



Choose To Be Healthy Coalition Newsletter

Creating a Healthier Southern York County

April 2017

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Greetings!

Lots of good news in our efforts to prevent and treat substance misuse! York Hospital was successful in receiving a grant from the Maine Health Access Foundation to support planning for medication-assisted treatment.

Our state funding via the University of New England has provided more money to expand existing strategies and to start new prescription drug misuse prevention projects.



Choose To Be Healthy Coalition has been instrumental in local presentations that help inform our community about substance abuse and risk and protective factors for youth. We hope you will join us for our Annual Meeting Thursday, May 18, when we will hear from Sue Mackey Andrews of the Maine Resilience Building Network.

For more information on the Choose To Be Healthy Coalition, please email me at spatterson@yorkhospital.com.

Sincerely, *Sue, Sally, Michelle & Shelby*

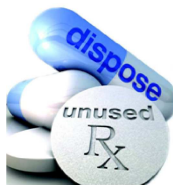
Choose to Be Healthy Annual Meeting

Please join us on Thursday, May 18th

Sue Mackey Andrews from the

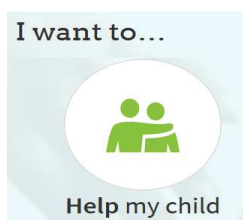


Drug Take Back Day



Drug Take Back Day is
Saturday
April 29th, 2017
[Locations](#)

[Help for Parents](#)



Check out the new drugfree.org now customized specifically for parents navigating their child's substance use or addiction from discovery to recovery.

How To Be An Advocate



The National Council's
Advocacy Toolkit

Webinar Wednesdays



FREE Online trainings for
SBIRT April 6th, May 4th and
June 15th, 2017!

Stay in Touch



[Maine Resilience Building Network](#) will be presenting on ACEs, Adverse Childhood Experiences, and how they affect physical and emotional health. We'll also be sharing community



accomplishments and future plans plus awarding Apple Awards to community members who have made a difference in the health of our communities. We hope you'll join us!

Day/Time: Thursday May 18th, 2017 3:30-5:00 PM

Location: Wells Reserve 342 Laudholm Farm Rd.

Wells, ME 04090 [Please RSVP here.](#)

Responsible Seller Server Training

May 16th 10-3:00 at York Beach Fire Station

It's that time when restaurants are hiring and stores are getting busier with tourist traffic.

Our Maine state training for sellers and servers of alcohol will provide a 3 year certification and covers the effects of alcohol, Maine law and practical strategies to avoid problems with over serving or preventing serving to minors.



Cost for retailers and their staff from southern York County is \$15 including lunch.

Our trainers are Sally Manninen and Officer Nick Piskopanis of York Police Department. [FMI, Sally Manninen. Please RSVP here.](#) Space is limited! (Our area establishments will get first choice on available seats.)

Regional Youth Leadership Training

May 4th 10-1, Traip Academy

Do you work with youth in one of our nine towns and would like to bring them to learn leadership skills and have fun with other youth? Then, join us!



Alastair Lawson from the Maine Youth Action Network will lead our event. We will focus on skills and ideas youth and their adult advisors can bring back to their communities and schools to improve the health and well being of their peers. There will also be an opportunity to be a part of an underage drinking prevention PSA!

FMI, [contact Sally Manninen. If you are ready to RSVP, you can do so here!](#) The training is FREE and lunch is included.

Sue Patterson,
Coalition Director

Sally Manninen, Substance
Use Prevention Coordinator

Michelle Mason, Prevention
Specialist

Shelby Jutras, Project
Assistant

Marijuana Legalization

Updates and Resources

Maine's decision to legalize retail marijuana has created an ever changing landscape. To help try to stay informed, we have reorganized our website and devoted several pages to information and resources on marijuana:



Our Funders



- [The Impacts on Public Health and Safety](#)
- [Policy Info for Towns and Businesses](#)
- [Legalization Updates](#)
- [You Tube: Marijuana Public Health and Safety Impacts](#)
- [The Marijuana Report](#)

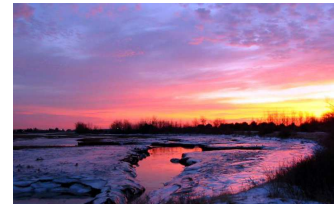
This is an ongoing project so check back for new information!



Save Wells Reserve!

Make Your Voice Heard

Local partner and treasured natural resource, the [Wells Reserve at Laudholm](#), is facing elimination due to federal cuts. Find out how you can help and [make your voice heard here](#).



Our Lead Agency



The Choose To Be Healthy Coalition, c/o York Hospital, 15 Hospital Drive, York, ME 03909

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Sent by spatterson@yorkhospital.com in collaboration with



Try it free today