



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

September 2018

In This Issue

[What's New](#)

[Welcome, Gina!](#)

[Parent Check In](#)

[Recovery Month](#)

[Safe Transitions to College](#)

[Smoke-Free Home Pledge](#)

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

Register [here](#)

Save the Date

**York County
COMMUNITY
HEALTH FORUMS**

Hosted by Southern Maine Health Care, York Hospital,
York Public Health District and partner organizations

Thursday, September 27, 2018

9:00am—11:00am **OR** 3:00pm—5:00pm
112 College Dr. Wells, ME **OR** 300 Main St. Saco, ME

Register now
at www.surveymonkey.com/r/YorkForum

Please join us and your fellow York County neighbors to discuss local health concerns
affecting our community in order to improve the health of where we live, work and play!

Partner with York County Health Care, York Hospital, York Public Health District and partner organizations

About Maine Shared Care:
The Maine Shared Care Health System (MSSHS) is a not-for-profit organization that will become the health
system for the state. It is made possible through support and collaboration of our quality partners including Central Maine HealthCare,
Eastern Maine Healthcare System, Maine General Health, MaineHealth, and the Maine Center for Disease Control and Prevention
of the Maine Center for Disease Control and Prevention.

United Way
York County Health Care
Maine Shared Care
York Hospital

Resource of the Month

What's New: Back to School

Summer is already drawing to a close! In August, CTBH staff and our summer intern attended the Portsmouth Naval Shipyard to join their annual Back 2 School Bash! We had fun connecting with over 100 military families and handing out school supplies and parenting resources.



In other back to school news, we've been loving the free lesson plans for teachers funded and created by NIDA. These science lessons are based around multi-media activities relating to teens and drugs, appropriate for grades 6-12. [Click here for more information](#) - we hope some of you can take advantage of this great resource as the school year kicks off!

This newsletter is full of exciting news and events coming this fall! Read on and feel free to contact us with thoughts or questions.

Sally, Michelle, Kaytlin and Gina, Choose To Be Healthy Staff

Welcome, Gina!

Our Newest Team Member

Choose To Be Healthy Coalition is excited to announce that Gina Brodsky will be joining us part-time as a Program Coordinator.

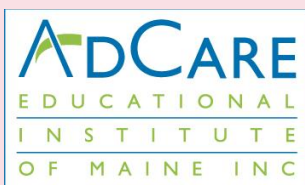


Gina worked at York High School as a valued counselor for fourteen years and has been with the coalition even longer as a member. CTBH has partnered with Gina on too many projects to count. She has been recognized by the coalition for her outstanding efforts and at the state level for her work with youth. Gina brings many years of valuable experience working with youth, parents and school systems. She has a Masters in Education from



Child Mind Institute
[Back to School Tips for Parents](#)

Trainings and Webinars



ACEs and Protective Factors Training
 Sept. 25th, 9am - 3:30 pm
 Farmington, ME
[FMI and to register](#)

Brain Under Construction: Building Pathways to Resilient Futures
 HHS Partnership Center
 Recording [here](#)

Prevention in Practice: Resiliency of Future Generations
 HHS Partnership Center
 Recording [here](#)

Beach Cleanup



[September 9th 9am-12pm](#)
 at Short Sands Beach

[September 16th 9am-11am](#)
 at Cape Neddick Beach

First 25 will get water bottles, shirts, hats and more!

Join us! Open to the public!

Hosted by [Fiercely Fitt Girl](#)
 and sponsored by CTBH

UNH and is a Certified Alcohol and Drug Counselor. Gina will continue her work with the youth group TIDALWAVSE.

Says Gina, "I've admired the Choose to Be Healthy team for so very long! To join the team officially feels like a perfect match for my skills and a much needed outlet for my passion to keep youth and families safe and informed!" As of 9/12, you may contact her at gbrodsky@yorkhospital.com and 351-2660.

Parent Check In

Raising Children is Not Always Easy...

But you don't have to do it alone or without help!



