



## SUBSTANCE USE PREVENTION PARTNERSHIP MONTHLY NEWSLETTER

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.*

### A Letter from Healthy Lincoln County Director, Kelsey Robinson:

Dear Partners,

Happy June, and Happy Pride Month!

As you'll see later in this newsletter, we're gearing up alongside partners to plan a pride month event that focuses on unity, community, and resilience. We have been working with existing partners and established so many new connections in our community through the process of planning the event.

According to the 2019 Maine Integrated Youth Health Survey data, 13.6% of Maine high school students identify as LGBTQ. On the MIYHS survey, youth are asked if they feel like they matter. This question is asked because mattering is intricately tied to mental and physical health, such as depressive symptoms and substance misuse. LGBTQ+ youth are less likely to have support from adults, and **only 37% of LGBTQ+ youth felt like they mattered in their community.**

It is time to turn those tides. We as a community have a job to do – and that is to make our community inclusive, respectful, and supportive of all individuals, regardless of how they identify. I hope you'll join us during pride month and ALL months to in encouraging love and support for our community.

We look forward to seeing you!

Be well,  
Kelsey

**NEXT SUPP MEETING: June 21, 2022 2-3pm**

**We can't wait to see you at the next SUPP call!**

We will be continuing our monthly gatherings via Zoom- thank you to those who were able to join us for our summer gathering in person!

Please join us on Tuesday, February 15th from 2-3pm for our next SUPP gathering. Zoom information can be found here, or click the link at the bottom of this section to directly enter the meeting:

<https://us06web.zoom.us/j/89596874673?pwd=ZDF0S2c5MExxendQN01laFVUbVVLQT09>

Meeting ID: 895 9687 4673

Our meeting agendas and minutes can be found here:  
[SUPP 2021 Agendas and Minutes](#)  
Check out what the group has been chatting about!

[Click Here to Join the Next SUPP Call!](#)

## Happy Pride, Lincoln County!

Healthy Lincoln County has partnered with Mobius, Healthy Kids, Rising Tide, Lincoln County Sheriff's Office, numerous community members, and Damariscotta Police Department to put on the first Unity and Community Day to celebrate pride in Lincoln County!

On Saturday, June 25th, join us in a celebratory walk beginning at Veteran's Memorial Park in Newcastle and ending at Rising Tide with live music from the Horseshoe Crabs!

Please feel free to click the flyer to download a PDF version and share with your family, friends and colleagues. Additionally, please join in on other awesome community oriented events happening throughout the month of June:

**Unity & Community  
in Lincoln County**

**Saturday, June 25th at 11am**  
Rain or shine!

**The Why:**

- Join the Lincoln County community for an in-person celebration of pride, unity, resilience, and belonging. The day will begin with a unity walk and conclude with a gathering at Rising Tide Community Market. Everyone is welcome.
- LGBTQ Pride Month is currently celebrated each year in the month of June to honor the 1969 Stonewall Uprising in Manhattan, a tipping point in history. This is particularly important today, as we all experience so much fracturing and tragedy in our society. This event is being held to commemorate both pride month and encourage community-togetherness.

**Details:**

- Those interested in participating should meet at the Veteran's Memorial Park in Newcastle. At 11am, Dona from HLC and Leslie from Healthy Kids will kick off the event. The group will then begin the unity walk and commence at Rising Tide Community Market.
- After the walk, community members are encouraged to stay and visit, where there will be an informal gathering with light refreshments (donations welcome), comradery, several engaging speakers and an open mic for those who want to share their thoughts on unity, community, and resilience. Live music by the Horseshoe Crabs will be also be happening at Rising Tide!

**Horseshoe Crabs**  
Crusty, messy rock 'n' roll from Damariscotta, Maine  
Paul Sherman - Peter Jackson - Brian Rodden

Logos: Healthy Lincoln County, Healthy Kids, Rising Tide Co-Op, Mobius Incorporated, Lincoln County Sheriff's Office, Damariscotta Police Department, and a rainbow heart logo.

