

Michelle Mason

From: Choose To Be Healthy Coalition Staff [healthinfo@ctbh.ccsend.com] on behalf of Sue Patterson
Sent: Tuesday, May 05, 2015 8:00 AM
To: Michelle Mason
Subject: May 2015 Newsletter

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May 2015

Choose To Be Healthy Coalition Newsletter

Creating a Healthier Southern York County

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Resource Corner



"Would you rather I drank alcohol? Weed is so much safer."

"But you smoked weed when you were

An Update From Our Director

We continue to work with community partners on substance abuse, tobacco and obesity prevention. Charley LaFlamme has been working with several employers to develop and/or improve their tobacco policies. Please contact Charley at

claflamme@yorkhospital.com if you have an interest in tobacco policy and receiving free signs for your workplace.



We hope you will join us at our Annual Meeting Thursday, May 21 from 3-5 PM at The Coastal House in Wells. The theme is how we all can work towards a healthier, drug-free southern York County. We have a special guest speaker, Marty O'Brien, the Director of Development at Grace Street Services, an innovative addiction and mental health recovery group. We will also hear from local youth and honor Green Apple Award winners. Please RSVP [here](#). Hope to see you there!

Choose To Be Healthy Coalition is going strong and we are

younger."

Get help on **what** to say, **when** to say it, and **why** to say it from a new online resource from the Partnership For Drug Free Kids at [Marijuana Talk Kit](#)

Upcoming Events

[Healthy Kids, Healthy Communities: An Evening of Learning, Support, and Hope](#)

Thursday, May 7th
6:00 PM-7:30 PM
Traip Academy Library
Kittery, Maine

[Eggs and Issues](#)

"Heroin Abuse in York County"
Friday, May 8th
7:00 AM-8:30 AM
YCCC
Wells, Maine

[CTBH Annual Meeting](#)

Thursday, May 21st
3:00 PM- 5:00 PM
The Coastal House
Wells, Maine

[York Hospital 5K Road & Cross Country Race](#)

Saturday, June 6th
8:30 AM
York Hospital Campus
York, Maine

Responsible Beverage Server/Seller Training
[For restaurants](#)

[For stores](#)

Monday, June 15th
Tuesday, June 16th
10:00 AM-3:00 PM
The American Legion
York, Maine

Spring 2015 Drug Take Back Day A Success

waiting to hear on various funding sources. Please contact me at spatterson@yorkhospital.com for opportunities to work with our coalition.

Sincerely, Sue Patterson



The "Complex Dance" of Mental Health & Substance Abuse

In York County, 9-12th graders who reported being depressed were 2 times more likely to smoke marijuana or drink alcohol and 3 times more likely to have abused prescription medication (Maine Integrated Youth Health Survey Report, 2013)

"Mental illness and alcoholism or drug abuse interact in a complex dance," says James Garbutt, Research Scientist at the Center For Alcohol Studies. "Mental illnesses can increase the risk for alcoholism or drug abuse, sometimes because of self-medicating. On the other hand, alcoholism can lead to significant anxiety and depression that may appear indistinguishable from a mental illness."

50 percent of those with an addictive disorder will have a psychiatric disorder, and about 20 percent have an addiction problem. A variety of illnesses such as post-traumatic stress disorder, anxiety, sleep disorders, or depression **increase** the risk of addiction.

For more on this complex issue in everyday language, go to [How Mental Illness and Addiction Influence Each Other](#)

Prom and Graduation Ad Campaign



Did you pick up the dress? Have you rented the tux? OK, but have you talked to your son or daughter about alcohol and drugs? It's that time of year again.

According to National Traffic Safety Administration, 53% of teens drank more than 4 drinks on prom night (2013).

With prom season beginning the first week of May in southern York County, Choose To Be Healthy members and staff would like to remind parents and community members to promote safe, fun, and healthy end of school year celebrations. It's a time to set rules when it comes to alcohol and drug use.


1 2 3 9

That's the total number of pounds of unwanted and expired medications collected in Southern York County during Spring Drug Take Back Day!

Thank you to all of our local police departments for their hard work and the York County Sheriff's Office for helping to coordinate the event!

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Our Lead Agency



Choose To Be Healthy youth members helped create a prom and graduation campaign to help youth and parents. The campaign will include information on what you can say to your child when it comes to drug and alcohol situations.

Help us spread the word by liking [Southern Maine Healthy Parents Network](#) on Facebook and visiting www.ctbh.org.

Choose To Be Healthy Partners With Local Realtors To Help Keep Medicine Safe During Open Houses

Real estate open houses can be a prime target for thieves after your jewelry or other valuables stored in your home. But did you



know that you should also be taking care to lock up or safely dispose of your prescription medications in advance? Thieves target open houses because they are easily accessible, and offer a quick exit if caught.

Consumers should be aware of all of the places in their homes where they have medication stored. Common places include medicine cabinets and nightstands, but have you checked your kitchen cabinets lately? When you lock up your valuables in a safe place, take time to place your medication there as well.

And finally, use the open house as an opportunity to go through medication and dispose of unwanted or expired ones. This can be done safely 24/7 at a MedReturn box at your local police station or during a Drug Take Back Day event.

Choose To Be Healthy has created a flyer with tips for consumers to keep their medication and homes safe. Local real estate partners helping to get the message out include RE/MAX Realty One, Coldwell Banker-Yorke Realty, and the Gosselin Realty Group. Real estate agents or others interested in supporting the initiative can contact Michelle Mason at mmason@yorkhospital.com or 351-2669.

Our Funders



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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