



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:

Tuesday, December 11 from 7:30-9am, LincolnHealth Education Center



WELCOME JESS BREITHAUPT!

We are pleased to welcome Jess as the new Project Coordinator for substance use prevention programs at HealthyLincoln County.

Previously she worked as a Project Manager for a financial services company where she was responsible for the creation and implementation of career path programs and staff training.

Jess is a musician, and shares a love of music with her 11-year-old son, as well as her love for nature. She is looking forward to getting to know all of our community partners in the SUPP coalition. You can reach out to her at jbreithaupt@healthylincolncounty.org

RESPONSIBLE BEVERAGE SERVER TRAINING DECEMBER 19

Underage youth are 43% more likely to have their first drink of alcohol in December. Additionally, the holiday season can be a dangerous time on the roads with more festivities, there is an increased risk of impaired driving.

In an effort to prevent underage drinking and impaired driving, HealthyLincoln County partners with the Lincoln County Sheriff's Office to offer training to staff and managers at liquor licensed businesses. The training, called "RBS" or Responsible Beverage Server training is a state-approved program which covers Maine's liquor liability law, how to better identify underage patrons, how to prevent visibly intoxicated patrons from driving, and more.



[Click here to view the flyer](#), and call 563-1330 or email us at info@healthylincolncounty.org to learn more or register. You can also help spread the word by [sharing our posts on Facebook](#) or [Instagram!](#)

**YOUTH SOCIAL NORMS PROJECT
COMING IN JANUARY**

81% OF STUDENTS CHOOSE TO NOT DRINK ALCOHOL.



SUPPORT YOUR FRIENDS' HEALTHY CHOICES.
STAND YOUR GROUND TOGETHER.

*According to 1,000 Lincoln County High School students surveyed in 2017 Maine Integrated Youth Health Survey.

Perceptions are powerful, and having a skewed perception of what is normal behavior can influence our own choices.

This is the core concept for the SUPP Coalition's Social Norms Campaign launching this January. The goal is to expose youth to the actual norm - what the youth tell us is normal through their survey responses. This exposure will introduce them to the idea that their perceptions may not necessarily match reality, and ultimately influence a decrease in the risky behavior.

Watch for these social norms messages in the new year, and you can help spread the word by sharing these with parents and youth. [To get involved, contact us today!](#)

#MEALTIMEMATTERS CAMPAIGN LAUNCHES

In Lincoln County, about 2 in 5 teens report not eating dinner with their family at least 5 nights a week (2017 MIYHS).

Meal time offers more than just the obvious nutritional benefits. Eating a meal with family or with friends has a plethora of [physical, mental, and emotional benefits](#).

Part one of the campaign will roll out in December with the distribution of 500 reusable grocery bags with informative materials to local food pantries, the launch of the social media campaign, and planning for part two. [Contact us to get more involved!](#)

For information on how you can promote eating meals together in your own home, [click here](#).



SAVE THE DATE

2018-2019 COALITION MEETINGS

*Locations will be announced prior to meetings.

December 11 from 7:30 – 9am

January 15 from 2:30 – 4pm

February 19 from 7:30 – 9am

March 21 from 2:30 – 4pm

April 16 from 7:30 – 9am

May 16 from 2:30 – 4pm

June 18 from 7:30 – 9am

Other Upcoming Events

Responsible Beverage Server Training

December 19 - 9am-1pm

Prevention Matters

Visit our Website

(207) 563-1330

STAY CONNECTED