Questions? Contact:  
Dona Lane  
dlane@healthylincolncounty.org  
207-622-7566 x256

June 17: Youth Poetry Slam and Storytelling  
Butter Up Cakes, 2:30 pm - 4 pm

June 18: Midcoast Conservancy Pride Hike and Picnic  
Hidden Valley Nature Center, 11 am - 1 pm

June 18: "And Tango Makes Three" by Justin Richardson, Peter Parnell, and Henry Cole  
Hidden Valley Nature Center StoryWalk Trail, June 18 - July 16

June 24: Youth Pride and Unity Poster Making  
Butter Up Cakes, 2:30 pm - 4 pm

June 25: Lincoln County Unity & Community Event  
Beginning at Veteran's Park in Newcastle, 11 am

Ongoing through the month of June:  
OUT Maine hosts many great virtual youth events! Please visit their webpage for online groups and Statewide Pride happenings. <https://outmaine.org/support/pride/>

**What's New at Healthy Lincoln County?**

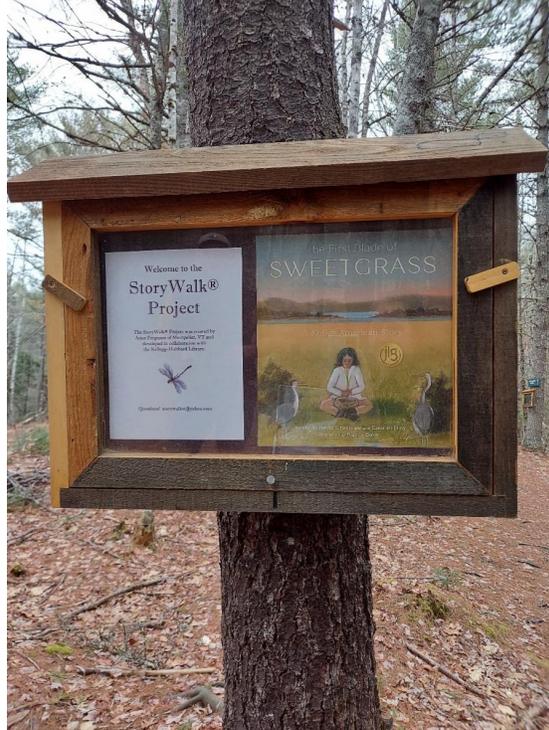
## StoryWalk® Happennings

You can now find StoryWalks at Hidden Valley Nature Center and the CLC YMCA!

Hidden Valley Nature Center is featuring the book “I Think, I Am” from May 16 through June 18; a book focused on resiliency and the power of the words we use about ourselves. This is great for kids and adults alike!

The CLC YMCA is featuring the book “The First Blade of Sweetgrass” through the end of July on their trail. We love this story as it highlights the connection and relationship between a grandmother and granddaughter!

Make time this month to get outside and visit both sites. Don't forget to scan our QR code at the end to let us know what you thought and what future books you want to see on these trails!



## HLC Partners with Lincoln Health for Maternal Naloxone Project

After a successful pilot project in Farmington, hospitals and community partners across the state are working to expand availability of Naloxone via postpartum take home bags. New moms and families will have the option to be trained in Naloxone, because (like we always say) at the end of the day, why wouldn't we all keep it on hand?

We're so excited to be working on this endeavor; not only to build on education resources in Lincoln County, but to break down stigma related to Naloxone services. Stay tuned for more details as they come!

## Healthy Lincoln County's new initiative for Lincoln County students!

Students can join the third Thursday of the month from 4 to 5:30 pm.

This group is intended to stay true to the "drop in" format! Students can stay as long or as little as they please to connect and get to know one another.

Help us spread the word! The flyer to the right is a clickable link to download a PDF version, where you can print and share to your contacts.

**REMOVING BARRIERS TOGETHER**

**A VIRTUAL SAFE SPACE FOR LGBTQ+ YOUTH & ALLIES**

**Join us!**  
Third Thursday of the month from 4 - 5:30pm

Got questions or need to register?  
We've got you covered! Contact:

Dona Lane  
207-622-7566 x256  
dlane@healthylincolncounty.org

# OUR VOICES

a bi-weekly supportive session for grandparents raising grandchildren.



