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**Choose To Be Healthy Coalition: YOUR Local Community Health Coalition**



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

**An Update From Our Director**

Greetings!

State Public Health funding is changing in the near future. There will no longer be direct funding to the 27 Healthy Maine Partnerships to address obesity, tobacco and substance abuse prevention.

There will be a new state system of addressing tobacco and substance abuse prevention work. The CTBH Advisory Board is actively working on a plan so that we can continue our good work with our valuable partners.



**Advisory Board President Jack Moran**

We have some changes in staff and advisory board members. Congratulations to Devin Rowe, Healthy Maine Partnership Coordinator, who has a new job as the Executive Director of the Partnership for a Drug-Free New Hampshire. Best wishes to Jack Moran, CTBH Advisory Board President, who is re-locating to Arizona. Jack is a nationally known public health consultant and has served as President for over three years. We also want to thank and send best wishes to Ginger Laurits who has generously served on the Advisory Board for two years. We welcome two new Board members, Reverend Sudie Blanchard and Maggie Norbert, Assistant Director of Sweetser Counseling Inc.

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

*Sincerely,*

Sue Patterson,  
Coalition Director

Sally Manninen,  
Substance Abuse Prevention  
Coordinator

Michelle Mason,  
Program Assistant

## FREE Signs



Want free signs for your business reminding customers about Maine's smoke-free laws? Contact [Sue](#)

## Resource of the Month



### [York Gateway Farmer's Market](#)

Saturdays (June-Oct) 9-1  
Thursdays (July-Oct) 9-1  
Location: behind York Region Chamber of Commerce (1 Stonewall Lane)

### [Kittery Community Market](#)

Sundays (June-Oct) from 10-2  
Location: Post Office Square (10 Shapleigh Rd)

### [Wells Farmer's Market](#)

Wednesdays (May 25th-Oct) from 1:30-5  
Location: Wells Town Office parking lot (208 Sanford Rd)

### [N Berwick Farmer's Market](#)

Fridays (May-Oct) from 3-6  
Location: N Berwick Town Hall parking lot (21 Main St)

Also check out [York County Farmer's Network](#) for a local farm near you!

## Healthy Tip of the Month

Sue Patterson

## Easy Access to Alcohol Puts Kids at Risk



Youth Volunteer Jack Northrop

Did you know? 64% of York County High Schoolers report that it's easy for them to get alcohol (Maine Integrated Youth Health Survey, 2015).

CTBH staff members met with youth volunteer and York High School Senior Jack Northrop to brainstorm ideas on how older siblings, parents, retailers and the general public could be educated on the issue of accessibility of alcohol and underage drinking.

We've posted one of the PSAs on our [YouTube channel](#) and another will be posted soon. Special thanks to Jack for helping with the messaging and starring in and editing the PSAs!

## How Well Does Your Workplace Support Healthy Living?

The [Healthy US Scorecard](#) is a FREE tool for employers large and small to assess their wellness policies and procedures.



After completing a brief assessment, the tool creates a plan with recommendations to help make your workplace the healthiest it can be. Resources are also provided that have been proven to improve the health of your employees.

CTBH is offering an incentive for employers who complete this assessment. Contact [Sue](#) for more information.

## CTBH Trains Childcare Providers in Medicine Safety Practices

Medications are the leading cause of childhood poisonings. In the United States, more than 60,000 young children end up in Emergency Departments every year because of medication poisoning. This works out to be one child every eight minutes or close to 4 busloads a day!



So, what can we do about it? We can make sure that parents, grandparents, and other caregivers are educated about medicine safety practices which include safe storage, dosing, and disposal.



Visiting relatives or friends with children? 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 and away and out of sight in their home.

Visit [www.upandaway.org](http://www.upandaway.org) for more tips to keep children safe.

