



Choose To Be Healthy Coalition Newsletter

Creating a Healthier Southern York County

Summer 2018

In This Issue

- [New CARA Grant](#)
- [CTBH Annual Meeting](#)
- [Mental Health Video](#)
- [The Harms of Vaping](#)
- [Marijuana vs. Opioids?](#)
- [New Prevention Partners](#)

SAVE THE DATE!

September 27th 9-12
at York County Community College, Wells

Join us to discuss and prioritize the latest community health data for York County FMI
smanninen@yorkhospital.com

Resource of the Month



[Eyes Open For Me](#) is a new statewide campaign focusing on prescription drug misuse that utilizes real stories from people in long-term recovery and affected others.

The website is action-focused

What's New

We are pleased to let you know that Choose To Be Healthy is one of only three coalitions in Maine to receive federal funding through the **Comprehensive**



Addiction and Recovery Act (CARA) Community Drug Crisis Program (congrats also to Bangor Public Health and Sebecook Valley Health). CTBH will be focusing more prevention resources, including new staff, on youth and young adult opioid misuse and use disorder.

Coalition members have been busy working on our local **Community Health Needs Assessment** as well as meeting to develop the work plan for next year's prevention efforts.

CTBH also paid for three public service announcements to be shown at **Wells Cinema** including two from the **Eyes Open for ME** state campaign and one we created on vaping. Much more to follow, this fall. Enjoy the rest of the summer!

Sally, Michelle and Kaytlin, Choose To Be Healthy Staff

CTBH Annual Meeting, 2018

Another Great Event at Laudholm Farm

This year's Annual Meeting featured a presentation on diversity and bridging cultures with communication. Amazing youth leaders from Kittery's Traip Academy co-facilitated the activities with Liz



for patients, prescribers, friends and family members.

Contact us for print and web materials or visit the [Maine Prevention Store](#).

Youth Summer Meal Sites

Nutritious free meals are available for children and teens 18 and younger at locations throughout the summer while school is out of session.

FMI, click [here](#)

Sites in Southern York County:

Kittery

Kittery Community Center

Monday-Friday

Lunch: 11:30am-12pm

Read more about it [here](#)

Noble Schools

Hanson School Cafeteria (Lebanon)

July 9th-August 9th

Monday-Thursday

Breakfast: 8-9am

Lunch: 11:30am-12:30pm

Noble High School (North Berwick)

July 9th-August 1st

Breakfast: 7:15-8:15am

Snack: 10-11am

Read more about it

[here](#)

Tall Cop Says Stop



October 11, 2018

Tall Cop Says Stop

This prevention workshop with Officer Galloway is for law enforcement, prosecutors, probation officers, and school staff.

Topics covered include:

Marijuana edibles; vaping and JUULing; and marijuana concentrates.

Over 120 visual aids

Location:

Elks Lodge

1945 Congress Street

Portland, ME 04102

Reason. The youth leadership and participation was fun and inspiring!

For more info shared by Maine Public Health Association Director, Becca Boulos, including their fall conference, [check out the MPHA website](#).



We also had the chance to thank three coalition members this year by awarding them our Apple Award for Community Health. Thanks to Bonnie Pothier of Senator King's office, Tanya Pierson of the York County District

Attorney's Office and Nick Piskopanis of York Police Department! [You can read more in our Annual Report here](#).

Understanding Mental Health

Share the New Video

We collaborated with coalition member Kyle Ganson to create a video to help explain mental health and mental health treatment.

[In this short video for parents and other caring adults](#), Kyle walks the viewer through what mental health is, some warning signs to be aware of, including substance use, what treatment looks like, and where to get help locally.



Kyle T. Ganson, MSW, LCSW
Clinical Social Worker

For more videos on [mental health and substance use](#) including vaping, talking with your kids, and the developing brain visit our [YouTube channel](#) and share them with others!

Vaping

New PSA at Wells Cinema

Back in February, we created a new page on our website:

www.ctbh.org/vaping.

It has since been shared with hundreds of parents through our schools and social media!

Vaping: What Parents Need to Know



You will find information and resources on how vaping devices work, what they look like, the health risks of use, and how to talk to the teens in your life. Also featured is our 2 minute Vaping 101 video. And, a 1 minute version is playing at the Wells Cinema. Be on the lookout for this prevention message before every film!

Is Marijuana an Effective Substitute for Opioids?

The Latest Research

[A groundbreaking study in The Lancet](#) found

that marijuana use over four

years actually made it *harder* for patients to cope with

SAM Smart Approaches to Marijuana
preventing another big tobacco

Stay in Touch



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Our Lead Agency



Our Funders



ONDCP DRUG-FREE COMMUNITIES



**MAINE
PREVENTION
SERVICES**

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

chronic pain, and did *not* reduce their use of opioids.

[In the Journal of American Medicine](#): "(The) associated acute and long-term psychoactive effects on brain function (of marijuana) are...known. Expanding use of cannabis among pregnant and lactating women (as likely will occur with legalization) may lead to increased risk from fetal and child exposures if the teratogenic (disturbing the development of the fetus) potential of cannabis remains underappreciated."

[SAM has a page devoted to opioids and marijuana](#). They also published a [one-pager describing the overwhelming links](#) between marijuana and other drug use. "While not every marijuana user will go on to use heroin, research shows that nearly all heroin users previously abused marijuana." Visit [learnaboutsam.org](#) to learn more.

New Prevention Partners

Introducing...Marleah and Kirsten!

Marleah Wentworth is the new Youth Coordinator for York County. As District Youth Coordinator, she works with youth throughout York County on a number of social justice and substance use issues.



How you can partner with Marleah:

So, if you have a youth group in York County—definitely be in touch with Marleah to see how she can support you and your youth!

Fun facts: Marleah likes to attend concerts, swim in the lake, hike with her dog, and read on the beach!

Contact Marleah at mwentworth@smhc.org or 207.490.7855.

Kirsten Faucher is the new Tobacco Prevention



Coordinator for York County. Kirsten can work with municipalities, landlords, schools, hospitals, colleges, work sites, and other agencies in York County to develop good policies.

How you can partner with Kirsten:

Contact Kirsten if you would like to learn more about tobacco prevention efforts, tobacco education, treatment

resources and/or tobacco policy assistance!

Fun facts: Kirsten's favorite past time is going to her family's camp near Bethel, Maine where she can relax, read a good book, swim, and spend time outside with her family.

Contact Kirsten at kfaucher@smhc.org or 207.490.7854.