



Choose To Be Healthy COALITION

Creating a healthier Southern York County

May 2019

Thanks for checking out our May Newsletter! Read on for the latest, including:

- RSVP for our Annual Meeting;
- Local updates including our Vaping Summit and Regional Youth Training;
- The latest on marijuana legalization in Maine;
- Upcoming events and resources for schools;

And more!

CTBH Staff: Sally, Michelle, and Gina

## CTBH Annual Meeting, June 13th with Special Guest!



**Please join us  
Thursday, June 13th 3:00-5 pm  
at York County Community College's Mid Café for  
Choose to Be Healthy Coalition's Annual Meeting!**

We are pleased to announce our special guest speaker, Dr. Elinore McCance-Katz, Assistant Secretary for Mental Health and Substance Use. Dr. McCance-Katz leads the Substance Abuse and Mental Health Services Administration (SAMHSA).



The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services (HHS) that leads public health efforts to advance the behavioral health of the nation and to improve the lives of individuals living with mental and substance use disorders, and their families.

**[Please view Dr. McCance-Katz's special message about the importance of prevention and what we all can do for Prevention Week here!](#)**

**Our Annual Meeting Agenda includes:**

- A celebration of the past year's successes;
- Presentation of our Apple Awards to three coalition members who have gone above and beyond to improve health in their communities; and,
- Dr. McCance-Katz's presentation and discussion of mental health and substance use disorder.

Contact Sally Manninen for more information via [email](#) or 351-2655.

**You Can RSVP Now! Space is Limited.**

## Vaping Summit and Regional Youth Training



### **Empowering Youth at the Regional Youth Leadership Training**

On March 26th, Choose to Be Healthy held its annual Regional Youth Training with youth from Noble, Wells, Traip, Marshwood and York for a day of engaging activities and skill building! One of the highlights included a [Sidekicks training](#), focusing on how to have non-confrontational and non-judgmental conversations with peers who may be using substances.

### **Vaping Prevention: Equipping Our Community**

On April 1<sup>st</sup> we hosted over thirty community members including school officials, school counselors, health care workers, and parents. We shared the latest information and resources for schools, parents, and other caring adults. Please visit our website for more info at [www.ctbh.org/vaping](http://www.ctbh.org/vaping).

For more information, contact Gina Brodsky via [email](#) or 351-2658.

## New Medication Disposal Box in Eliot



Eliot Police Department is the newest location in southern Maine with a medication drop box with funding support from CTBH! Eliot PD joins [six other local police departments](#) to offer safe and convenient medication disposal to the community. Thanks to Chief Elliott Moya and Detective Brian Delaney (pictured). For more information on safe medication disposal, [visit our website](#).

## Maine Marijuana Updates



### ***What's going on at the state level?***

Proposed regulations for non-medical marijuana have been created and [released to the public](#). These regulations will shape how the system will work when it is up and running. Contact your [state senator here](#) or [representative here](#) if you have any feedback.

### ***What about at the local level?***

- Towns still need to "opt in" through a local process if they want to allow non-medical (also known as adult use or recreational) marijuana operations in their town. If no action is taken, the town remains "dry."
- Medical marijuana storefronts are legal after [a change to the medical marijuana law went into effect last year](#). Towns will need to "opt in" to allow, but have the ability to regulate these operations.
- Read more about the laws at the [Good To Know Maine website](#).

### ***I've been seeing CBD products in my local stores. What is CBD? And is it legal?***

- CBD is not the same as THC (tetrahydrocannabinol, the psychoactive and

addictive chemical. [This article from the National Library of Medicine explains what CBD is and is not.](#)

- The products *legally* sold in Maine stores are made with a non-psychoactive substance called CBD (or cannabidiol) derived from the hemp plant, not its relative the marijuana plant.
- Last year's passage of the Farm Bill changed hemp's status on a federal level, but current legality varies state by state. [Read about the differences between hemp and marijuana laws.](#)
- The City of Sanford [recently approved an ordinance that will restrict the sale of CBD products in local stores to those 21 and over.](#) Stores will have to keep these products behind the counter or in a locked case.
- The FDA warns manufacturers of hemp CBD not to make unproven health claims. According to this article from Science News, [the CBD 'boom' is ahead of the actual science about its potential benefits and side effects.](#)

**Public Health Resources:**

- [A guide for towns and community members on the public health and safety repercussions of allowing marijuana sales.](#)
- [The Marijuana Talk Kit](#) helps adults know what to say to youth about marijuana and its harm for the developing brain.

