

December 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:

Dear Partners,

The winter holidays have long been a time for love and warmth, reflection and renewal. For some of us, they can also be a hard time, pressing in with memories of good years gone by, or of tragic events that happened at this time of year. A time for celebration, they are also a time of increased risks, whether that be one too many sweet treats, or—much more dangerously—getting behind the wheel after one too many drinks. It is a time when unusual physical substances make their way into our homes: real or plastic trees, LED string lights, disposable party favors, rich seasonal treats, and holiday décor. It can be a stressful, busy time, so other familiar substances like alcohol, vape cartridges, and misusable prescription drugs also have a way of flowing into the household, cooped up with us on the long cold nights. You want to enjoy the holidays, but at a certain level you just want to get through them and back to a normal routine. In a world grown so divided and stressful, it can be hard to step back and allow yourself to relax and enjoy the season.

Recently, my colleague Larissa taught me a great exercise to cope with it all. She was giving me some much-needed advice on how to connect with middle-school students about prevention when she described this simple activity that was developed by a psychologist studying burnout in health care workers. **Three Good Things.** Each day, you try to make note of three good things that happened to you today. They might be small things, and they might be fewer than the bad things that happened. But you take a minute to pick out the good. You write them down. You share one of them with a friend or a colleague. It's like putting a candle in the window on a long dark night.

I find this exercise beautifully simple, applicable to folks working in health care, prevention, or law enforcement, as well as for people in recovery and their families. I'm hoping those of you planning to attend next week's SUPP meeting will try this small activity and bring at least one good thing to share on Tuesday! If you are unable to join us next week, here is Healthy Lincoln County wishing you a happy, healthy, and safe holiday season!

Warm regards,
Will

NEXT SUPP MEETING: December 20th 2-3pm

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

Please join us on Tuesday, December 20th from 2-3pm for our next SUPP gathering. This

meeting will take place at the Boothbay YMCA. For those who can't make it in-person, Zoom is always an option!

Zoom information below:

<https://us06web.zoom.us/j/88304959155?pwd=K0J1K1RIVTZpRTU5TC82RTJtYUcudz09>

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, January 17th, 2 - 3 P.M.	Boothbay	Boothbay YMCA
Tuesday, February 21st, 2 - 3 P.M.	Damariscotta	CLC YMCA
Tuesday, March 21st, 2 - 3 P.M.	Waldoboro	Waldoboro Town Office, (please check in at Front Desk)
Tuesday, April 18th, 2 - 3 P.M.	Wiscasset	Wiscasset Community Center
Tuesday, May 16th, 2 - 3 P.M.	Boothbay	Boothbay YMCA
Tuesday, June 20th, 2 - 3 P.M.	Damariscotta	CLC YMCA
Tuesday, July 18th, 2 - 3 P.M.	Waldoboro	Waldoboro Town Office, (please check in at Front Desk)
Tuesday, August 15th, 2 - 3 P.M.	Wiscasset	Wiscasset Community Center
Tuesday, September 19th, 2 - 3 P.M.	Boothbay	Boothbay YMCA

Dangerous New Products Available



Legal doesn't always mean safe. Recent programs and publications about emerging legal products remind us that, while some substances are not as deadly as others in the short term, they still have real, deadly effects in the long run, and can be better to avoid even if they are available at the local shop.

A recent interactive dialogue hosted by the [U.S. Alcohol Policy Alliance](#) called attention to new products on the market that are specifically targeted to young drinkers. Bud Light Seltzer freeze-pops and Hard Mountain Dew are just some of the new items coming to stores near you. (Hard Mountain Dew isn't available in Maine yet, but it likely will be!) Since attending the dialogue, I have found myself turning an eye to the beer section every time I am in a gas station or grocery store. Even if it's not always as extreme as alcoholic freeze-pops, the market is still saturated with products that are targeted to a younger audience with flashy colors, a collect-them-all series of fun flavors, and a highly sweetened flavor profile. It's worth noting that even if the folks buying these products are of legal drinking age, they are likely to be in the 21-25 age bracket, and likely to be drinking to get drunk rather than as part of a sophisticated culinary experience.