## Events

Cycling and Walking  
Community Forum  
York Public Library  
Saturday, May 7th  
10-12AM  
FMI: [Dave McCarthy](#)

[Yoga and Sobriety](#)  
Childlight Yoga (Dover, NH)  
Thursday, May 12th  
1-3PM

[Health Equity Training](#)  
Viles Arboretum (Augusta)  
Tuesday, May 17th  
9AM-3PM

[Preventing Youth Marijuana Use: Changing Perception of Risk \(webinar\)](#)  
Thursday, May 19th  
2-3PM

Bike Rodeo  
Coastal Ridge Elementary  
School (York)  
Thursday, June 2nd  
5:30-7:30PM  
FMI: [Dave McCarthy](#)

[York Hospital 5K](#)  
Saturday, June 4th  
8:30 AM

[Mindful Hike](#)  
Wells Reserve  
Wednesday, June 15th  
10AM-12PM

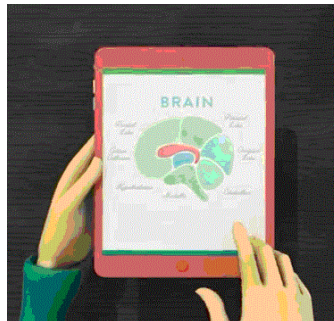
## Spring Drug Take Back Day A Success

This past winter, CTBH Program Assistant Michelle Mason trained childcare providers on medicine safety practices including information for parents and child safety latches.

Miss Marie's Child Care in South Berwick, Durgin Pines Preschool, Miss Nur's School and Just-in Time Child Care in Kittery, Mudpies Child Care in Lebanon, Helping Hands Child Care in Eliot, and Adventures in Learning in Wells participated in these trainings.

For more information about this program, contact [Michelle](#).

## New Resource on Underage Drinking Prevention for Students, Teachers and Parents



[Alcohol's Effects on the Brain \(AlcoholFX\)](#) is a free, science-based app for tablets that teaches students ages 10-12 how alcohol can harm their brains if they drink. Based on lesson plans from SAMHSA's Reach Out Now initiative, the app easily integrates with instruction in fifth- and sixth-grade classrooms.

AlcoholFX helps increase students' knowledge of alcohol's negative consequences before they reach the average age of first use. It includes:

- Interactive games that explore brain science and social situations involving alcohol.
- Science-based lessons plans, resources, and recorded scenarios to help students and parents learn about the dangers of alcohol.

Download AlcoholFX today free for tablets from [Google Play](#) and [Apple iTunes](#).

## Weekly Dietitian Services at Hannaford End May 3rd

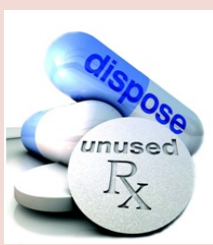
Registered Dietitians Kaytlin Kimball and Caitlin Crane know healthy food. Kaytlin works with inpatient and community programs at York Hospital and Caitlin is a Nutrition Educator at SNAP.



Dietitians Kaytlin Kimball and Caitlin Crane

They have been providing weekly nutrition advice to customers at the Hannaford in York since September. Each week had a theme, such as Mindful Eating, Healthy Drink Choices, Build a Better Sandwich, and Quick and Healthy Breakfasts. If you stopped by their table in the Produce section, you probably tried a delicious sample or got a handout with healthy tips and a recipe to take home and try later.

Thank you to Caitlin and Kaytlin for sharing their knowledge and expertise every week and to Hannaford for their partnership!

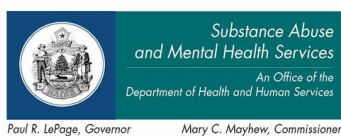


A big "thank you" to our local police departments for their hard work and to community members for bringing their unwanted or expired medications for safe disposal on April 30th!

### Our Fiscal Agent



### Our Funders



## Join the York District Public Health Council

The York District Public Health Council is a representative body formed in 2008 in partnership with the Maine Center for Disease Control and Prevention to ensure the effectiveness and efficiency of public health services and resources in York County.



The Public Health Council works on the following health priorities chosen as part of a district health improvement plan:

- Mental Health, including a Hoarding Task Force
- Substance Abuse, including an Opiate Task Force
- Public Health Preparedness
- Obesity Prevention, including an Obesity Workgroup

For more information about the Council and to join these efforts, contact District Liaison [Adam Hartwig](#).

### Online Training for a Healthier Future



Public Health Training (PHT) is a growing collection of **FREE** online educational training to help public health workers and others broaden their knowledge of critical issues affecting the health of Maine people.

Trainings include:

- Orientation to Public Health in Maine
- Bedbugs
- Drinking Water and Public Wells
- Food: Obesity, Access, and More
- Hoarding
- Lyme Disease
- Nuisance Control

How can you get started? Visit [www.maine.gov/pht](http://www.maine.gov/pht).

Serving Berwick, Eliot, Kittery, Lebanon, North Berwick, Ogunquit, South Berwick, Wells and York