

Choose To Be Healthy Coalition

news & updates

Summer | 2020

A Summer Like No Other...

We hope the resources we have curated here will help you and yours stay informed and safe this summer. Wearing masks and **physical** distancing not *social* distancing will help keep us healthy. Let's stay connected through these difficult times.

CTBH Staff ~ Sally, Gina, Stephanie and Chelsea

The Choose To Be Healthy Coalition Annual Meeting

If you missed our celebration or just want to revisit it, check out the recording of our "virtual" event!

[CTBH Annual Meeting Agenda \(1 hr 37 mins\)](#)

- York County Community Coalition Video
- Senator Susan Collins
- CTBH Year In Review
- Keynote: Mia Kyricos, "Love and Business: Strategic Partners in a Post-COVID World"
- Annual Apple Awards!
- Senator Angus King



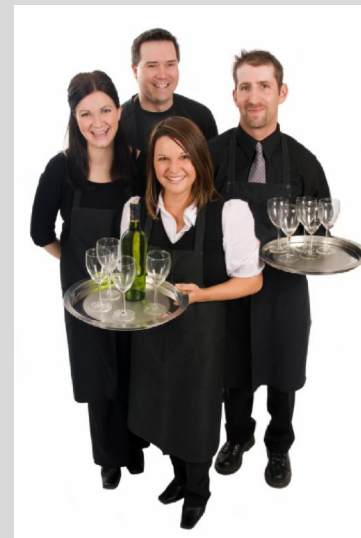
Maine's Responsible Alcohol Seller/Server Training is Online!

Maine's Bureau of Alcohol Beverages On-Line Seller/Server Training is a great way for those in the service industry to get trained and for businesses to require their staff get trained - even during a pandemic.

Participants will be certified and be able to identify issues with underage drinking/fake ID use and how to handle difficult patrons.

This self paced class developed in Maine has been proven to be effective in preventing costly violations, instilling confidence in employees and possibly reducing liquor liability insurance.

[For more information and to register, please click here.](#)



COVID-19 Updates: Keep Maine Healthy

By now, we all know that social distancing and wearing masks works! Here are some tips and links to information on how to stay healthy in Maine this summer:

COVID-19 TESTING WHERE & HOW TO GET TESTED

AS OF 07/01/2020

York Hospital is one of the sites for locals and visitors to get a rapid drive thru [covid test at the York Walk-In Care, Route 1](#);

NEW [Keep Maine Healthy info](#) including an [FAQ for our visitors](#) from away;

[Maine CDC's Daily Live Stream](#) with Public Health Director Dr. Nirav Shah; and,

For more details and guidelines, visit the national [Center for Disease Control and Prevention, CDC](#).

York County Coalitions: We're Still Here for You

York County Community Health Coalitions:

- [Partners for Healthier Communities](#) in Sanford;
- [Coastal Healthy Communities](#) in Biddeford; and,
- the [Choose To Be Healthy Coalition](#) in York, teamed up to create a video for our communities.

The short video showcases the public health issues the groups address and reminds all that, "We're still here for you!" [Click the graphic or here to watch the video](#).

York County Community Health Coalitions



Stay Healthy at Home: Body and Mind

207-221-8196
866-367-4440

Responding to the COVID-19 Pandemic can be enormously stressful for first responders and dispatchers

*Your peers are here for you!
Call (207) 221-8196
between 8 A - 8 P to connect with support.*

Scan the code to call now!

[The Recovery Center at York Hospital](#) is seeing patients for all alcohol and drug treatment. Call 351-2118.

[NAMI Teen Text Line](#) is a peer text support line for youth 14-20 yrs. Everyday 12 pm -10 pm. Text 207-515-8398 (TEXT).

[Eyes Open Maine](#) is a Maine site for opioid addiction and recovery info and resources.

[Sweetser Mental Health Services](#) in Maine has online resources for parents, couples, and young people including online mental health visits.

[FrontLine WarmLine](#) is available to clinicians and first responders from 8 am to 8 pm, 7 days a week by calling (207) 221-8196 or 866-367-4440. Click on site to download poster.

[211 Maine](#) - Text, email, or call 211 anytime for free, confidential info and directory for any social, personal, or financial support service in Maine.

Resources for Families

[Maine Tourism](#) will fill you in on everything for a fun summer including restaurant opening updates and campsites for safe vacations.

[How to Talk to Your Children About COVID-19](#) has recommendations from the CDC to help adults have conversations with children about COVID-19 and ways they can avoid getting and spreading the disease.

[InformME](#) is our website for youth and parents on the harm of marijuana use.

[Partnership For Drug Free Kids](#) is a great place for resources if you're struggling to help or support your child.



[Choose To Be Healthy Coalition |www.ctbh.org](http://www.ctbh.org)
Stay Safe. Stay Connected. Stay Healthy.

