

Choose To Be Healthy Coalition

news & updates

It's A New Year | 2021



What are WE grateful for from 2020? Creative ways to stay safe but connected, Dr. Nirav Shah of the Maine CDC, frontline workers, streaming entertainment, more time to read...

We hope you read and share our newsletter for info on the following:

- CTBH partners with Maine Resilience Building Network for January 26th York County Community Conversation;
- How to quit marijuana use, free class starting January 10th!
- Professional development series from the Maine Youth Action Network;
- A parent survey on the potential harms of prescription stimulants;
- Our favorite resources and tools from 2020; and, more!

In 2021, social distancing and wearing masks will continue to help keep our communities healthy. Getting vaccinated will help protect us all. If we continue to be **resilient**, this year will be full of hope! Here's to a Happy and Healthy New Year full of promise!

CTBH Staff ~ Sally, Gina, Stephanie and Chelsea

Helping Build Resilience in York County Youth

Let's make RESILIENCE the word of 2021!

Please join the Choose To Be Healthy Coalition and MRBN for a discussion about how to create and build resiliency in our youth and in our communities.

The Maine Resilience Building Network will facilitate a brief overview and a focused discussion of best practices. This is a local follow up to a larger statewide event in December.

However, you don't need to have been part of the December meeting to join us. If you would like to read up on MRBN and resiliency, **please check out their website.**



Mattering.

Jan.
26th 1-
2:30



BUILDING RESILIENCE

**Youth Mattering
in York County**

**Download Flyer for Jan 26th to Print
and Share**

REGISTER HERE

How to Quit Using Marijuana in 2021

While many people think marijuana helps them relax and deal with stress better, regular use can actually create more feelings of anxiety and with that the need for more marijuana. Yes, marijuana *can* be addictive. Especially for teens. While the pandemic has led to less alcohol and tobacco use by most teens and young people, marijuana use and mental health problems have *both* increased.

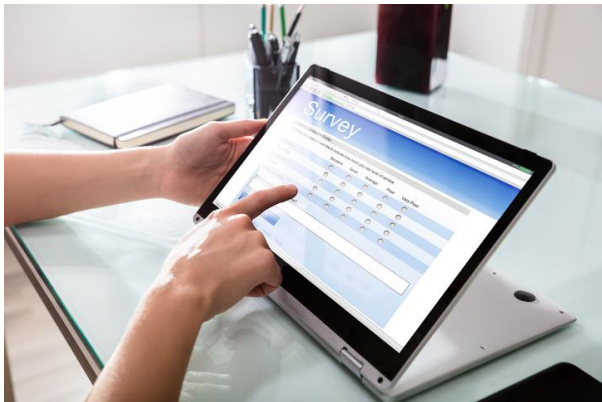
[Here are tips from an expert on how to quit marijuana:](#)

- **First, figure out why you want to stop.**
- **Get rid of your gear!**
- **Create plan to deal with triggers.**
- **Vary your routine - do new things instead. Go for a hike, a walk on the beach.**
- **Recruit a quit buddy.**
- **Reward yourself!**

[Marijuana Anonymous](#) has support and online groups starting **Sunday, January 10th**, and to register for the next free online class for newcomers go to [Steps 1, 2, 3](#). [Read more here about how to stop using marijuana.](#) And [Contact Gina Brodsky](#) M.Ed. in Counseling & CADC to talk about quitting marijuana options for you.



Parent Survey on Prescription Drug Misuse by Youth



Choose To Be Healthy along with other coalitions in Maine have been given a small amount of state funding to assess stimulant misuse and abuse among youth and young adults. Our current data shows a positive *decrease to 5%* in teen prescription drug misuse (Maine Youth Integrated Health Survey, 2019). However, there is some concern that legal and illegal stimulant misuse maybe on the rise.

CTBH has created a short survey for parents on their knowledge that we invite you to complete or share with other parents in southern York County. This will help us know how to best educate parents and what they may need to know.

[Prescription Stimulant Misuse Survey for Parents](#)

The youth version will be sent out via our schools. **Deadline to complete and enter raffle for thank you prize is January 18th.** Thank you. If you have any questions please contact [Stephanie Masters-Plamondon, MPH](#).

Youth Empowerment Trainings for Adults in January

Maine Youth Action Network (MYAN) is providing online professional development and contact hour opportunities to start off 2021 on some much needed topics!