THURSDAYS | 10:00 AM - 11:30 AM

## ARE YOU RAISING YOUR GRANDCHILDREN?

You are not alone.



Come join us and network with others.

Every other Wednesday, starting May 4th  
6pm to 7:30pm on Zoom

- Financial resources
- Legal and educational systems
- The impact of alcohol and drug misuse
- Visitation



To learn more, reach out to either:

Leslie Livingston  
Healthy Kids  
llivingston@tidewater.net  
207-563-1818 x1

Dona Lane  
Healthy Lincoln County  
dlane@healthylincolncounty.org  
207-563-1330 x256



## Have you heard about our offerings for grandparents and caregivers?

Healthy Lincoln County is working with multiple churches along with Healthy Kids to connect caregivers together to support one another.

If you would like more information on the "Our Voices" group, please reach out to Dona Lane at [dlane@healthylincolncounty.org](mailto:dlane@healthylincolncounty.org)

## New and Upcoming Opportunities

### Prevention Meets Harm Reduction: How Community Collaborations Work Across the Continuum Part One and Two

June 28, 2022 and June 30, 2022  
1:00 pm - 2:30 pm  
FREE

How can prevention coalitions work across the continuum of care to maximize impact and sustain systems-level changes that promote wellness for everyone? This virtual series will provide a framework for understanding harm reduction strategies by sharing the history and pillars of harm reduction as a social movement and examples of various types of harm reduction strategies. Participants will explore how the goals and values of prevention intersect with harm reduction and how we can work together through community collaborations to address overlapping goals. Finally, we will explore how the knowledge brought from those with lived experience can enhance our implementation strategies across the continuum of care.

### Governor Janet Mills 4th Annual Opioid Response Summit

Monday, July 11, 2022 at the Cross Insurance Center in Bangor.

The annual summit is part of the state's commitment to fighting the opioid epidemic, and convenes leaders from around Maine and the Nation to share ideas, strategies, and best practices to help Maine people affected by this crisis.

This full-day, in-person program will feature keynote speakers and breakout sessions, with the voices of persons in recovery featured prominently again this year.

There will be 34 breakout sessions throughout the day covering topics across the domains of Prevention, Treatment, Harm-Reduction and Recovery Support.

Some of the topics that will be covered are:

- Overdose Prevention in Adolescents
- Stigma Reduction
- Social Emotional Learning
- Improving Opioid Prescribing for Pain

- Treating SUD in Incarcerated Populations
- Recovery Friendly Workplaces
- The Importance of the Arts in Recovery
- Innovative Approaches to OUD Treatment with Buprenorphine and Methadone
- Recently Enacted SUD Legislation
- The MaineMOM Initiative
- Maine Resilience Building Network: The Mattering Project

[Click HERE](#) to see the agenda

[Register Here!](#)

### Have You Heard About Maine MOM?

Maine MOM is a new resource offered to pregnant people and new parents facing substance misuse. Learn more about the Maine MOM program and the participating locations in Lincoln County here: [MaineMOM](#)

## Mental Health Resources

**[NAMI Maine Helpline:](#)** Phone: 1-800-464-5767, press 1  
Email: [helpline@namimaine.org](mailto:helpline@namimaine.org)

**[National Suicide Prevention Lifeline:](#)** 1-800-273-8255  
(press 1 for the Veteran Crisis Line)

**[Maine Crisis Hotline:](#)** 888-568-1112 (text or call)

**[Crisis Text Line:](#)** Text HOME to 741-741

**[Maine Intentional Warmline:](#)** 1-866-771-9276

**[For statewide assistance call:](#)** 207-221-8198



Healthy Lincoln County  
281 Main Street | PO Box 1287 | Damariscotta, ME 04543  
(207) 563-1330

STAY CONNECTED



Healthy Lincoln County | 281 Main Street, Damariscotta, ME 04543

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