



# 2023 ANNUAL REPORT



# Welcome!

## A Message From Our Director

Thank you for taking the time to review our Annual Report for 2023!

It is an absolute privilege to serve as the Director for Healthy Lincoln County. I have worked at HLC for three years now, first in substance use prevention, followed by SNAP education and food security, and now in my role as Director. In serving the Lincoln County community, I am continually in awe of the spirit and can-do attitude of our team, our partners, our volunteers, and our neighbors. The last time our team published an annual report, it was 2019- in other words, pre-pandemic. Now, our services have grown and flourished to better suit the needs of our community, through more in-depth food security programming, mobile outreach for emergent needs, harm reduction work, and more. I am so grateful to be a part of this evolution at HLC, and look forward to seeing what 2024 has in store for us.



I'd like to highlight our food security work success this year. HLC was awarded two large federal grants to expand our current programming. A \$135,000 USDA Farm to School grant will provide dedicated focus to linking our SNAP, Summer Meals, and food security programming to one another by working with local farms to integrate gleaned produce into the classroom and summer enrichment experience. A 3-year, \$500,000 USDA Farmers Market Promotion Program grant will enhance Lincoln County's accessibility to local produce by working with farms to assist in utilizing SNAP/ EBT services at their farm stands and at farmers markets across the county. These grants will ensure that more Lincoln County residents have access to fresh, local produce!

Another incredibly important project I'd like to highlight this year was the development of 716 Candles, a series of events across Lincoln County in late August designed to commemorate International Overdose Awareness Day, acknowledge and memorialize lives lost to overdose in Maine, stand up to stigma related to Substance Use Disorder, and highlight the great work our state and local partners are doing for the Lincoln County community. Read more about this work in our substance use prevention section!

Our team is incredibly grateful for the outpouring of support we have received this year. The work that we do each and every day could not be a fraction of what it is without the work of our incredible volunteer network and partners. We are so deeply touched that we belong to a network of individuals who strive to make Lincoln County the best place to live, work and play!

My sincere best to you,

Larissa Hannan Rhea, MPH  
Director, Healthy Lincoln County



# OVERVIEW



## WHO WE ARE

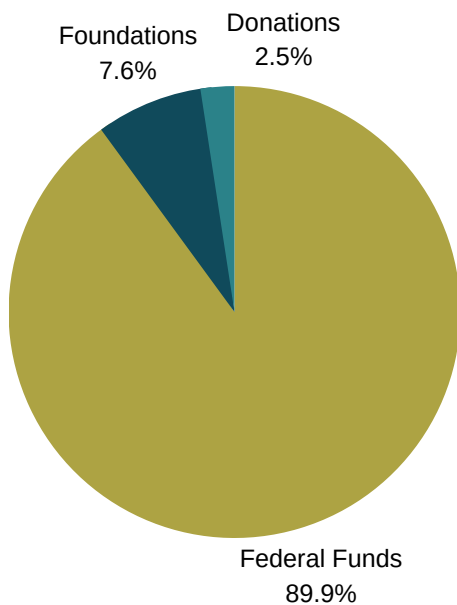
Healthy Lincoln County (HLC) supports thriving, healthy communities by working with our partners to improve the health and well-being of our residents.

HLC is a local community health non-profit agency serving all of Lincoln County, Maine. With our partners, we implement a number of data-supported strategies to improve community health including substance use prevention, food security programs, and nutrition education, specifically for our most vulnerable populations.

## AN OUNCE OF PREVENTION

An investment in prevention is a good deal.

Our 2023 budget was \$750,737. The majority of our funds at this time are federally supported.



## OUR AREAS OF FOCUS

### SUBSTANCE USE PREVENTION & HARM REDUCTION

Supporting people of all ages to be healthy and well, free of substance misuse and substance use disorder.

### FOOD SECURITY

Ensuring that all people have reliable access to healthy, nutritious, affordable food.

