



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 hope this email finds you healthy and well.

It's a busy time with the school year winding down, spring and summer activities underway, and numerous community projects happening. Although there's a lot in motion, we're feeling really inspired about planning for our next year's substance use prevention efforts.

We've been trying to think outside of the box on how to bring innovative efforts to Lincoln County, and have been taking time to learn from our partners from coalitions from other parts of the State. We hope that you'll join us for our next SUPP meetings so you can help us brainstorm on what we should do next!

We look forward to seeing 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=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!

May is Mental Health Awareness Month

Mental Health awareness month reminds us to not only support the ones we love, but to also dedicate time to seek help for ourselves; whether that is through spending time with friends or sitting down with a professional.

The Yellow Tulip Project was created to smash stigma associated with mental illness and to build community to remind people that there is help and hope for those living with mental illness. For the month of May, this organization is hosting "Move It for Mental Health", which encourages us to get active outside with our dogs! For more information, please visit the link below- and don't forget to send us your photos of you out and about with your pups!



[Move It! for Mental Health - Yellow Tulip Project \(theyellowtulipproject.org\)](https://theyellowtulipproject.org)

What's New at Healthy Lincoln County?

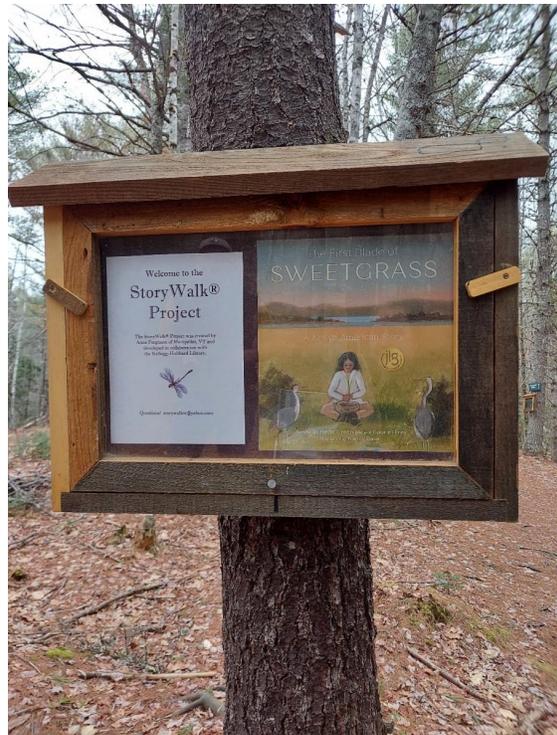
StoryWalk® Happennings

You can now find StoryWalks at Hidden Valley Nature Center and the CLC YMCA!

Hidden Valley Nature Center is featuring the book "I Think, I Am" from May 16 through June 18; a book focused on resiliency and the power of the words we use about ourselves. This is great for kids and adults alike!

The CLC YMCA is featuring the book "Up in the Garden, Down in the Dirt" through the end of May on their trail. This book is terrifically timely, teaching kids about how gardens work and who they impact!

Make time this month to get outside and visit both sites. Don't forget to scan our QR code at the end to let us know what you thought and what future books you want to see on these trails!



Drug Take Back Day Success!

Local Lincoln County Drug Take Back Day sites collected a total of 613.8 pounds of medications this past event on April 30, 2022. This similar to last spring, where we collected 628 pounds. Curious about year's past? Take a look below!

A big kudos to those who worked this spring's event! If you missed the event, not to worry. There will be another event this fall OR you can drop off your unused medications at the following locations:

- Boothbay Harbor Police Department, Monday through Friday, 8:00 to 12:00 or 1:00 to 4:00

- Damariscotta Police Department, Monday through Friday, 8:00 to 4:00
- Waldoboro Police Department, Monday through Friday, 8:00 to 4:00
- Wiscasset Police Department, Monday through Friday, 8:00 to 4:00
- Lincoln County Sheriff's Offices, Monday through Friday, 8:00 to 4:00

Semi Annual Medication Disposal Event:

Drug Take Back Day

Lincoln County Community Results



Lincoln County Drug Take Back Day Number of Pounds of Medicine Collected



Updates on Naloxone Distribution

With your support, Healthy Lincoln County has officially distributed 100 doses of Narcan, and counting! Please keep spreading the word that our team is happy to train folks individually, at their business, or in their school. We feel so fortunate to be just one of many organizations in Lincoln County that are working to break down stigma related to substance use and Narcan. Thank you for all you do in helping us with this effort!

