



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:

Dear Partners,

I am thrilled that in this edition of the newsletter, we are able to introduce you to our new Substance Use Prevention Coordinator, Will Matteson. I thought it would be fitting for Will to write the introduction this month, as he begins his time here at HLC. Here is a message from Will:

Greetings Partners! I am so honored and excited to be joining this coalition, and I look forward to working with each and every one of you! I'm new to prevention work, but I hope that my professional experiences will supply me with a unique perspective that will be valuable to this group, and I can't wait to start learning from all of you.

It's Thanksgiving this week, so it seems fitting to say a word or two about gratitude. I've been very fortunate in my life to enjoy a good family, a good education, and lots of opportunities for a career of my own choosing. That's something I know can't be taken for granted. But even my life of relative ease and prosperity has been harmed and threatened by the slow creep of substance use disorders. I went to school at a time when it was commonplace for smart people to talk casually about "blacking out." Fellow students rarely dropped out because the work was too hard; they dropped out because choices were catching up with them or because something bad happened at a party. Working in restaurants and hotels, I've seen far too many colleagues and friends suffer from their struggle with alcohol or drugs, or both. I've seen family members and friends suffer as they watched loved ones struggle with addiction. I've seen my little brother, who came from the same relaxed and privileged background as me, struggle with opiate use disorder. I've seen him recover and relapse and recover again. Today I am grateful that he is still alive, but that doesn't mean our work is over.

And having said all that, I am still conscious that my journey has been a relatively easy one. Many people, even here in Lincoln County, have faced the same grief as me and some far worse, all while struggling with a host of other adversities. I am in awe of their resilience, and I am grateful to live in a community that is working to prevent that grief from spreading in the future. I'm proud to be joining a team that's doing the work outlined below.

The work HLC has been doing in the last month, and before, is an inspiration to me to start showing up every day. I hope it will inspire you too!

Happy Thanksgiving!

Warm regards,
Will

NEXT SUPP MEETING: December 20th 2-3pm

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

Please join us on Tuesday, December 20th from 2-3pm for our next SUPP gathering. This meeting will take place at the Boothbay YMCA. For those who can't make it in-person, Zoom is always an option!

Zoom information below:

<https://us06web.zoom.us/j/88304959155?pwd=K0J1K1R1V1ZpRTU5TC82RTJtYUcudz09>

Meeting ID: 883 0495 9155

Passcode: 310038

Upcoming Meeting Schedule

We listened to the coalition, and we're bringing back both in-person and zoom (hybrid) meetings.

As always, you can find previous meeting agendas and minutes can be found here:

[SUPP Agendas and Minutes](#)

Check out what the group has been chatting about!

Tuesday, October 18, 2-3 pm	Waldoboro	Waldoboro Town Office, please visit front desk to visit conference space
Tuesday, November 15, 2-3 pm	Wiscasset	Wiscasset Community Center (split room this month due to another meeting)
Tuesday, December 20, 2-3 pm	Boothbay	Boothbay YMCA
Tuesday, January 17, 2-3 pm	Damariscotta	CLC YMCA
Tuesday, February 21, 2-3 pm	Waldoboro	Waldoboro Town Office, please visit front desk to visit conference space
Tuesday, March 21, 2-3 pm	Wiscasset	Wiscasset Community Center
Tuesday, April 18, 2-3 pm	Boothbay	Boothbay YMCA
Tuesday, May 16, 2-3 pm	Damariscotta	CLC YMCA
Tuesday, June 20, 2-3 pm	Waldoboro	Waldoboro Town Office, please visit front desk to visit conference space

Welcome to Will!

Will Matteson is Healthy Lincoln County's Substance Use Prevention Coordinator. Will grew up in Massachusetts but got to Maine as quickly as he could. After studying English at Kenyon College, Will moved to Bar Harbor and began working as a manager for the Acadia Corporation, which operated several concessions in and around Acadia National Park. This work was interesting and rewarding, but Will often thought of finding work that had a more direct positive impact on his community. During his career in hospitality, Will saw the damage that substance use disorders can cause to both individuals and communities. When the opportunity came to do community health work in Lincoln County, he took it.

