

July 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,

Earlier this week, Larissa and I, along with some fellow coalition members attended Governor Mills' 4th Annual Opioid Response Summit. The full event was full of energy, creativity, and inspiration. Before each breakout and plenary session, an individual in recovery shared his or her story. To me, these voices of recovery were the most powerful part of the day.

One of the things you'll hear me say all the time at HLC is "nothing about us, without us," a phrase that was stated more than once at the summit. In all the work we do, we want to ensure that we are including the voices and perspectives of those who have lived experience, whether it's related to food insecurity, substance use disorder, or really anything. As we look ahead to the coming year and ways to expand coalition participation, I hope we can include more individuals with lived experience. The coming years are going to be heavily focused on building coalition sustainability and with that, we want to make sure individuals in our community with experience have a presence at the table. I hope you'll consider helping to make this happen.

I hope you all are enjoying this beautiful summer. We look forward to seeing you at our August meeting!

Be well,
Kelsey

We're On Break!

Please stay tuned for more SUPP information VERY soon!

We listened to the coalition, and we're hoping to bring back both in-person and zoom (hybrid) meetings beginning in August. Please keep your eyes peeled for a new invitation in our email!

As always, you can find previous meeting agendas and minutes can be found here:
[SUPP 2021 Agendas and Minutes](#)
Check out what the group has been chatting about!

A Recap of the Governor's 4th Annual Opioid

Response Summit

Were you at the Governor's Summit on Monday? If not, be sure to mark your calendars for next year's event. Our team at HLC was left feeling inspired and motivated to get into our 2022-2023 grant cycle this fall.

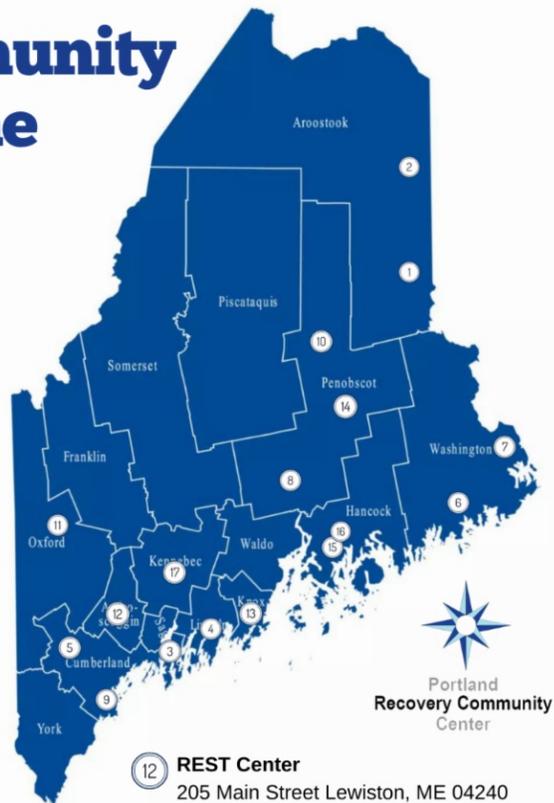
A few takeaways:

1. The Governor's Summit is an opportunity for us all to reflect on the incredible efforts that prevention, harm reduction, treatment and recovery efforts in our community. Please take time to thank our incredible partners for the work they do! If you are a professional in substance use treatment and recovery, THANK YOU!
2. the production company called "Points North", which featured an incredible story following a woman named Sarah, who has been in recovery for 10 years. If you get a chance, we highly recommend taking the time to view these short films- look them up here! <https://www.mainepublic.org/voices-of-hope-documentary-series>
3. Additionally, please check out the Voices of Hope page for resources related to treatment and recovery: [Resources - Voices of Hope and Recovery](#)
4. We participated in breakout sessions throughout the day highlighting an array of projects across Maine. What we learned is our coalition needs to work more closely with other surrounding organizations with the hope to continue to innovate, and of course, incorporate sustainability into our work!
5. If you are in the mood for a new book, please consider "American Fix", by Ryan Hampton. Ryan served as one of the keynote speakers at the Summit on Monday, sharing his path to recovery, as well as what he thinks might help prepare America to be a recovery ready community. Check it out! <https://ryanhampton.org/american-fix/>
6. Lastly, please take the time to view this resource. The HLC team had the pleasure of listening to incredible recovery facilities share about the resources and services they have available. While this map highlights physical locations, both presenters made it known that telehealth has allowed the opportunity for distant peer support. [Maine Recovery Hub | Portland Recovery Community Center](#)

