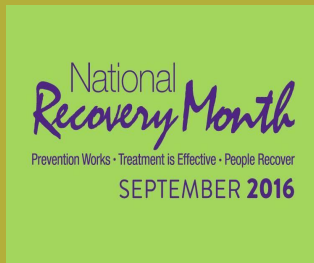


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- [An Update From Our Director](#)

Resource of the Month



[For inspiring stories of help and hope.](#)

Coalition Meetings



Fall Coalition Meeting
SAVE THE DATE
October 13th, 3:30
Grant Updates
York County Public Health
District Updates

Free Resource to Help

Greetings from the Coalition Director

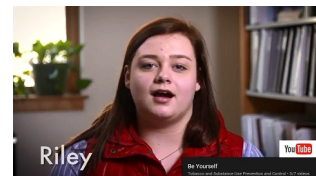
Thanks to the hard work of Choose To Be Healthy coalition staff and members, we will be receiving a second five year Drug Free Communities Grant beginning in October!
Please save the date for our next coalition meeting, October 13th at 3:30, to get updates on all the new public health and prevention opportunities in southern York County. FMI on the CTBH Coalition, contact me at 351-2658 or spatterson@yorkhospital.com

Sincerely, Sue Patterson

Local Teens in 'Be Yourself' Campaign

Marijuana Prevention Messages on YouTube

Teens from middle schools and high schools in Kittery, York, Wells and North Berwick are featured in the new statewide marijuana use prevention campaign!



The teens were among the 50 youth and adults who attended the annual CTBH Regional Youth Training in the Spring. As part of the event, youth shared their personal thoughts on the harms of marijuana and other drug use.

The Be Yourself Campaign follows themes also developed by Maine youth including 'save your brain', 'take control', and 'keep relationships strong'.

[Watch and share these videos!](#) Many thanks go to the amazing youth who attended the training, appeared in the videos and the adults who mentor them in our schools! For more information on how to talk to your child about alcohol and other drugs go to [our parent page](#).

How Will You Vote in November?

Learn Both Sides of the Proposed Legalization of Recreational Marijuana in Maine

[Info about Maine's Question 1: Marijuana Legalization](#) on

You Quit Tobacco!



[The Maine Tobacco Helpline](#): It's free, confidential and it really works!

Stay in Touch



[Sue Patterson, Coalition Director](#)

[Sally Manninen, Substance Use Prevention Coordinator](#)

[Michelle Mason, Program Assistant](#)

Healthy US Scorecard



Businesses can use this [FREE online worksite wellness inventory](#).

Make your worksite a healthy place for your employees! Contact [Sue Patterson](#) for more info.

Our Lead Agency

Ballotpedia

Those *against* further legalization in Maine say that increased access to the drug will lead to increased youth use and adult addiction later on.

They have concerns that towns will not be able to restrict pot shops that sell edibles and advertise to youth. In Colorado, youth use and drugged driving have increased since legalization. And, the cost of regulation and preventing health and safety problems is more than the revenue generated.



- [Mainers Protecting Our Youth and Communities](#)
- [Smart Approaches to Marijuana SAM Maine](#)
- [The latest health and safety report from Colorado](#)

Those *for* legalization say marijuana is not as harmful as alcohol and that by legalizing it the state can benefit from taxation. Proponents say that legal marijuana will be easier to control and keep away from youth. They also say the state spends too much effort and money putting marijuana users in jail.



- [NORML](#)
- [Campaign to Regulate Marijuana like Alcohol](#)
- [Marijuana Policy Project](#)

For info on youth marijuana use prevention, visit [our website](#) or contact [Sally Manninen, Prevention Coordinator](#)

Does Your Child Have a Drug or Alcohol Problem?



Get Help at the Partnership for Drug Free Kids

Finding addiction treatment resources for a child can be daunting. The Partnership has info and tools to help families discover what they may need and how to find it.

- [Get One-on-One Help](#)
- [Parents Toll-Free Helpline](#)
- [Understand & Find Treatment Options](#)
- [Strategies & Tools to Help Families](#)
- [Additional Resources](#)

CTBH has also compiled local resources on [our website](#) to help families on their road to recovery.

York Hospital Receives Gold Star

from the Maine Tobacco-Free Hospital Network

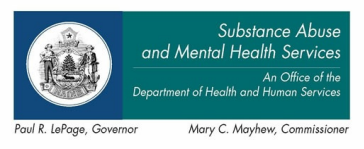


[The Maine Tobacco-Free Hospital Network](#) Gold Star Standards of Excellence Award encourages Maine's hospitals to create tobacco-free environments and support tobacco-free lifestyles.

2016 marks the first year that York Hospital has achieved Gold Star status, meeting all 10 standards. An awards celebration will be held on September 15th in Augusta at the Maine Hospital Association, where 33 hospitals from across the state will be



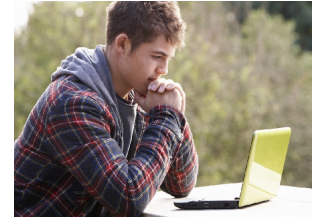
Our Funders



recognized for their efforts. Congratulations!

Youth Problem Gambling

Know The Signs



The earlier a person starts gambling, the greater likelihood that they will go on to develop a gambling problem in the future. One of the reasons teens in particular are at high risk of developing a gambling problem is because of where they are in their development; they tend to have poor impulse control and take risks.

Warning signs in young people can include:

- Borrowing or stealing money to gamble;
- Acting secretly about how he or she spends time;
- Behavioral change (distracted, moody, worried, etc.);
- Large, unexplained debts;
- Withdrawal from the family.

For more information about problem gambling, visit www.maine.gov/safebet. If you suspect someone you care about has a problem with gambling, visit www.211maine.org or dial 2-1-1 for help.

Working on Weight Loss from the Inside Out

A Comprehensive Approach to Better Health



- \$99 for 6 weeks
- Registered Dietitian and Behavioral Health Counselor
- Exercise professionals and more!

Next class begins September 20th at York Hospital. Space is limited. Contact Sue Patterson at 207-351-2658 for more info.