



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:

Thursday, March 21 from 2:30-4pm at Boothbay Region YMCA

WELCOME!

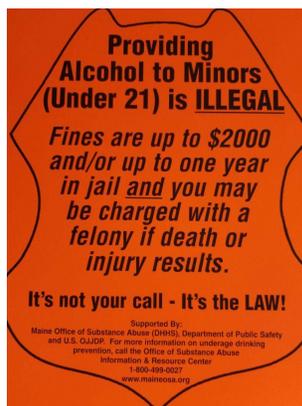
Please join us in welcoming Sally Ingraham to HLC. She joins HLC as our Project Assistant supporting the office with administrative, operational and implementation of project activities.

With 17 years of experience as an entrepreneur, a rich background in non-profit work and prior experience in program development, Sally is dedicated to making an impact on her community. Previously employed educating low income and older adult households about the SNAP program and making healthy choices, advocating for quality food has become a passion.

A native Vermonter, Sally and her husband now call Newcastle home. They have one son in Portland Oregon and a daughter in Damariscotta. Sally enjoys spending endless hours with her grandsons, gardening, discovering new places, and breaking bread with friends old and new.



STUDENTS PLACE OVER 3,500 STICKERS TO PREVENT UNDERAGE DRINKING



On March 11, students and staff at Lincoln Academy, along with Officer Worster from the Damariscotta Police Department, Karen-Ann Hagar from the CLC YMCA, and Jess Breithaupt from Healthy Lincoln County, completed a Sticker Shock event in Damariscotta. The students placed over 3,500 stickers on alcohol cases at four stores; the stickers warn consumers about the laws and penalties around providing alcohol to minors. The stores that participated were Main Street Grocery, Rite Aid/Walgreens, Hilltop Stop, and Hannaford.

Sticker Shock is an event focused on raising public awareness, and it provides businesses with the opportunity to support substance use prevention through consumer education. All members of our community play an important part in keeping young people safe, and this event helps remind everyone that providing alcohol to minors is a crime. Healthy Lincoln County plans Sticker Shock events several times

a year, usually around holidays or events that promote drinking, such as St. Patrick's Day and the Superbowl.

The students that participate get the opportunity to learn important skills regarding coordination and event planning. The YMCA Teen leaders are the student group that worked with the stores and business partners to coordinate this event, and some of the student's tasks included calling stores to

gain consent, recruiting other students to participate, and coordinating dates and times with law enforcement. It's truly a community effort with a big payoff- the teens learn important interpersonal skills while positively influencing behavior changes in the community.



PARENT SURVEY COMING SOON

Every other year, Healthy Lincoln County administers a survey to parents of pre-teens and teens in Lincoln County. The survey is designed to learn about parents' attitudes, beliefs, and behaviors related to youth drug and alcohol use. The SUPP Coalition uses the results of the survey to inform the prevention strategies used in our community. In 2017, almost 400 parents were surveyed and this year, we hope to hear from 500.

The survey will be electronic, and will be shared with schools, PTOs, partner organizations in the SUPP Coalition, and with the general community. While the survey will be anonymous, participants will be invited to enter a raffle to win several prizes. Be on the lookout for more information!

23 ALCOHOL SELLERS/SERVERS RECEIVE TRAINING



On Feb. 26, bar, restaurant and convenience store owners and staff received training that provided them with tools to help reduce underage drinking and drunk driving. The Responsible Beverage Server Training was taught by the Lincoln County Sheriff's Office Chief Deputy Rand Maker and Sgt. Mark Bridgham at the Penalty Box in Damariscotta. Staff from six other businesses attended, including Footbridge Brewery, Hilltop Stop, Wiscasset Quik Stop, Village Market, The Harbor Room, and Shaw's Wharf.

All 23 attendees successfully completed the training, which covered Maine's liquor laws and best practices for managing an establishment that serves or sells alcohol. Additional topics included handling an intoxicated patron, spotting fake ID's, business liabilities, proper serving sizes and amounts, and much more. Certification is provided from the Bureau of Alcohol Beverages and Lottery Operations and is good for three years.

SAVE THE DATE

2018-2019 COALITION MEETINGS

*Locations will be announced prior to meetings.

Other Upcoming Events

March 21 from 2:30 – 4pm

April 16 from 7:30 – 9am

May 16 from 2:30 – 4pm

June 18 from 7:30 – 9am

APRIL: Alcohol Awareness Month

April 1-7: National Public Health Week

April 26: Youth Mental Health First Aid Training

May 13-17: National Prevention Week

[Visit our Website](#)

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STAY CONNECTED

