

March 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,

I don't know about you, but with the increase in daily sunlight and slightly warmer temperatures, I'm starting to feel awakened and energized for the spring and summer months ahead.

This spring we are thrilled to be collaborating with some community partners on various activities such as hosting a series of Story Walk events, offering Responsible Beverage Server trainings, and connecting with local establishments to disperse 2022 ID checking guides, to name a few.

There is a lot happening in the coming months, so we hope you'll consider joining us for both our SUPP Coalition meetings, and helping us spread the word about the groups we have going on, and events such as Drug Take Back Day. We aren't the only ones hosting events, however! A lot of our amazing partners have been sharing their upcoming opportunities and have exciting things on the horizon. We encourage you to let us know about what's happening in your organizations or community and will happily assist in spreading the word.

We love having such an inspiring community dedicated to the overall health, wellness, and resiliency of our residents.

We look forward to the months ahead!

Be well,
Kelsey

NEXT SUPP MEETING: April 12th 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, February 15th 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!](#)

National Drug and Alcohol Facts Week March 21 - 27

Let your community know why you participate in the Substance Use Prevention Partnership!

National Drug and Alcohol Facts Week®, or NDAFW, is an annual, week-long, health observance that inspires dialogue about the science of drug use and addiction among youth. It provides an opportunity to bring together scientists, students, educators, healthcare providers, and community partners—to help advance the science, so that we can improve the prevention and awareness of substance misuse in our own communities and nationwide.

It was launched in 2010 by scientists at the National Institute on Drug Abuse (NIDA) to stimulate educational events in communities so teens can learn what science has taught us about drug use and addiction. The National Institute on Alcohol Abuse and Alcoholism became a partner in 2016, and alcohol has been added as a topic area for the week. NIDA and NIAAA are part of the National Institutes of Health, and work with leading organizations, media outlets, and other Government agencies to spread the word about NDAFW.

So- How can SUPP participate in NDAFW? You can do a few things!

First, NDAFW created a web tool where teens can test their knowledge. If you are a parent or a teacher, this may be useful for you! We recommend you test your own knowledge as well to stay up to date!

[National Drug and Alcohol Facts Week Quiz Link](#)

Second, you can print the sign below and write your reason you want to shatter the myths around substance use. Myths can be anything from "using drugs is cool" to a false statement you have heard about how a substance affects the body. Send them in to Larissa at Ihannan@healthylincolncounty.org before next week and Healthy Lincoln County will post to our Facebook page! We would love all our partners to team or individual photos showing their support for the event.

Please click the photo to download the PDF to print.

I want to SHATTER THE MYTHS® because...



What's New at Healthy Lincoln County?

Drug Take Back Day is April 30th, 2022!

The semi-annual event, Drug Take Back Day, comes back to Lincoln County at the end of next month. Which means it's time to start promoting! Below you will find the new DTBD flyers to share with your partners. Please spread the word far and wide, print and post to bulletins, and let us know if you have any questions!

Semi Annual Medication Disposal Event:

Drug Take Back Day

DEA NATIONAL TAKEBACK

Drop off unused, expired or unwanted drugs

APRIL 30, 2022 10 AM - 2PM

Boothbay Harbor: Town Office
Whitefield: Whitefield Lions Club
Damariscotta: LincolnHealth Miles Campus
Waldoboro: Town Office
Wiscasset: Wiscasset Police Department

For more information, call 882-7332



Protect your pet from accidental overdose.



Safely dispose of unwanted, unused, or expired human and pet medicines/drugs at

Drug Take Back Day

April 30, 2022 10 am - 2pm

Drop Off Boothbay Harbor: Town Office
Available at 5 Whitefield: Whitefield Lions Club
Locations, Damariscotta: LincolnHealth Miles Campus
No Questions Waldoboro: Town Office
Asked Wiscasset: Wiscasset Police Department

For more information, call 882-7332

DEA NATIONAL TAKEBACK



Protect our natural resources.
Don't flush medications.



Safely dispose of unwanted, unused, or expired human and pet medicines/drugs at

Drug Take Back Day

April 30, 2022 10 am - 2pm

Drop Off Boothbay Harbor: Town Office
Available at 5 Whitefield: Whitefield Lions Club
Locations, Damariscotta: LincolnHealth Miles Campus
No Questions Waldoboro: Town Office
Asked Wiscasset: Wiscasset Police Department

For more information, call 882-7332

DEA NATIONAL TAKEBACK



Protect your child from accidental ingestion.



Safely dispose of unwanted, unused, or expired human and pet medicines/drugs at

Drug Take Back Day

April 30, 2022 10 am - 2pm

Drop Off Boothbay Harbor: Town Office
Available at 5 Whitefield: Whitefield Lions Club
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DEA NATIONAL TAKEBACK



Healthy Lincoln County is launching a NEW initiative for Lincoln County students!

Students can join the first Tuesday of the month from 10:30 am to 12 pm during their lunch period, or the third Thursday of the month from 4 to 5:30 pm.

This group is intended to stay true to the "drop in" format! Students can stay as long or as little as they please to connect and get to know one

another.

Help us spread the word! The flyer to the right is a clickable link to download a PDF version, where you can print and share to your contacts.



REMOVING BARRIERS TOGETHER

A VIRTUAL SAFE SPACE FOR LGBTQ+ YOUTH & ALLIES

Join us!
First Tuesday of the month from 10:30am - 12pm
Third Thursday of the month from 4 - 5:30pm

Got questions or need to register? We've got you covered! Contact:

Dona Lane
207-622-7566 x256
dlane@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 weekly basis, alternating between Waldoboro and Bristol.

If you would like more information on the "Our Voices" group, please reach out to Dona Lane at dlane@healthylincolncounty.org

Sticker Shock is BACK!

Waldoboro Police, Karen-Ann and the Y teen Leaders and Sources of Strength Students are teaming up along with the support of Healthy Lincoln County to lead another sticker shock program on March 16!

Stay tuned for more details on the Healthy Lincoln County Facebook page!

New and Upcoming Opportunities

OUT Maine Online Happenings

OUT Maine is looking for volunteers and donations for this year's Rainbow Ball! Started 14 years ago, Rainbow Ball Weekend is larger than an event, it's a 3-day weekend of educational and social programming for 200 Maine lesbian, gay, bisexual, transgender, queer, questioning (LGBTQ+) and allied high school students. Rainbow Ball Weekend builds community and connections, opens youth to a wider world of more acceptance and opportunity, and encourages educational aspirations.

Rainbow Ball Weekend's programming and activities directly address the isolation, underdeveloped aspirations, academic challenges, health risks and lack of hope faced by many Maine LGBTQ+ youth. Each year, youth look forward to this weekend, which includes a safe prom, workshops, and leadership

skillbuilding, thanks to our partnership with Camp Kieve-Wavus. Rainbow Ball Weekend is a direct youth suicide prevention intervention, giving participants a year-long sense of community, hope, joy, and motivation to complete high school that is supported by ongoing regional youth-connecting events in the ensuing months.

Find out more here: [What is Rainbow Ball Weekend? - OUT Maine](#)

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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Follow (207) 563-1330

