



## Choose To Be Healthy Coalition Newsletter

November 2015

*Creating a Healthier Southern York County*

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### Stay In Touch!



**Choose To Be Healthy Coalition: YOUR Local Healthy Maine Partnership**

### An Update From Our Director

Greetings! We are making great progress working with our partners on several health initiatives.

The state of Maine has formed three task forces to address the continuing problem of opiate/heroin use and abuse. Choose To Be Healthy Substance Abuse Coordinator Sally Manninen has been appointed to the task force addressing harm reduction and opiate prevention in Maine. Sally will be bringing our communities' needs and input to the task force in the coming weeks. Stay tuned for more information.



CTBH was recognized at the annual MYAN (Maine Youth Action Network) conference on October 30th for empowering youth in prevention. The MYAN impACT Awards recognize and celebrate youth leadership and support systems that empower youth.

The York Hospital obesity prevention and treatment programs are running smoothly. Registered Dietitians are available every Tuesday from 1:30-3:30 PM in the York Hannaford. Please visit them to ask nutrition questions and to get advice on healthy choices. The second obesity treatment program is in progress in Kittery. There has been lots of interest in both programs.

We welcome new Advisory Board member, Karen Boardman RN. Karen recently retired as the York High School nurse. She



[www.ctbh.org](http://www.ctbh.org)

Sue Patterson,  
Coalition Director

Devin Rowe,  
Healthy Maine Partnership  
Coordinator

Sally Manninen,  
Substance Abuse Prevention  
Coordinator

Michelle Mason,  
Program Assistant

## Resource of the Month



Looking for family-friendly  
outdoor activities and events  
in Southern York County?  
Visit this great [site!](#)

## Healthy Tip of the Month



Visiting relatives or friends  
with children this holiday  
season? Be **extra careful**  
with your vitamins and  
medication in purses and  
suitcases.

Ask your host to help you find  
a safe place to put meds up

has worked with CTBH for many years and we are happy to  
learn from her expertise!

Please contact me at [spatterson@yorkhospital.com](mailto:spatterson@yorkhospital.com) with  
questions or for more information.

*Sincerely,  
Sue Patterson*

## Share Your Input: Fill Out Our Survey

The Choose To Be Healthy Coalition is  
collaborating with York Hospital to  
conduct a regional Community Health  
Needs Assessment (CHNA).



If you live in Berwick, Eliot, Lebanon, Kittery, Ogunquit, North  
Berwick, South Berwick, York, or Wells, you can help focus our  
health improvement efforts by filling out this online [community  
health needs assessment](#).

Your answers will be used to guide community planning with the  
goal of building upon our healthcare strengths and addressing  
areas of need.

All respondents may enter a **PRIZE DRAWING**. Grand Prize  
\$250, First Prize \$100 and Six \$25 Gift Card Prizes! FMI or  
hard copies of the survey, contact Deb Erickson-Irons at 351-  
2659. **The deadline to complete the survey is November  
19th.**

## Take the Smoke-Free Pledge!



Did you know that almost 5,000 families have  
pledged to keep their homes smoke-free  
across Maine?

The Smoke-Free Homes Pledge Program is  
designed to encourage parents to keep  
tobacco smoke out of their home and away  
from their children. It creates an opportunity  
for Healthy Maine Partnerships, other health professionals,  
childcare providers and others to encourage families to pledge  
to not smoke inside their home, not permit others to do so, and  
if they smoke, to only do so outside and away from their  
children.

The program is open to all Maine individuals and families who  
choose to make rules against smoking in their home. Once  
someone has taken the pledge, they will receive a pledge  
kit. [Take the pledge today!](#) Contact [Breathe Easy Coalition](#) or  
[Devin Rowe](#) for more information.

## Local Support Group for Young People

and away and out of sight in their home.  
Visit [www.upandaway.org](http://www.upandaway.org) for more tips to keep children safe.

### Free Resource to Help You Quit Tobacco!

Call it Quits.

1-800-207-1230

THE MAINE TOBACCO HELPLINE



The Maine Tobacco Helpline:  
It's free, confidential and it really works!

Visit our website for [tobacco cessation](#) information.

### Documentary on Maine Veterans and PTSD



A Matter of Duty details Kennebec Sheriff Randy Liberty's personal battle with PTSD and several veterans in his charge at the Kennebec County Jail.

Liberty's honesty about his own condition and his efforts to help other veterans vividly depicts the continuing impact of war on the men and women who have served our country.

Have you seen this inspiring documentary? You can watch it in its entirety [here](#)

### Fall Drug Take Back Day A Success

Making Change is a substance abuse support group for young people ages 14-21 who are committed to or considering making a change with their substance use. This group has been in existence for several years now under the guidance of Gina Brodsky, a counselor from York High School. Youth from southern York County can attend these meetings.



The Making Change group has recently moved to an easier location to access at the Microtel in York at 6 Market Place, just off Route 1. The hotel is generously donating the space and even cookies! Anthony's Food Shop sponsors the group by donating their great pizza.

Making Change is free and confidential. Youth can just show up or call Gina to get more info ahead of time. It is a safe place to explore readiness to get clean. Call Gina Brodsky with questions at 363-1814 or 450-5859. If schools or other community locations would like to promote the group, [the flier is attached.](#)

### Presidential Candidates Get Graded on Their Positions on Marijuana



Smart Approaches to Marijuana (SAM) evaluated the positions of 18 candidates (15 Republicans, 3 Democrats) on their support of an evidence-based marijuana policy which includes an opposition to marijuana legalization for recreational purposes, support of prevention, intervention, and treatment for marijuana use, and regulated, FDA-approved approach to the legitimate medical use of marijuana components.

Some candidates are still formulating a position and SAM will be sending a questionnaire to the candidates to clarify their stance. To see the entire report and where your candidate stands, visit our [website](#).

### Identifying and Addressing Health Needs in York County



Three forums in the coming months will focus on the health

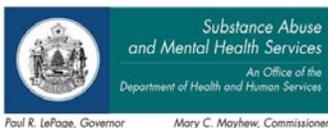


A big "thank you" to our local police departments for their hard work and to community members for bringing their unwanted or expired medications for safe disposal on September 26th!

### Our Fiscal Agent



### Our Funders



needs of those who live in York County. These events are part of the Maine Shared Health Needs Assessment & Planning Process, a framework and approach that seeks to turn data into action and create the healthiest population in the USA.

- Come hear about what the top health issues for York County are.
- Share what you believe are the highest priorities among health needs for your community.
- Discuss what you think are the reasons for some of the poor health outcomes.
- Help list resources that you are aware of locally that could address these health needs.

Join us for any of the forums that you are interested in by clicking on the corresponding link below. You may register for more than one, however, the content will be the same at each forum.

**Monday, December 14, 3:30-5:30 PM;** York County Community College, 112 College Drive, Wells, ME (Snow date: December 16th from 3:30-5:30) \*Additional information will be provided by York Hospital at this forum that focuses on the towns of Eliot, York, Ogunquit, Wells, Lebanon, Kittery and the Berwicks. [Register here](#)

**Thursday, January 28, 9:00 -11:00 AM;** Nasson Health Care, 15 Oak St, Springvale, ME (Snow date: January 29th 9-11am) [Register here](#)

**Thursday February 11, 3:30 - 5:30 PM;** Southern Maine Health Care, 1 Medical Center Dr, Biddeford, ME (Snow date TBD) [Register here](#)

FMI contact Deb Erickson-Irons at 351-2659 or [derickson-irons@yorkhospital.com](mailto:derickson-irons@yorkhospital.com)