- **Neuroscience, SEL, and Racial Equity:** [Jan 14th](#) and [15th](#)
- **Fostering Strong Relationships with Young People:** [Jan 12th](#) and [13th](#)
- **Uprooting Inequities, Using Dialogue to Build Community:** [Jan 19th](#)



- Play to Learn, Gamifying Learning Experiences: [Jan 26](#) and [27th](#)
- Beyond the Book Club, Building and Sustaining Anti-Racist Work: [Jan 28th](#)

[Learn More and Register](#). For more information, visit [Myan.org](#) or contact [Allyson Gardner](#).

York Hospital Holiday Families and Shine Bright 207!



York Hospital and Choose To Be Healthy thanks the many area social service agencies, schools, and faith communities that worked with us to continue our tradition of helping families during the holidays! Over 60 departments and individuals at York Hospital purchased gift cards for 66 families and individuals in southern York County that were delivered by our partners before the holidays!

And, the **SHINE BRIGHT 207** campaign to spread the cheer of holiday lights resulted in 40 families sharing their fun! Five families were chosen at random and received amazing donated prizes from **the Stage Neck Inn, Stephen Carr Property Services, and Yummies Candy and Nuts.**

Shine Bright 207 was organized by volunteer elves, Mia and Gina Brodsky with help from Chelsea Farrington and promoted by the natural high seekers at CTBH, Yorkwise, YHS TIDALWAVSE/Soberfriends, and York Parks and Recreation. Thank you to the generous local businesses for the awesome prizes and all of these fabulous folks for promoting the event!

CTBH Helping Youth & Families Cope with Anxiety

Choose to Be Healthy knows that poor mental health and trauma can contribute to youth substance use and problems now and as adults. We wrapped up 2020 with two well attended presentations on anxiety which was already a significant concern among our youth and young adults and has only gotten worse during the pandemic.

In November, our [Teen Check In on Anxiety](#) had over twenty-five area youth, many from middle schools, join us to learn about the difference between normal and problem anxiety, mindfulness, and how to make their own coping kits. **Look for another Teen Check In in February!**



In December, Gina Brodsky helped coordinate and host a statewide viewing for families of the documentary, *Angst*, which was viewed by almost six hundred adults and youth statewide and was followed by a vibrant panel discussion. You can learn more about the [Angst documentary](#) including access to clips and [mental health resources](#) at their [website](#).

New Maine Resource for Opioid Education: DEA 360



DEA Announces 360 Strategy to address substance use disorder, including fentanyl, heroin, prescription misuse, and violent crime in Maine.

MAINE

[Opioid Misuse](#) ▾ [Resources](#) ▾ [Find Treatment](#) [For Teens](#) ▾

[Wake Up Maine](#) is the new website where you can find

all the resources relating to DEA360 in Maine. Wake Up Maine covers topics from opioid misuse, local resources, how to get involved, and the latest news and press conferences with

Some of Our Favorite Resources from 2020

[Maine DOE's SEL4ME](#) is an amazing resource for families and schools on social and emotional learning. Anyone can use it!

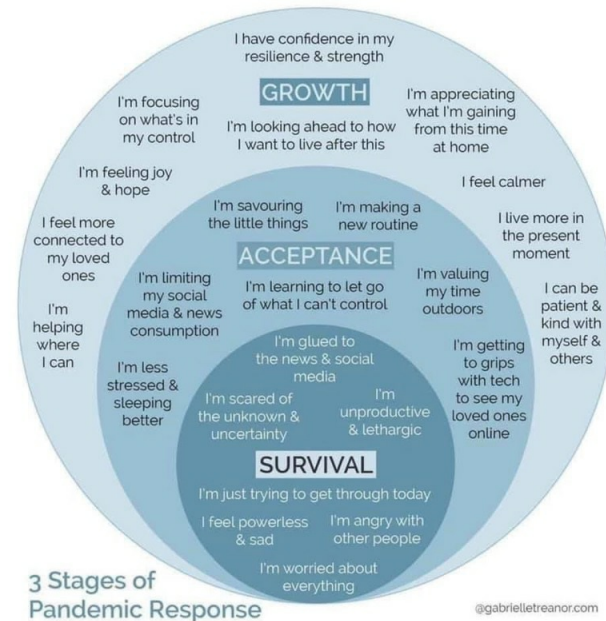
[The Power of Positive Thinking Tips for Mental Health from WebMd](#)

The [Child Mind Institute](#) has mental health resources for teachers and parents. One is a [symptom checker](#) to help educate parents.

[Helpful tips from the US CDC on how to talk to kids about the corona virus.](#)

[The Social Dilemma](#) is a timely documentary about the effects of social media on our culture for adults and teens on Netflix.

[The 3 Stages of Pandemic Response.](#)



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Stay Safe. Stay Connected. Stay Healthy. Remember to Breathe.

