



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,

We've decided to shake up our newsletter structure a bit and will be kicking them off with an introduction. I think it's fitting that we are starting this in our last newsletter of 2021, as it provides us with a great opportunity to reflect on the happenings of the last year.

In 2021, Healthy Lincoln County was able to bring on Larissa Hannan as a substance use prevention coordinator to facilitate our Drug-Free Communities grant and harm reduction work. She reinvigorated our coalition and hit the ground running and secured our funding for Year 7. Over the summer we were awarded a grant through the Comprehensive Addiction and Recovery Act which allowed us to bring on another coordinator, Dona Lane to assist. It's been exceptional having a strong substance use prevention team, and I look forward to the growth of our work in 2022.

Through collaboration within our coalition, we have been able to coordinate a Sticker Shock event, multiple Responsible Beverage Server Trainings that reached numerous local businesses, develop a comprehensive parent survey, create a designated driver initiative with law enforcement, and hundreds of students were able to receive substance use prevention and resiliency training in their classrooms. We are also thrilled to announce that our SUPP Coalition graduated from the National Coalition Academy and are grateful for the participation of SUPP members who sat through many hours of training to make that happen. These are only a handful of many accomplishments from this past year, and ones we are exceedingly proud of.

Lastly, I want to extend a warm thank you to all of our exceptional community partners. From like-minded organizations, youth-serving entities, law enforcement, schools, local businesses, parents, and dedicated community members – this work would not be possible without you. You all are the heart and soul of this community, and we are incredibly humbled to have you take part in our mission to improve the health and well-being of our residents.

I hope you have a joyous holiday season. I look forward to our collaborations together in 2022.

Yours in health,

Kelsey Robinson
Director, Healthy Lincoln County

NEXT SUPP MEETING: January 18th 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, January 18th 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!](#)

Working with Local Law Enforcement to Reward Responsible Drivers

This holiday season, Healthy Lincoln County will be partnering with local law enforcement to reward those safely driving, or serving as a designated driver. Officers will be supplied with gift cards and certificates from local businesses to hand out to anyone they see safely following the law!

The holidays are busy, stressful, and sometimes the little things go unnoticed. We hope that these small acts of kindness will spread some cheer and recognize our community for putting safety first while on the road! Stay tuned for more information after the New Year- and be on the lookout, you just might be spotted and recognized!



What's New at Healthy Lincoln County?



The Substance Use Prevention Partnership has GRADUATED from CADCA Academy!

As many of you are aware, Lincoln County's Substance Use Prevention Partnership (SUPP) has spent 2021 with the Community Anti-Drug Coalitions of America (CADCA) Academy, the sponsored organization of the Drug Free Communities grant, to guide awardees through skills and assessments related to successful coalition work. Larissa Hannan, our Substance Use Prevention Project Coordinator, attended the CADCA Academy with Kelsey Wollen, Rand Maker, Angela Arteaga and HLC Director Kelsey Robinson.

Recently, our coalition was notified that we have graduated from the academy, which not only is a notable feat in itself, but means that CADCA will notify the Drug Free Communities grant that our coalition has illustrated the appropriate skills to continue on with our grant funding.

THANK YOU! To all of you who participated and assisted in the hard work it took to receive this award.

Sticker Shock: THIS FRIDAY

On December 17th, students from Lincoln Academy, along with Damariscotta Police Department, the Lincoln County Sheriff's Office, the CLC YMCA, and substance use prevention coordinators from Healthy Lincoln County will spend the afternoon placing thousands of bright orange stickers on packs of alcohol at four Damariscotta retailers.

They do this as part of an effort called "Project Sticker Shock" which aims to prevent underage drinking. Sticker Shock is sponsored by the Maine Office of Substance Abuse & Mental Health Services and aims to reach individuals over age 21 who legally purchase alcohol and provide it to a minor. A team of youth, accompanied by adult chaperones and local law enforcement officers, will visit stores to place stickers on beer and other appropriate alcoholic beverages. The stickers are designed to remind adults who might purchase alcohol and then provide it to minors, which can result in fines up to \$2,000 and possible jail

time.

The results of a local youth substance use assessment show that over half of Lincoln County high school students think it would be easy to get alcohol if they wanted it, according to the 2019 Maine Integrated Youth Health Survey.

Project Sticker Shock is sponsored by the SUPP Coalition (Substance Use Prevention Partnership) with support from Healthy Lincoln County and the CLC YMCA Teen Leaders.

Providing Alcohol to Minors (Under 21) Is ILLEGAL

Fines are up to \$2,000 and/or up to one year in jail and you may be charged with a felony if death or injury results.

IF THEY CAN'T BUY IT, DON'T SUPPLY IT!

MAINE.GOV/DHHS/STICKERSHOCK

HELP PREVENT YOUTH ALCOHOL USE

THINGS YOU CAN DO

- SAY "NO" IF ASKED TO PROVIDE YOUTH WITH ALCOHOL OR A PLACE FOR YOUTH TO CONSUME ALCOHOL
- KEEP ALCOHOL SAFELY LOCKED UP AND TRACK QUANTITY
- AVOID HAVING YOUTH GET YOU OR MAKE YOU DRINKS
- TALK WITH YOUNG PEOPLE ABOUT WHY THEY SHOULD NOT DRINK ALCOHOL

MAINE.GOV/DHHS/STICKERSHOCK

New and Upcoming Opportunities

Coming Soon: Introduction to Building Welcoming and Inclusive Communities for LGBTQ+ Youth with OUT Maine January 20, 2022 10am - 12pm

Healthy Lincoln County has partnered with OUT Maine to allow our SUPP coalition access to their introductory course on building inclusive communities.

This training is designed for community-based organization staff, social workers, mental health providers and case managers who are new to working with LGBTQ+ youth, have limited LGBTQ+ education or would like a refresher. This training will provide participants with an understanding of risk and protective factors for LGBTQ+ youth; the importance of language, terminology, and pronoun usage; how to advocate for LGBTQ+ youth; and developing welcoming and inclusive environments. This training is primarily lecture-style.

We have a limited number of seats available! If you would like to participate in this training, please notify our team via this form so that we can send you the Zoom information!

[Register Here.](#)

Other OUT Maine Online Happenings this December!

Get Creative & Festive with Fruit Loops & Queeries! Sign up now to celebrate Winter Holidays and the New Year with LGBTQ+ and allied friends! Mia from the Center for Maine Contemporary Art (CMCA) will be leading a two-part virtual art workshop for both Queeries and Fruit Loops.

Fruit Loops (ages 9-12) *Wednesdays 3:30 - 4:30 pm*

- 8th Art Workshop
- 15th Art Workshop
- 22nd Holiday Activity
- 29th New Year Activity

Queeries (ages 13-17) *Thursdays 3:30 pm - 4:30 pm*

- 9th Art Workshop
- 16th Art Workshop
- 23rd Holiday Activity
- 30th New Year Activity

Parent and Family Night Next Meeting: Thursday, January 6th 6:00 – 7:00 pm

Led by Aiden Campbell, LMSW-cc, the monthly discussion group addresses questions about terminology, name changes, and other topics pertinent to parents of LGBTQ+ youth. The group is also for parents who are LGBTQ+ themselves.

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

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



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