Will lives in Thomaston with his wife Mary and their dog Sophie. He loves writing, reading, and learning as much as he can about the world he lives in. When he's not at work or home, Will is likely to be hiking or camping somewhere in Maine's glorious wilderness.



HLC at APHA

Earlier this month, Kelsey Robinson and Larissa Hannan from HLC spent four days at the American Public Health Association's annual meeting in Boston, learning and engaging with public health professionals from around the country. We were able to see what other organizations are doing with harm reduction efforts and discovered some really exciting projects! Larissa was also able to share about the amazing work happening in Lincoln County through a poster presentation, and numerous individuals took the time to chat with Larissa and hear about the happenings here in Midcoast Maine!



The Real Deal on Fentanyl

[The Real Deal on Fentanyl](#) is a youth-geared campaign to raise awareness of fentanyl. Fentanyl continues to infiltrate the drug supply, leading to the deaths of thousands of Americans every year. Many young adults are not familiar with the dangers and prevalence of fentanyl, a powerful and deadly opioid that can show up in illicit drugs and be used to make counterfeit prescription pills. To address this awareness and education gap among young adults, the Ad Council is launching a campaign to focus specifically on youth fentanyl awareness. PSAs are designed to educate young people on these risks and arm them with lifesaving information about recognizing and taking action in the event of an overdose. Help us spread the word on fentanyl, and feel free to utilize this new great resource.



What's New at Healthy Lincoln County?

Healthy Lincoln County, in partnership with the Maine Humanities Council, will be offering a Discussion Project to gather community members to talk about things that matter in Lincoln County. The goal of these discussions is to foster real connectedness among individuals participating and to think about what these conversations mean in a larger context.

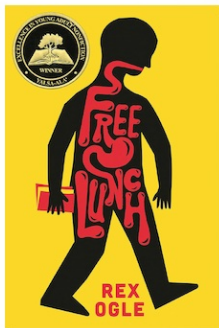
This kick-off event will be a mini-series, structured as a book club, where those interested in participating will receive a copy of a book prior to the event and will meet four times as a group to engage in conversation. The book choice for this project is *Free Lunch* by Rex Ogle. The 208-page novel is a memoir that talks about what life was like for a 6th-grade Rex, who was a poor child living in a wealthy community and, what that meant and how it felt. After reading the text, participants will convene and ponder the question "What if we all had enough?" What would that look like for our community?

The discussion project series will take place on four consecutive Wednesday evenings from 5:30 pm until 7 pm. The dates of the meetings are:

- January 18th
- January 25th
- February 1st
- February 8th

We want to extend a huge thank you to our partners at the Central Lincoln County YMCA for graciously allowing us to use their space for this discussion project. In addition, Healthy Lincoln County would like to thank the Maine Humanities Council for this exciting opportunity and for supplying the books and facilitator for these engaging sessions.

To sign up, please contact Kelsey Robinson at director@healthylincolncounty.org



DISCUSSION PROJECT

with Healthy Lincoln County

MAINE HUMANITIES COUNCIL

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!

New and Upcoming Opportunities

[National Overdose Prevention Leadership Summit \(Virtual\)](#)

Tuesday-Wednesday, December 6-7
General admission: \$350

Join PHI at the National Overdose Prevention Leadership Summit, featuring more than forty-five speakers from across the country who are saving lives by changing systems, hearts and minds. Topics include: addressing the rise of fentanyl; integrating health equity across prevention, justice and treatment; using data to act more effectively; adopting innovation within and across systems; learning from youth and people with lived experience; and developing person-centered approaches that save lives.

[Understanding How the Adult Brain is Affected by Early Substance Use](#)

Tuesday, December 27, 2022
Live-Webinar / 9:00 AM (ET) - 4:00 PM (ET)

This course will cover the stages of brain development in adolescents and the goals of each. The information presented will include the influence of brain development and chemistry on the decision-making process and behaviors of clients in this developmental phase. In addition, the impact upon learning styles, mental health issues, and substance use will be covered. Specific focus will be upon the ongoing impact as the adolescent matures into young adulthood as it relates to functioning interpersonally, vocationally, and behaviorally.

Mental Health Resources

[NAMI Maine Helpline:](#) Phone: 1-800-464-5767, press 1

Email: helpline@namimaine.org

[National Suicide Prevention Lifeline:](#) 988

(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



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