



Choose To Be Healthy Coalition Newsletter

Creating a Healthier Southern York County

December 2016

In This Issue

[Teen-Safe for Parents](#)

[Surgeon General's Report](#)

[Holiday Fun in Maine](#)

[Legalization Impacts](#)

[Family Resource Center](#)

[Screenagers](#)

[Out of the Shadows](#)

[Weight Loss Program](#)

Resource of the Month



[Learn How to Keep Your Teen Safe from Underage Drinking and Drug Use.](#)

New Report from the Surgeon General

Holiday Greetings from the Coalition Director

We hope everyone enjoyed Thanksgiving! CTBH is very pleased to be working on the new state-funded substance abuse prevention grant administered by the University of New England. This is in addition to our federal Drug Free Communities Grant.

We continue to be involved in York District Public Health which is planning exciting new initiatives to benefit our communities. We will share more when they are officially underway. Feel free to contact me for more information on local community health projects at 351-2658 or spatterson@yorkhospital.com.

Sincerely, Sue Patterson

Marijuana Legalization?

Education Available for Communities

While the recount on the close vote to legalize recreational marijuana continues, CTBH staff will be working with communities to provide education and assistance on what this may mean for all of us.



Our next coalition meeting will be for towns to look at issues, assess their concerns and discuss what plans to make for the impacts legalization could bring.

New resources to help include:

- [The Public Health Approach to Marijuana Regulation](#)
- [Lessons Learned After 4 Years of Legalization in CO and WA](#)

For more information, contact [Michelle Mason](#) at 351-2669.

FACING ADDICTION IN AMERICA

The Surgeon General's Report on
Alcohol, Drugs, and Health

U.S. Department of Health & Human Services

[Facing Addiction in America](#)
Landmark Report on Alcohol,
Drugs and Health

Holiday Fun in Maine



[Maine Holiday Events](#)

Stay in Touch

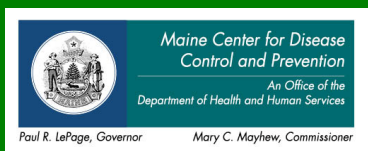


[Sue Patterson,](#)
Coalition Director

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

[Michelle Mason,](#) Prevention
Specialist

Our Funders



Addiction Help for Families

Empowering Families to
Understand and Address a
Child's Substance Use



While Maine works to improve and increase resources for substance use disorder treatment, there is a new tool online which can help families: [the Family Resource Center](#) created by the National Institute of Health and the Treatment Research Institute.

Many kids experiment with drugs and alcohol. 1 in 10 becomes addicted. Addiction is a treatable, medical illness. [This video represents just five of the millions of families that are impacted by and are facing adolescent substance use and addiction.](#)

Learn about:

- [Preventing your child from using drugs or alcohol](#)
- [Intervening in your child's substance misuse](#)
- [Treatment options for your child](#)
- [Supporting your child's recovery](#)

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

SCREENAGERS

Growing Up with Technology



The average kid spends 6.5 hours a day looking at screens. What is the impact of all this time and the friction occurring in homes and schools around negotiating screen time? SCREENAGERS explores the struggles over social media, video games, academics and internet addiction.

SCREENAGERS helps raise awareness on how tech time impacts kids' development. FMI go to <http://www.screenagersmovie.com>.

And, for tools to use, go to <http://safesmartsocial.com>



Out of the Shadows

Local Group Helps Families



Out of the Shadows

Second Annual Candlelight Vigil & Memorial

Open to anyone affected by substance misuse or addiction.

- Music and Food
- Speakers and Resources

When: Friday, December 16 2016 6:30 pm

Where: First Congregational Church 1361 State Rd Eliot

FMI: (207) 439-1105 or outoftheshadowscommunity@gmail.com



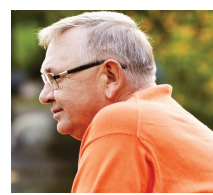
ONDCP DRUG-FREE COMMUNITIES

Our Lead Agency



Working on Weight Loss

From the Inside Out



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

Next class begins Friday, January 6th at 1:30 at York Hospital. **Space is limited. Pre-screening required.** Contact [Sue Patterson](#), RDN at 207-351-2658