



SUBSTANCE USE PREVENTION PARTNERSHIP

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.

Next SUPP Coalition Meeting: Tuesday, June 18th from 7:30-9:00am

Location: TBD

PARENT SURVEY OPEN UNTIL JUNE 14

Every other year, we survey parents of pre-teens and teenagers in Lincoln County to learn about parent beliefs, attitudes, behaviors, and concerns. Any parent, guardian, or grandparent of a 7-12th grader is invited to complete the survey. The survey should take 10-15 minutes.

This anonymous survey is administered by Healthy Lincoln County, and is project of the SUPP Coalition to prevent and reduce youth drug and alcohol use. Results will be used to help guide local decisions and resources about how to best strengthen our communities to support drug and alcohol free youth.

Enter to Win! Because parents' time is valuable, at the end of the survey, participants will be invited to a different site to enter to win one of our prizes- two winners will receive a \$250 Visa card, three winners will receive a \$100 Visa card, and ten winners will receive a \$15 grocery gift card.

Deadline: The survey is open until Friday, June 14th. The prize drawing will be held that day and winners will be notified that day.

[Click here to take the survey!](#)

PARENTING A TEENAGER?
We want to hear from you!

If you have a child or grandchild in 7th-12th grade in Lincoln County, we invite you to take our Parent Survey. This is a project of our Substance Use Prevention Partnership. Complete the survey and enter to win! Survey can be taken at: www.surveymonkey.com/r/LCMEParents2019

2019 LINCOLN COUNTY PARENT SURVEY

Survey closes June 14, 2019
Prize drawing held on June 14, and winners will be notified that day.

15 Chances to Win!!

- (2) Grand Prize Winners
\$250 Visa Gift Cards
- (3) Second Place Winners
\$100 Visa Gift Cards
- (10) Runner Up Winners
\$15 Grocery Gift Cards

Questions? Contact Healthy Lincoln County at 563-1330 or info@healthylincolncounty.org

HEALTH ASSESSMENT AT BOOTHBAY REGION HIGH SCHOOL

On Thursday, May 9, community partners from Healthy Lincoln County, LincolnHealth and Maine CDC presented to about 100 BRHS students using a 40-foot long paper scroll filled with local health data.

Afterwards, the students met in groups with a teacher to discuss the health data, and complete a survey asking them to prioritize



health concerns, and to weigh in on strategies to improve those health issues.

The results are currently being analyzed. Stay tuned for more!

PROM SEASON TIPS FOR PARENTS



The only tragic thing about prom should be the fashion.

Parent Tip for Prom:
Talk to your teen about their plans for the night. Be ready to help if plans change.



Get with the times and use today's tech to your advantage!

Parent Tip for Prom:
Come up with a code word with your teen. Let them know they can text you that code word anytime if they need your help, or want to be picked up. When you get the code, call them, say there's been a family emergency, and you'll need to come get them. They save face, and come home safely.



Help make sure they remember the whole night, especially the bad dancing.

Parent Tip for Prom:
Don't dance around the issue of alcohol and drugs. Make your expectations clear to your teen, that you don't want them to drink or use drugs on prom night.

The SUPP Coalition is always looking for new ways to educate parents about how to help their teen have a safe prom. With three out of four area proms in May (and Lincoln Academy's on June 1!) we focused our efforts on social media with some key messages: talk to your teens, set clear expectations, and come up with a plan. You can view these and share them from the HLC Facebook and Instagram pages.

[Visit our Website](#)

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STAY CONNECTED

