

Choose To Be Healthy Coalition

news & updates

Spring Ahead | 2021



It looks like if we keep up the hard work and resiliency of the past year for just a... few....more.... months, we can do this!

In the meantime, we have a few things you might be interested in reading about, learning or attending:

- Update on Covid-19 vaccinations.
- Training on Adolescent Substance Use with national expert, Dr. Sharon Levy.
- How to change your pandemic drinking habits.
- Local program to educate and prevent prescription drug misuse.

CTBH Staff ~ Sally, Gina, Stephanie and Chelsea

CHANGE YOUR CLOCKS



GETTING VACCINATED IS GETTING EASIER!



- Mainers now have access to all 3 vaccines from Pfizer, Moderna and Johnson & Johnson! All three vaccines prevent serious disease, hospitalizations and death. All three have a higher efficacy rate than the annual flu shot.

The current schedule in Maine, which is *subject to change depending on vaccine supply* is as

follows:

- **Current: Click here to sign up for a vaccination if you are a resident age 60 and older**

- April: Eligibility expands to age 50 and older
- May: Eligibility expands to age 40 and older
- June: Eligibility expands to age 30 and older
- July and beyond: Ages 29 and under, including children pending authorization of a vaccine for them

Scheduling a vaccine at York Hospital:

- **ONLINE:** Fill out the form with name, date of birth, email, what phase you fall under, and submit.
- **PHONE:** Call 207-752-8685, 8 a.m. – 5 p.m., Monday – Friday.
- **EITHER WAY,** you will get on a wait list and be contacted when there is a vaccine and date available for you.

[Please click here for info on covid vaccines and covid testing at York Hospital.](#)

If you would like to schedule your vaccine at another location, go to **[Vaccination Sites in Maine.](#)** Additional information on vaccination can be found at **[Maine's COVID-19 vaccine website.](#)**

[To download and share electronically, click here.](#)

LEARN ABOUT ADOLESCENT SUBSTANCE USE

March 12, 2021 12 p.m. to 1 p.m. [Register HERE](#)

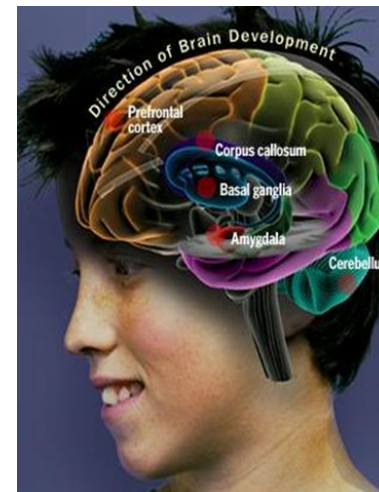
1 contact hour or 1 CME available

Addiction is a disorder with its onset in adolescence. More than 90% of people with addiction started using substances before their 18th birthday.

Normal brain development makes teenagers both vulnerable to initiating substance use and also more likely to develop a substance use disorder compared to adults.

This presentation focuses on the neurobiological effects of substance use in adolescents, as well as the treatment options for the most common substances used (Alcohol, THC, Nicotine, Opioids).

Presenter, Sharon Levy, MD, MPH is a nationally known expert and Developmental-Behavioral Pediatrician, Addiction Medicine Specialist, Director of the Adolescent Substance Use and Addiction Program at Boston Children's Hospital and Associate Professor at Harvard Medical School.



[REGISTER HERE FOR 1 HOUR FREE WEBINAR](#)

MAINE YOUTH ACTION NETWORK CONFERENCE, April 15th & 16th



Registration for MYAN's first ever virtual conference is open!

This year's conference is for middle and high school aged young people, recent grads and college age youth as well as their adult allies and advisors.

Participants will move between inspirational keynotes, build community in virtual "home rooms," and attend their choice of interactive

workshops led by young people and adults from around the state. The theme this year is CONNECTION.

[Click here](#) for more information on this year's conference, or click the button below for individual and group registration. ****The first 50 people to register will receive free conference tee-shirts!***

[REGISTER HERE FOR MYAN YOUTH CONFERENCE](#)

APRIL IS ALCOHOL AWARENESS MONTH

TAKE THE QUIZ RESOURCES



Knowing the facts

Are you one of many adults who found themselves drinking alcohol more than normally this past year?

With the stress caused by the pandemic it is not unusual - but it might be unhealthy.

[AlcoholScreening.org](https://www.alcoholscreening.org) is a free, confidential online tool that can help anyone find out if their alcohol use is healthy, unhealthy, or puts them at risk. You can decide if you want to reduce drinking or abstain altogether.

[AlcoholScreening.org](https://www.alcoholscreening.org) also gives you local resources and information to be educated or get help.

For a text message program, text **REDUCE** to **55753**.

ARE PARENTS AND YOUTH CONCERNED ABOUT PRESCRIPTION DRUG MISUSE?

While our local data shows that very few teens use drugs such as methamphetamine or cocaine; teens may *misuse* prescription drugs like painkillers and stimulants. And teens and parents may underestimate the harms of prescription misuse. Both can lead to further troubles with stimulants and opioids as adults.



In York County,

- 3% of middle school youth misused an rx drug; and,
- 5% of high school youth had used an rx drug without permission, without an rx or not as directed in the past 30 days. (Maine Integrated Youth Health Survey, 2019).

CTBH conducted an informal online survey to see what youth and parents in our area know about the misuse of prescription stimulants specifically. Here are just a few of the responses:

- 67% of the teens said stimulant misuse can be harmful.
- 70% said it can be addictive.
- Half of the youth prefer getting their health info from a doctor or nurse.
- Most parents said it was common among high school students.
- Most parents said they get their health information equally from websites and their healthcare provider.

CTBH will be working with community members to educate and support parents and youth with resources on the dangers of prescription drugs. FMI, [contact Stephanie Masters-Plamondon](#).

Some of Our Favorite Resources

[First Draft News](#) is a non-profit that empowers people with knowledge and tools to build resilience against harmful, false, and misleading information.

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

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



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

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



Choose To Be Healthy Coalition | Community Health , York Hospital, 15 Hospital Drive,
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