



Choose To Be Healthy Coalition Newsletter

Creating a Healthier Southern York County

April 2018

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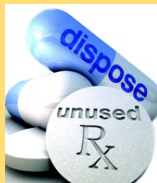
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Save the Date!



Spring **Drug Take Back Day** is **Saturday, April 28th 10-2** at a location near you!

Visit www.ctbh.org/rxdrugs
FMI and locations in Southern York County!

Upcoming Events

Recognizing Heroin Opiate Crisis

Kennebunk Police and Rotary
@ Kennebunk Elementary
Tues. 4/10; 6-8:30 pm
Panel Discussion
Wed. 4/11; 6-8:30 pm
Overdose Prevention Training
985-1116 to RSVP

Webinar: Meeting the Unique Needs of LGBT Seniors

April 20th, 2-3pm
[FMI and Register](#)

What's New

This newsletter will help keep you up to date on drugged driving, mental health and substance use, National Prevention Week, and more!



Thanks for reading our newsletters and staying in touch!

Sally, Michelle and Kaytlin

Smoke (and Vape) Free Community Events

Tobacco and Marijuana Free

Choose To Be Healthy Coalition is pleased to announce a new support program for towns, local organizations, and others holding community events here in Southern York County.

You may remember our Tobacco-Free events program. Our new program supports events (and updated event policy) that are free of tobacco and marijuana.

Why consider hosting a smoke and vape-free event? To promote a healthier and safer environment for all staff, attendees and visitors; to reduce the risk of fire, litter and related clean-up costs, and to provide positive role modeling for youth, showing that use is not the norm.

Participating organizations will receive:

- Use of our **event banner**;
- **Event promotion** on our social media pages and in our newsletter;
- **Technical assistance** to review and revise or create your policy;
- **Financial award** to help with the policy revision and promotion of the event.



Community Health Worker Core Competency Training

Kennebunkport, ME
April 23, 24, 30 &
May 1, 7, 8

[FMI and Application](#)

Opioid Use Disorder: What Treatment & Recovery Look Like Today

York Public Library
May 1, 12-1 pm lunch
[RSVP York Hospital](#)

Beyond the Basics in Suicide Prevention NAMI Maine

Augusta Civic Center
Wed. May 2nd
[FMI and Register](#)

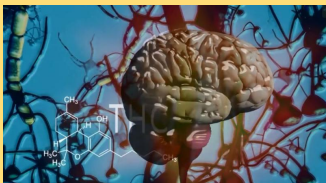
Mindful Yoga for Trauma

Yoga in ME, Eliot
June 1st-3rd
[FMI and Register](#)

New England Public Health Conference

Kennebunkport, ME
June 16th [FMI and Register](#)

Resource of the Month



A short but powerful documentary on the effects of marijuana on the brain. Watch [here](#) and share!

Local Spring Activities

[Welcome Spring Hike](#)

Wells Reserve
April 14th, 10-11:30am

[Earth Day Celebration](#)

Wells Reserve
April 20th, 10am-12pm

[Earth Day Volunteer Workday](#)

Mount Agamenticus
April 22nd, 9am-12:30pm

[York Hospital 5K Race: Running for Recovery](#)

York Hospital
June 2nd, 8:30am
FMI and register [here!](#)

Requirements:

- Review and revision of an existing policy or establishment of a smoke-free event policy.
- Use of campaign logos in marketing materials.

Click [here](#) for event application and contact [Michelle Mason](#), 351-2669 with questions.

This program is a collaboration of Choose To Be Healthy at York Hospital and the York District Tobacco Prevention Program at Partners for Healthier Communities at Southern Maine Health Care.

April is Alcohol Awareness Month

Changing Attitudes

This year's theme is "Changing Attitudes: It's not a 'Rite of Passage.' " For campaign materials, visit the website [here](#).



Talking with your kids about the risks of alcohol use can be tough. A great place to start is by visiting the "Talk. They Hear You" page at www.underagedrinking.samhsa.gov. Also check our [Facebook](#) and [Twitter](#) pages for tips and resources and look for ads and articles from us in the Weekly Sentinel.

