



January, 2018

SUBSTANCE USE PREVENTION PARTNERSHIP

Strengthening our communities to support alcohol and drug free youth in Lincoln County.

Next SUPP Coalition Meeting: Thursday, January 18th from 3:00 to 4:30 pm in the Community Room at Wiscasset Recreation Center, Wiscasset. All are welcome! Contact us for more details.



Happy New Year!

TIP OF THE MONTH

Start your new chapter for 2018 by choosing one goal to accomplish at a time!



LINCOLN COUNTY SUBSTANCE USE PREVENTION PARTNERSHIP

Teenagers Embrace JUUL, Saying It's Discreet Enough To Vape In Class

Mil Schooley, an 18-year-old student in Denver says most of her friends have a JUUL - an e-cigarette that can vanish into a closed fist. When asked roughly how many, she stumbles a bit. "I wanna say like 50 or 60 percent? I don't know. Maybe it's just the people I know. All my friends in college have one," she says. "It just blew up over the summer."

Schooley doesn't have one herself - at least at the moment. Hers broke due to an unfortunate mishap involving her JUUL and soda water. But the trend to own a vape pen is real, with students bragging on Twitter about using them in class, and researchers saying they're seeing a big spike in use among teens and young adults.



A JUUL e-cigarette for sale at Fast Eddie's Smoke Shop in Boston. The sleek devices are easy to conceal, which makes them popular with teenagers.

Suzanne Kreiter/The Boston Globe via Getty Images

"We're seeing it across college campuses and high schools. I have a friend who teaches high school, and they contacted me last week because they are having a major problem with e-cigs," says Meghan Morean, a substance addiction researcher at Oberlin College. Devices like these might be introducing a new generation of teenagers to nicotine addiction and leading some vapers to take up smoking tobacco cigarettes, a study out in Pediatrics on Monday suggests. That would buck a national trend of teens drifting away from certain risky behaviors like drugs, alcohol and unprotected sex.

The Pediatrics study asked 808 students in three Connecticut high schools each year between 2013 and 2015 if they used e-cigarettes or tobacco cigarettes in the last month. The first year, 8.9 percent of students used a vape pen and 4.8 percent of students smoked cigarettes in the last month. "[People] who used e-cigarettes were 7 times more likely to smoke cigarettes by the second survey, and almost 4 times more likely by the third survey," says Krysten Bold, an associate research scientist at Yale School of Medicine and lead author on the study. The third year of the study, 14.5 students had used a vape pen in the previous month, and 8.5 student smoked cigarettes. (JUUL didn't enter the market until 2015.)

For the full article go to:

[NPR Teenagers Embrace JUUL, Saying It's Discreet Enough To Vape In Class](#)



January 22-28, 2018 is National Drug and Alcohol Awareness Week

National Drug and Alcohol Facts Week® links students with scientists and other experts to counteract the myths about drugs and alcohol that teens get from the

internet, social media, TV, movies, music, or from friends. It was launched in 2010 by scientists at the National Institute on Drug Abuse (NIDA) to stimulate educational events in communities so teens can learn what science has taught us about drug use and addiction. The National Institute on Alcohol Abuse and Alcoholism became a partner starting in 2016, and alcohol has been added as a topic area for the week. NIDA and NIAAA are part of the National Institutes of Health.

Events: Locally planned and hosted school and community events focus on providing teens the scientific facts about drugs and alcohol.

Drugs and Alcohol Chat Day: During this annual live online chat held between high school students and NIDA scientists, students from around the country ask the questions they most want answers to about drugs, alcohol, and drug use, including drug and alcohol effects, how to help friends or family that are abusing drugs, and what causes addiction. Our expert scientists give them the facts.

Partnerships: NIDA and NIAAA works with leading organizations, media outlets, and other Government agencies to spread the word about NDAFW and SHATTER THE MYTHS®.

For more information: Download the [FACTS SHEET](#)

RESILIENCE

THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

FREE COMMUNITY FILM SHOWINGS

- | | |
|---------------------------------------|---------------------------------|
| Thursday, January 18th
5:30-7:30pm | Skidompha Library, Damariscotta |
| Monday, February 5th
5:30-7:30pm | YMCA, Boothbay Harbor |
| Tuesday, February 27th
5:30-7:30pm | Wavus Camps, Jefferson |

Join us for a free community film showing, short discussion and resource sharing. Families are welcome! For this showing we recommend viewing by adults only. Light refreshments and on-site childcare will be available.

For More Information: Call Healthy Lincoln County (207) 563-1330

RSVP is optional but encouraged: <https://cchi.coursestorm.com/browse>



Upcoming Opportunities:

NAMI Maine
Youth Mental Health First Aid
Thursday, January 25, 2018
Bath, Maine [Register here](#)

Maine Behavioral Health Workforce Development Collaborative

Beginning skills for working with Transgender Clients

Friday, January 12, 2018

9:00 AM- 4:00 PM

Check in begins at 8:30 AM

Augusta Civic Center

\$60 Registration Fee [Register here](#)

Addressing Stigma to Address Substance Use:

The Role of Affirming Practices

Friday, February 9, 2018

9:00 AM - 4:00 PM

Jeff's Catering, Bangor

[Register here](#)

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