While we didn't get the photo to prove it, our lovely partners Karen-Ann Hagar Smith and Chief Warlick attended the event as well! Be sure to ask about the breakout sessions they attended- it has been so great hearing about every attendee's experience!

Recovery Community Centers in Maine

- 1 **Aroostook Recovery Center of Hope (ARCH)**
59 Main Street Houlton, ME 04730
(207) 254-2213
- 2 **Roads to Recovery Community Center**
1 Water Street Caribou, ME 04736
(207) 493-1278
- 3 **Bath Recovery Community Center**
97 Commercial Street Bath, ME 04530
(207) 389-4937
- 4 **Harbor Peer & Wellness Center**
35 School Street Boothbay Harbor, ME 04538
(207) 315-1104
- 5 **Lakes Region Recovery Center (LRRC)**
25 Hospital Drive Suite E Bridgton, ME 04009
(207) 803-8707
- 6 **DownEast Recovery Support Center**
11 Free Street Machias, ME 04654
(207) 259-6238
- 7 **DownEast Recovery Support Center**
311 Main Street Calais, ME 04619
(207) 952-9279
- 8 **Bangor Area Recovery Network (BARN)**
142 Center Street Brewer, ME 04412
(207) 561-9444
- 9 **Portland Recovery Community Center (PRCC)**
102 Bishop Street Portland, ME 04103
(207) 553-2575
- 10 **Pir2Peer Recovery Center**
1009 Central Street Millinocket, ME 04462
(207) 447-9500
- 11 **Larry Labonte Recovery Center (LLRC)**
412 Waldo Street Rumford, ME 04276
(207) 418-4983



- 12 **REST Center**
205 Main Street Lewiston, ME 04240
(207) 783-7378
- 13 **Coastal Recovery Community Center**
11 White Street Rockland, ME 04841
(207) 691-3697
- 14 **Save a Life Recovery Center (SAL)**
19 VFW Street Lincoln, ME 04457
(207) 403-9100
- 15 **Your Place Recovery Center**
8 Old Mill Road Ellsworth, ME 04605
Facebook: @Yourplacerecovery
- 16 **INSPIRE Recovery Center**
24 Church Street Ellsworth, ME 04605
(207) 412-2288
- 17 **Augusta Recovery & Reentry Center (ARRC)**
2 Bangor Street 2nd Floor Augusta, ME 04330
(207)-226-3438

What's New at Healthy Lincoln County?

StoryWalk® Happenings

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

Hidden Valley Nature Center is featuring the book "And Tango Makes Three" by Peter Parnell and Justin Richardson. Tango's story is not only just a true story, but a sweet lesson on love!

The CLC YMCA is featuring the book "The First Blade of Sweetgrass" through the end of July on their trail. We love this story as it highlights the connection and

relationship between a grandmother and granddaughter!

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!



HLC Partners with Lincoln Health for Maternal Naloxone Project

After a successful pilot project in Farmington, hospitals and community partners across the state are working to expand availability of Naloxone via postpartum take home bags. New moms and families will have the option to be trained in Naloxone, because (like we always say) at the end of the day, why wouldn't we all keep it on hand?

We're so excited to be working on this endeavor; not only to build on education resources in Lincoln County, but to break down stigma related to Naloxone services. Stay tuned for more details as they come!

