



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.*

Launch the 2021-2022 grant year with us! Next SUPP Meeting: August 24 from 3-4pm **MEETING HOSTED IN-PERSON**

More Information on In-Person SUPP Meeting:

After a year of Zoom calls, our next SUPP meeting will be hosted in person to kick off our upcoming grant year with food, activities and celebration!

Please join the group down at the riverfront picnic tables below Round Top Farm (address here) from 3-4pm on August 24th.

Please click on the image to the right, which serves as a link to our virtual flyer for more information. You may find the RSVP link through this flyer or by using the link below. Thank you!

[Substance Use Prevention Partnership August 24 Meeting RSVP Link](#)

**Rain date of August 25

CELEBRATING SUPP

After a year of Zoom calls, emails on emails, and LOTS of hard work, Healthy Lincoln County would like to celebrate SUPP accomplishments with a 2021-2022 grant year kick-off meeting!

AUGUST 24

LTIP
SAFE. SECURE. ANONYMOUS.

3 Round Top Ln
Danville, VT 05453

SUBSTANCE USE PREVENTION PARTNERSHIP

PLEASE RSVP THROUGH THE LINK BELOW BY AUGUST 6, 2021

We will be meeting at the picnic tables at Coastal Rivers Conservation Trust. Please park in "lower" parking lot at trailhead down to the riverfront. Be sure to spot our Summer Meals van where we will have snacks, treats and materials for you before heading down to the water.

[RSVP HERE](#)

Healthy LINCOLN COUNTY

Please Respond to the SUPP Annual Survey Today!

Thank you all for your continued support of the Substance Use Prevention Partnership. Each year a survey goes out to the group to evaluate our projects and workplan items. Additionally, the survey is looking to you on how we will move forward with our meeting structure! **Responding to this survey is extremely valuable for our Drug Free Communities grant funding and should take you less than 10 minutes to complete.** We need your help!

Please visit the survey link here:
<https://www.surveymonkey.com/r/SUPP2021survey>



New Funding: CARA Grant

Healthy Lincoln County Receives \$50,000 from the Comprehensive Addiction and Recovery Act Local Drug Crisis Program

We're excited to announce that [Healthy Lincoln County](#) (HLC) Substance Use Prevention Partnership, a project of MCD, was one of three Maine-based organizations that received \$50,000 in funding through the Comprehensive Addiction and Recovery Act (CARA) Local Drug Crisis Program.

MCD has worked closely with several Drug Free Communities over the past 15 years to help maximize the impact of targeted funds. HLC will use these funds to increase their efforts with LGBTQ youth and their parents, as well as for families involved in the lobster and fishing industries.

Congratulations to the other two organizations who also received \$50,000 each to combat the opioid epidemic: [Choose To Be Healthy Coalition at York Hospital](#) and [Northern Light Sebecook Valley Hospital](#).

Read more via [Senator Angus S. King, Jr.'s website](#): <https://buff.ly/3kiNUCS>

View MCD's work with other Drug Free Communities coalitions: <https://buff.ly/3keTAxV>

SUPP 2020 - 2021 Year in Review

What a year! The coalition initiated many projects throughout 2020 and 2021. Below is a list highlighting a few projects that could not have happened without the support and innovation of the coalition. Congratulations!

- Cannabis Awareness and Prevention curriculum administered to middle school students
- Stimulants and Opioids Community Assessment
- Drug Take Back Day in October 2020 and April 2021
- LTIP launch with new tip line in partnership with Lincoln County Sheriff's Office
- Responsible Beverage Server Trainings in April and May 2021
- Launch of Model Store Program
- Sent coalition members to CADCA training
- Partnered with RSU 40 for the Youth Substance Use Community Night

Upcoming Training Opportunities

Quick Learn: How to Move from Issues to Actions

10:30am - August 2, 2021 | Timezone: US/Central

Hosted By: Mid-America PTTC

Registration Deadline: August 2, 2021

Need to quickly brainstorm solutions to an issue? This workshop will offer a tool that will help the team clarify the issue so an informed decision can be made on how to resolve it quickly.

Learning objectives/outcomes:

- Learn how to identify pain points in your plan.
- Brainstorm actions to move forward with your plan instead of redoing it.

[Register here.](#)

Tired, Wired, Mired and Inspired! Strategies For Preventing Burnout and Compassion Fatigue in Harm Reduction Efforts

1:00pm - August 5, 2021 thru 2:30pm - August 5, 2021 | Timezone: US/Central

Hosted By:

Great Lakes PTTC

Many people who work in harm reduction consider their work to be a "calling." Two occupational hazards, burnout and compassion fatigue/secondary trauma, can undermine that calling and diminish your effectiveness. Burnout is caused by feeling ineffective in your work and organizational/team stress.

Compassion fatigue (also called secondary trauma/secondary PTSD) results from absorbing the traumatic stories and experiences of clients. Both occupational hazards can lead to a loss of energy, loss of hope, loss of enthusiasm, loss of idealism, spiritual distress, and decreased effectiveness.

This virtual presentation focuses on how to prevent and recover from burnout and compassion fatigue, with an emphasis on self-care and the four things high performers do to prevent burnout and compassion fatigue. We will also discuss how to maintain energy, reduce frustration in your clinical work, and feel more successful.

Learning Objectives:

- Be aware of the four stages of burnout
- Understand the differences between burnout and compassion fatigue.
- Evaluate your vulnerability for developing compassion fatigue
- Learn and utilize 10 strategies to prevent burnout and compassion fatigue.

- Learn skills to reduce frustration in your clinical work.
- Feel a greater sense of success in your work.

[Register here.](#)

Social Norms Webinar 2: Introduction to Positive Community Norms

10:00am - August 16, 2021 | Timezone: US/Mountain
Collaborating TTC: Great Lakes PTTC

Learn the essential seven steps for planning, building, and evaluating a Positive Community Norms intervention. Participants will be provided seven 10-minute videos to watch as "homework" before attending this 90-minute interactive discussion that will provide plenty of time for real time questions and answers.

Participants will:

1. Identify the Seven Steps of the Montana Model of Positive Community Norms Communication
2. Discuss how misperceptions influence attitudes and behaviors
3. Explain how the Positive Community Norms approach corrects misperceptions to impact behavior and increase health

[Register here.](#)

Mental Health Resources

NAMI Maine Helpline: Phone: 1-800-464-5767, press 1

Email: 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



Visit our Website

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(207) 563-1330

STAY CONNECTED

