



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.*

SAVE THE DATE: SUPP Coalition Meeting Tuesday, Dec. 17 @ 2:30 pm

LincolnHealth Education Building (66 Chapman St. in Damariscotta)

COALITION PROVIDES PREVENTION EDUCATION TO 125 LOCAL STUDENTS



Did you know? The SUPP Coalition can provide substance use prevention programming in all Lincoln County schools for students, teachers, and staff.

In November, HLC Director Kate Martin presented the evidence-based Prime for Life prevention program to three classes at Lincoln Academy.

In December, HLC partnered with SUPP member Kelsey Wollen from LincolnHealth, as well as our neighbors from Knox County Community Health Coalition, Wanda Gamage-Wyman and Molly Stone, to provide students at Medomak Valley High School with substance use prevention education.

In December, HLC partnered with

Additionally, both Wollen and Martin were invited to present to groups of AOS 93 teachers at their November 25 professional development day.

Are you interested in learning more about or hosting a presentation on prevention strategies, youth substance use, or vaping? [Contact us today](#) to learn more about how we can help!

NINE MORE BUSINESSES TRAINED IN PREVENTING UNDERAGE DRINKING AND OVER CONSUMPTION

On December 4, almost 20 employees of area restaurants and stores attended a Responsible Beverage Server Training at Skidompha Library in Damariscotta.

The training was taught by Chief Deputy Rand Maker of the Lincoln County Sheriff's Office, as well as Mark Bridgham, who recently retired from the Sheriff's Office.

The training is offered to businesses and it covers Maine's liquor laws and best practices for managing an establishment that serves or sells alcohol. Additional topics included handling a visibly intoxicated patron, spotting fake ID's, proper serving sizes and amounts, and much more.

The training will be offered again the late spring, before the busy summer season. However, establishments can request training for their entire staff. For more information, [contact us via email](#) or call us at 563-1330.



We'd like to thank Skidompha Library for providing training space, and thank you to all of our businesses who took the time to attend this training in support of preventing underage drinking and over-consumption!

WHAT ANYONE CAN DO TO HELP: SPREAD THE WORD

This month, we are featuring two themes in our social media related to the holidays. First, teens are more likely to have their first drink during the month of December. Next, preventing drunk and impaired driving as part of a NHTSA campaign. Follow [@HealthyLincolnCounty](#) on Facebook and Instagram and support our coalition's mission by sharing these tips on your social media.



A Final Note...

As part of the Villages of Light celebration, Healthy Lincoln County decorated their tree with inspiration from Oranges from Morgan.

In October, we shared with you the news that Oranges from Morgan donated \$15,000 to HLC and SUPP Coalition to contribute towards our substance use prevention efforts in Lincoln County.

To learn more, visit [Oranges from Morgan](#). They continue their fundraising by selling 2020 calendars featuring Morgan's beloved dog, Marley. Order yours today!



Visit our Website

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STAY CONNECTED

