



Choose To Be Healthy COALITION

Creating a healthier Southern York County

www.ctbh.org



November 2018

Fall is here!

We have been busy with our Fall kickoff meeting, our Parent Check-In series, getting ready for a health fair at the Portsmouth Naval Shipyard, Recovery Month events, and more! Check out what we have coming up and how you can get involved!

Thanks for reading our newsletter. Let us know what you think of our new format!

Sally, Michelle, Gina, and Kaytlin

Marijuana Update: Good To Know Maine



www.goodtoknowmaine.com

What's going with non-medical marijuana in Maine?

- The Maine Legislature [overrode the Governor's veto](#) of a re-written marijuana bill back in the Spring.
- Next month, Maine will select a consultant who will craft [rules and regulations](#). These will be completed by the end of April 2019 and then the Legislature will have to vote on certain aspects, including things like labeling, packaging and advertising standards and a list of penalties and fines for unauthorized conduct.
- The [earliest time frame](#) for the new non-medical marijuana market to launch is the end of 2019. **Towns are considered "dry" unless they take local action to "opt in" and allow local sales of non-medical marijuana.**

Wondering what's legal and what's not? Check out a [new handout](#) on our website from the State of Maine's Good To Know campaign. The [Good To Know campaign](#) aims to educate residents and visitors on what's legal, the health impacts, and more.

What's going on in Southern York County? We have a [page on our website](#) that we update as more local towns decide whether to allow non-medical marijuana.

Resources:

The [Marijuana Talk Kit](#) from the [Partnership for Drug-Free Kids](#) is a great resource for parents and other caring adults looking for how to talk to youth about marijuana use. Also check out this page on [the impact of marijuana policies on youth](#) from the American Academy of Pediatrics.

For more information, contact Michelle via [email](#) or call 351-2669

Anxiety: How Much Is Too Much?



Join us at one of two parent education sessions in November focused on understanding and addressing adolescent anxiety.

Anxiety: How Much Is Too Much?

[November 14th from 4-5:30](#) at York Public Library (RSVP not required but space limited)
[November 26th from 6-8pm](#) at the Kittery Community Center. Dinner and childcare included. Co-sponsored by the Kittery Youth Committee. (RSVP required to Michelle via [email](#) or 351-2669.)

Anxiety: what is “normal” and what is “too much?” Caregiver strategies supporting healthy adolescent anxiety management, as well as promoting resiliency will be shared. FML on this series, visit [our website](#). Can you help us promote these? Download a flyer to share for the [York](#) or [Kittery](#) sessions. Thanks!

For more information, contact Michelle via [email](#) or call 351-2669

A Note From Our New Program Coordinator



Hello! I'm Gina Brodsky and I'm happy to be settling in to my new role here at CTBH as a Program Coordinator funded by the [Drug Free Communities](#) and the [Comprehensive Addiction and Recovery Act](#) grants we received! Given the current opioid epidemic in our country and across Maine, communities are asking themselves how they can be proactive to combat this problem and take action. **My work plan indicates a multi-pronged approach to helping our nine communities and five school districts navigate these critical times.**

It is our hope at CTBH, and my mission, to always shed light on what CAN be done to support healthy youth. For instance, we can stay informed, we can remember that as parents we are still the number one influence on whether or not our children use substances, and **we can remember that preventing opioid deaths starts with preventing alcohol, marijuana, and tobacco use during the teen years.** Research shows that early and frequent use greatly increases the chances of addiction as adults. I look forward to working with adults and youth in our area! **If you'd like to collaborate, brainstorm, get more involved, or have questions, please do not hesitate to contact me, Gina, via [email](#) or 351-2658.**

Community Health Needs Assessment Update



On September 27th over 50 people from York County gathered at YCCC to talk about health priorities, as part of the [community health needs assessment](#) process. Many partners, members, staff and friends of Choose To Be Healthy were in attendance to review and discuss the data and help prioritize the most pressing health issues, which included substance use and mental health. [You can view and download the 2018 York County Public Health Profile here.](#) It contains the most current available data on most health issues.

The York Hospital Community Health Needs Assessment report will be completed and posted at www.ctbh.org and www.yorkhospital.com by the end of December 2018.

For more information, contact Sally via [email](mailto:sally@ctbh.org) or call 351-2658.

Upcoming Events and Trainings



Weds. Nov. 7th 3-4PM
[Webinar](#): Are You Concerned About Your Child's Irritability?