Healthy Lincoln County's new initiative for Lincoln County students!

Students can join 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

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

ARE YOU RAISING YOUR GRANDCHILDREN?

You are not alone.



Come join us and network with others.

Every other Wednesday, starting May 4th
6pm to 7:30pm on Zoom

- Financial resources
- Legal and educational systems
- The impact of alcohol and drug misuse
- Visitation



To learn more, reach out to either:

Leslie Livingston
Healthy Kids
llivingston@tidewater.net
207-563-1818 x1

Dona Lane
Healthy Lincoln County
dlane@healthylincolncounty.org
207-563-1330 x256



Have you heard about our offerings for grandparents and caregivers?

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

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

Managing Stigmatizing Language in Substance Misuse Prevention

May 18, 2022
1 PM–2:30 PM ET
FREE

To engage practitioners in understanding the immediate and lasting impact that stigma can have on the potential treatment of and recovery from Substance Misuse and Prevention. How we refer to, speak to, and document the experiences of clients affects how we connect and treat them. This training highlights the negative impact that our thoughtless word choices can have on our clients, and highlights our professional and ethical responsibility to be mindful in how we speak to and about those living with substance use disorders.

LEARNING OBJECTIVES:

- To present the ways in which our word choice and emphasis can result in stigmatized care for those living with substance misuse issues
- To offer highlights and foster reflection on how we may be causing barriers and social injuries to this vulnerable population
- To demonstrate alternative ways to compassionately capture clients' experiences in our documentation, verbal communication and relevant correspondence to reduce the barriers and stigma clients experience in care

Register here: [Managing Stigmatizing Language in Substance Misuse Prevention | Prevention Technology Transfer Center \(PTTC\) Network \(pttcnetwork.org\)](https://www.pttcnetwork.org/Prevention-Technology-Transfer-Center-(PTTC)-Network)

Building Protective Factors Using the Social Development Strategy

May 24, 2022
12:30 PM - 2 PM ET
FREE

To prevent substance misuse among our youth, we must enhance protective factors and reduce risk factors. Join this webinar to learn how to build protective factors in the youth in a straight-forward, easy to implement way using the Social Development Strategy.

LEARNING OBJECTIVES:

By the end of the webinar, participants will be able to:

- Name the elements of the Social Development Strategy
- Describe how the elements of the Social Development Strategy interact to create protective factors
- List a minimum of three ways that the Social Development Strategy can be incorporated into daily interactions and prevention strategies with youth

To learn more, or to register: [Building Protective Factors Using the Social Development Strategy | Prevention Technology Transfer Center \(PTTC\) Network \(pttcnetwork.org\)](https://www.pttcnetwork.org/Building-Protective-Factors-Using-the-Social-Development-Strategy)

Talking Effectively with Youth About Substance Use

May 25, 2022
1 PM–3 PM ET
FREE

Substance use is prevalent among adolescents and poses risks to their health and well being. Adults who work with adolescents are in a unique position to help, but often feel at a loss how to do so effectively, in a short amount of time, and without appearing judgmental. This presentation will address how to identify risky substance use, how to facilitate a brief conversation to enhance motivation to change, and how to avoid common pitfalls of talking with adolescents about substance use.

LEARNING OBJECTIVES

- Use a validated tool that quickly screens adolescents for substance use
- Perform a high quality brief intervention (conversation) with adolescents
- Help adolescents identify goals that reduce harm from substance use

Register here: [Talking Effectively with Youth About Substance Use | Prevention Technology Transfer Center \(PTTC\) Network \(pttcnetwork.org\)](https://www.pttcnetwork.org/Talking-Effectively-with-Youth-About-Substance-Use)

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](https://www.maine.gov/mom)

Mental Health Resources

[NAMI Maine Helpline](https://www.namimaine.org): Phone: 1-800-464-5767, press 1
Email: helpline@namimaine.org

[National Suicide Prevention Lifeline](https://www.suicideline.org): 1-800-273-8255
(press 1 for the Veteran Crisis Line)

[Maine Crisis Hotline](https://www.maine.gov/crisis): 888-568-1112 (text or call)

[Crisis Text Line](https://www.maine.gov/crisis): Text HOME to 741-741

[Maine Intentional Warmline](https://www.maine.gov/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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