



February, 2018

SUBSTANCE USE PREVENTION PARTNERSHIP

Strengthening our communities to support alcohol and drug free youth in Lincoln County.

Next SUPP Coalition Meeting: Thursday, February 15th from 1:00 - 2:30 pm at the Damariscotta Town Office. All are welcome! Contact us for more details.

PARENT TIP OF THE MONTH



14% of Lincoln County parents surveyed say there may be times when it's okay for their teen to drink alcohol.

Sometimes allowing underage drinking is a slippery slope and sends a mixed message.

Set clear expectations, and show them how you can have fun without alcohol.

"SHOCKED" BY FURNISHING ALCOHOL TO MINORS



On January 29, this team placed stickers on over 3,000 containers of alcohol in five retailers in Damariscotta at our first "Sticker Shock" event of the year! Together, we helped raise awareness to adults about the consequences of furnishing alcohol to minors under 21.



"This is particularly important going into this weekend where many teens and kids will be watching the big game with family or friends and where alcohol may be present. We want to make sure all adults are aware of the consequences if they furnish alcohol to our young people," says Emily Bauer of HLC. "We were so excited to have a great group of teens and supportive adults join us in providing this education to the adults in our community."

Thank you to [Lincoln Academy News](#), [Central Lincoln County YMCA](#), [Damariscotta Police Department](#), [Yellowfront Grocery](#), [Rite Aid](#), [Hilltop Stop](#), Mr. Mike's and Damariscotta [Hannafords](#)! [Let us know if you'd like to see a Sticker Shock event in your neck of the woods!](#)

CREATIVE WRITING WORKSHOP FOR TEENS

This four-day camp led by teaching artists from The Telling Room will explore a number of creative paths into the writing process. Whether it's composing poetry from paint chips, finding a character hidden in a pair of sunglasses, or imaging your own personal paradise, this will be a fun and collaborative workshop about finding your story and making it heard.

Advanced sign up required.

To register, please email Skidompha Youth Services Coordinator Kelsey Gibbs at kgibbs@skidompha.org
Space is limited - Early registration is encouraged!!

**WRITE
ON** FEBRUARY 20 - 23
2018



SKIDOMPHA LIBRARY
FREE CREATIVE WRITING CAMP
FOR TEENS GRADES 9 - 12
11 AM - 4 PM



www.tellingroom.org

RESILIENCE

THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

FREE COMMUNITY FILM SHOWINGS

Monday, February 5th 5:30 - 7:30 pm YMCA, Boothbay Harbor
Tuesday, February 27th 5:30 - 7:30 pm Wavus Camps, Jefferson

RESILIENCE: THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE chronicles the birth of a new movement among pediatricians, educators and communities, who are using cutting-edge brain science to disrupt cycles of violence, addiction and disease.

Join us for a FREE community film showing, short discussion and resource sharing. Families are welcome! For this showing we recommend viewing by adults only. **Light refreshments and free on-site childcare will be available.**

For more information: Call Healthy Lincoln County (207) 563-1330
RSVP is optional but encouraged: <https://cchi.coursestorm.com/browse>



Resilience: We had a wonderful turnout for our first screening at Skidompha Library! Please come and join us on February 5th at the Boothbay Region YMCA for the second community screening!

Lincoln County Mentor Network

Inspiring connection between adults and young people

The Lincoln County Mentor Network (LCMN) is a collaboration of community partners who have vested interest in supporting the positive development of youth by connecting them with caring adults in their communities. LCMN recruits and maintains a network of adult mentors to support the programmatic efforts of our organizations and to create intentional spaces where young people and adults can for relationships based on shared experiences.

Becoming a mentor with the Lincoln County Mentor Network will connect you to a community of youth development professionals who are actively working to make Lincoln County a place where all young people thrive. The benefits of becoming a mentor include access to on-going professional development hosted by a range of professionals across the state, building an authentic connection to youth and adults in your community, a heightened sense of self-awareness and the satisfaction of being an active and engaged member of your community.

INTERESTED IN LEARNING MORE

Join us for an informational session on **Tuesday, March 6th** from **5:30 - 7:00pm** at Skidompha Public Library in Damariscotta. Learn more from experienced mentors and mentees, enjoy some refreshments catered by Rising Tide and connect with the Lincoln County Mentor Network partners!

Upcoming Opportunities:

MRBN Maine Resilience Building Network

Annual Conference - CEU's Available

March 7-9, 2018

The Hutchinson Center, University of Maine

80 Belmont Ave, Belfast, Maine

[Register here](#)

10th Annual Literacy Conference

The Barbara Bush Foundation

Thursday, March 29, 2018

8:00 AM - 5:00 PM

Thomas College, Waterville, Maine

[Register here](#)

From the Maine Behavioral Health Workforce Development Collaborative

Clinical Skills in the Age of Legal Cannabis

Thursday, April 5th

8:30 AM- 4:00 PM

Check in begins at 8:30 AM

Thomas College

180 West River Road

Waterville, Maine 04901

[Register here](#)

Visit us online at www.healthylincolncounty.org



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