

Choose To Be Healthy COALITION

Creating a healthier Southern York County
www.ctbh.org



January 2019

We hope you all had a happy holiday season!

We've been busy since the last newsletter in November:

- CTBH and York Community and Adult Education were awarded a grant to implement a new curriculum.
- We wrapped up our first Parent Check-in series and made plans for the next.
- Staff gave out prevention materials at the Portsmouth Naval Shipyard health fair, and more.

And, please check out two important workshops for Recovery Allies and Recovery Coaches and more below!

Warmly,

CTBH Staff: Sally, Michelle, Gina, and Kaytlin

New Education Programs: Prime for Life and SIRP



Prime for Life ~ York Adult and Community Education, with support from an Innovation Grant and Choose To Be Healthy, is offering [Prime for Life](#), an evidence-based motivational substance use prevention program for young adults, as part of its Life Skills curriculum. For more information about this class or to register, please visit

[York Adult and Community Education](#) or contact Michelle via [email](#) and 351-2669.

SIRP ~ Choose To Be Healthy is also collaborating with area schools and Sweetser mental health services to offer the Student Intervention and Reintegration Program ("SIRP") in our area to address the needs of at risk 13 -18 year olds. Remember, any adolescent who is using substances is considered at risk and can benefit from this class whether they broke a school policy or are referred by parents.

Gina Brodsky, Certified Alcohol and Drug Counselor, will be facilitating the SIRP two-day class on the second Tuesday and Wednesday of each month at rotating school locations from 8 am - 2:30 pm. Please contact Gina to reserve your child's spot in the next course via [email](#) or call her at 351-2658 to learn more.

Parent Check-Ins: A Success!



CTBH offered Parent Check-In sessions this fall/winter in partnership with the Kittery Youth Committee and the York Public Library featuring local social workers, Kyle Ganson and Christine Rogerson. These "Check Ins" provided parent education on the intersection of mental health and substance use and helped build parents' capacity to raise healthy youth!

[To download the materials from the sessions, please visit our website.](#)

Stay tuned for new sessions starting next month with details to follow soon!

Save the Dates:

- February 25th 6-8 pm
- March 25th 6-8 pm
- April 29th 6-8 pm
- May 13th 6-8 pm

FMI, contact Sally at 351-2655 or [email](#).

Super Bowl Sunday and Relapse



Did you know that Super Bowl Sunday can represent the toughest challenge of the whole year for those in recovery from alcohol and other drug addiction?

Studies show that relapse prevention is most needed on this day! If those you care about are in recovery, consider having a substance-free celebration, offer plentiful and fun non-alcoholic options, or decide out of solidarity that you'll stay sober as well. If nothing else, increasing your own awareness of the challenges this day can present can make a world of difference to those around you – even for those you may not know are struggling.

Go to [AA or Alanon Meeting](#) for the nearest meetings or to download the App. Or call the Recovery Center at York Hospital at 351-2118 if you need help with addiction. FMI contact Gina Brodsky via [email](#) or 351-2658

Portsmouth Naval Shipyard Health Fair



Choose To Be Healthy gave out health and info resources to over 100 attendees at the annual Portsmouth Naval Shipyard Health Fair in November.

One of the handouts included the resource, *Ask, Care and Encourage (ACE)*, created for service members, veterans, and their families by the Maine Center for Disease Control and Prevention. This brochure explains ways to prevent substance abuse, how to identify risky substance use behavior and find help.

[You can download the Ask, Care and Encourage brochure here.](#)

FMI contact Michelle via [email](#) or 351-2669.

Upcoming Events and Trainings

Recovery Ally Training

Monday, January 28th
5:30-7:30PM
First Parish Church, York



Recovery Ally Training
(for all community members)
Monday, January 28th
5:30-7:30 pm
First Parish Church, York
Free, dinner included.
FMI [here](#), and to RSVP call
351-2385 or [email](#).



Recovery Coach Training
(for those who want to be peer
support and coaches)
January 29th-February 1st
9:30 am-4:30 pm
W. Kennebunk Fire Dept
Free for York County residents
FMI and register [here](#).



