

January 2022



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,

Happy New Year!

Thank you for taking the time to read through our updates for the start of the new year. It's amazing to me that we are already in 2022, but I'm feeling excited and energized about the work and collaboration that's on the horizon.

As we are now heavily into Year 7 of our Drug Free Communities grant, a big focus this year will be on sustainability and thinking about the coalition's structure and function in the coming years. This summer we will be submitting a formal sustainability plan to the Centers for Disease Control and Prevention to help us prepare for the future as we navigate through DFC years 7 to 10. Our substance use prevention team here at HLC is excited to engage the coalition in this planning process. We look forward to creating a space for our partners to be creative, and to envision what SUPP may like in the future. Although the summer seems so distant at this moment, we know it will be fast approaching, so we encourage you to put your thinking caps on and join us at our monthly meetings to share your ideas.

I look forward to seeing you soon!

Stay safe and well,
Kelsey

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
Passcode: SUPP281

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!](#)

Happy New Year, SUPP!

Year 7 in DFC work is all about **sustainability**.

Find sustainability as our main theme in this year's meetings leading up to our annual report to the CDC!

We look forward to another great year with an awesome group of community members. Thank you for all that you do to make Lincoln County a wonderful place to live, work and play!

What's New at Healthy Lincoln County?



Register Now!

**Introduction to Building Welcoming and Inclusive Communities for LGBTQ+ Youth
with OUT Maine**

January 20, 2022 10am - 12pm

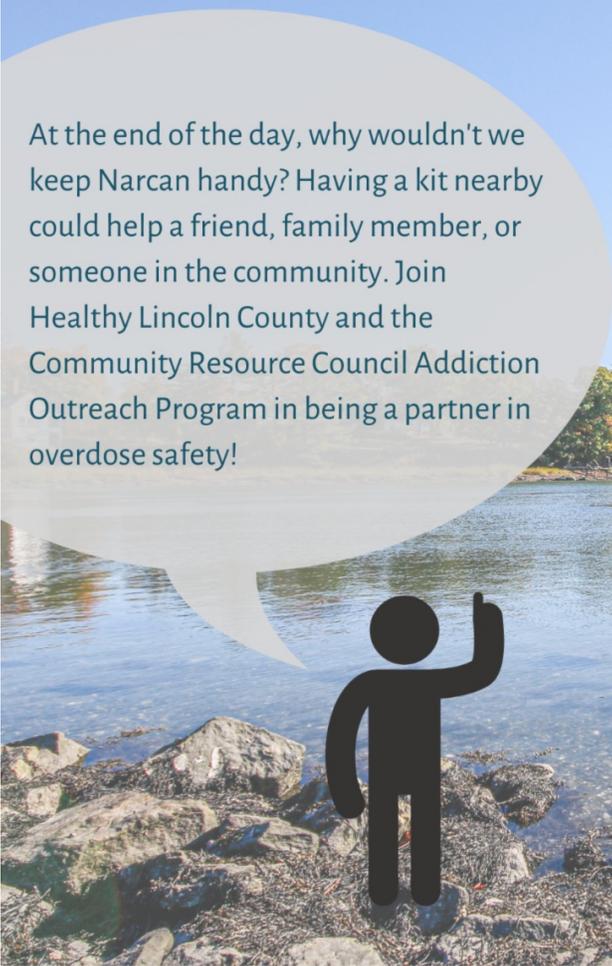
Healthy Lincoln County has partnered with OUT Maine to allow our SUPP coalition access to their introductory course on building inclusive communities.

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 just 5 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.](#)

Keep Our Community Healthy: FREE Narcan Training



At the end of the day, why wouldn't we keep Narcan handy? Having a kit nearby could help a friend, family member, or someone in the community. Join Healthy Lincoln County and the Community Resource Council Addiction Outreach Program in being a partner in overdose safety!

WHEN:

January 28, 2021 at 10am

The training will last approximately 1 hour and will be hosted on Zoom.

HOW TO REGISTER:

[CLICK HERE](#) to register or call 207-622-7566 x233.

ADDITIONAL DETAILS:

This training is free, on behalf of Healthy Lincoln County- a tier two distributor of Narcan (Naloxone) in the State of Maine in collaboration with the Community Resource Council Addiction Outreach Program. Upon completion of this training you will receive one kit per employee that attends, or one for your first aid kit, depending on your needs. Additionally, you will receive supplemental resources to have on hand should you want to review what was discussed in the live training event. This event will not be recorded to ensure that only those who attend receive kits.

For more information, or questions, contact:
Larissa Hannan at lhannan@healthylincolncounty.org



HEALTHY LINCOLN COUNTY INVITES YOU TO PARTICIPATE IN

OUR VOICES

a bi-weekly supportive session for grandparents raising grandchildren.



THURSDAYS | 10:00 AM - 11:30 AM

Have You Heard of Our Voices? Thursdays 10-11:30 am

Healthy Lincoln County is working with multiple churches across Lincoln County to connect caregivers together to support one another.

This awesome group currently meets in person on a bi-weekly basis. If you would like more information on the "Our Voices" group, please reach out to Dona Lane at dlane@healthylincolncounty.org

New and Upcoming Opportunities

Other OUT Maine Online Happenings

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

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](#)

Transgender Introductory Primer

January 21st
12:00pm-2:30pm

The Transgender Introductory Primer, delivered by MaineTrans.Net, is ideal for a variety of professionals in the helping and health professions, particularly mental health, social service and medical providers. During this training, participants will learn basic terminology and theory, how to ask for pronouns, health disparities facing the transgender community, resiliency factors, gender transition paths and support needs, and targeted best practices. Providers will have an opportunity following the training to list themselves in MaineTransNet's community health database.

[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



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