

# Choose To Be Healthy Coalition

## news & updates

Fall | 2020

### Fall is a time for transition...

As we all face the challenges and changes that will come this fall, Choose To Be Healthy staff and members continue to strive for positive change in our communities. We work to prevent and reduce substance use and use disorder. We hope the information and events listed below will help you through this season of transition.

CTBH Staff ~ Sally, Gina, Stephanie and Chelsea

## September is Recovery Month

**The Recovery Center at York Hospital** provides alcohol and drug treatment. The Center's services include medication assisted treatment, counseling, groups, and a Recovery Coach. Call 351-2118 for an appointment.

New page at **Smart Approaches to Marijuana**,

- **[Marijuana Addiction & Recovery: It's Time to Talk About It.](#)**
- **[Listen to Jordan's \(19 yrs old\) story of his recovery from marijuana addiction.](#)**

Check out new **resources for young adults and to support recovery friendly workplaces** on our CTBH website.

**Eyes Open for ME** is a Maine based site devoted to info and resources for the prevention, treatment, and recovery from drug addiction.



## Upcoming Meetings and Events



### Back to School in the Time of COVID-19, a Forum with York Hospital Experts

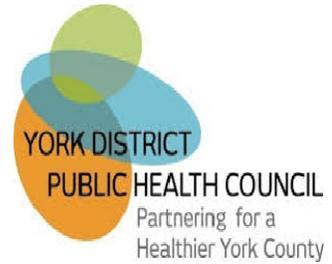
As schools begin to reopen with remote or hybrid learning models, many families have questions about safely navigating

these uncharted waters and dealing with their new normal.

To help address some of these concerns, York Hospital will host an online community forum, **“Back to School in the Time of COVID-19,” on Friday, September 11, from 12-1 p.m.**

Dr. Todd Adams, Dr. Evangeline Thibodeau and Dr. Michael Vinograd, experts in primary care, infectious diseases, and pediatrics will share their knowledge and answer questions submitted by members of the community. (Directions for submitting questions will be provided to all attendees via email.) To attend, **[please sign up here via Eventbrite](#)**. FMI, please contact York

Please join the York District Public Health Council for its next Quarterly Meeting: Monday, September 14, 3:30 - 4:30 [via ZOOM](#)



### Addressing Food Insecurity During the Pandemic:

- School Nutrition – Let's Go, Cassie Ring
- Seniors – City of Saco, Amelia Meir
- Community-Based approach – York County Shelter Program, Megan Gean-Gendron

## Youth Vaping and COVID-19 Risk

U.S. Surgeon General Jerome Adams warned early on in the pandemic about the potential higher infection of COVID-19 in U.S. youth due to the high prevalence of youth vaping.

Now, **a new study from the Journal of Adolescent Health** highlights the increased risk associated with youth vaping, cigarette use and COVID-19. Compared to youth and young adults who never used either e-cigarettes or cigarettes:

- Youth and young adults who ever used just e-cigarettes (vapes) were 5 times more likely to receive a COVID-19 diagnosis; and,
- Youth and young adults who ever used e-cigarettes (vapes) *and* cigarettes were 7 times more likely to receive a COVID-19 diagnosis.



While youth appear to be at a lower risk of contracting COVID-19 and experiencing complications from the virus, ***these scientific findings suggest that this assumption is not necessarily true among youth and young adults who vape or who vape and smoke cigarettes.*** These findings are especially concerning as youth return to school and often share vaping devices. Thanks to [Drug Free America Foundation](#) for this timely article and their [educational infographic on youth vaping and COVID-19.](#)

## Maine's Back to School Tool Kit



**Maine Department of Education Back To School Tool Kit** for schools, students and parents includes guidelines for safely reopening, videos and materials for students and parents to understand the precautions.

There is information for parents of students with special needs, how to cope with stress, and [remote learning/teaching resources](#). Also, you can read the [6 Requirements for Safely Opening Schools](#) to protect the safety and well-being of staff, students, and families and see how York County is doing.

## The Choose To Be Healthy Coalition Annual Report

Thanks to many active coalition members and our staff, there are many successes to look back on in this year's Annual Report, 2020.

- The Mindfully ME Youth Summit

- A marijuana education campaign at [InformME.squarespace.com](http://InformME.squarespace.com)
- The Parent Check In Series
- Regional School Meetings
- Our Apple Awards

**We hope you'll read and download the CTBH 2020 Annual Report.**



## Meet the York County Tobacco Prevention and Youth Coordinators



CTBH works with both of these talented and bright young women and we're impressed with their efforts, despite the obvious challenges of their first few months! Alissa Wigglesworth has been passionate about serving her community since the age of eight when she hosted fundraisers for local nonprofits here in York County. Alissa works at Partner's for Healthier Communities in Sanford and collaborates with CTBH on a regular basis. As Tobacco Prevention Coordinator, her goal is to help prevent and reduce the rates of tobacco use in Maine, and facilitate healthier outcomes for everyone in York County and across the state. FMI, please contact Alissa at [awiggleswo@smhc.org](mailto:awiggleswo@smhc.org).



Maria Curit is our York County District Youth Coordinator, Maine Youth Action Network's (MYAN) partner in Southern Maine. She brings programs and resources on youth mental health, tobacco prevention, substance use prevention, bullying prevention, and social justice to young people in our communities. This summer, Maria provided trainings on restorative practices and Sidekicks with six different youth groups. Through the Youth Taking Action program, teens were able to earn volunteer hours. These trainings/programs also help meet some of Maine's academic standards, while helping build peer support, youth resilience, and leadership. FMI, please contact Maria at [mcurit@smhc.org](mailto:mcurit@smhc.org).

## Resources for Body and Mind

**Managing Back to School Anxiety**, from the Clay Center for Healthy Young Minds at Massachusetts General Hospital, offers tips to ease the transition into an uncertain new school year.

**York Adult and Community Education** has at least 7 reasons to take a class:

1. Connect with others;
2. Get mental respite;
3. Improve your career;
4. Prepare for the future; and more...

All classes are presented livestream, so you can stay safe and comfy in your home. **Check out their catalog!**

**Partnership For Drug Free Kids** is a great place to visit if you're struggling to help or support your child.

**Maine CDC's Daily Live Stream** with Maine Public Health Director Dr. Nirav Shah.



