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Choose To Be Healthy Coalition Newsletter
Creating a Healthier Southern York County

Summer 2017

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Summer Events at Wells Reserve



- June 14th, 10am Mindfulness Hike
- June 14th, 6pm Ticks and Mosquitos
- June 19th, 10 am Naturopathy Talk
- June 23rd, 10am Friendly Plants
- June 27th, 10 am Art Therapy for PTSD and TBI inflicted veterans
- July 6th, 4pm Container Gardening

PLUS, the Power of Place sculpture show and much more at www.wellsreserve.org

Greetings, from CTBH Staff!

We celebrated a year of many changes and lots of productive community health initiatives at our Annual Meeting, May 18th.



Nik Charov, President of the Laudholm Trust, welcomed us to the beautiful Wells Reserve. Sue Mackey Andrews, our keynote speaker, presented on Adverse Childhood Experiences and their effect on future substance use.

Apple Awards were presented to Officer Jeff Upton, York High School Counselor, Gina Brodsky, and Kayla Edminster, a Junior at York High School. Their efforts go above and beyond to improve community health!

Our staff welcomes the opportunity to provide more information about the Choose To Be Healthy Coalition. The CTBH Annual Report is available on our website www.ctbh.org. Have a great summer!

Sue, Sally, Michelle and Kaytlin

Adverse Childhood Experiences

The Root of Substance Use Disorder

Here are a few of Sue Mackey-Andrew's important talking points:



Upcoming Meetings



Child Sexual Assault
Awareness and Prevention
Task Force Meeting
Wednesday, June 14th at the
York Public Library at 1 PM

Learn more about efforts and
plan for next steps, including a
training of volunteers to carry
the message to parents,
professionals and the public.

[RSVP or FMI](#)
to York Hospital

Community Resource



Catching Health: A Conversation about Suicide Prevention

with Dr. Kaplan of Sweetser
Mental Health Services
to help all of us support youth
resilience in the face of today's
harmful social influences

Stay in Touch



- About 1 out of 4 adults grew up in a household with alcohol dependence.
- A high incidence of ACEs (4+) increases the risk of both suicide attempt and injected drug use.
- Women are 50% more likely to have ACES of 5+.
- Early screening and resources for families is vital.



CTBH is hoping to coordinate a more in depth training with Sue on trauma and resilience for schools, health care providers and law enforcement in the early fall. Contact [Sally Manninen](#) if you would like to support this training in some way.

For a copy of Sue's presentation and ACEs resources, please visit our web site at www.ctbh.org and the [Maine Resilience Building Network](#).

Youth Voices

7th Annual CTBH Regional
Youth Summit

Forty-two youth from the area middle and high schools gathered to learn advocacy and community organizing skills. Youth also shared their goals in a positive message campaign other youth will see via social media and at Wells Flagship Cinema this summer!



One of many positive outcomes of the Youth Summit included follow up support for youth at one school who want to work on LGBT issues.

Thanks to Alastair Lawson of the Maine Youth Action Network for facilitating and representatives, Bonnie Pothier and Alex Pelczar, from Senator King and Collin's offices for sharing with the youth how to make their voices heard!

Marijuana Legalization

Local and State Updates

A few of [our local towns](#) have recently voted on, or will soon be voting on, ordinances for both retail and medical marijuana:



- **Lebanon** voted on May 9th to prohibit retail marijuana establishments.
- **Berwick** voted on May 9th to amend the land use ordinance regarding placement/operation of medical marijuana facilities.



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Our Lead Agency



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- **York** voted on May 20th to prohibit retail marijuana establishments.
- **Wells** will be voting June 13th on zoning/performance standards for medical marijuana facilities, and prohibiting retail marijuana establishments.

Kittery, York and Wells held public informational presentations from Colorado experts. Kittery's presentation by the Coordinator of the [National Marijuana Initiative](#) can be viewed [here](#).

For updates from our other area towns, visit www.ctbh.org.

Maine's [Marijuana Legalization Implementation Committee](#) continues to look at key issues of retail marijuana including licensing and local control. Representative Lydia Blume from York serves on the Committee and welcomes your feedback. You can contact her at Lydia.Blume@legislature.maine.gov or (207) 363-9234.

Parents Who Host
 Lose the Most

CTBH is working with community partners like the Kittery Schools to raise awareness about the risks of providing alcohol to minors.



Share the message!

- It is illegal to host or allow teen drinking parties in your home.
- Parents can be prosecuted under the law.
- If you break the law, you can face a sentence of up to one year in jail and up to a \$2,000 fine.

For more tips for parents and information on Maine's laws, visit our website at www.ctbh.org/parentswhohost.

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