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Upcoming Trainings

Tobacco and other Substance Use Disorders Webinar

Wed. Dec 13th, 12-1pm
FMI and register [here](#)

Marijuana Mayhem: Regulatory Lessons from Tobacco Control Webinar

Wed. Dec 13th, 12:30-1:30pm
FMI and register [here](#)

MYAN Professional Development Series

Wed. Jan 10th, Waterville, ME
FMI, visit the [website](#).

MYAN Youth Leadership Conference

Jan. 30-31st, Bangor
FMI and register [here](#)

Local Holiday Events

[York Winter Farmer's Market](#)

1 Stonewall Lane, York
Dec 9th, 9am - 1pm

31st Annual [Christmas by the Sea](#)

What's new,

from CTBH Staff



This month is filled with meetings, holiday events and important things happening in our prevention world - read on to see what we are up to. We hope you will join us for our next coalition event on January 24th! Also make sure you check out our resource of the month on the bottom left - a fun tool we think is full of good reminders this season!

We hope the holidays are filled with joy for you and your family.

Sally, Michelle and Kaytlin

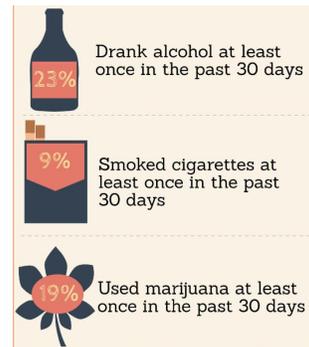
Maine Youth Drug Use Data, 2017

Maine Integrated Youth Health Survey Results are In!

While Maine youth drug use rates are still higher than we would like, the news is generally good: **most drug use is down from previous years.**

Among York County 9-12th graders,

- Past 30 day alcohol use was 23%;
- Past 30 day marijuana use was 18% - down from 21% in 2015.
- Past 30 day misuse of prescription drugs was 6%.
- However, 65% of York County high schoolers think regular marijuana use is NOT harmful. This is an



Ogunquit, ME
Dec. 8-10

"A Christmas Wish" Parade

Wells Plaza, Rt. 1, Wells
Dec. 10th, 2pm

A Victorian Christmas

York Public Library, York
Dec. 19th, 7:30-9pm

Don't Miss the Lights!

Visit the [Nubble Lighthouse](#) in York and the [Norton Lights](#) in Wells for spectacular displays



National Drug & Alcohol Facts Week

January 22-28, 2018

Learn more about this important upcoming health observance [here](#), and organize your own educational event for teens!



YCSA Update



The grand opening of their new location, at 855 Rt. 1, York happened on Dec. 2nd!

FMI, visit their [website](#) and [Facebook page](#), and also check out this great [article](#).

Resource of the Month

Kindness Calendar

Let's spread more kindness this holiday season!

increase from previous years.

Schools and communities can download state and county data and handouts on [health indicators at Maine MIYHS](#). Schools can also download their specific data with a password. [Contact Sally Manninen](#) if you would like a presentation and handouts of your school's data.

Becoming a Recovery Ready Community

January 24th 4-5:30pm

at First Parish Meeting Hall York

Two years ago, Choose To Be Healthy held a community forum on the challenges of the opiate crisis and some steps being taken to address it. We will get together again to see where we are now and what we still need to do to provide opportunities for recovery for anyone - without stigma or shame.



Join us for a facilitated discussion with experts on how we all can help reduce stigma. Hear guest speakers from Young People in Recovery share their experiences. FMI, [Sally Manninen](#) at 351-2655.

[RSVP here.](#)

Retail Marijuana Regulations

Local and State Updates

Last month:

- **Ogunquit** passed a retail marijuana prohibition ordinance.
- **Berwick, Eliot and North Berwick** passed a retail marijuana moratorium.



Check out an [updated map](#) with the status of retail marijuana in Southern York County.

On a state level, the Governor vetoed the Legislature's Marijuana Committee's efforts to strengthen the retail legislation. There were [not enough votes](#) to overturn the veto.

Several issues remain in the current retail legislation that may have negative impacts on public health and safety if not addressed. These currently include:

- No complete restrictions on youth access to retail marijuana stores or social clubs. An establishment could have a separate area open to minors, such as a café area where non-marijuana products are sold.
- Maine's smoke free laws would mean social clubs, if allowed, could only serve edible, tincture or other non-smokable forms of marijuana. However, these can be much stronger and have delayed and unpredictable effects on health and safety, especially driving.
- Currently, gifting marijuana and promotional give a ways are allowed.



What happens next?

The Legislature and Marijuana Committee will reconvene in January and decide how to move forward. The current state moratorium on retail marijuana is due to expire in February 2018, with some talk of an extension.

Stay in Touch



[Sally Manninen](#)
 Substance Use Prevention Director
 207-351-2662

[Michelle Mason](#)
 Substance Use Prevention
 Services Project Manager
 207-351-2669

[Kaytlin Kimball, RD, LDN](#)
 Project Assistant
 207-351-2662

Our Lead Agency



Our Funders



December is National Impaired Driving Prevention Month



The holidays are the deadliest season when it comes to impaired driving, but alcohol and drug related traffic fatalities are a hazard all year. On average, 28 people die daily due to drunk driving. Drugs other than alcohol are responsible for 16% of motor vehicle crashes, marijuana being the drug most often linked to drugged driving.

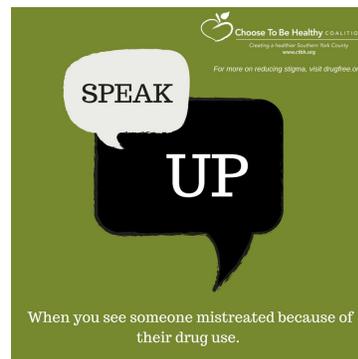
Youth are especially at risk. According to the [2017 MIYHS results](#), 15% of York County high school students reported they had ridden in a car driven by someone who had been drinking, and 17% reported they had ridden in a car driven by someone using illegal drugs, within the past 30 days. In addition, in a [2016 survey](#), young adults aged 16-25 reported the highest rates of drunk and drugged driving.

Join us in taking action to prevent unnecessary deaths. To learn more, visit the [Prevention for ME](#) site, or check out the [NHTSA site](#) and their [resources](#). Be safe this season!

Did You Miss Our Latest Social Media Campaign?

Reducing Stigma

We just finished up our November campaign - visit our [website](#) to learn more about reducing stigma. If you missed any posts, all our graphics are pinned on [our Pinterest page](#), so follow us!



Look for our daily posts on [Twitter](#) and [Facebook](#) this month - we will be promoting alcohol and drugged driving prevention and other important holiday messages.

And don't forget you can always read past newsletters [here!](#)

