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15 Hospital Dr.
York, ME 03909



Creating a healthier Southern York County

Annual Report 2018

Choose To Be Healthy Apple Awards to coalition members who go above & beyond to improve community health



Officer Nick Piskopanis, School Resource Officer at York High School and Liquor Enforcement Officer for the York Police, is a valued member of CTBH's Regional Law Enforcement Team. Nick works to curb the access and availability of alcohol and other drugs as well as prevent initiation by youth. Nick helps with Sticker Shock, alcohol server training and educating teens and parents. Officer Piskopanis is a role model!



Tanya Pierson, York County Assistant District Attorney, is an advocate for youth and a local parent passionate about prevention and treatment of substance use. Tanya serves on both the CTBH Regional Law Enforcement Team and Advisory Board. Tanya represented the coalition at a prevention conference in Washington DC. We always look to Tanya for legal expertise and now, her efforts to help educate lawmakers on drugged driving.



Bonita Pothier, is officially a representative for Senator Angus King with years of public service. However, for us, Bonnie is also one of our most avid coalition members, participating at nearly every meeting and event. Bonnie shares info and resources and takes our work, feedback and questions back to Washington. CTBH needs the eyes and ears of decision makers and caring community members who are open to learning; Bonnie is both!

CTBH BY THE NUMBERS

- Over 150,000 views on CTBH social media pages! Notable campaigns include: "Dear Future Me", Reducing Stigma, Safe Prom and Graduation and Talk with Your Teen.
- Area real estate offices gave out nearly 1,000 of our med return/safe drug disposal handouts.
- Drug Take Back Day collections by police in our towns totalled 2,163 pounds for October 2017 and April 2018.
- 2,000 We All Need Help Sometimes resource cards and 2,000 Let's Help Our Youth Succeed brochures distributed.



Preventing Youth Marijuana Access and Use



Marijuana Workgroup Meeting, September 2017

York County youth marijuana use rates have decreased from 24% to 19% since 2009

But, 65% think regular marijuana use is *not* harmful, up from 40%*

At the request of local decision-makers, CTBH formed a Marijuana Workgroup in 2016. The group includes town administrators, police, healthcare providers, and legislators. It meets quarterly to share information and learn from experts in public health, regulation and safety.

May 2018 saw an overhauled Retail Marijuana bill pass in the Maine Legislature. Some of the items settled in the bill include:

- Home grow and possession by individuals **over 21** remains legal;
- However, the home grow plant limit was **decreased** from 6 to 3 plants;
- Also, “pot lounges” will **not be allowed** anywhere in Maine.
- Towns **will have to “opt-in,”** through a vote or other local means, to allow retail marijuana stores and other facilities in their communities.

Prior to the bill passing, all towns in the CTBH area had already taken preemptive measures to ban or pause action on retail marijuana while the Legislature’s Marijuana Implementation Committee deliberated.

CTBH also collaborated with the York District Tobacco Prevention Program at Partners For Healthier Communities (PHC) in Sanford to assist communities with marijuana and tobacco use policies. CTBH and PHC worked together to help the Kittery School District revise the vaping, tobacco, and marijuana language in its school policy.

CTBH also has a new smoke-free events program for communities and organizations who want to ban both tobacco and marijuana use at their events. *Maine Integrated Youth Health Survey, 2009 -2017 York County, 9-12th graders

The Harms of Youth “Vaping”

While youth smoking rates have continued to fall over the last decade, the use of vaping devices for nicotine and marijuana has become increasingly common amongst youth, now outpacing the use of cigarettes. According to the Maine Integrated Youth Health Survey (MIYHS), in York County,

- 17% of teens used a vaping device in the last month, and
- 1 in 3 reported vaping nicotine.

To raise awareness, CTBH created a video for parents and other caring adults that our schools sent to over 900 parents. A new page on www.ctbh.org includes information on the health risks of vaping, how vaping increases youth risk for smoking cigarettes, and how youth can easily hide their marijuana use in a device. These resources were shared with staff at all 5 school districts in our area and promoted in local newspapers, social media, York Hospital’s newsletter, and at school events.

Vaping: What Parents Need to Know



CTBH created a video and web page for parents and schools on the harm of teen vaping at www.ctbh.org/vaping

Empowering Youth to Be Leaders in Community Health

Local school Civil Rights Teams gave us feedback on what *they* wanted to learn. So, we brought in Maine Intercultural Communications Consultants to facilitate this year's Regional Youth Leadership Training. Forty adults and youth from Traip Academy, Marshwood High School, Wells High School, and Shapleigh Middle School identified the stereotypes and stigmas at their schools that create barriers. And, they practiced skills for observing people and situations and communicating without prejudice or bias.

CTBH was proud to help out and support the following youth-led initiatives:



Comparing School Cultures



Youth Civil Rights Teams at CTBH Regional Youth Leadership Training

- Kittery youth organized a week of mental health awareness activities for their peers at Traip Academy;
- Kittery's Civil Rights Team led an activity for their peers on how to avoid negative stereotypes and biases;
- Traip students held a community forum on stigma and opiate addiction;
- Youth from York's Interact Club coordinated a regional conference on substance use disorders; and,
- York High School youth held their annual Wellness Week and included a presentation by Young People in Recovery.

Community Education on Trauma and Stigma

Sue Mackey Andrews of the Maine Resilience Building Network came to our area several times this past year. CTBH and Kittery Schools co hosted an all day training for over 65



Adverse Childhood Experiences Training for School Staff

23% of Maine youth report 3+ ACES, putting them at greater risk for mental health and substance use disorders

area school staff on how Adverse Childhood Experiences (ACES) or trauma affects the developing brain and youth behaviors. The Kittery Youth Committee cosponsored Sue to speak to 50+ parents in the evening.

York High School counselors brought Sue to speak to 85 teachers in the afternoon and York parents that evening.

Choose To Be Healthy also held a community forum on Becoming A Recovery Ready Community. People filled the York Parish Meeting House to learn how we can all help to prevent

stigma getting in the way of recovery. Three Young People in Recovery told their personal stories. They helped us learn how communities can support recovery through more compassionate use of language, services, support groups, help finding housing and jobs, and practicing loving kindness.

Building Coalition Capacity and Collaboration

Choose To Be Healthy member, Tanya Pierson, and staff, Michelle Mason and Kaytlin Kimball, attended the Community Anti Drug Coalitions Leadership Forum in Washington DC for the first time this past year. They met with congressional representatives and coalitions from across Maine and the country to learn the latest information on the science of public health and substance use prevention from national experts.



CTBH participated also on a team with York Hospital staff to help plan the new medication assisted treatment services offered through its new Recovery Center.



CTBH and community members are coordinating this year's Community Health Needs Assessment to help determine

New England High Intensity Drug Trafficking Area (HIDTA) Joins CTBH Regional Law Enforcement Team, February 2018

health improvement projects for York Hospital and community partners. 2018/2019 continues to be a year of new opportunities!
Contact CTBH staff to learn more!



Thank You, Choose To Be Healthy Advisory Board!
Pat Endsley, Wells High School Nurse; Erin Dickson, Noble Schools Health Coordinator; Karla Moulton, parent; Officer Jeff Upton, SRO Marshwood High School; Eric Waddell, Kittery Superintendent; Michelle Surdoval, York Community Services Association; Gina Brodsky, counselor and parent; Rev. Sudie Blanchard; Margaret Norbert, Sweetser Mental Health Services; Tanya Pierson, York County Assistant DA; Hilary Leonhard, York Hospital; Josh Holt, businessman; and Karen Boardman, nurse volunteer



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