



Choose To Be Healthy COALITION

Creating a healthier Southern York County
www.ctbh.org

March 2019

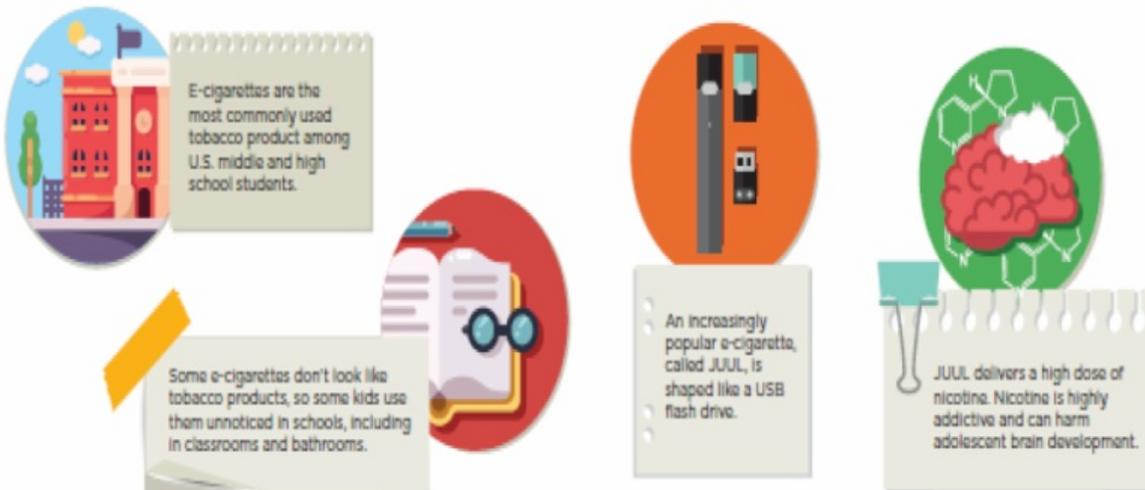
Spring is just around the corner!

- Learn what to do about vaping in our schools.
- Join us at a Parent Check In on social media.
- Bring your youth to meet others from our area and learn how to help their peers.
- Making Change Support Group for youth is back in York.
- Adult Education is helping young people reduce their risk for substance misuse.

And more in the Spring Newsletter!

CTBH Staff: Sally, Michelle, and Gina

Regional Vaping Prevention Summit



When: April 1st, 12:00-2:00. Light lunch included.

Where: Warner Conference Room, Henry Warner Building, 16 Hospital Drive, York Hospital.

Please join us to learn more about tobacco prevention efforts with a focus on the problem of vaping in our schools. Kirsten Faucher, York County Tobacco Prevention Coordinator, will give us the latest info on this topic. Choose To Be Healthy staff will share resources schools can use in their classrooms and with youth who need help.

All are welcome! Please RSVP so we can provide a light lunch.

FMI, contact Sally via [email](mailto:sally@ctbh.org) or 351-2655. To RSVP, please click [here](#).

2019 Regional Youth Leadership Training



Do you work with youth in a school, in your local faith community or at a youth-serving organization? Please join us on

**Tuesday, March 26th from 9 - 1
Marshwood High School in South Berwick
for Choose To Be Healthy's Annual Regional Youth Leadership Training!**

Agenda includes:

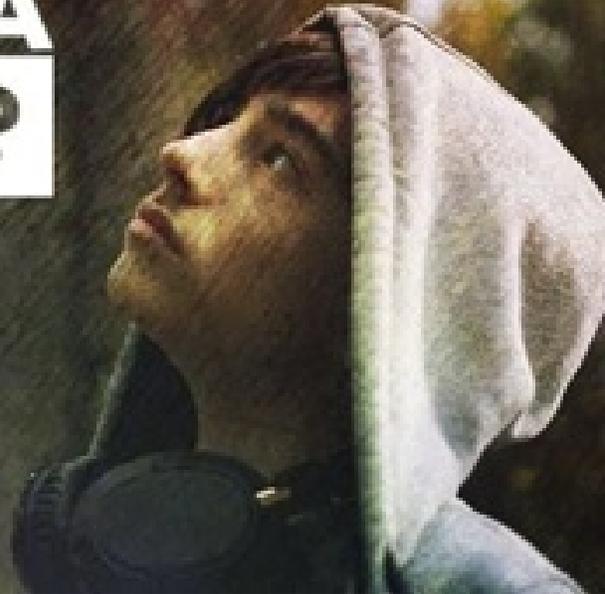
- How to be a healthy "Sidekick" and have supportive conversations with peers who might be making unhealthy choices.
- Youth empowerment activities to inspire action!
- And lunch!

Marleah Wentworth, York County Youth Coordinator, and Kirsten Faucher, York County Tobacco Prevention Coordinator, will be our guest facilitators!

At CTBH we know that youth voice is vital in all of our communities and want to do our part to cultivate growth and help youth see the power they have within themselves. **FMI and to register contact Gina Brodsky via [email](#) or 351-2658.**

New Youth Programs at York Adult Ed

MAKING A CHANGE?



Two courses at York Adult Education now include a **prevention curriculum** called Prime For Life.

Prime For Life includes information and activities to **help young people understand what causes and prevents problems with alcohol and drugs.**

Courses start April 23rd at York Middle School!

- **Social Aspects of Health and Illness**
- **Gender, Race, and Class: Social Identities**

FMI and to register, contact Lisa Robertson via [email](#) or 363-7922.

