



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,

Spring has officially sprung!

I feel like since our last newsletter we have had numerous initiatives take place, we've been connecting with more partners, and many ideas have bloomed into actuality.

I wanted to take a moment in this edition of the newsletter to extend a big thank you to our law enforcement partners. In the last month, we've been able to host a Sticker Shock event in Waldoboro with Chief Lash, which has sparked interest in holding events throughout the rest of the county. We have scheduled a Responsible Beverage Seller/Server Training with the Lincoln County Sheriff's Office. We've connected with Deputy Chief Maker, Chief Warlick, Chief Lash, and Chief Hesseltine to deliver ID checking guides and other substance use prevention resources to alcohol retailers in the county and will be doing the same with Chief Hasch in Boothbay later this month. Not only did our law enforcement leaders agree to assist in our efforts, but they also took numerous hours out of their day to spend time with our team, connecting with us, and providing valuable information to our community members.

Our law enforcement leaders have an incredibly challenging job, they're battling staff shortages and long hours. However, they never cease to support our efforts and to serve our communities well, both in and out of uniform.

With that, I want to say a big THANK YOU to the Damariscotta, Wiscasset, Boothbay, and Waldoboro Police Departments, as well as the Lincoln County Sheriff's Office - for being pillars of our community, graciously supporting our initiatives, and holding space for us to be partners. We couldn't do without you.

Be well,
Kelsey

NEXT SUPP MEETING: May 17, 2022 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=ZDF0S2c5MEExendQN01laFVUbVVLQT09>

Meeting ID: 895 9687 4673

Passcode: SUPP281

Our meeting agendas and minutes can be found here: [SUPP 2021 Agendas and Minutes](#)

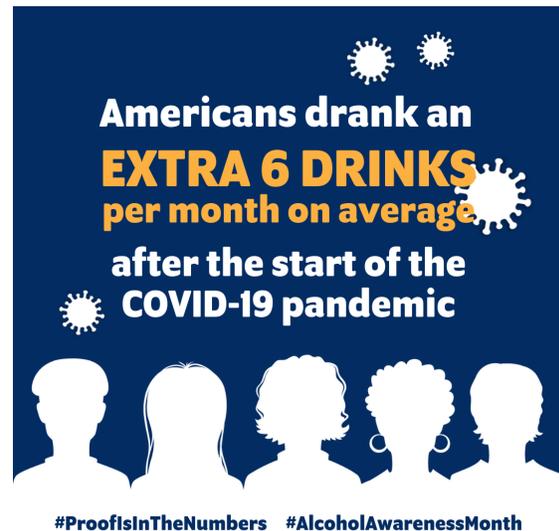
Check out what the group has been chatting about!

[Click Here to Join the Next SUPP Call!](#)

April is Alcohol Awareness Month

Alcohol Awareness Month is a health awareness campaign established in 1987 by the National Council for Alcoholism and Drug Dependence (NCADD). In addition to raising awareness, Alcohol Awareness Month seeks to educate communities about the causes of alcohol use disorder, educate people how the disease can be addressed, and to reduce social stigma.

The State of Maine offers many different resources on their webpage to help communities create programming and support! Below you will find a link to Maine's campaigns as well as the 2022 Alcohol Awareness Toolkit.



[Alcohol Misuse Prevention in Maine | MeCDC | DHHS](#)
[Alcohol Awareness Toolkit Link](#)

What's New at Healthy Lincoln County?

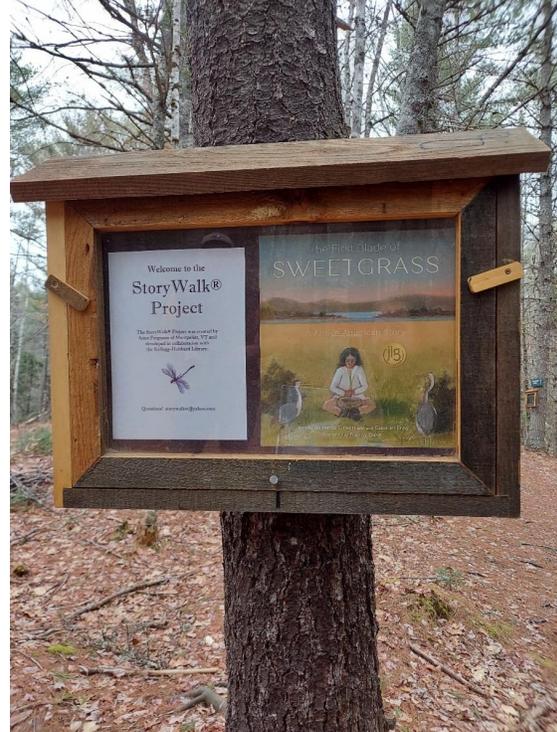
**Hidden Valley Nature Center
StoryWalk® Launching This Weekend!**

Join us for a month-long event, where *The First Blade of Sweetgrass* by Suzanne Greenlaw and Gabriel Frey will be displayed on a trail at Hidden Valley Nature Center.

