



## 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,

With the new year in full swing, we've certainly been a busy group as I'm sure all of you have as well!

One strong theme that we are feeling lately is **collaboration**. Our favorite part of this work is connecting with you all to find fun and creative ways to engage our community in prevention efforts and resiliency building.

We have been working with multiple partners on various initiatives, including an upcoming Sticker Shock in Waldoboro and garnering new youth participation, a first aid safety and naloxone training for the community, a new session for the grandparents raising grandchildren support group, a new virtual drop-in space for LGBTQ+ youth launch next month, and a Story Walk series at Hidden Valley Nature Center.

We are looking forward to sharing more about these events soon, so keep your eyes peeled!

Stay safe and well,  
Kelsey

## NEXT SUPP MEETING: March 15th 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!

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

## New Faces in Our Community

**The Restorative Justice Project Maine is on the move in Lincoln County!**

With a new fully-staffed Community Justice Hub in the Central Lincoln County YMCA, the Restorative

Justice Project Maine is growing its commitment to building safe communities in Lincoln County that affirm the value of each resident.

Founded in Belfast in 2005, the mission of the Restorative Justice Project Maine is to promote justice that is community-based, repairs harm, and creates safety and well-being for all. RJP Maine, in partnership with local volunteers, has offered facilitation of harm repair opportunities between juveniles and those they have harmed in Lincoln County since 2013. With the support of volunteer mentors, 94 percent of juveniles complete the agreements they have made with those they have harmed.

Community Justice Hubs are the next chapter in furthering restorative ways of being with local citizens, promoting long-term cultural practices to build safe communities where each person knows that they matter. Funded by a four-year grant from the Federal Bureau of Justice Assistance and the Byrne Center for Justice Innovation in rural areas, the Lincoln County Community Justice Hub will be managed full-time by Drew Himmelstein, RJP's new Lincoln Community Justice and Harm Repair Manager.

Starting in the spring, members of the public will be invited to participate in listening circles that will help determine the needs of the community and the future areas of focus for the Community Justice Hub. RJP will then be assembling a diverse steering team to guide the Community Justice Hub, with the hope that those who have experienced crime, those who have experienced the criminal legal system and those who have participated in restorative justice processes will consider joining. The steering team will work closely with RJP's data analysis partner, the Cutler Institute within the Muskie School for Public Service, to collect and analyze data and use it to enact strategies that promote safety and belonging in measurable ways.

"With this critical, highly anticipated step, restorative rather than punitive responses to harmful actions and damaged relationships will become more widely understood, practiced and eventually lead to rejuvenated and more durable relationships," says RJP Maine Board member and Lincoln County resident Dennis Anderson.

**Stay tuned for dates and more information about the upcoming listening circles** And if you're interested or want to know more, please contact Drew Himmelstein at [drew@rjpmidcoast.org](mailto:drew@rjpmidcoast.org) or (207) 505-2598. To learn more about Drew and the Restorative Justice Project, visit [www.rjpmidcoast.org](http://www.rjpmidcoast.org).

## What's New at Healthy Lincoln County?

### Healthy Lincoln County is launching a NEW initiative for Lincoln County students!

The first meeting date will be **March 2nd, 2022**. 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.



#### Join us!

First Tuesday of the month from 10:30am - 12pm  
Third Thursday of the month from 4 - 5:30pm

#### For more information or to get the Zoom link, please contact:

Donna Lane for questions about this group at  
207-622-7566 x256  
[dlane@healthylincolncounty.org](mailto:dlane@healthylincolncounty.org)

**Have You Heard of Our Voices?  
Thursdays 10-11:30 am**

Healthy Lincoln County is working with multiple

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

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.

If you would like more information on the "Our Voices" group, please reach out to Dona Lane at [dlane@healthylincolncounty.org](mailto:dlane@healthylincolncounty.org)

## Sticker Shock is BACK!

Waldoboro Police, Karen-Ann and the Y teen Leaders and Sources of Strength Students are teaming up along with the support of Healthy Lincoln County to lead another sticker shock program on March 16!

Stay tuned for more details!