Making Change is a **free one hour weekly support group for young people** 13 and up that encourages honesty, promotes self-awareness, and inspires positive change.

Making Change is **not** treatment or therapy, but is for young people committed to or considering making a change with their substance use.

No sign up. Just show up. Free pizza!

Mondays from 5-6 pm* in the Adult Ed classroom at York Middle School.

FMI contact Lynn Sheehan at 363-7922.

*Please note: If York Schools are cancelled or closed, Making Change will be as well.

[Download a flyer](#)

Upcoming Events and Trainings



Family To Family, Mental Health Educational Series,

from NAMI Maine

Mondays, 5:30 - 8:00 pm
starting March 11th in York, Maine
Light dinner provided by York Hospital



[Parent Check In Series](#)

March 25th: Social Media, 6-8:00 pm
April 29th: Gender Identity, 6-8:00 pm

FMI and to register
contact Kelly at (603) 828-3007

[Download a flyer](#)

May 13th: Teen Safe, 6-8:00 pm
at the Kittery Community Center,
dinner and childcare provided

FMI and to RSVP, visit [our website](#).
sponsored by Choose To Be Healthy
and the Kittery Youth Committee



Adult Mental Health First Aid
Friday, April 5th from 9-5
at York Middle School
The training helps you identify,
understand, and respond to signs of
addictions and mental illness.

This training is FREE.
FMI and to register, visit
the York Adult Education [website](#).



Bring your unwanted or expired
medication for safe disposal at
Spring Drug Take Back Day
Saturday, April 27th from 10-2
Can't make it? MedReturn boxes are
located at local PDs in Berwick, Eliot
(new!), Kittery, Ogunquit, South
Berwick, Wells, and York.
FMI, visit our website at
www.ctbh.org/rxdrugs

Resource of the Month: Supporting Resilience in Military Children



Did you know? April is [Month of the Military Child](#). Military children face unique challenges, such as frequent moves and family separation, and are at higher risk for mental health and substance use disorders. This month, we're sharing resources to help build and foster resilience.

Resources:

- [TeleFOCUS](#): TeleFOCUS provides resilience training for military families at a distance via teleconferencing. Skills learned include managing life transitions, improving family communication, and more.
- [Building Resilience in Children – 20 Practical, Powerful Strategies \(Backed by Science\)](#) from Hey Sigmund: A great list of practical strategies that parents and other caring adults can use to help build resilience.

- [Supporting Resilience in Military Families](#) from the American Academy of Pediatrics: Includes resources and a free download of a military-specific chapter from *Building Resilience in Children and Teens: Giving Kids Roots and Wings*.

Prom and Graduation Safety Tips



There's something about prom and graduation season that makes rational parents go bonkers! Here are a few tips for parents to stay sane and help keep their teen safe and make this season one to remember for all the *right reasons*:

1. **Set curfews** Know where your teen is, how long they will be there, when they are leaving, who is there and who is supervising.
2. **Clearly communicate** Discuss possible scenarios and how to respond, ask how they're feeling about prom, and what they're most excited or nervous for.
3. **Consider hosting** Provide a substance-free, safe environment for your teen and their friends.
4. **For a helpful checklist** and tips like these, go to www.drugfree.org.

For resources and more tips this prom and graduation season, visit our website at www.ctbh.org/prom

Tools For Schools



Ending
the Silence



WHAT IS ENDING THE SILENCE?

Ending the Silence is a 50-minute program designed for middle and high school audiences and is typically presented in the freshman/sophomore health classes during the mental health portion of the curriculum. This transformational program is devoted to giving students an opportunity to learn about mental illness through an informative PowerPoint, short videos, and personal testimony. Through the presentation, students learn symptoms and indicators of mental illness, and are given ideas about how to help themselves, friends, or family members who may be in need of support. NAMI offers

presentations for staff and families as well.

HOW CAN I BRING ENDING THE SILENCE TO MY SCHOOL?

Contact Libby Wright, Program Assistant via [email](#) or 622-5767 or to learn how you can bring this educational program to your school.

Natural High Alert



2019 Run2Read 5K Sunday, May 12th at 10AM at the Chamberlain Street School in Rochester, NH. To benefit the [Seacoast Learning Center](#), which provides services to help youth overcome dyslexia. Runners of all age welcome! Register [here](#).

For more fun ideas for the whole family this spring, visit www.ctbh.org/parenting

What We're Reading and Watching This Month

- [How Stress Affects Your Brain](#): This 4 min video shows in a very simple way how chronic stress can affect brain size, structure, and functioning, right down to the level of your genes. Great for youth and adults to watch!
- [9 Ways to Fight Mental Health Stigma](#) Every day, in every possible way, we need to stand up to stigma. If you're not sure how, here are some ideas.
- [Greener Childhood Associated With Happier Adulthood](#) Scientists are working to understand how green spaces, or lack of them, can affect our mental health.
- [Metacognition: How Thinking About Thinking Can Help Kids](#) More and more studies are suggesting that kids who are taught to use metacognitive strategies early on are more resilient and more successful, both in and out of school.

Your Local Community Health Coalition

Choose To Be Healthy is a community health coalition serving southern York County, Maine. We work with community partners 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.**



**Choose To Be Healthy
Staff & Advisory Board**

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

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Sally Manninen, Coalition Director
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Gina Brodsky, Program Coordinator
207-351-2658

