

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,

Thank you for bearing with us as we took a brief break from the newsletter last month. We spent the month doing lots of planning, and we look forward to sharing upcoming offerings in this edition!

I want to keep this introduction short and sweet and let the newsletter speak for itself. I will, however, put in a plug that we want to hear from you. A goal of ours at HLC is to highlight our partners, including those in prevention. If you are interested in being spotlighted in our next edition, send us a few sentences on why this work matters to you.

I hope you all are enjoying this transition into autumn. We look forward to seeing you at our October meeting!

Be well,  
Kelsey

## NEXT SUPP MEETING: October 18th 2-3pm

### We can't wait to see you at the next SUPP call!

Please join us on Tuesday, October 18th from 2-3pm for our next SUPP gathering. This meeting will take place at the Waldoboro Town Office. For those who can't make it in-person, Zoom is always an option!

Zoom information below:

<https://us06web.zoom.us/j/88304959155?pwd=K0J1K1R1V1T1ZpRTU5TC82RTJtYUc2dz09>

Meeting ID: 883 0495 9155

Passcode: 310038

## Upcoming Meeting Schedule

We listened to the coalition, and we're bringing back both in-person and zoom (hybrid) meetings.

As always, you can find previous meeting agendas and minutes can be found here:

[SUPP Agendas and Minutes](#)

Check out what the group has been chatting about!

Tuesday, October 18, 2-3 pm	Waldoboro	Waldoboro Town Office, please visit front desk to visit conference space
Tuesday, November 15, 2-3 pm	Wiscasset	Wiscasset Community Center (split room this month due to another meeting)
Tuesday, December 20, 2-3 pm	Boothbay	Boothbay YMCA
Tuesday, January 17, 2-3 pm	Damariscotta	CLC YMCA
Tuesday, February 21, 2-3 pm	Waldoboro	Waldoboro Town Office, please visit front desk to visit conference space
Tuesday, March 21, 2-3 pm	Wiscasset	Wiscasset Community Center
Tuesday, April 18, 2-3 pm	Boothbay	Boothbay YMCA
Tuesday, May 16, 2-3 pm	Damariscotta	CLC YMCA
Tuesday, June 20, 2-3 pm	Waldoboro	Waldoboro Town Office, please visit front desk to visit conference space

## Drug Take Back Day is October 29th!

**Semi Annual Medication Disposal Event:**

# Drug Take Back Day

*Drop off unused, expired or unwanted drugs*

**OCTOBER 29, 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*

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Protect your pet from accidental overdose.

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

### Drug Take Back Day

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

*For more information, call 882-7332*

Protect your child from accidental ingestion.

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

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*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

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Drug Take Back Day is a semi-annual event in Lincoln County. Please share these flyers with your

community partners to spread the word! Click any of the flyers above to be directed to a PDF download to print or email.

Remember! Drug Take Back Day is an incredible community event, but if someone you know cannot attend they have the ability to connect with their local police department any time of year to dispose of unwanted medications. Additionally, people who would like to dispose of e-cigarettes and vaping devices can do so at these events as well, so long that the batteries have been taken out prior to dropping off.

## What's New at Healthy Lincoln County?

Healthy Lincoln County, in partnership with the Maine Humanities Council, will be offering a Fall Discussion Project to gather community members to talk about things that matter in Lincoln County. The goal of these discussions is to foster real connectedness among individuals participating and to think about what these conversations mean in a larger context.

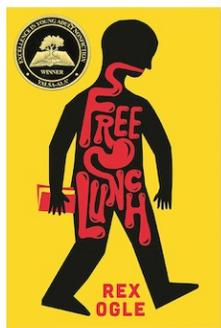
This kick-off event will be a mini-series, structured as a book club, where those interested in participating will receive a copy of a book prior to the event and will meet four times as a group to engage in conversation. The book choice for this project is *Free Lunch* by Rex Ogle. The 208-page novel is a memoir that talks about what life was like for a 6th-grade Rex, who was a poor child living in a wealthy community and, what that meant and how it felt. After reading the text, participants will convene and ponder the question “What if we all had enough?” What would that look like for our community?