## Upcoming Events and Training



**Tips for Teens: Youth Champions and Resources Engaging Teens in Substance Use Prevention**

Thursday, May 16th  
2-3:30 pm

In this webinar, you'll learn how [SAMHSA's Tips for Teens series](#) can be used in community prevention efforts. [Register here.](#)



Maine Resilience Building Network

**Resilience Building Across the Lifespan**

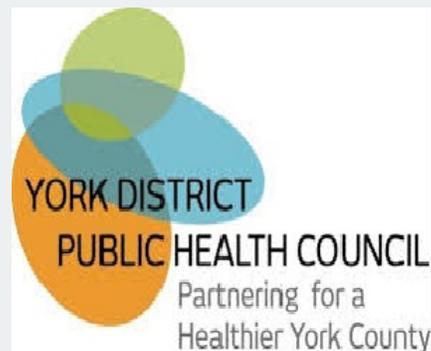
Thursday, May 30th  
8:30 am-4 pm  
Waterville, Maine

Sessions on social emotional learning, grandparents as caregivers, poverty, resilience and more.

FMI and to register, visit the conference [website.](#)



**York Hospital 5K**  
Saturday, June 1st



**York District Public Health**

Race starts at 8:30 am  
at York Hospital  
Proceeds benefit  
York Hospital's Recovery Center  
*Run or walk for a good cause!*

FMI York Hospital Fundraising  
351-2385 or [email](#).  
[Register online](#) or [download](#) a  
registration form.

### Council Quarterly Meeting

*Featuring*  
*Maine Public Health Association*  
Monday, June 3rd  
12:30-2 pm  
Wells Reserve at Laudholm

Come learn about current and future  
opportunities for public health in  
Maine.  
FMI or to RSVP [email](#) Emilee Winn.

## Resource of the Month: Mental Health Awareness

The logo for 'Why Care' features the word 'Why' in a large, white, sans-serif font. The letter 'y' is stylized with a blue heart shape integrated into its descender. Below 'Why' is the word 'Care' in a similar white, sans-serif font. The letter 'o' is also stylized with a blue heart shape integrated into its right side.

Because 1 in 5 people will be affected by mental illness in their  
lifetime. Take the time to show you care about mental health.

Did you know? Half of all mental health conditions start before age 14 and 75% by age 24. May is Mental Health Awareness Month. See below for some resources to share.

### Resources:

- [Substance Use + Mental Health in Teens and Young Adults](#) is a guide to recognizing and addressing co-occurring disorders.
- [Why Care?](#) is an awareness campaign from the National Alliance on Mental Health (NAMI).
- [Suicide prevention information and free resources](#) from the National Institute of Mental Health.

## Tools For Schools



### **Substance Use Prevention: A Resource Guide for School Staff**

This guide was compiled by the Office of National Drug Control Policy (ONDCP) and includes many free resources for school staff, teachers, and administrators to download. Topic areas include understanding addiction, classroom tools and resources, key data, and more. [Click here](#) to download resources.

## **Natural High Alert: Calling All Young Artists!**



The National Council for Behavioral Health is looking for young artists to help highlight the importance of mental health and decrease stigma associated with mental illness and addiction. They are looking for artwork from youth that fits a “mental wellness” theme and addresses the following:

- What does mental wellness look like, or feel like, to you?
- How does art help you when you’re not mentally unwell?

Visit [their website](#) for more information!

## **What We're Reading and Watching This Month**

- [How do you really keep your kids safe from addiction?](#): This 4 min video shares 10 things parents can do to help keep their kids safe from addiction.
- [Regular cannabis users require up to 220% higher dosage for sedation in medical procedures](#) Physicians concerned over possible rise in adverse side effects.

- [Maine has the nation's highest rate of anxiety in children](#). This newly released report finds increasing mental health challenges facing Maine youth.
- [Understanding Mental Health and Mental Health Treatment](#) is a short video created by CTBH featuring local social worker Kyle Ganson. It will help adults understand youth mental health--what's normal and when to get help.

## 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.**

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

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

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