We also need your help to get the word out about our Parents Who Host campaign going on this Spring! We would love to flood our communities with these signs and its message, which is to educate parents about the seriousness of hosting or permitting underage drinking parties. We have lawn signs like in the picture above, banners, and posters available. Stop by our office at 18 Williams Ave, York or contact [Michelle FMI](#) on this campaign, visit our website: <http://ctbh.org/parentswhohost/>

National Prevention Week

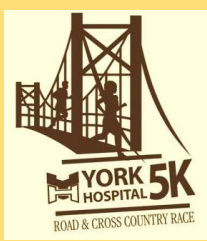
Media Campaign: May 14 - 19th

National Prevention Week (NPW) is coming right up, May 14th - 19th! Youth most often use substances for the first time in June or July. This week is an important time, before school ends, to focus on prevention.



The theme this year is "Action Today. Healthier Tomorrow." It reminds us that simple, daily acts of prevention can lead to healthier lives and stronger communities. Visit the [NPW website](#) to learn more and to see the prevention topics specific for each day of the week.

Partner with us during NPW to spread the prevention message. We will be sharing on our social media pages: [Twitter](#), [Facebook](#), [Youtube](#), and [Pinterest](#). Follow us and share our posts! Use content from our [website](#), the [NPW website](#), or our [Youtube page](#) to create your own prevention posts.



Sailing Scholarship Program

YCSA is looking for 20 at risk youth (15-18 years old) for a 7 day sail on the [Oliver Hazard Perry Ship](#), July 18th-July 25th.

Scholarships available. Please contact [Michelle Surdoyal](#) if you know interested students.



Visit Wells Cinema

And check out our PSAs!

These short videos will be shown at the Wells Cinema to encourage parents to talk with their teens about alcohol.



Stay in Touch



[Sally Manninen](#)
[Community Health Director](#)
207-351-2655

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

[Kaytlin Kimball, RD, LDN](#)
[Project Assistant](#)

You can also participate in the NPW challenge: Dear Future Me. Write a letter to your future self about the choices you are making now to live a happy, healthy life. Take a picture of your letter, or record yourself reading it, and share it on social media using the hashtags: #DearFutureMe and #NPW2018. See the powerful [example video here](#).

If you have any questions regarding the week or how to partner with us, please contact [Kaytlin Kimball](#).

Impaired Driving Summit

Coming Up June 6th

"With impaired driving crashes and fatalities rising, we are bringing together national experts from law enforcement, prosecution, pharmacology, and traffic safety researchers to discuss and share their expertise on impaired driving."



AAA Northern New England and the Maine Bureau of Highway Safety are hosting the 2018 Maine Impaired Driving Summit on June 6th in Portland at the University of Southern Maine from 8 am to 3 pm.

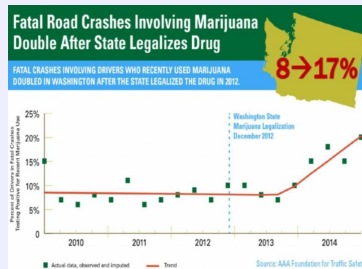
Click [here](#) to register for the event. FMI and questions, contact [Dan Goodman](#).

Drugged Driving

Increasing More Than Drunk Driving

Nationally, drugged driving is more common than driving impaired with alcohol alone.

And our youth are involved much more than most adults realize.



In the past month, 17% of York County 9-12th Graders, had ridden in a car with a driver who had used marijuana, cocaine or heroin (MIYHS, 2017).

In states that have legalized marijuana, fatal crashes involving marijuana have doubled. While we do not know if marijuana *causes* the fatality, it is a factor that states need to study. There are many problems related to drugged driving that have not been solved: such as resources for education, prevention, detection and enforcement. [Sally Manninen](#) for more info and a presentation on this topic.

Meet Kyle Ganson, LCSW

New Mental Health Counselor in Kittery

At CTBH we are keenly aware of the affects of poor mental health on other health risks like drug use and misuse. We also know that there are not enough mental health practitioners or resources in our communities of southern Maine.

207-351-2662

Our Lead Agency



Our Funders



ONDCP DRUG-FREE COMMUNITIES



**MAINE
PREVENTION
SERVICES**

Maine Center for Disease Control & Prevention
Department of Health and Human Services

So, we were very happy to meet Kyle Ganson, Licensed Social Worker at our last coalition meeting. Kyle and his wife are new to the area. He has set up his own practice in Kittery and sees both youth and adults. Counselors that see youth are especially needed in our area.



Kyle specializes in anxiety and depression, eating disorders and PTSD. He also uses his considerable artistic training and skills to provide creative ways for people to improve their outlook and inner mental ease. FMI, <https://kyletaylorganson.com/> and ktganson@gmail.com