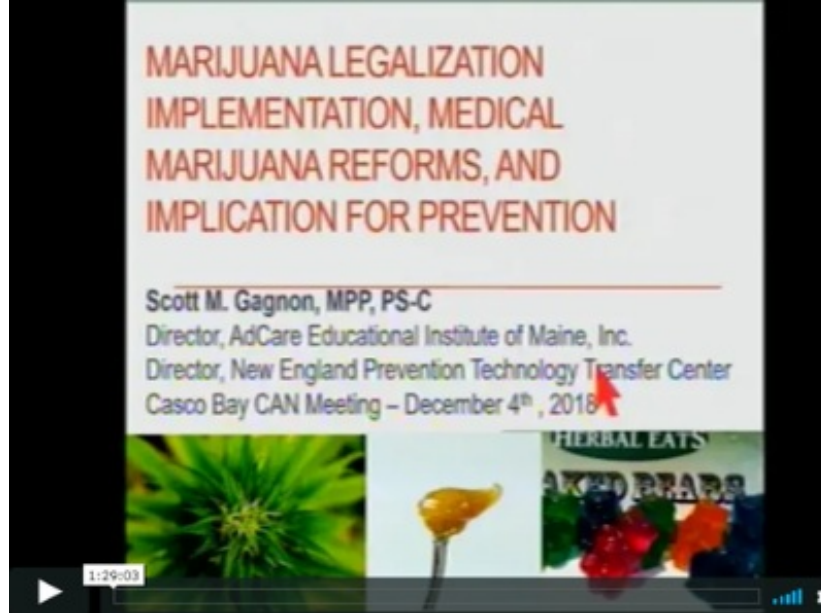
**Spill The Equal-Tea! LGBTQ+
Youth Conference**
Free to all youth and their families!
Friday, March 8th 8 am-3 pm
University of New England, Biddeford
FMI [here](#)



American Red Cross

**American Red Cross
First Aid for Opioid Overdoses
Online Course**
45 min interactive online course,
\$25 fee
FMI and to register [here](#)

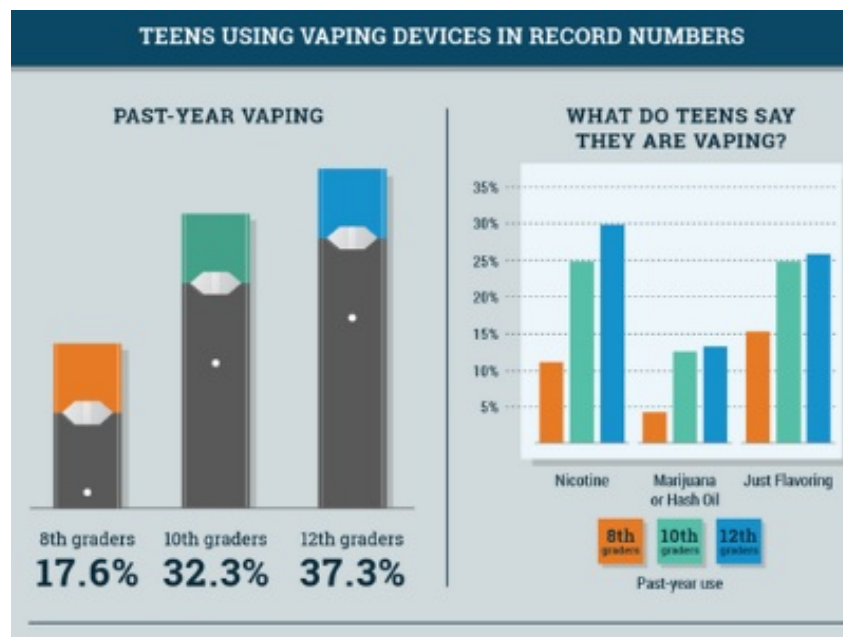
Resource of the Month



Have questions about the recent changes to Maine's medical and non-medical marijuana programs? Wondering what's legal and where the process is going next?

Check out this [recent recording](#) shared with us by our colleagues at Casco Bay CAN of a presentation called "Marijuana Legalization Implementation, Medical Marijuana Reforms, and Implication for Prevention."