New and Upcoming Opportunities

New England PTTC Project ECHO: Prevention in the Era of Commercial Cannabis

12:00pm - September 15, 2022

ABOUT THE LEARNING SESSION

The landscape of cannabis prevention has changed dramatically as states across the country continue to pass laws decriminalizing or legalizing cannabis possession and establishing commercial markets for cannabis. Substance misuse prevention professionals must be able to adjust their approach to cannabis prevention to adapt to changing public perception of cannabis, respond to changing policies, and be aware of new trends in cannabis use and misuse across the lifespan. Through this Project ECHO hosted by CCSME in partnership with the New England PTTC, we will seek to provide support and education for substance misuse prevention professionals to address the changing landscape of cannabis prevention in their states and communities. The overall goals of this ECHO are to increase the use of evidence-based approaches to cannabis prevention, policy, and communication in New England.

LEARNING OBJECTIVES

At the conclusion of the Project ECHO, participants will be able to:

- Identify current evidence-based strategies to prevent youth and young adult cannabis use and mitigate problematic adult use
- Describe the trends of how commercial cannabis markets are emerging and evolving in New England states
- Discuss environmental and policy approaches that may be effective for prevention
- Use effective communication strategies to educate adults and youth about cannabis risk
- Discuss the intersection of prevention and equity as it relates to cannabis policy and outcomes related to cannabis use

Project ECHO®

Project ECHO (Extension for Community Health Outcomes) is an evidence-based distance learning method developed by researchers at the University of New Mexico, in which a group of faculty experts meets regularly with a participant cohort to engage in case-based discussion and learning. Using this format, this group will meet for 1.5 hours via Zoom videoconference monthly for 9 months consecutively (September-May). Each session will include a brief expert-led educational segment and an extended participant-led case discussion.

Learn more and register here: [New England PTTC Project ECHO: Prevention in the Era of Commercial Cannabis \(HHS Region 1\) | Prevention Technology Transfer Center \(PTTC\) Network \(pttcnetwork.org\)](#)

RECOVERY JOBS FOR BEGINNERS: A GUIDED WORKSHOP SERIES

WHEN:

5:30pm - 7:00pm

Session 1: July 19

Session 2: July 26

Session 3: August 2

Session 4: August 9

WHERE:

Virtual via Zoom with limited in-person seating at Healthy Lincoln County in Damariscotta.

REGISTER:

Access our online form.



<https://bit.ly/3N3naAW>

OR

Contact us.

support@rbhwcme.org

207-622-7566 x230

This Rural Behavioral Health Workforce Center Project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$455,000. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.

JOIN US IN EXPLORING CAREERS IN THE RECOVERY FIELD!



This four-part, **virtual** guided workshop series focuses on accelerating a person's entry into and progression in **behavioral health careers**.

Designed for people with lived experience and affected others, these sessions will provide a detailed understanding of recovery-related jobs, including the types of positions, education and skills required, and pathways for education and progression in the field.

WHAT'S INCLUDED?



Hear directly from **recovery career experts** like educators, career planning specialists, and community-based organizations.



Get guidance and support in developing and carrying out a career plan, including a **30-minute one-on-one career mentoring** session.



After attending all 4 workshops, you will receive a **backpack filled with items** to support your behavioral health career journey!



Maine Rural
Behavioral Health
Workforce Center



including
COVID-19
UPDATES

ALCOHOL SELLER/SERVER TRAINING

Responsible Beverage Server Training for On/Off Premise
Liquor Licensees is a State approved program covering:

- Maine's Liquor Liability Act
- Identifying minors to prevent underage sales
- How to prevent visibly intoxicated patrons from driving
- Importance of written policies to limit liability
- **Rules for curbside sales and ID procedures during COVID-19**

Two upcoming trainings open to all interested:

- August 9th at 7:30am at Brady's in Boothbay Harbor
- August 10th at 9am at Barnhouse Grill in Wiscasset

REGISTRATION REQUIRED.

Instructors:

Chief Deputy Maker & Deputy Bridgham

Attendees receive a certificate valid for
(3) years with Maine BABLO.

Register by contacting:

director@healthylincolncounty.org



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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