



March 2018

## SUBSTANCE USE PREVENTION PARTNERSHIP

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

**Next SUPP Coalition Meeting: Tuesday, March 27th from 1:00 - 2:30 pm at the Wiscasset Recreation Center Community Room. All are welcome! Contact us for more details.**



### WANTED: SUPP CHAIRPERSON

Joan Atkinson recently shared that she is transitioning to a new position at LincolnHealth soon, and therefore must resign as the SUPP Chairperson. We wish her well in her new ventures and thank her for her service to the SUPP!

If you are interested in the role, or know someone who might be, [please get in touch with Kate Marone](#) before the next meeting on March 27. We are looking for someone who is committed to our mission, enthusiastic, and engaged. Typical responsibilities include working with HLC staff to develop coalition agendas, consultation on overall mission and goals of coalition, etc. While it doesn't have to be a lot of extra work, it can also be what you make of it!

We will hold nominations and elections at our March 27 meeting- hope to see you there!

## TIP OF THE MONTH

**"Every kid is ONE caring adult away from being a success story."  
-Josh Shipp**



**BE SOMEONE WHO MATTERS  
TO SOMEONE WHO MATTERS**

**Lincoln County Organizations Team Up  
in Support of Local Youth**

Over the past year a group of local, youth-serving organizations have been working collaboratively on the development of a county-wide network supporting the development of mentoring communities across Lincoln County. These efforts have culminated in the formation of the Lincoln County Mentor Network (LCMN), a centralized network focused on the recruitment, placement and professional development of adult mentors serving the member organizations of LCMN.



The Lincoln County Mentor Network is actively seeking adult volunteers! Becoming a mentor with the Lincoln County Mentor Network will provide meaningful connection to a community of youth development professionals who are actively working to make Lincoln County a place where all young people thrive. The benefits of becoming a mentor include access to on-going professional development hosted by a range of professionals across the state, building an authentic connection to youth and adults in our local communities, a heightened sense of self-awareness and the satisfaction of being an active and engaged member of the Midcoast community.

Each LCMN member organization offers unique opportunities for engaging with youth. Activities range from fat tire biking, hiking Lincoln County trails, canoeing local rivers and lakes, mentoring youth through restorative processes, supporting youth with substance and alcohol use, career guidance, English language tutoring and more! If you are interested in learning more about the network or becoming a mentor, **please contact** [megant@kiewavus.org](mailto:megant@kiewavus.org)

Members of the Lincoln County Mentor Network include Healthy Lincoln County, Midcoast Conservancy, CLC-YMCA, Restorative Justice Project, Kieve-Wavus Education, Skidompha Public Library, The Coulombe Center for Health Improvement and representatives from the AOS 93 district and Lincoln Academy.

## March is Women's History Month

***For inspiration right here in Damariscotta and Newcastle check out the Francis Perkins Center.***



***"It's only when we are relaxed that the thing way down deep in all of us - call it the subconscious mind, the spirit, what you will - has a chance to well up and tell us how we shall go."***

The Center inspires people to address current economic and social problems as Perkins would through work in the areas of education, outreach and advocacy. The nonprofit, nonpartisan Center is currently headquartered in downtown Damariscotta, Maine where it offers an interpretive exhibit on the life and achievements of Frances Perkins - the first woman to serve in the U.S. Cabinet and key adviser to

Franklin D. Roosevelt.

**Interested in learning more about this fascinating woman, take an afternoon and go to the [Francis Perkins Center](#)**



## WHAT IT MEANS TO BE THAT CARING ADULT

The ACEs movement has demonstrated that having a caring adult in a young person's life can make all the difference in the world.

In Lincoln County, 26% of our high school students reported having 3 or more Adverse Childhood Experiences (ACEs) in their lifetime. Additionally, 31% of them say they have not had support from adults, other than their parents.

Decades of research in the behavioral and social sciences have produced substantial evidence that children who do well despite serious hardship have had at least one stable and committed relationship with a supportive parent, caregiver, or other adult. These relationships buffer children from developmental disruption and help them build key capacities, such as the ability to adapt, that enable them to respond to adversity and thrive. The combination of supportive relationships, adaptive skill-building, and positive experiences constitute the foundation of what is commonly called resilience.

[This Working Paper from the National Scientific Council on the Developing Child](#) explains how protective factors in the social environment and highly responsive biological systems interact to produce resilience, and discusses strategies that promote healthy development in the face of significant adversity.

Want to do more? Get in touch with one of the many organizations in our community who provide opportunities for building strong youth-adult partnerships, such as the YMCA, Recreation Centers, Kieve-Wavus, Hidden Valley Nature Center, Hearty Roots, our libraries, or us here at Healthy Lincoln County.

## COMING THIS APRIL

April is Alcohol Awareness Month. To kick this off, NCADD is having an Alcohol Free Weekend March 30 - April 1 to raise awareness on how alcohol affects our communities. This is an invitation to all Americans to refrain from drinking alcohol for the weekend. This is also an opportunity for youth to see how families and adults can have fun, bonding experiences without alcohol. Those individuals or families who experience difficulty or discomfort in this 72-hour experiment are urged to contact local NCADD affiliates, Alcoholics Anonymous (AA) and Al-Anon to learn more about alcoholism and its early symptoms.



For more information go to:

[National Council on Alcohol and Drug Dependence](#)

## Upcoming Opportunities:

**Stay tuned! LCTV Alcohol Awareness Round Table Discussions for April**

Watch as panelists have discussions around Alcohol Use and Prevention.

**MRBN Maine Resilience Building Network**

Annual Conference - CEU's Available  
March 7-9, 2018  
The Hutchinson Center, University of Maine  
80 Belmont Ave, Belfast, Maine  
[Register here](#)

**10th Annual Literacy Conference**

The Barbara Bush Foundation  
Thursday, March 29, 2018  
8:00 AM - 5:00 PM  
Thomas College, Waterville, Maine  
[Register here](#)

**From the Maine Behavioral Health Workforce Development Collaborative**

**Clinical Skills in the Age of Legal Cannabis**

Thursday, April 5th  
8:30 AM- 4:00 PM  
Check in begins at 8:30 AM  
Thomas College  
180 West River Road  
Waterville, Maine 04901  
[Register here](#)

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