

Substance Use Prevention Partnership Coalition meeting 3/21/23

Attendants – Will Matteson, Amy Bedard, Larissa Hannan, Michaela Sheffler, Kelsey Robinson, Brian Townsend, Drew Himmelstein, Peter Bruun, Cathy Cole, Nick Loscocco

This Week is National Drug and Alcohol Facts Week – week long observance to talk about facts around substance use by discussing the Maine Integrated Youth Health Survey results and what that could mean for the youth in the community.

Maine Integrated Youth Health Survey (MIYHS) Data

Larissa - Nutrition

- The number of students who regularly eat at least 2 servings of fruit a day went down by 10 points, from 39% to 29%, while the number of students who drink at least one sugar sweetened beverage rose by 5 points, from 15% to 20%.
- Teaches SNAP-Ed in 16 classrooms across the county – did a lesson in a 4th grade class about making a grocery store and one aisle that was mentioned was the alcohol aisle, so it is becoming a common thought that alcohol is an essential part of a grocery store.

Michaela – Tobacco/Vaping

- Middle school use of tobacco/vaping nicotine products has gone up from 2019 to 2021
- High School use of tobacco products also went up from 2019 to 2021 by 7.7%
- Working to teach that vape is not water vapor, it contains chemicals, including heavy metals, and changes brain chemistry/development at a very important time. Helping youth to make better choices.

Will – Substance Use

- High School usage trended down since 2019, sometimes significant while middle school usage trended upwards – this can mean kids are starting a lot younger, and kids are more likely to continue that use as they get older
- High school methamphetamine numbers up 1.9% to 2.7%.
- High school students were asked about hallucinogens, prescription drugs, cocaine etc. but middle school students were not, so just because this was not asked does not mean it is not happening.
- Perception questions asked high school and middle school If it is easy to access, if parents approved of alcohol/marijuana, and if peers approve of use – numbers went into a positive direction.
- High school cannabis ease of access went down from 55.% to 46.3% - this is a significant drop and seems to line up with the legalization with retail market.
- Students were asked if there are clear rules around substance use – For both middle school and high school over 90% of respondents said yes that there are rules around use, however, just setting the expectation does not necessarily work. We do know “talk early, talk often” does work – having clear rules, but also being engaged in conversations regularly and early can make a difference.

- The Maine Young Adults Survey asks these questions and more for young adults 18-30 – still taking responses through end of March and there is a big need for Lincoln County responses – please share if possible, participants receive a free \$10 Amazon Gift Card via email upon completion. For the survey :

https://publicconsultinggroup.qualtrics.com/jfe/form/SV_6EGbSx1gbF1xZrg

- For more information about the MIYHS results visit: <https://www.maine.gov/miyhs/results>

Nick Loscocco nloscocco@sweetser.org – OPTIONS Maine

- OPTIONS is a grant funded program through Maine Office of Behavioral Health
- Ideal focus is to decrease overdose, by distributing narcan, reduce overdose calls, and help with road to recovery by working with law enforcement and recovery agencies.
- Helps individuals with engaging in level of recovery/harm reduction strategies depending on what the individual is interested in.
- Also takes referrals from anyone, doesn't have to be from law enforcement.
- Public Narcan Trainings- Friday 3/24/23 CLC YMCA Narcan Training/Education.
- Hoping to make this is a quarterly event, at different spots in Lincoln County going forward.
- Nick also works with Maine recovery advocacy project – law advocacy for changes in law for people in recovery –having a campaign launch, there will be a presentation by a few legislators including expanding recovery resources, healthy workplace for people in recovery.
 - o Campaign Launch is Thursday 3/23/23 5p – 6:30p - https://actionnetwork.org/events/me-raps-131st-maine-legislative-session-campaign-launch?clear_id=true&link_id=3&can_id=431a22aea05fa083bdcdbd03e61628dee&source=email-we-need-detox-beds-get-involved&email_referrer=email_1851445&email_subject=join-speaker-talbot-ross-me-rap-on-thursday
 - o One bill that they are looking at is the Good Samaritan Law and dialing it back- one example Furnishing and trafficking substances would be exempt from the law while right now a person furnishing and trafficking substances at the time of an overdose would be protected by the law if calling in an overdose.
- Nick also mentioned that from his work he is noticing: Meth is still prevalent – Fentanyl is also being mixed with other drugs so someone thinking they have fentanyl are getting symptoms of other drugs – will act in ways as someone who is not on opioids but narcan will work – almost like bath salts in a way.

Group updates:

Peter Bruun – working on 716 candles project

–Asked if anyone has personal contacts with folks deeply invested in Waldoboro that would like to help out with the event - there is plenty of geographical representation except in Waldoboro – so if anyone knows anyone or have any suggestions please give Will or Kelsey a shout.

Will is going to put together a survey of other potential times to have the meeting – would like to have feedback on what could work well for everyone to have a monthly meeting.

No Law Enforcement Update

