



## SUBSTANCE USE PREVENTION PARTNERSHIP

This is the monthly newsletter of the SUPP Coalition. We share information and updates central to our mission: To strengthen our communities to support alcohol and drug free youth in Lincoln County.

### Next SUPP Coalition Meeting:

May 23 at 2 pm, LincolnHealth Education Center- 66 Chapman Street,  
Damariscotta

### RECORD NUMBER OF MEDICATIONS RETURNED AT SEMI-ANNUAL DRUG TAKE BACK DAY

On April 28th, 600 pounds of medicine were collected in Lincoln County, and over 28,000 pounds of medication were collected across Maine during the semi-annual Drug Take Back Day, according to the Drug Enforcement Agency.

Maine dropped off the most unwanted and expired medications in all of New England. While this wasn't a statewide record (last fall, over 41,000 pounds were collected statewide), this was a high point for returns in Lincoln County.

While the next Drug Take Back Day will be in October, anyone can dispose of medications year-round at their local police department or the Lincoln County Sheriff's Office. If that is not an option, it is recommended the people dispose of medications at home by mixing them with used coffee grounds or kitty litter before throwing away.



### PHOTO PROJECT ON DISPLAY, GIVES YOUTH A VOICE



Healthy Lincoln County partnered with four local schools to conduct PhotoVoice with students from grades 6-12. PhotoVoice is participatory-action research strategy by which students capture risk and protective factors towards substance use through photographs. Students spent several weeks critically examining factors about themselves, their friends, family and community that either encourage or discourage the use of drugs or alcohol. The photos will be displayed across Lincoln County throughout the month of May in an effort to create awareness and conversation about areas for change in our community.

The public is invited to view the students' photos in several ways. The photos will be on display throughout the month of May at Rising Tide Market, Waldoboro Public Library, Skidompha Library and Wiscasset Community Center for community members to enjoy. There will be a partner event with the

"In order for us to fully address the issue of youth substance use in our community, we need to give our youth a voice. This project allows them to express how they see the issue of substance use," says Emily Bauer, Project Coordinator of Healthy Lincoln County. She adds, "PhotoVoice allows us to hear directly from our youth, but it's ultimately up to adults in the community to hear what they have to say and work with them to make changes."

Photos have been submitted from 6th graders at Miller School, 7th and 8th graders at Nobleboro Central School, and high school students at Boothbay Region High School and Wiscasset Middle High School. School-based groups were advised by a variety of faculty members, including art teachers, school social workers, and health center staff.

[Click here for the LCTV video featuring students discussing the PhotoVoice project.](#)

## YOUTH, LAW ENFORCEMENT, RETAILERS PARTNER TO PREVENT UNDERAGE DRINKING WITH STICKER SHOCK



On May 1, students from Boothbay Region High School worked with staff Tammy Blackman and Evelyn Andrews, School Resource Officer Larry Brown, and local stores to place thousands of neon orange stickers on multi-packs of alcohol.

The stickers are designed to reach adults who might purchase alcohol and provide to minors, which can result in fines up to \$2,000 and possible jail time. Sticker Shock, among other substance use prevention events, highlights how every part of our community plays an important part in keeping young people safe. Providing resources to businesses can reach parents and adults that have a direct

influence in helping youth make healthy choices to stay drug and alcohol free.

If you are interested in participating in a Sticker Shock event, contact Emily Bauer at [ebauer@healthylincolncounty.org](mailto:ebauer@healthylincolncounty.org).

## ALCOHOL SELLER/SERVER TRAININGS AVAILABLE MAY-JUNE

Healthy Lincoln County has partnered with Lincoln County Sheriff's Office to provide three (3) training events for local alcohol sellers and servers. The training is State approved, and participants receive a certificate good for 3 years.

[Click here to download the flyer.](#)

To register, or for more information, call 563-1330 or email [info@healthylincolncounty.org](mailto:info@healthylincolncounty.org).



## PREVENTION DURING PROM & GRADUATION SEASON

It's that time of year when milestone celebrations seem to be happening every weekend. We will be sharing messages on social media with tips and reminders for youth, parents, and grandparents to encourage safe and healthy proms and graduations. Share our posts from [@HealthyLincolnCounty](#) to help spread the word.



The only tragic thing about prom should be the fashion.

Know your teen's plans and check in with them through the night.



When you witness or hear about underage drinking or illegal drug use, send an anonymous tip.

- Text "LTip" with your tip to 274-6377 (EXT-6377).
- Submit a tip online at [HealthyLincolnCounty.org](http://HealthyLincolnCounty.org)
- Download the free "TipSubmit Mobile" App on the Apple App Store or Android Market.

If you would like hard copies of handouts with prom tips for parents and teens, [let us know](#). We like to target florists, salons, and restaurants as partners during prom season.

**KEEP GRADUATION SAFE AND FUN!**

**BE A RESPONSIBLE HOST, DON'T USE ALCOHOL TO TOAST.**



LINCOLN COUNTY SUBSTANCE USE PREVENTION PARTNERSHIP  
LIKE US ON FACEBOOK @HEALTHYLINCOLNCOUNTY

During graduation time, we encourage parents and families to have alcohol-free celebrations so that youth aren't watching adults congratulate them with alcohol. We like to share ideas for fun and delicious alternatives to toast the accomplishment.

Visit our Website

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STAY CONNECTED