## Community First Aid and Narcan Safety Training



**February 28, 2022**  
**4:30 pm - 6pm**  
**Damariscotta CLC YMCA**

Join us for a FREE community training in first aid as well as Narcan education and administration  
Register by calling 207-622-7566 x204 OR by visiting the link below:

[Register Here!](#)

Attendees will walk away with a first aid kit and two doses of Narcan

## Join Us in a First Aid and Narcan Safety Training!

We're looking forward to hosting a training alongside Waldoboro EMS, Damariscotta PD, the YMCA and the Maine OPTIONS program at the end of the month.

We need your help in spreading the word! Please click the image to the left to download a PDF and share the news with your community partners! Class size is limited to 12 people to be mindful of the ongoing pandemic.

Those who participate will walk away with a free first aid kit complete with two doses of Narcan, pending completion of the training.

Be sure to keep an eye out for a press release in the Lincoln County News soon!



OPTIONS  
SAVE LIVES

Healthy  
LINCOLN COUNTY

## New and Upcoming Opportunities

GET OFF THE GRID



& INTO YOUR HEART

# FAMILY\* RETREAT

## HIDDEN VALLEY NATURE CENTER

\* a group of people,  
who genuinely love,  
trust, care about,  
and  
look  
out for  
each  
other.

**FEBRUARY 21ST • 9:30a-3:30p**

Join Hearty Roots staff for a special winter retreat for campers and the supportive, trusted adult(s) in their life to dig deep and adventure together!

**CROSS COUNTRY SKIING • FAT TIRE BIKING  
GUARDIAN SUPPORT • PEER CONNECTION  
SOCIAL-EMOTIONAL LEARNING • FUN!**

### **\$75 SUGGESTED DONATION**

Includes Hearty Roots programming,  
bike and ski rentals, and warm drinks.

**To register & learn more visit [heartyroots.org](http://heartyroots.org) or  
email [connect@heartyroots.org](mailto:connect@heartyroots.org)**



GET OFF THE GRID  & INTO YOUR HEART

# WINTER SKILLS CAMP

## HIDDEN VALLEY NATURE CENTER IN JEFFERSON

**February 23-25 • 9:00am-3:00pm**  
**All Teens 13-14 • \$150 Registration Fee\***



**CROSS COUNTRY SKIING**  
**FAT TIRE BIKING**  
**WINTER PREPAREDNESS**  
**SOCIAL-EMOTIONAL LEARNING**  
**PEER CONNECTION & MORE!**

To register your teen & learn more visit [heartyroots.org](http://heartyroots.org) or email [haley@heartyroots.org](mailto:haley@heartyroots.org)

\*Ask about our scholarship program!

### OUT Maine Online Happenings

**Get Creative & Festive with Fruit Loops & Queeries!** Sign up now to celebrate Winter Holidays and the New Year with LGBTQ+ and allied friends! Mia from the Center for Maine Contemporary Art (CMCA) will be leading a two-part virtual art workshop for both Queeries and Fruit Loops.

Fruit Loops (ages 9-12) *Wednesdays 3:30 - 4:30 pm*

- 8th Art Workshop
- 15th Art Workshop
- 22nd Holiday Activity
- 29th New Year Activity

Queeries (ages 13-17) *Thursdays 3:30 pm - 4:30 pm*

- 9th Art Workshop
- 16th Art Workshop
- 23rd Holiday Activity
- 30th New Year Activity

### Take a Youth Mental Health First Aid Training!

#### WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 6-18.

#### WHAT MENTAL HEALTH FIRST AID COVERS

Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD)

Common signs and symptoms of substance use challenges

How to interact with a child or adolescent in crisis

How to connect the youth with help.

Expanded content on trauma, substance use, self-care and the impact of social media and bullying.

#### WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

Teachers, School Staff, Coaches, Camp Counselors, Youth Group Leaders, parents, & Adults who work with youth.

Virtual Training Opportunities:

Tuesday, February 15 & Wednesday, February 16 from 5pm-8pm (This is a two night course, and both sessions must be attended)

Wednesday, March 9 from 9am to 4pm

[YMHFA — Camp Beech Cliff Registration](#)

### 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:** 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  
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Follow (207) 563-1330