Tools For Schools



According to the [2018 Monitoring the Future youth health survey](#), increases in adolescent vaping from 2017 to 2018 **were the largest ever recorded in the past 43 years for any adolescent substance use outcome in the U.S.**

Resources to share with parents on teen vaping:

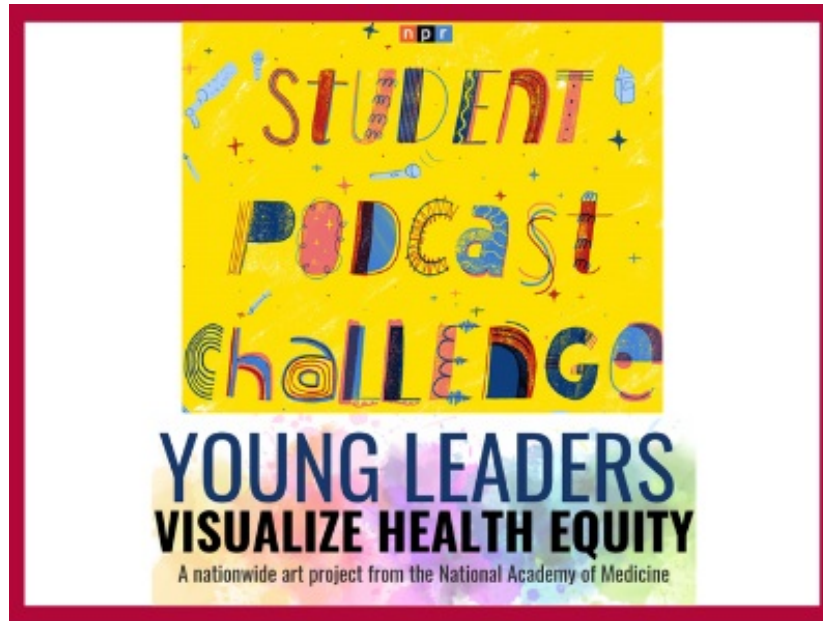
- A page [on our website](#) to educate adults on this topic, including the dangers of youth vaping marijuana or nicotine, resources and handouts.

Resources for school staff on teen vaping:

- The [Catch My Breath program](#) includes in-class activities, teacher education, online resources, and take-home materials for parents.
- [The Real Cost of Vaping](#) from FDA and Scholastic includes a single lesson plan and is appropriate for grades 9-12.
- Contact Kirsten Faucher, the York County Tobacco Prevention Coordinator, who

can present to staff on this topic and help with updating school tobacco policies. She can be reached at 490-7854 or via [email](#).

Natural High Alert



We have **two exciting creative opportunities for young people** we want to share!

[The NPR Student Podcast Challenge](#) invites students in grades 5-12 from around the country to create a podcast, then — with the help of a teacher — compete for a chance to win the grand prize and have their work appear on National Public Radio!

[Young Leaders Visualize Health Equity](#) is an art project competition from The National Academy of Medicine. Youth/young adults ages 5-26 are invited to use art to explore how the social determinants of health play a role in shaping their lives and their communities, and what it might look and feel like to one day live in a world where everyone has the same chance to be healthy, safe, and happy.

What We're Reading This Month

- [Governor Janet Mills: "There's no silver bullet to tackle this complex opioid crisis, but here are ten things we can do."](#)
- [Smithsonian Magazine: How a New Hampshire museum is using art to reach families affected by the opioid crisis.](#)
- [The New York Times: Public health experts are struggling to address a surging new problem: how to help teenagers quit vaping.](#)
- [The New York Times: What advocates of legalizing pot don't want you to know: the wave toward legalization ignores the serious health risks of marijuana.](#)

Your Local Community Health Coalition



Choose To Be Healthy Staff & Advisory Board

Choose To Be Healthy is a community health coalition serving southern York County, Maine. We work together to promote healthy behaviors and prevent 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!

Sally Manninen, Coalition Director
207-351-2655

Michelle Mason, Project Manager
207-351-2669

Gina Brodsky, Program Coordinator
207-351-2658

Kaytlin Kimball, Project Assistant
207-351-2662

