



## Choose To Be Healthy Coalition Newsletter, January 2020

We hope you all had a joyous and healthy holiday season!

This month the focus in our newsletter is *mental* health. Here's what we included:

- Parent Check-In on Anxiety and Depression
- Youth Mental Health First Aid Training in York
- New funding from Maine Prevention Services
- Youth Mini Grant Awards Announced!

Thank you for reading our newsletter!

## Parent Check-In on Adolescent Mental Health

**Adolescent Anxiety and Depression**  
Monday, January 27th from 6-8pm  
at the Kittery Community Center

This interactive session focuses on helping adults develop a stronger understanding of anxiety and depression in adolescents through activities and a discussion led by social workers Christine Rogerson and Kyle Ganson. **FREE childcare and dinner provided**, [RSVP required here](#). Download a flyer for this series [here](#) and [visit our website](#) for more information.



## FREE Youth Mental Health First Aid Training



Friday, February 7th from 9-5:30  
at the York Public Library

This nationally certified program is jam packed with information designed to help you identify, understand and respond to signs of mental health concerns in youth ages 12-18. The eight hour course results in a 3-year national certification as a Youth Mental Health First Aider.

This class is being offered for FREE! FMI and registration, [visit NAMI's website.](#)

## New Staff to Prevent Substance Use

Choose To Be Healthy is pleased to announce that we received a grant from Maine Prevention Services to help prevent young adult (18-25) substance use and abuse and help them access resources for mental health and addiction treatment.

This is a new initiative for the coalition and one that requires a new staff person! Stephanie Masters-Plamondon will be joining the CTBH staff in January, 2020 to coordinate this work. The project will include working with community partners at York County Community College, the York County District Court, our local Adult and Community Education Programs and local businesses. Stephanie comes to us with a background helping people in the healthcare field, a passion for prevention and a Masters degree in Public Health. She also volunteers to rescue dogs! Welcome, Stephanie! You can reach her at 351-2660 or [by email.](#)



## Youth Mini Grants Awards Announced!

Kennebunk Savings Bank granted us money to support youth lead projects through our school and community partners.

The awardees of the Mini Grants are:

- **Traip Academy**- Leadership and Group Dynamic Program
- **Shapleigh School**- Soul Models Project
- **Noble High School**- R.I.S.E Leadership Group
- **York High School**- T.I.D.A.L.W.A.V.S.E & Soberfriends
- **York Public Library**- Young Adult Services Group
- **York High School**- Yellow Tulips Project



Congratulations to all of our awardees! We cannot wait to see how these groups utilize their voices and put their ideas into action.

Also, through CTBH funding and help from Kennebunk Savings Bank, over 40 youth and adults from York, Kittery, Berwick, North Berwick and Lebanon attended the Maine Youth Action Network Conference this past November in Bangor! Students got to connect with others from all over Maine to discuss topics including resilience, LGBTQ issues, anxiety, etc. They got to share their stories with one another and listen to others address their experiences. Click [here](#) to view more photos of the students in action!

## Maine Youth Health Survey Results

Maine's Integrated Youth Health Survey 2019 results are now



available! The MIYHS is completed every two years by most middle school and high school students and is the best data we have on what Maine youth are thinking and doing regarding health issues from eating fruits and vegetables to using marijuana, feeling valued and feeling depressed. In public health and

prevention, we help our youth, parents, schools and communities understand what the data means and how to use it. Unfortunately, mental health is not improving among York County or Maine youth.

- 32% (up from 27%) of York County 9-12th graders reported depression.

And, vaping has doubled from 17% in 2017 to 29% in 2019. In January, CTBH will bring together the five school districts we serve to review school specific data and help decide some next steps. [You can download a York County handout for 2009-2019 to view the trends or follow a link to state and other county data here.](#) FMI, contact [Sally Manninen](#).

## Opioid Task Force Looks at Mental Health

Since April, members of Maine's Opioid Task Force (including CTBH's Gina Brodsky & Sally Manninen) have been reviewing best practices and current needs/gaps in mental health and substance use prevention programming for youth.

[We are pleased to share the just released Executive Summary of the Strategic Plan which outlines the importance of prevention and improving mental health.](#)

The Department of Education also announced new positions to help schools support student mental health including: a Family Engagement & Cultural Responsiveness Specialist, a Social-Emotional Learning & Restorative Practices Specialist, a School Safety Specialist & Coordinator, and a Mental Health & School Counseling Specialist. We are hopeful that the work of these hires will result in supporting our schools and are happy to be part of a truly collaborative effort. For more information, contact [Gina Brodsky](#).



## What We're Reading & Watching This Month

[January 23rd: A Free Screening of Broken Places](#), a film on the impact of childhood adversity and resilience, with expert panel will be shown at the Alford Center 5-7 pm [FMI here](#).

[How To Help A Child Struggling With Anxiety](#) Six take-aways that all parents, caregivers and teachers can add to their tool kits, including information on how anxiety works, how parents can spot it and how to know when it's time to get professional help.

[Parents, You Need To Talk To Your Kids About Suicide. Here's How.](#) With teen suicide rates rising, it's more important than ever that parents know the facts, are familiar with the warning signs, and are equipped with the tools not only to intervene when necessary but to have ongoing conversations with their kids about

mental health.

[Understanding Mental Health and Mental Health Treatment](#) In this short video for parents, local social worker (and Parent Check-In facilitator) Kyle Ganson walks you through what mental health is, some warning signs to be aware of (including substance use), what treatment looks like, and where to get help locally.

[44 Children's Books About Mental Health](#) A list from the Child Mind Institute with children's books that address mental health and learning disorders and other common challenges, like dealing with painful experiences and coping with strong emotions.

## Your Local Community Health Coalition



The Choose To Be Healthy Coalition serves southern York County, Maine. Staff and members 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!

[www.ctbh.org](http://www.ctbh.org)

Connect with us

