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**Stay in Touch!**



**Resource of the Month**

**TREATMENT**

Need help finding substance abuse or mental health treatment?

Check out this list of local resources we've put together [here](#).

**Addiction, Relapse and Overdose: Maine Finds Itself in the Grip of Heroin**

[This](#) article gives a good overview of opiate addiction and the problems communities in Maine are facing as a result.

**An Update From Our Director**

Our coalition has been very involved with 2 community health needs assessments with the goal of health improvement. Many of you were involved with the assessment conducted by



Choose To Be Healthy and York Hospital, giving feedback by taking the Themes and Strengths survey which was featured in our last newsletter, or participating in a focus group or community forum. There will be a report with findings and recommendations issued the beginning of the year. The State of Maine has also been working on a Shared Health Needs Assessment Process (SHNAPP) and health data on a county and state level can be viewed [here](#). The top health issues in both processes include drug and alcohol abuse, obesity, mental health and tobacco use.

We are writing a Drug Free Communities grant that would continue our success working with youth to prevent drug and alcohol use. The Healthy Maine Partnership grant application should be issued in February. We were successful in receiving a \$5000 grant on tween seatbelt safety through the Maine Department of Transportation. We will be working with a local middle school to implement that project.

Please [contact me](#) for more information. Wishing you all the best in 2016!

*Sincerely,  
Sue Patterson*

**Local Efforts to Combat Opiate And Heroin Addiction**

## February 3rd is Winter Walk to School Day!



The event was first started in Canada and has been adopted by other northern tier states in recent years like Maine, Minnesota, and Wisconsin!

FMI contact Sarah Cushman [here](#).

### Upcoming Events

#### [Healthy Cooking Class](#)

Wells Public Library  
1st Monday of the Month  
from 1-2 PM

[Marijuana in Maine \(webinar\)](#): Lessons Learned From States Who Have Legalized  
January 6th, 2016  
12-1:15 PM

#### [Winter Walker Wednesdays](#)

Starting January 27th  
12-1:30PM  
Wells Reserve at  
Laudholm

Wellness Wednesday:  
Maine's Drug Abuse Problem and Efforts to Help Those in Need  
February 10th, 2016  
Wells Public Library  
FMI: [Michelle Mason](#)

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



Choose to Be Healthy Coalition members and local, state, and federal partners will be gathering January 21st from 3:30-5:30 at York Public Library

to share info on recent new initiatives to prevent substance abuse and opiate and heroin abuse in particular. This will also be an opportunity to share what all see as continuing challenges and needs to address this crisis more effectively.

Representatives from law enforcement, treatment, recovery, schools, prevention and the York Hospital Emergency Department will share what they are doing, and what they see as continuing needs. A discussion afterwards will give all in attendance an opportunity to share ideas and challenges.

The meeting will be facilitated by staff of the Maine Opiate Collaborative and the results will be shared with local, state and federal leaders to help southern York County communities better address this difficult problem. To attend and be a part of the discussion, please RSVP [here](#). Space is limited.

For a good overview of how to prevent heroin use, check out [Preventing Heroin Use: Facts, Factors, and Strategies](#).

### Funds Available to Implement Tobacco Policy Initiatives



Choose To Be Healthy is pleased to announce the availability of worksite wellness mini-grants. The mini-grants are aimed at assisting local worksites in creating workplace wellness teams,

developing and implementing health and wellness programs or activities, and creating policies to support employee health and wellness. Organizations awarded mini-grants will receive up to \$250 to implement their wellness efforts.

Eligible applicants must be a worksite within our service area, which includes Eliot, Kittery, York, South Berwick, Berwick, North Berwick, Ogunquit, Wells and Lebanon.

#### Award requirements

- Develop and/or sustain a workplace wellness team
- Complete the [Healthy US Scorecard Assessment](#)
- Conduct an employee interest survey



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

Sue Patterson,  
Coalition Director

Devin Rowe,  
Healthy Maine  
Partnership Coordinator

Sally Manninen,  
Substance Abuse  
Prevention Coordinator

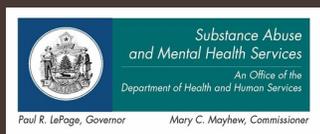
Michelle Mason,  
Program Assistant

[Contact us](#)

### Our Fiscal Agent



### Our Funders

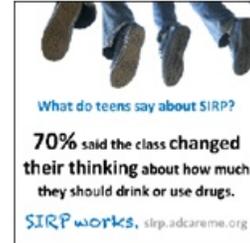


- Select at least one policy change initiative that focuses on tobacco policy
- Host CTBH staff for a site visit in early spring 2016 showcasing your initiatives

Download and complete [the application](#) today!  
Questions? Contact Devin Rowe [here](#).

## Teens Learn Healthy Decision Making Through New Program

In collaboration with York Hospital's Cottage Program treatment services and Sweetser's behavioral health services, the Choose To Be Healthy Coalition is coordinating a new program for youth 13-18 who have been using drugs or alcohol.



SIRP (Student Intervention Reintegration Program) is an education-based class for youth whose substance use has caused problems at home, in the community, or at school. The 3 day, 12 hour class will begin in February and will be provided once a month. Schools, police, juvenile justice officers and parents may refer youth to SIRP. Youth may also self-refer.

SIRP uses an interactive group format that is non-judgmental and empowers youth to make healthy decisions and reduce risks. The program's approach reduces the typical teen resistance to the life-saving information presented in the program and increases students' openness to change.

- 70% of participating youth said class **changed their thinking** about how much they should drink or use drugs
- 77% would **recommend the program** to a friend.
- 92% said the instructor was **well-informed and understanding**.
- 89% said overall the program was **very or somewhat helpful**.

To learn more about SIRP go to <http://sirp.adcareme.org> or check out our [brochure and referral form](#). FMI contact Sally Manninen at 351-2655.