An [article](#) in the Journal of the American Medical Association recently highlighted a policy loophole created by the federal Agriculture Improvement Act of 2018, which legalized hemp production across the United States. THC, the psychotropic compound in cannabis that causes what we think of as the high, is actually one of many forms of THC found in hemp and its scientific name is delta-9 THC. Cannabis is simply a strain of hemp that contains a lot of delta-9 THC. Hemp is now legal to produce across the country and emerging technologies have managed to derive, from hemp, other THC compounds, delta-8 and delta-10, among others, that can also have a psychotropic effect in high concentrations. Delta-8 THC and delta-10 THC have not been approved or even studied by the FDA at

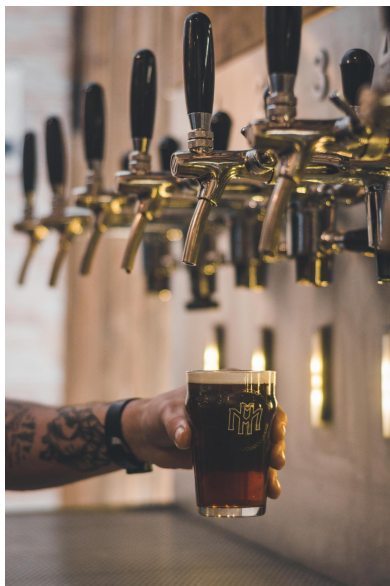
any level. Yet some hemp producers are using these concentrations and marketing them in states where recreational and medicinal cannabis use is legal. Some studies have found these products to contain lead and other heavy metals. If you are using concentrate products from your local dispensary, it might be a good idea to check into the origin of those products just to be safe.



Vaping continues to be a huge problem among young people. While it is true that vaping can be a healthier alternative to smoking for established smokers, it is not a harmless choice for young people to take up vaping. Vape pens and cartridges also use youth-targeted marketing schemes to appeal to a new generation of customers. These products contain highly addictive nicotine and have been shown to damage the lungs almost as much as smoking. The School Resource Officer in Wiscasset told me that students are vaping at a level that makes it nearly impossible to enforce prohibitions. They vape both tobacco and cannabis, both of which are harder for administrators to catch because the vapors dissipate more quickly than smoke.

All these products are examples of evolving industries that make money by selling us stuff that harms our bodies. This is a time of year when it can be fun to splurge a little bit and indulge in less-than-healthy choices. We're not advocating total abstinence or snuffing out every little bit of seasonal joy, this is just a reminder of who stands to gain from your hard-earned dollars: Big Tobacco, Big Alcohol, and now, perhaps, Big Hemp.

RBS Training at Rising Tide



On November 29th, [Rising Tide Food Co-op](#) held a Responsible Beverage Service training for their staff. Chief Deputy Rand Maker and Retired Deputy Mark Bridgham led the training, which was the second to be held at Rising Tide in the last few months. Rising Tide is going above and beyond in getting their staff educated about selling alcohol in a responsible way. This shows exceptional care for both their staff and the community they serve.

Responsible Beverage Service is a standardized training targeted to staff working in businesses that sell alcohol. It trains them on existing laws around alcohol sales and use, as well as how to spot visibly intoxicated customers and fake I.D.s. Alcohol sellers are often put in an awkward position when it comes to refusing sales to underage or inebriated buyers. This training provides them with the tools they need to protect both their employer's business and the community.

Businesses like Rising Tide deserve a high-five for spreading this information among their staff! If you have a business that sells alcohol, and you would like to learn more about RBS, please reach out to Will at HLC!

