



## Choose To Be Healthy Coalition Newsletter, May 2020

Spring has sprung! We hope everyone is staying healthy and safe.

### Here's what we would like to share with you this month:

- A short message about the harms of marijuana created by local teens;
- A graphic and website to help us think about our response to the pandemic;
- A reminder to spring clean our medicine cabinets of potentially dangerous drugs;
- Our new social media contest and resource page for young adults; and,
- Free learning opportunities, resources and more!

Thank you!

Sally, Michelle, Gina, Chelsea and Stephanie

## New Video with Tips for Teens, from Teens

Choose To Be Healthy has a marijuana prevention campaign and website with information for teens and parents on the impact of marijuana use on brain development, legal concerns, social norms, and more.

You can also view a short video from Amelia, Gabe, and Darryk of York High School's youth group TIDALWAVSE. They share their tips for peers about the effects of marijuana use. [View on YouTube](#) or at [Inform ME](#).

[FMI, Chelsea Farrington.](#)



Visit [Inform ME](#)

You can [visit the CTBH's new website, Inform ME](#), to learn more and find helpful resources for teens and parents.

Pandemic Response: Survival, Acceptance, Growth



This graphic represents a way of thinking about where we all are in our response to the pandemic. It was developed by Gabrielle Treanor and shared with us by Maggie Norbert, LCSW and CTBH friend.

We have used it to reflect and then guide discussions with coworkers, friends and family. As Maggie reminded us, there is no right or wrong, good or bad response. We can be in survival mode at one point, acceptance the next and growth the next. As the author says, "what support

feels right for you is up to you." FMI, [go to the author's website.](#)

## Spring Clean Your Medicine Cabinet

Due to COVID-19, Spring Drug Take Back Day was postponed. This has many wondering how they can safely dispose of unwanted or expired medication.

We have [updated our website](#) with resources and information on safe medication disposal at home. You can also [download the graphic](#) you see here to share and help get the word out!



## Role Modeling Healthy Behaviors: More Important Than Ever



Our kids are watching how we navigate these stressful times, which means that modeling healthy ways to cope with stress has never been more important! **Here are 3 tips with web links included for more info:**

**Role model** and [talk about positive coping strategies](#). Help your kids practice these skills to help build their

resilience.

**Take time for yourself.** Practice healthy ways to cope with stress without abusing alcohol or other substances. Remember, [prioritizing your own well-being benefits your whole family!](#)

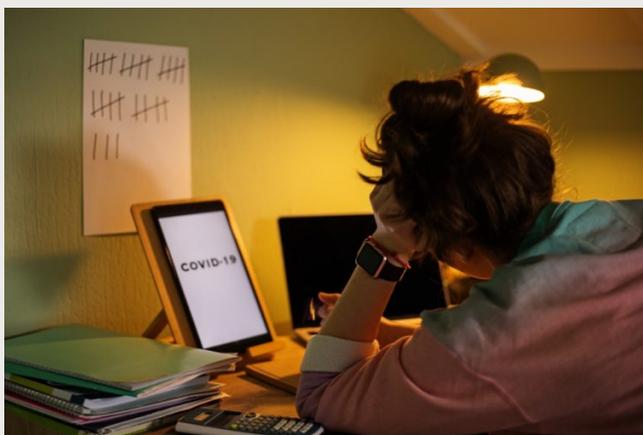
And, ask for help when you need it. [Download and print this resource list](#) with helpful phone numbers and websites.

## New Resource Page And Contest For Young Adults

Check out a [new young adult page on our CTBH website](#) with resources for mental and physical health as well as tips for working and schooling from home.

Also check out a [new social media campaign, Safely Social!](#)

[FMI, Stephanie Masters-Plamondon.](#)



## Webinars and Trainings

Interested in learning how to  
**talk to your friends about**

**VAPING**

in a way they'll

**HEAR YOU?**

**BECOME A SIDEKICK!**



Join us Tuesday, May 26th from  
12-2PM for a fun, interactive,  
virtual Sidekicks Training with other  
York County students!

Register Here:

<https://www.surveymonkey.com/r/B7676MJ>



### Youth Training Opportunities:

#### Sidekicks Training For Youth

FREE| Tues, May 26th from 12 - 2 pm

This program teaches teens how to have non-judgmental conversations with their peers about their tobacco and other substance use.

Youth can [register here](#) for the upcoming training. There is also a 'train the trainer' option for adults who work with youth. [FMI, Alissa Wigglesworth.](#) And, [Download the flyer.](#)

#### Restorative Practices Training For Youth

This program features a training on restorative practices and a youth-led project. [Read more here](#) and [contact York County Youth Coordinator, Maria Curit](#) for more information.

### Creating a Culture of Wellness

Maine Resilience Building Network  
FREE| Thurs, June 11th from 1 - 3 pm  
Learn empowering tools, strategies, and resources to optimize resilience, wellness, and cultures of health.