The discussion project series will take place on four consecutive Wednesday evenings from 5:30 pm until 7 pm at the Central Lincoln County YMCA. The dates of the meetings are:

- October 26<sup>th</sup>
- November 2<sup>nd</sup>
- November 9<sup>th</sup>
- November 16<sup>th</sup>

We want to extend a huge thank you to our partners at the Central Lincoln County YMCA for graciously allowing us to use their space for this discussion project. In addition, Healthy Lincoln County would like to thank the Maine Humanities Council for this exciting opportunity and for supplying the books and facilitator for these engaging sessions.

To sign up, please contact Kelsey Robinson at [director@healthylincolncounty.org](mailto:director@healthylincolncounty.org)



## DISCUSSION PROJECT

with Healthy Lincoln County

MAINE HUMANITIES COUNCIL

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!

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### **HLC Receives Strategic Prevention Framework for Prescription Drugs (SPF-Rx) Funding through State of Maine**

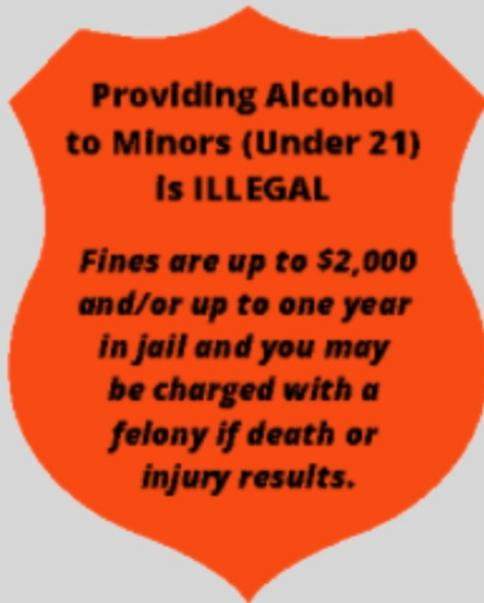
Earlier this fall, Healthy Lincoln County received notice that our request for SPF-Rx funds was granted. The goal of the funding is to increase knowledge, attitudes, and beliefs about the dangers of prescription drug misuse. To take part in this project, HLC will be purchasing and distributing prescription drug lock backs and helpful resources in the community.



**Next Sticker Shock is November 17th!**

# STICKER SHOCK!

## THINGS WE CAN DO TO PREVENT YOUTH ALCOHOL USE:



- ✓ Say "NO" if asked to provide youth with alcohol or a place for youth to consumer alcohol
- ✓ Keep alcohol safely locked up and track quantity
- ✓ Avoid having youth get you or make you drinks
- ✓ Talk with young people about why they should not drink alcohol



**New and Upcoming Opportunities**

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**

**Wednesday, October 19th from 9am - 1pm**

**Penalty Box Restaurant**

**436 Main Street in Damariscotta**

**\$15 per person**

## REGISTRATION REQUIRED.

Instructors:

Chief Deputy Maker & Deputy Bridgham

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

**Register using the QR code or by contacting:  
director@healthylincolncounty.org**





**the**  **YMCA**

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TRUNK OR TREAT COMMUNITY EVENT

**MONDAY, OCTOBER 31, 4-6PM**  
**GREAT SALT BAY COMMUNITY SCHOOL**  
**PARKING LOT**

Sponsored by the Damariscotta Police Department, Great Salt Bay Community School, and the Central Lincoln County YMCA

TO REQUEST TRUNK SPACE CONTACT KAREN-ANN HAGAR-SMITH AT  
[KHAGAR@CLCYMCA.ORG](mailto:KHAGAR@CLCYMCA.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](mailto:helpline@namimaine.org)

**National Suicide Prevention Lifeline:** 988  
(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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