates: Mental Health First Aid Training

Maine Behavioral Healthcare and the Choose To Be Healthy Coalition are partnering with the National Alliance of Mental Illness (NAMI) Maine to bring two Mental Health First Aid Trainings to our communities.

As part of Childhood Mental Health Awareness Week, we will host a Youth Mental Health First Aid training at York County Community College on Monday, May 4th from 8:00-4:30. This training is designed for people who live or work with youth ages 12-18 to help them identify, understand, and respond to mental health concerns appropriately.

And on June 6th, the York Diversity Forum will host the Adult Mental Health First Aid Training at the York Public Library from 8:00-4:30. These trainings are intended to empower individuals to respond and help guide someone with a mental health need to the right type of help.

The trainings result in a 3 year certification and include a light lunch provided by Choose To Be Healthy. Space in each session is limited to thirty people. To RSVP or FMI about this training, contact Devin Rowe at drowe@yorkhospital.com.



Local Officers Receive Drug Identification Training

In February, CTBH's monthly Regional Law Enforcement Team meeting included a Drug Identification Training for Education Professionals (DITEP).

Officer Rachel Horning from Kittery Police Department and Detective Chris Gosselin from York Police Department co-facilitated the training for officers from Berwick, Kittery, York, Wells, South Berwick and North Berwick. The training included a review of signs and symptoms of synthetic drugs, opiates and marijuana.

Choose To Be Healthy and Officer Rachel Horning, a Drug Recognition Expert and official DITEP trainer, can be contacted to hold one of these trainings in your school for nurses, administration, coaches and teachers who want to be better equipped to help students who have abused substances. If you are a school interested in having a DITEP training for your staff, please contact Sally Manninen at smanninen@yorkhospital.com.

Our Funders



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Choose To Be Healthy is a 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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