

Choose To Be Healthy Coalition

news & updates

April | 2020

Resiliency

"It's crazy, how similar we are. Here's both of us, working through our stuff, trying to make something positive out of something really bad." Jenny Han, writer

We hope the resources we have culled and curated here will help you and yours at work or at home. Stay connected through these difficult times. Remember we should be practicing **physical** distancing not *social* distancing as we all work through this stuff.

Sally, Michelle, Gina, Stephanie and Chelsea

Coalition Updates and a New Resource for Parents and Teens



CTBH staff, Advisory Board and partners are meeting remotely to collaborate on supporting the youth of our communities in new and different ways:

- Creating a regular email for parents and one for youth to help with school and work at home.
- Purchasing remote learning/working subscriptions for our youth groups.
- Recreating our next Parent Check-in to deliver remotely. Stay tuned!

[We welcome your thoughts and ideas on how to stay connected and support each other.](#)

Mental Health Support for All



Sweetser clinicians and staff have embraced technology and are using it to continue to provide services to clients of all ages. Please contact the numbers below to find out how to connect with services via phone and video:

- **PromiseLine 1-800-434-3000**
- **Maine Crisis Line 1-888-568-1112**
- **Intentional Warm Line 1-866-771-9276**

Download, save and share CTBH's [We All Need Help Sometimes](#), with 24/7 numbers to call for help with mental health and substance use.

Mediation lowers cortisol/stress. Try these apps for free! [Head Space](#) and the [Breathing App](#)

Online Recovery Resources



Check Out These Sober Apps

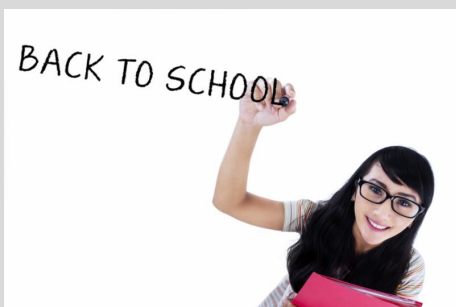
Here is a list of online support groups and apps for substance use treatment and recovery:

- [Online Alcoholics Anonymous](#)
- [Al-Anon Meetings](#)
- [Narcotics Anonymous](#)
- [Get Smart About Drugs](#)
- [DrugFree.org](#)

And, York Hospital's Recovery Center is open and caring for people in person, when needed, and remotely.

Call first, The Recovery Center at 207-351-2118.

Trainings, Webinars and Other Education



Maine CDC Daily Updates

[Maine Dept. of Education](#) has resources for students and a [daily mindfulness session](#) for school staff.

[Maine's Response to COVID-19](#)

[Free Classes through Khan Academy](#)

[AdCare Maine](#) provides training and events in public health, prevention, mental health and more.

[Prevention Technology Transfer Training Center](#) has self paced courses, webinars and much more for prevention and other health professionals to stay current.

Learning in Place

ACTIVE COPING CALENDAR: APRIL 2020

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help	8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you
12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger	15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity
19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with	22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths
26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year	29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time		

ACTION FOR HAPPINESS www.actionforhappiness.org
30 actions to look after ourselves and each other as we face this global crisis together Keep Calm - Stay Wise - Be Kind

Active Coping April Calendar, Download PDF

[Greater Good's Guide to Well-Being During Coronavirus](#)

[Teenagers stuck at home? Here are 13 life skills they can learn now](#)

[Stay informed with Maine Calling](#)

[Action for Happiness](#) calendars, podcasts, tips for schools, parents, youth, all.

[Search Institute's article: YOUTH can teach us all how to connect electronically](#)

[Linked In](#) has videos, tools and links for working remotely.

Take Action in Your Community



Ways You Can Help York
Hospital

Maine Helps is the Governor's site for dozens of ways to help others.

Call 211 in Maine or go to **211maine.org** if you need help.

In York, **contact Donald Martin** at **YCSA** for the Shopping To Go Program if you would like to deliver groceries for a neighbor in need.

Thank healthcare and essential workers, friends and neighbors with a note, some candy, or a gift card.

Order out/buy gift cards from local restaurants.

Choose To Be Healthy Coalition |www.ctbh.org

Stay Safe. Stay Connected. Stay Healthy.