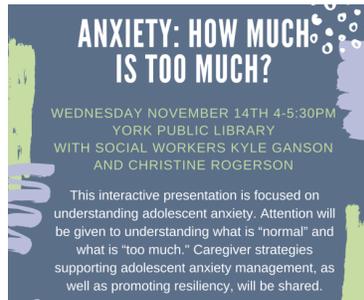
Thurs. Nov. 8th, 6:30-8PM
[ScreenAgers](#): Film and Panel Discussion at York HS



Weds. Nov. 9th, 1-2PM
[Webinar](#): Vaping's Impact on Teen Culture and Community



Weds. Nov. 14th, 8:30-4:30
[Prevention Professionals Day](#) at the Hilton Garden Inn in Auburn



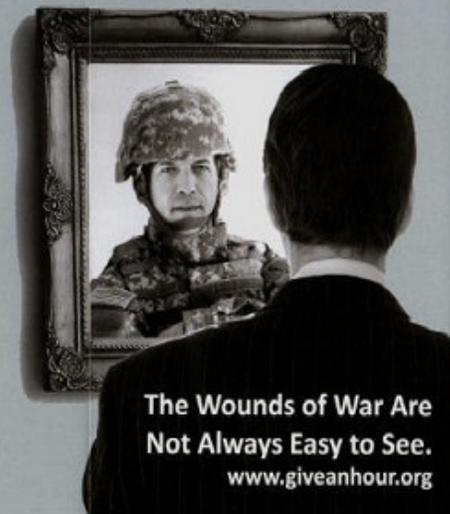
Weds. Nov. 14th, 4-5:30PM at York Public Library
Mon. Nov. 26th, 6-8PM at Kittery Community Ctr
[Parent Check-In: Anxiety](#)



Check out our new page at www.ctbh.org/parenting for links to local family-friendly events coming up!

Resource of the Month: Give An Hour

Providing free, easily accessible, and confidential mental health counseling to service members, veterans, their loved ones, and their communities.



Service members may carry the psychological and physical wounds of their military experience with them into subsequent civilian life. In one study, one in four veterans returning from Iraq and Afghanistan reported symptoms of a mental or cognitive disorder; one in six reported symptoms of PTSD. These disorders are [strongly associated](#) with substance use disorder and dependence (National Institute on Drug Abuse). The impact on the family unit can also not be overstated.

Give an Hour is a nonprofit organization providing **free and confidential mental health services to military service members, veterans, and their loved ones.** Over 7,000 mental health professionals around the country provide services free of cost **in person, over the phone, or using virtual therapy programs.** Check out [this amazing program](#).

Natural High Alert



The holidays are right around the corner - which means it's time to sign up for your local turkey trot!

[Register for the town of York's Turkey Trot](#), happening November 24th at 11 am - all proceeds benefit the York Food Pantry and York High School Track and Field. The Town of Wells is also having a [Pilgrim Dash](#) on November 18th at 9am!

Find your natural high this holiday season!

Tools For Schools



**Children Impacted by Addiction:
A TOOLKIT FOR EDUCATORS**

One in four children lives in a family impacted by addiction – that's 18.5 million children in the United States. Most suffer in silence not realizing that there are caring adults to whom they can turn for support and safety. Check out [this toolkit](#) geared towards educators for ways you can have an impact on the lives of these children.

What We're Reading This Month

- *Via The Portland Press Herald:* If you follow the news, you might think that the opioid overdose epidemic is our only drug-related public health crisis. Don't forget: alcohol is [also a deadly drug](#).
- *Via The New York Times:* An innovative school substance use prevention program focuses on [four risky traits](#) to help children at risk.
- *Via The AP:* [What does gut bacteria have to do with addiction?](#) A Maine laboratory just received a grant to study the role of the microbiome and genetics in substance use disorders.
- *Via The Washington Post:* We cannot let e-cigarettes be [an on-ramp](#) for teenage addiction.

Your Local Community Coalition



Choose To Be Healthy is a community health coalition serving southern York County, Maine. We work together to prevent youth substance use through education, collaboration, community engagement, and evidence-based strategies that help create and support healthy communities.

Staff, members and partners live and work in the towns of **Berwick, Eliot, Kittery, Lebanon, North Berwick, Ogunquit, South Berwick, Wells, and York.**

[Contact us](#) today to find out how you can get involved!

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