

**Mission: The Choose To Be Healthy Coalition addresses the region’s most pressing health challenges, including youth substance use, through collaboration, community engagement, and evidence based strategies that help create healthy communities.**

Choose To Be Healthy Coalition  
Fall Meeting Agenda – October 13th 3:30-5 at the Parson’s Center York

Attendees: Staff: Sue Patterson, Sally Manninen, Michelle Mason; Advisory Board Members: Gina Brodsky York High School Counselor, Officer Jeff Upton, Karen Boardman, Rev. Sudie Blanchard, Deb Erickson Irons; York County Public Health District Chair Clay Graybeal; Betsy Kelly and Casey Lancaster from Partners for Healthier Communities Coalition (Sanford); Dennis O’Connor, York Parent; Deane Rykerson, Kittery State Rep.; Lydia Blume, York State Rep.; Patty Hymanson, York State Rep.; Guy Pollino, Health Teacher, Kittery; Richard NAMI Maine; Hilary Leonhard, Friend-raising York Hospital; Dr. Argilla George, York Hospital; Brian Ross, York Parent; Deborah Levine, Safe Harbor Recovery Center Instructor and Community member; Stephen Stofanak, South Berwick grandparent/parent; Becky Miller, New England Poison Control; Caleb Gilbert , Maine CDC; Lt. Chabot Wells PD; Officer Jamie Rooney, York PD; Shelby Jutras, Cottage Program Treatment Counselor; Peg Clifford, Community Health at York Hospital; Tanya Pierson Sweeney, York County Assistant District Attorney; Bonnie Pothier, Senator King’s Rep; Kayla Edminster, Youth Leader York High School and CTBH.

Coalition Updates:

* Advisory Board, revised mission statement, annual report handed out
* Award for Deb Erickson Irons for her years as lead of Community Health and CTBH Director
* Substance Abuse Prevention updates: curriculum supplements to all schools, underage drinking prevention mini grants to York and Kittery, Server trainings with help from Wells PD, Drug Take Back Day, October 22nd 10-2
* Tobacco Prevention updates: Wells Beach going smoke free! Kayla’s efforts educating stores that sell tobacco

**Overview of New Public Health and Prevention landscape**

* York County District Overview, introductions of contacts, The group is currently looking at 3 topics substance abuse, obesity and oral health, there is a new District Coordinator Position ( Laura Overton)
* Staff and guest went over handout and explained new funding mechanism in Maine. Previously funds for all health efforts went through 27 Maine coalitions in a NON competitive process. Now funding distributed by health topic to different entities i.e. UNE, Maine Health and others listed on handout.
* CTBH applied in a competitive process and was chosen with 18 others in the state to receive funding for substance abuse prevention.
* Tobacco prevention, Youth Leadership, obesity prevention will all be implemented at the county level – we do not yet know how we in our service area will participate. Staff explained that CTBH has a good working relationship with the new funded groups and will partner with them to bring the resources to our 9 towns as best we can.
* CTBH also received very competitive federal Drug Free Communities grant to continue its substance abuse prevention efforts.
* We are all still in transition and learning what the new expectations are. There was some clarification and questions.

**Overview and purpose of Drug Free Communities Grant**

* Review of strategies, in kind, sectors, new members, part time staff still to be hired, more to come at December meeting!

**Overdose Prevention: updates and resources**

* Sally shared Portland Clinic’s brochure which helps people identify an overdose and what to do. There is nothing like this for our immediate area and that there will be further efforts to bring educational materials and trainings to our area, perhaps a local version of the brochure.
* Stephen share what Out of the Shadows group in Eliot has done which included a narcan training and distribution for families as well as regular support and education regarding addiction and opiate issue in particular. He also shared that from a person perspective the system here and elsewhere is broken and difficult navigate, especially in crisis
* Dr. George shared what York Hospital is working on that doctors have recently been educated about narcan and that there is a group at York Hospital which meets to discuss hospital response to addiction, in particular opiate crisis

**Be Yourself, Marijuana Prevention PSA showing, Youth**

Youth leaders from some of our middle and high schools (Kittery, York, Wells and Noble) participated in a regional training and helped to create a PSA which we showed. The videos are found here on YouTube at

<https://www.youtube.com/playlist?list=PLnLx6AL8c3wYiKy6M7XrL_lo3vSivzaIl>

**Update from Mainers Protecting our Youth and Communities Coalition** www.notonmymainestreet.org

* Community Members Deb Erickson Irons and Tanya Pierson Sweeney shared talking points on why they think it is important to vote No on Question 1.
* Tanya pointed out new info that the legislation as written would unintentionally make it legal for youth to possess marijuana.
* Deb distributed hand outs and signs for people who wanted them.
* Patty Hymanson said that if it passed she would work on follow up legislation that would correct the problems of the referendum as it is currently worded.

Thank you, next meetings:   
**York County Opiate Task Forces Meeting, October 27th 5-6:30pm Village by the Sea, Wells**  
**Next Coalition Meeting, December 14th 3:30-5pm Ellis Conference Room at York Hospital**

**Advisory Board and Law Enforcement Meeting - November**