### NUTRITION EDUCATION

Ensuring that all people have the knowledge, skills, and access to eat healthy, and be physically active, making the healthy choice the easy choice.

## OUR ADVISORY COMMITTEE

Caroline Ward-Nesbit, Community Member  
Cathy Cole, LincolnHealth  
Drexell White, Maine CDC  
Marianne Pinkham, Community Member

## Our Team:

Larissa Hannan, Director  
William Matteson, Substance Use Prevention Coordinator  
Michaela Stone, Youth Development Coordinator  
Samantha Mehlhorn, SNAP Educator  
Madaline Copeck, Americore VISTA

# 2023 HIGHLIGHTS

## SUBSTANCE USE PREVENTION PROGRAMS



### SUBSTANCE USE PREVENTION PARTNERSHIP

The SUPP Coalition is a partnership of community members who are committed to **strengthening our communities to support alcohol and drug free youth** in Lincoln County. The SUPP coalition includes parents, youth, schools, law enforcement, businesses, and community organizations.

### YOUTH ENGAGEMENT

HLC is back in the classroom! The pandemic posed its set of challenges in assisting Lincoln County teachers in prevention efforts. After three years of virtual and hybrid classes, Our team partnered with LincolnHealth's Tobacco Prevention Coordinator, guiding middle and high school students through information related to substance use, mental health, and resilience.



### PARENT SUPPORT

HLC launched a newsletter with Lincoln Academy this year, which provides tips and tricks to having conversations with youth on substances, as well as up and coming information that is handy to know.

### COMMUNITY BUILDING & COLLABORATION

HLC partnered with Peter Bruun of Bruun Studios, to host the first ever **716 Candles Project**. 716 Candles was the culmination of five events across Lincoln County; each event boasting its own flare and set of activities, with the overall objective to stand up to stigma related to Substance Use Disorder, raise awareness of treatment & recovery resources in the county, grieve for the lives lost to overdose in Maine, and celebrate journeys to recovery. The events were entirely fundraised, with the community donating over \$14,000.00 of support.

A special thank you to Governor Mills, who spoke at the 716 Candles August 31 Boothbay Commons event!

# 37

The number of store and restaurant staff trained to prevent underage alcohol sales and over-consumption.

# 365

The number of people trained to administer Narcan in response to an opioid overdose.

# 458

The number of participants at Lincoln County's first ever 716 Candles Project series of events.



# 2023 HIGHLIGHTS

## SNAP-ED NUTRITION EDUCATION PROGRAM



### WHAT IS SNAP-ED?

Maine SNAP-Ed is a federally funded program that supports evidence-based nutrition education and obesity prevention. The program provides nutrition education services in settings like schools, Head Starts, grocery stores, and housing developments. This program is made up of community-level Nutrition Educators and Program Coordinators. Our goal is to provide participants with the skills and knowledge needed to make healthier food choices within a limited budget, and choose physically active lifestyles.

### NUTRITION EDUCATION FOR KIDS & ADULTS

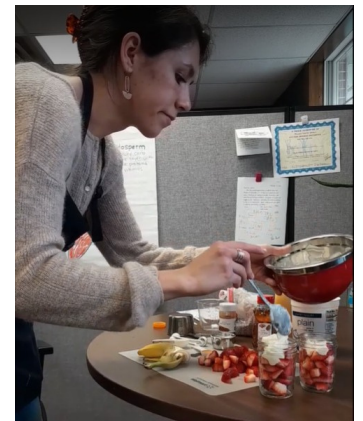
For the school year beginning in 2023, our Nutrition Educator provided evidence-based programs to children in **five local schools, two Head Starts, and a private preschool reaching over 495 children** in pre-K through 4th grade. In school year 2024 we have expanded to more cities and now see students through 7th grade. Monthly classes taught by our nutrition educator include a nutrition lesson, a fruit or vegetable tasting, and a movement activity to encourage youth to be more physically active. Materials are also sent home with students, reinforcing messages into the household. Classes for older children include food prep, reading recipes, cooking skills, and physical activities.