Enjoy the outdoors while reading along about a story of a modern Wabanaki girl who is excited to accompany her grandmother for the first time to harvest sweetgrass for basket making.

Event runs April 16 through May 14 at Hidden Valley Nature Center. Signs were graciously created by Mobius and book is sponsored through Skidompha Library.

Stay tuned for more StoryWalks® in 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



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



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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!
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

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.

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

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

Recording Available: Cannabis Legalization in New England: Using Data to Understand Regional Context and Consumption Patterns Webinar

Healthy Lincoln County recently attended a webinar on New England legalization of Cannabis products. The recording is one hour in length and certainly worth the watch! If you have ever wondered what discrepancies might exist from state to state, the keynote speakers walk attendees through resources and legislation regarding marijuana. Recording below! Be sure to check out New England PTTC's YouTube page for more great recorded webinars.

https://www.youtube.com/channel/UC_j_KERkrU8OGPkalcxro2Q

Free Motivational Interviewing Offering

In need of a refresh with motivational interviewing? Lunder-Dineen now offers two free modules on their website, available through May 22, 2022. At the end of the training, attendees should be able to:

1. Identify key differences between motivational interviewing and traditional techniques used to facilitate behavioral change with patients.
2. Summarize the role of ambivalence as it relates to changing health behaviors and list the stages of behavioral change.
3. Assess communication strategies currently used when interacting with patients who are contemplating behavioral change and determine whether or not the provider is employing motivational interviewing techniques.
4. Employ motivational interviewing effectively with patients who are in need of or considering smoking cessation, weight loss, or have medication adherence issues.

Intended for physicians, healthcare providers, and LCSWs, though those with a background in motivational interviewing may also find this training helpful.

[Motivational Interviewing Modules](#)

PTTC Webinar: Knowledge, Skills Action: Implementing a Youth Empowerment Program

April 26, 2022 1-2pm EST

This session will provide attendees with core principles and extensive insight on the process of implementing or enhancing a youth empowerment program. The One Voice

Youth Empowerment Model will be explained and specific examples of steps that can be taken to prepare to implement that model will be illustrated. Topics covered include important considerations for getting a program started, staffing, funding, youth as a part of a coalition, and recruiting youth participants. Examples of action projects in 4 key categories of advocacy will be described: Educational, policy change, media and community awareness activities.

The training will also include elements related to:

- Developing core advocacy skills for youth advocates,
- Ideas for selecting action projects,
- Techniques for coaching youth advocates,
- Resources available from Dover Youth to Youth to assist the adult adviser will be described and/or provided.

This webinar is designed for adults that work with youth advocates, those that supervise youth programs, or those wishing to implement a youth empowerment program. After the core presentation, time will be allowed for questions from webinar attendees. This webinar will be presented by Dana Mitchell, MPA, CPS, Prevention Coordinator for Dover Youth to Youth as well as current members of Dover Y2Y.

PTTC Webinar: The Lion's Side: Storytelling for Public Health

May 3, 2022 11 am - 12:30 pm

Join Dr. David Fakunle as he guides participants through his journey of utilizing storytelling as a dynamic tool for public health, including advocacy. This interactive workshop will introduce participants to the art and science of narrative, while providing understanding of storytelling's critical elements and how to apply them. The workshop's goal is to strengthen participants' prevention science activism by activating their organic communication abilities, while demonstrating that they are able to simultaneously demonstrate robust scientific advancement and genuine humanity.

By the end of the webinar participants will have:

- Basic understanding of narrative and storytelling's concepts and approaches
- An opportunity to practice storytelling focusing on public health advocacy
- Empowerment to integrate impactful human narratives within their existing advocacy strategies

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



Healthy Lincoln County
281 Main Street | PO Box 1287 | Damariscotta, ME 04543
Follow (207) 563-1330

STAY CONNECTED



Healthy Lincoln County | 281 Main Street, Damariscotta, ME 04543

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