



## Choose To Be Healthy Coalition Newsletter

*Creating a Healthier Southern York County*

February 2017

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### Calling All Youth Leaders!



We're looking for youth who want to star in a PSA to combat the perception that most teens drink and to promote healthy behaviors.

Are you an adult advisor to a youth group? Contact [Michelle](#) for more info.

### Need Maine Data?

### Greetings from the Coalition Director



We are happy to welcome our new Project Assistant. Shelby Jutras is working on the Drug Free Communities grant with Sally Manninen. Shelby also works at York Hospital's substance abuse facility, The Cottage Program, as an outpatient counselor .

Jeff Upton and Gina Brodsky graciously joined our Advisory Board. Jeff is the School Resource Officer at Marshwood High School which serves Eliot and South Berwick students. Gina is the Substance Abuse Counselor at York High School.

An update on York District Public Health includes three exciting new projects: Fruit and Vegetable Rx program, preventative child oral health services, and a comprehensive resource guide for substance misuse prevention, treatment and recovery services. Casey Lancaster is the York District Tobacco Prevention Coordinator and can help with policy development. He can be reached at [crlancaster@smhc.org](mailto:crlancaster@smhc.org). We still have a lot of free "No Smoking" signs here at Choose To Be Healthy - just let us know if you'd like some.

Please contact me for more information and/or to join our coalition. I can be reached at [spatterson@yorkhospital.com](mailto:spatterson@yorkhospital.com) or 351-2658.

Sincerely,  
*Sue Patterson*

## CADCA's 27th National Leadership Forum

CTBH staff Sally Manninen and Shelby Jutras and coalition members Counselor Gina Brodsky and Youth Leader Jake Martin traveled to Washington, D.C. to attend Community Anti-Drug Coalitions of America's 27th



Maine SEOW Dashboard

Maine's best source for substance use data, reports, info graphics and more to help in research and prevention efforts

### Maine's Marijuana Laws and Youth Event

Learn about the impact Maine's marijuana laws will have on our youth with Dr. Knight, lead researcher in adolescent substance use and abuse.



**Where/When:**  
March 4th, 2017  
Sunday River Ski Resort

**Event Info:** [Maine AAP](#)

### SAMHSA Campaign



Public Education Initiative for Youth, Teens, Families, and Teachers.

Stay in Touch



National Leadership Forum and SAMHSA's 13th Prevention Day.

They were with a group of several coalitions in Maine who met with experts in the field, spoke with Senators King and Collins, and attended workshops along with 3000 other coalition members from across the country. Workshops attended included: Marijuana Use and Academics, Fundraising for Coalitions and Implementing Medication Assisted Treatment for Opioids.



CTBH and Project Alliance from UNE

Stay tuned for the follow up to this great experience!

[Learn More About CADCA](#)

## Maine's Marijuana Laws

Retail Marijuana Updates

CTBH convened local municipal staff, police, and other key stakeholders in December for a meeting regarding marijuana legalization. Discussion centered around what had already happened locally, health and safety concerns, and what will be happening on a state and local level moving forward.



Legislators have submitted 48 bills this legislative session related to recreational marijuana. Bills have been assigned to various legislative committees and public hearings will be ongoing. Governor LePage recently [signed](#) a marijuana moratorium bill into law that will delay retail marijuana sales until 2018. The Governor also issued an executive order delegating oversight of marijuana to the Bureau of Alcoholic Beverages and Lottery Operations (BABLO), a change from the Department of Agriculture, Conservation, and Forestry that was named originally in the citizen's initiative.

Check out the page on our website relating to marijuana policy [here](#), which we will update on an ongoing basis.

## School Stress and Stimulant Abuse

The pressure of school and accessibility of prescription drugs is on the rise. Taking these types of medications cause teens and youth to develop unhealthy coping mechanisms in response to stress. Learn how to talk with your child about preventing stimulant substance abuse in school. Would you like to know more? Adults, parents, and schools can screen the documentary "**Breaking Points**" by contacting Shelby Jutras at [SJutras@yorkhospital.com](mailto:SJutras@yorkhospital.com).



- [Trailer for Breaking Points](#)
- [School Stress-Stimulant Abuse](#)

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

Sue Patterson,  
Coalition Director

Sally Manninen, Substance  
Misuse Prevention Coordinator

Michelle Mason, Prevention  
Specialist

Shelby Jutras, Project Assistant

## Our Funders



## Our Lead Agency



## MAINE YOUTH ACTION NETWORK

Annual Youth Leadership  
Conference



Join MYAN to witness community change projects that have been developed by youth-adult partnerships across the state of Maine. Engage in groups learning about leadership skills, action planning, advocacy, and facilitation. This two day event will offer you educational and networking opportunities.

March 29th & 30th Bangor  
[FMI](#) and [Registration](#)

If you would like to attend MYAN this year, CTBH would like to support your youth group. Youth need to be chaperoned and live in the CTBH area. Please contact Shelby Jutras at [SJutras@yorkhospital.com](mailto:SJutras@yorkhospital.com) for information on CTBH scholarships.

## FREE Mammograms and Pap Tests at York Hospital

- Friday February 17th 1:00-4:00
- Appointments are necessary!
- Women who do not have insurance are eligible and are encouraged to make an appointment.



Contact York Hospital Breast Care at (207)-351-2037