Additionally, we provided **five community classes for adults**, ranging from 6-week series to one-night events, all of which aimed to teach adults how to shop, cook, and eat healthy on a budget while using the USDA MyPlate Guidelines. The program used across Maine has consistently shown it contributes to increases in fruit and vegetable consumption, decreases in consuming sugar-sweetened beverages, and increases in daily physical activity.

### POLICY, SYSTEMS & ENVIRONMENTAL CHANGE

Using a public health approach to modify the environment and make healthy choices practical and available to all community members, our nutrition educator partners with schools, healthcare providers, farmers markets, and other programs in order to identify opportunities to improve policies and systems.

For example, this year we partnered with a local preschool to reinvigorate their school garden. Preschoolers participated in the planting, maintenance and harvesting of their garden throughout the summer!



# 2,097

Over 2,000 community members inspired to try healthy meals through sharing recipes.

# 495

The number of children receiving monthly nutrition education programs in 2023.

# 28

Classrooms chose to have SNAP Education services included in their monthly classroom offerings.

# 2023 HIGHLIGHTS

## FOOD SECURITY PROGRAMS



### LINCOLN COUNTY SUMMER MEALS

Every summer, once school lets out, many children who rely on free or reduced price school meals may go hungry. Healthy Lincoln County is a Summer Meals sponsor, working with local partner meal sites to make free, nutritious meals available to any child, all summer long. With partners like the schools, YMCAs, libraries, camps, law enforcement, and businesses, this program continues to grow.

In 2023, free meals were available at a **record-setting 29 meal sites** in Lincoln County and beyond. As a result, just over 23,000 meals were served to area children, including 6,605 breakfasts and 16,801 lunches. This is a **21% increase in the number of meals served compared to 2022, which served just shy of 19,000.**

We would also like to highlight our expanded our mobile route program to boast weekly gleaned produce at each stop to not only support youth, but families as a whole in making fresh, local produce more accessible to their community! Though 2023 was a rainy season, we were able to provide over 300 pounds of produce to the Wiscasset and Waldoboro mobile sites. This project was accomplished with Full Plates, Full Potential funds.

### MOBILE OUTREACH SERVICES

HLC now offers regular mobile outreach services, which aims to go beyond food, and connect the Lincoln County community to basic supplies and goods like blankets, toiletries, clothing, first aid safety items, and Narcan, as well as information related to housing, heating assistance and SNAP/ EBT services.

This new program is funded by the Maine Community Foundation, and was sparked by the HLC team participating in Maine's Point-In-Time (PIT) count. Overall, there were 4,258 unhoused individuals in Maine at the time of the last PIT count in early 2023, with 206 individuals living in the midcoast region, including Lincoln County.



# 23,406

The number of free, nutritious meals served to children this summer.

# 280

The number of volunteer hours over the 2023 summer to execute the Summer Meals Program.

# 32

The number of mobile outreach referrals received in 2023.



# 2023 HIGHLIGHTS

## FOOD SECURITY PROGRAMS



### FOOD CONNECTION SERVICES & GLEANING

Food security initiatives at HLC launched in 2017, when the Lincoln County Gleaners established as a volunteer-powered program. Since that time, the Gleaners have remained as a staple within our organization, with the most volunteer excitement and support of all of HLC's programs.

In 2023, HLC's food connection services **distributed a total of 33,379.5 pounds** of gleaned and donated produce, as well as dried goods and basic supplies to the Lincoln County community. 405 pounds of the donated produce specifically came from HLC's "Grow-A-Row" program, which encourages locals in Lincoln County to grow a few extra plants in their garden with the hope to donate into the Gleaners program.



Food that has been donated to HLC's food connection services is then shared across the county to our local Lincoln County food pantries, gleaned produce share tables, early childhood education programs, summer camps, libraries, hospitals, and more.



