

Having trouble viewing this email? [Click here](#)

Family Support— like family dinner— is just one of 40 developmental assets that can increase your child's chances of being healthy and happy.

For more on building assets, visit us



at ctbh.org.



September 2015

Choose To Be Healthy Coalition Newsletter

Creating a Healthier Southern York County

In This Issue

[Director's Update](#)

[New E-cigarette Law](#)

[Safe Medicine Tips For Grandparents](#)

[Prevention Funding For Schools](#)

[New Ad Campaign](#)

Resource Corner



[Back-to-School Survival Guide for Parents](#)

The Partnership for Drug-Free Kids has assembled this virtual backpack with tips and tools, so when your child has questions about drugs and alcohol, you will be the one he or she turns to.

Join Us For Our Next Coalition Meeting!

An Update From Our Director



**Devin Rowe
HMP Coordinator**

Greetings! We are pleased to announce that Devin Rowe has accepted the position of Healthy Maine Partnership (HMP) Coordinator at the Choose To Be Healthy Coalition. Devin did an excellent job as our Substance Abuse Prevention Specialist and is now managing the tobacco and obesity prevention work plan as well as other responsibilities.

Maine Substance Abuse and Mental Health Services has awarded CTBH

with another substance abuse prevention grant and we expect to hear very soon about our 5 year federal Drug Free Communities grant.

We are very excited to be working on new obesity prevention and treatment programs through York Hospital. A comprehensive [obesity treatment program](#) will start in September and we will be partnering with York Hannaford to provide healthy eating information.

Your input is vital to our work! As always we welcome your participation in working to improve the health of our community. Please contact me with your feedback or to work with our coalition at spatterson@yorkhospital.com.

*Sincerely, Sue Patterson
Coalition Director*

Our next coalition meeting
is
**Thursday,
September 24th
3:30 - 5 pm
at York County
Community College.**
Guest Speakers!
Funding News!
Upcoming Projects!

Everyone is welcome
to attend. Please
RSVP [here](#).

Upcoming Events

[Substance Use and
Pregnancy:
Prevention and Intervention](#)
Wednesday,
September 30th
Portland, Maine

[Building Our Brand: Making
Public Health Visible in
Maine](#)
Tuesday,
October 6th
Augusta, Maine

Drug Take Back Day



Fall Drug Take Back Day
will be **Saturday,
September 26th
from 10-2.**

For a list of drop off
locations in Southern
York County, visit
<http://ctbh.org/>

MYAN Youth Leadership Summit

New E-cigarette Law Takes Effect October 15th

On October 15th 2015, e-cigarettes, vapes, and similar devices will be prohibited in all of the [same places that traditional \(combustible\) cigarettes are prohibited](#). A [bill](#) that changes the language of smoking to include e-cigarettes is to be credited for this success in public health!



There are more than 400 brands of e-cigarettes in the US, and use among high school students has tripled over the last year. Maine will be the 4th state in the nation to prohibit e-cigarettes in public spaces, which is great news for Mainers!

If you'd like more information about this law or smoke-free places in Maine, check out <http://ctbh.org/> or <http://breatheasymaine.org/>. Questions? Contact Devin Rowe at drowe@yorkhospital.com

Are You a Grandparent? Learn the Basics of Safe Medicine Storage



Did you know? 18% of grandparents say they keep medication in easy-access places such as a countertop. And every year more than 60,000 children end up in hospital ERs because of medicine poisoning.

What precautions do you need to take to keep them safe? Store all medicines and vitamins up and away and out of sight in your home. Be aware of other places you may keep medicine such as a purse or coat. Program the Poison Control hotline (1-800-222-1222) into your phone in case of an emergency. Visit www.UpandAway.org for more tips and contact Michelle Mason at mmason@yorkhospital.com with questions.

Prevention Funding for our Middle Schools!



Teachers, we appreciate what you do and how little resources you may have! If you work at one of our five middle schools, Shapleigh, Noble, Marshwood, York or Wells-Ogunquit Jr. High, Choose To Be Healthy would like to support your efforts in substance abuse prevention! We have the opportunity to offer the following:



We have scholarships to send local youth and teachers (7th thru 12th grade) [to this year's MYAN Youth Leadership Summit](#) in Augusta on October 29th and 30th.

Interested? Contact Sally Manninen via [email](#) or call 351-2655.

Stay In Touch!



Our Lead Agency



- Prevention training for teachers;
- Evidence based curriculum materials, like All Stars;
- Asset building materials for parents and teachers;
- Prevention education materials.

FMI and submit your request to Sally Manninen at smanninen@yorkhospital.com by **September 18th** .

Check Out the Weekly Sentinel For Our New Ads!



Starting September 11th and running 7 consecutive weeks through October 23rd, CTBH will be running advertisements in the Weekly Sentinel, hoping to reach community members in our 9 towns with educational messages pertaining to our work.

We will be running ads on underage drinking, problem gambling, safe medicine storage, marijuana, e-cigarettes, building assets, and a general message to educate the public on who we are and what we do.

Don't receive the Weekly Sentinel and want to check out the ads? Visit <http://issuu.com/weeklysentinel> or check out our [Facebook page](#) where we will post a new ad every week.

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

[Forward this email](#)



This email was sent to mmason@yorkhospital.com by spatterson@yorkhospital.com | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [About our service provider](#).



Choose To Be Healthy Coalition | Center for Community Health | 15 Hospital Drive | York | ME | 03909