[FMI and to register.](#)

**Webinar - Creating a Culture of Wellness**  
1:00pm - June 11, 2020 | Timezone: US/Eastern  
Hosted By: [New England PTTG](#)

Registration Deadline: June 10, 2020

[REGISTER](#) [Need more information? Contact us at \[spolmon@adcareme.org\]\(mailto:spolmon@adcareme.org\)](#)

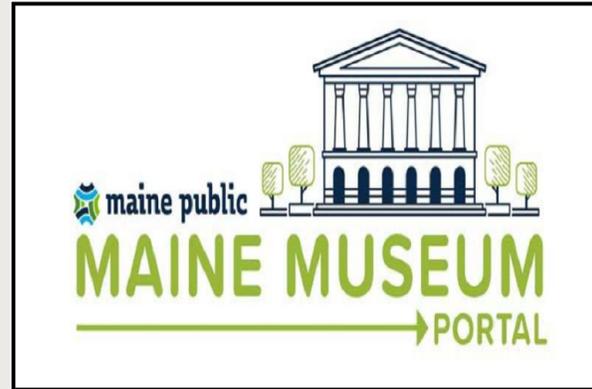
Registration is open!

The purpose of resilience is well-being. This needs to be valued and prioritized. The good news is that resilience is a skill which can be cultivated in individuals as well as organizations. Participants will learn about the autonomic nervous system and how to shift from stress activation patterns to resilience-building ones. We'll focus on core areas of integrative health and well-being including the quality of our connections. Research has demonstrated how valuable this is. There will be opportunities for compassionate inquiry into where our lives and workplaces may be out of balance, with invitations to take small steps forward. Empowering tools, strategies and resources will be shared to optimize resilience, wellness and cultures of health.

# Learning In Place

## For Families

- Sign up for a free [3 month subscription](#) to Rosetta Stone and [free Audible subscription](#) for K-12 students while schools are closed.
- Find a new favorite podcast to listen to on this list of [25 kid-friendly podcasts](#).



## For Anyone!

- [Visit a national park](#) from your couch.
- [Check out museum exhibits](#) from across Maine.
- Learn about ticks and how to stay safe in [this online session](#) from UNH and Seacoast Public Health Network.

# Local and State Resources

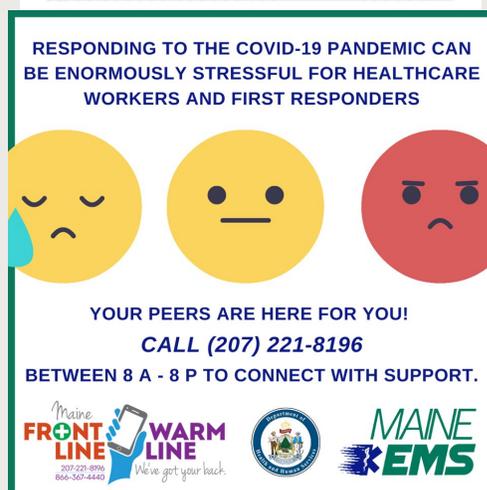


## Making Change Online Youth Support Group

A weekly, one hour support group for young people ages 13 and up committed to or considering making a change with their substance use.

It's free, confidential, and online.

FMI and registration information, [York Adult and Community Education's website](#). You can also [download a flyer](#) to help get the word out.



## FrontLine WarmLine

The new FrontLine WarmLine provides mental health support to Maine's health care workers and other first responders.

Call **207-221-8196** or **866-367-4440** any time from 8 am to 8 pm, 7 days a week.

Text capability coming soon.

## Teen Text Support Line

This [peer support text line](#) from NAMI Maine is for youth 14 - 20 years old and staffed by individuals under 23 years of

Are you feeling...



Send us  
a text!

(207)  
515 - TEXT

Teen Text Support Line



age.

Text the support line at (207) 515- 8398 between 12-10 pm daily.

**Please note**, this is not a crisis line. [Visit Nami Maine](#) for other crisis resources for teens.

## Maine COVID 19 Resource Page for Parents and Families

From the State of Maine Governor's Office of Policy Innovation and the Future this [resource page](#) contains resources to get help families, along with information about how to talk to your children about COVID-19, cope with stress and anxiety, and fun activities to help your family stay busy at home.



**COVID 19  
RESOURCES  
FOR PARENTS  
& FAMILIES**

## Download and Share

Visit our website at [www.ctbh.org/newsletter](http://www.ctbh.org/newsletter) to read past issues, download PDFs to share, and sign up for our email list if this newsletter was forwarded to you by a friend!



Creating a healthier Southern York County  
[www.ctbh.org](http://www.ctbh.org)

## Your Local Community Health Coalition



CTBH Advisory Board

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

