



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

**February 2018**

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**Upcoming Trainings**

**Learn How ACEs Affect Everyone's Health**

Kittery Community Center  
Feb. 5th, 6:00-8:00pm  
FMI [here](#)

**Stigma and Substance Use Disorder**

York Public Library  
Thu. Feb 15th, 12-1pm  
FMI and RSVP [here](#)

**Motivational Interviewing Basics for Prevention Specialists**

March 1st - 2nd  
FMI and register [here](#)

**A Video We Love**



**What's New?**

Hopefully, all the news this Monday is good.

Please take a look at a new video and web page staff and youth in

our coalition created on vaping. About 1/3 of York County high school students have vaped - and unfortunately many adults don't know what it's all about!

For instance, the most popular product - that looks like a flash drive - uses pods containing the nicotine equivalent of one pack of cigarettes! And, we know that vapes can also be filled with THC from marijuana.

Thanks for reading our newsletters and staying touch!

Sally, Michelle and Kaytlin

**Vaping Video for Parents**

Our first video in a new web series



CTBH has put together new resources for parents that can be found on YouTube. These include:



Adverse childhood experiences (ACEs) are an important public health issue - [watch and share!](#)

## Family-Friendly February Happenings

### [Mount Agamenticus Winter Story Walk](#)

A Great Outdoor Maine Weekend event

Feb. 9th at 12:00pm  
York, ME

### [Teeny Teacup Fairy Gardens](#)

Historical Society of Wells and Ogunquit

Feb. 17th at 10:00am  
FMI and get tickets [here](#)

### [York Winter Farmer's Market](#)

1 Stonewall Lane, York  
Feb. 17th, March 10th & 24th  
9am - 1pm

### [Vacation Day Camp: Coastal Curiosities](#)

Wells Reserve  
Feb. 21st, 9:00am - 3:00pm

### [Winter Wildlife Day](#)

Wells Reserve  
Feb 22nd, 10:00am-12:30pm



## National Poison Prevention Week

**March 18-24, 2018**

Learn more about this important health observance [here!](#)



## Resource of the Month

- A new web series for parents created by CTBH staff and local youth on vaping, dabbing, mental health and addiction, how to talk with your teen, and more!

### Watch our first video, on vaping, [here!](#)

- Prevention and public health playlists curated by CTBH staff with videos you can watch at your own convenience!

Check out our YouTube channel [here](#) and hit the "subscribe" button to get notifications when we add new content!

## Regional Youth Leadership Training



March 9th 9-1

at Marshwood High School, South Berwick

This year's training will focus on increasing understanding of culture and how to bridge and communicate across differences.

This event is **FREE** to attend and open to Southern York County **middle and high school aged youth and their adult advisors.**

Our agenda includes:

- What is culture?
- Exploring our own culture(s).
- What role does perception play in communicating effectively?
- Exploring critical incidents and effective resolutions.

Please RSVP [here](#) or contact [Sally Manninen](#) 351-2655 with questions.

## Retail Marijuana

Local and State Updates

### Local updates:

Missed our last update? [Check out this map](#) for the status of towns who have banned retail here in Southern York County.



### State updates:

**The state's moratorium on retail operations expired February 1st.** [According to the Maine Municipal Association](#), there is "no prohibition on applying at the local level prior to state licensing. It is not clear how officials in the municipalities without moratorium or prohibition ordinances should handle any 'foot in the door' type requests."

### *What happens next?*

The Maine Legislature and the Marijuana Legalization Committee continues to meet and work on draft regulations to be sent forward for the entire Legislative body to vote on. The Governor vetoed the Legislature's

## Prevent Child Abuse Parenting Tip of the Week



### Stay in Touch



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### Our Lead Agency



### Our Funders



previous efforts back in October and there were [not enough votes](#) to overturn the veto. The impact, if any, of the moratorium expiring on February 1st remains to be seen. Stay tuned!

## Building Resilience Among Youth

Adverse Childhood Experiences (ACES)



**23% of Maine high school youth report at least 3 ACES - or incidents of trauma.**

Trauma affects a child's development and puts them at much greater risk for future health problems like obesity, heart disease, smoking, drug use and poor mental health.

Both York and Kittery Schools have collaborated with Choose To Be Healthy to bring ACES and resilience building expert Sue Mackey Andrews to train nearly 200 staff and parents!

Learn more about ACES on our [website](#) or visit the [Maine Resilience Building Network](#).

## Recovery Ready Communities

Reducing Stigma



"A community that is recovery-ready provides the entire continuum of support to those in or seeking recovery and their allies." - YPR

- Hear guest speakers, Jeana Coggins and Jesse Harvey from [Young People in Recovery](#) inspire us with their stories - coming soon to You Tube!
- Check out clips of guests who shared something about stigma or recovery.
- Visit [Shatterproof](#) for great resources that help individuals and communities.
- [Download a list of words to use and words to let go around addiction](#) - substance use disorder.

FMI, [Sally Manninen](#) at 351-2655.