Christine Rogerson and Kyle Ganson are mental health counselors and local community members who work and live in York and Kittery. Choose To Be Healthy is partnering with Kyle and Christine to bring a series of three parent discussions to our area.

These sessions will include a presentation and time for questions. The monthly sessions are FREE and include helpful resources and light refreshments. At each session participants will get a chance to win a raffle prize of a parenting book chosen by our counselors! FMI contact Michelle Mason via email or 351-2669.

Talk 1: Surviving Adolescence: Tools for Parents
In York: Wed, Sept 19th at York Public Library at 4-5:30pm
In Kittery: Mon, Sept 24th at Kittery Community Center at 6-8pm, free dinner provided

Talk 2: Social Media: The Good, the Bad, and the Ugly
Location and Day/Time TBD

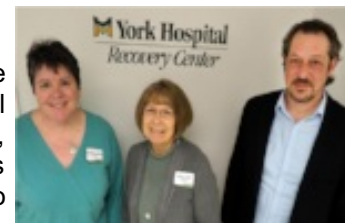
Talk 3: Anxiety: How Much is Too Much?
Location and Day/Time TBD

More info on this series and Kyle and Christine can be found at [our website](#).

Recovery Month

September is Recovery Month

National Recovery Month spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and people can and do recover.



York Hospital will be holding three community events in September and October to encourage the dialogue around substance use disorders. They will include a panel of Eric Haram, Acting Director of the Recovery Center at York Hospital (formerly named the Cottage Program), Dr. Jill George, and a person in recovery. We hope you will join us to ask questions, learn how medication assisted treatment works and how we can all support recovery for our neighbors and loved ones.

September 18th 6-7pm with a light meal at Nasson Community Center, 457 Main St, Springvale, ME 04083
September 25th 6-7pm with a light meal at the Kittery Community Center, 120 Rogers Road, Kittery, ME 03904

What We're Reading



["Safest Level of Alcohol Consumption is None. Worldwide Study Shows."](#)

Stay in Touch



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Our Lead Agency



Our Funders



ONDCP DRUG-FREE COMMUNITIES

RSVP to Fundraising at info@yorkhospital.com or call (207)-351-2385 if you are interested in attending.

For more information about the Recovery Center services [visit the website](#) or call (207) 351-2118.

Safe Transitions to College

A Message from Our Intern

Hi all, my name is Heather and I am an undergraduate student at UMass Amherst. This summer I had the opportunity to intern at CTBH and got to learn about substance misuse and prevention. As a college student and Peer Mentor for incoming freshman, I understand how college can be a big transition and a susceptible time for teens. It is especially risky for students going to college in states that have recently legalized marijuana use.



A Yale University study found that students who both drank alcohol heavily and smoked marijuana were more likely to get lower grades and to not finish college in 4 years. While research says parents should talk about the real harms of alcohol and all drug misuse with their young children throughout their formative years, don't forget about your graduating teens! It is helpful for their mental and physical health to be checking in on them regularly.

[Here is a guide for college parents on alcohol from Northeastern.](#)

[Here is a great web site for parents about marijuana from Washington state.](#)

Parents, you can still make a difference!

Take the Smoke-Free Home Pledge

From the York County Tobacco Prevention Coordinator

Take the Smoke-Free Home Pledge and be entered to win a \$25 Hannaford gift card!



Partners for Healthier Communities (PHC) is raffling off four \$25 gift cards to the first 200 people who take the Smoke-Free Home Pledge! PHC will randomly select four winners. Please click the link below to complete the survey, in full, to be entered!

It is important for households to be smoke-free as there is no safe level of secondhand smoke exposure. Keep your home free of secondhand smoke and protect your family and pets from the harmful effects of tobacco. Children exposed to secondhand smoke at home are 44% more likely to suffer from asthma.

Click [here](#) to take the Smoke-Free Home Pledge!

Are you or someone you know interested in quitting? Take the first step by visiting the QuitLink.com or call the Maine Tobacco HelpLine at 1-800-207-1230 for more information.



**MAINE
PREVENTION
SERVICES**

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