Connection to food services has expanded through use of the "Hotline", a phone number Lincoln County community members and partners can call to get connected to emergent food, access to basic living supplies, or to receive information related to heating and/ or housing assistance, as well as information on SNAP/ EBT services. In 2023, this service assisted **49 families**.

Additionally, be sure to check out our food security weekly column, **Bringing Food Home**, in the Lincoln County News! We share our gleaning adventures, recipes, highlight local partners, and so much more.

# 15,863

The number of pounds of dried goods and basic supply donations collected.

# 520.5

The number of volunteer hours in 2023 to maintain and grow food security initiatives in Lincoln County.

# 17,111

The number of pounds of gleaned produce rescued and distributed to community sites.

## THANK YOU TO OUR DONORS

For donations of funds, goods, and services:

- American Legion Post 36
- Bath Savings
- Bette and Rich Bond
- Clarks Cove Farm & Inn
- Colby & Gale
- Community Resource Council
- commonspace
- Congregational Church of Boothbay Harbor
- Damariscotta Bank and Trust
- Goranson's Farm
- Griffin & Harris Attorneys
- First Federal Savings Bank
- First National Bank
- Jane & Ernie Carroll
- The Knickerbocker Group
- Lincoln County Commissioners Office
- Lincoln County News
- LincolnHealth
- The Merritt Family
- Mexicali Blues
- Newcastle Vacation Rentals
- Oranges from Morgan
- Penobscot Bay Orchestra
- Rising Tide Co-Op
- Rotary Club of Boothbay Harbor
- Rotary Club of Damariscotta-Newcastle
- St. Philips Church
- Twin Villages Food Bank Farm
- U Maine Cooperative Extension
- Valerie Velho
- Veggies to Table



Thank you!



## THANK YOU TO OUR FUNDERS

- Burns Family Foundation
- Full Plates Full Potential
- Good Shepherd Food Bank
- Maine Center for Disease Control and Prevention/SAMHSA
- Maine Community Foundation
- Maine Department of Education/USDA
- Maine Office of Family Independence/USDA
- Quimby Family Foundation
- US Center for Disease Control and Prevention
- United States Department of Agriculture
- White House Office of National Drug Control Policy/SAMHSA



## THANK YOU TO OUR COMMUNITY PARTNERS

While we cannot begin to list every partner who we have had the pleasure of working with this year, we would like to acknowledge that our work would not be possible without some amazing people. We are deeply grateful for the time, resources, and generosity that so many individuals and organizations have shown us. Community health connects us all, and we are thrilled to work in this community to help make health happen here. Let's keep up the great work!

*Thank you!*

## HOW YOU CAN HELP

### Donate

Healthy Lincoln County is a nonprofit that relies on public and private financial contributions and grant funds to improve health and health outcomes in Lincoln County. If you want to make health happen in your community, honor a loved one, or are excited about one of our programs or projects, **please consider making a donation.**

You can donate by mail at the address below, or online at [www.mcd.org/donate](http://www.mcd.org/donate) and select to direct your donation to Healthy Lincoln County.

### Volunteer With Us

Give back to your community by volunteering with special projects or events. **Contact us** to learn about upcoming opportunities.

### Join A Committee

We are always looking for new voices at the table. The **HLC Advisory Committee** and the **Substance Use Prevention Partnership** are both active committees. Contact us if you are interested in learning more about these opportunities.

### Promote Our Work

Follow us on social media and **share our messages.** Invite us to speak with your book group, parent meeting, faith organization, sport club, business, fraternal organization, or other group interested in promoting a safe and healthy community for the youth of Lincoln County. We are available to customize a presentation for you. Contact us to learn more.



HLC is partnership program of MCD Global Health, a 501(c)3 headquartered in Hallowell, Maine. MCD is a Category A member of the National Network of Public Health Institutes.



**Healthy Lincoln County**

281 Main Street, PO Box 1287, Damariscotta, ME 04543

Ph: (207) 563-1330 | [www.HealthyLincolnCounty.org](http://www.HealthyLincolnCounty.org)





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