Middle School Monologues Coming to Boothbay

Laura Morris of the Be the Influence Coalition will be assisting Boothbay area middle school students with a presentation of the Middle School Monologues. This



amazing program gives students the opportunity to write a one-person play discussing a topic or narrative of interest to the student. Participating students will receive training in stage-presence as well as writing, and work together as a group to execute all aspects of the presentation. The school's student videographer will also work with them to produce a Public Service Announcement regarding substance use and misuse. The program will be spread out over four days culminating in the presentation on the final day. Because the students are sharing highly personal stories, the presentation will only be open to adults of their choosing. This fantastic program has been shown to teach valuable individual skills while bringing the students together in a group effort they will remember for a lifetime. The exact dates have not been pinned down just yet, but the Boothbay program should take place at some point from January to March.

What's New at Healthy Lincoln County?

On December 12th, food security leaders from around Lincoln County met in David Moses Bridges Education Hall at the Coastal Rivers Land Trust Building in Damariscotta. HLC's Jess Breithaupt led the discussion, the aim of which was to identify strategies for using the \$25K grant HLC has received from the Good Shephard Food Pantry. The turnout was incredible, and we thank everyone who made it out! Jess is our Food Security Community Connector and will be seeking further feedback from the community on how best to spend these funds.



Jess is also helping **Wiscasset Ford** with a **food distribution event**, which is **open to all families**, on **Sunday, 12/18**. See their [flyer](#) for more details!



Jess has also seen an increase in calls for food assistance, specifically deliveries, over the past few weeks.



A Note from our SNAP Educator, Larissa:

Hey everybody, it's Larissa! In the past few months, working with the Supplemental Nutrition Assistance Program (SNAP), my goal has been to integrate in-person community offerings back in Lincoln County.

Stay tuned for classes related to eating well on a budget and simple family-friendly meals this winter in partnership with our friends at Skidompha Library and the CLC YMCA, as well as with our adult education programs across Lincoln County!

Maternal Nalaxone Project Ready to Roll Out



Maternal First Aid Kits are almost complete and scheduled for delivery to Lincoln Health next week! The program sends all new parents home from the hospital with a basic first aid kit, information about mental health for new moms, and a Narcan kit with instruction for proper use. The idea is to get Narcan out in the community and destigmatize it by having it be a normal part of any new parent's toolkit. We thank our partners at Lincoln Health and look forward to working with them on this project. First Aid Kits will start to be distributed in January!

The Discussion Project Draws Near!

Healthy Lincoln County, in partnership with the Maine Humanities Council, will be offering a 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.

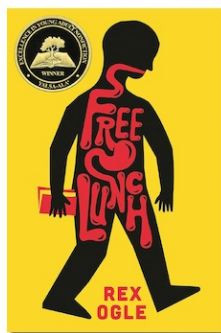
This kick-off event will be a mini-series, structured as a book club, where those interested in participating will receive a copy of a book prior to the event and will meet four times as a group to engage in conversation. The book choice for this project is *Free Lunch* by Rex Ogle. The 208-page novel 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. The dates of the meetings are:

- January 18th
- January 25th
- February 1st
- February 8th

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



DISCUSSION PROJECT

with Healthy Lincoln County

MAINE HUMANITIES COUNCIL

New and Upcoming Opportunities

[Blunt Talk: Reframing the conversation with youth about cannabis.](#)

Monday, January 9th, 2023
Live Webinar 9:30 A.M. - 1 P.M. EST
\$20.00 Registration Fee

This training will focus on the commonly perceived benefits of cannabis use among youth, what the research tells us, and how we can best engage with young people and their families in conversations around cannabis use in order to prevent and treat substance use disorder and related concerns.

[Exciting Winter Activities at Coastal Rivers Land Trust!](#)

Have some extra food you'd like to give away this month? Or maybe you or someone you know is in need? Check out the [December 2022 Lincoln County Food Pantry Calendar!](#)

Wiscasset Ford will be hosting their first annual food pantry this Sunday![See their flyer for more details!](#) Make sure to say hello to Jess if you stop by on Sunday!

Here is a [list of other great winter resources](#) available here in Lincoln County.

NAMI Maine Helpline: Phone: 1-800-464-5767, press 1
Email: 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



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