



YORK DISTRICT PUBLIC HEALTH COUNCIL

Quarterly Full Council Meeting

Wednesday, December 13<sup>th</sup>, 2023

9am – 10:30am

Held in-person at York County Community College, Wells, ME

Present: Cheri Anderson, Gina Brodsky, Pamela Buck, Emilee Caradonna, Chelsea Farrington, Emily Flinkstrom, Ann Fredericks, Lisa Gatti-Arnold, Lori Gramlich, Clay Graybeal, Amber Harrison, Adam Hartwig, Reagan Hebert, Betsy Kelly, Sarah Lawrence, Sally Manninen, Casey Marcotte, Stephanie Masters-Plamondon, Melissa Maurais, Elizabeth McMurray, Michelle Meyer, Nina Misra, Nikki Oliver, Cassie Ring, Gerry Runte, Abigail Smallwood, Sarah Stanley, Ted Trainer, Alissa Wigglesworth, and Hayley Wood.

	Item	Details	Next Steps
1.	Welcome and Introductions: Adam Hartwig, Maine CDC District Liaison	Adam Hartwig, York District Public Health Liaison with Maine CDC, welcomed participants and introduced today’s agenda. The group went around the table to introduce themselves.	
2.	Maine CDC and YDPHC Updates: Adam Hartwig, Maine CDC District Liaison	Adam shared information on: Lyme Disease and Powassan virus numbers for the year, and encouraged tick safety when temperatures are above freezing; the Statewide Coordinating Council (SCC) meeting; and Local Public Health Systems Assessment (LPHSA) reports.	<a href="#">SCC information can be found here.</a>  <a href="#">LPHSA Reports can be found here.</a>
3.	Maine Prevention Network Updates: Choose to be Healthy, Partners for Healthier Communities, and Coastal Healthy Communities Coalitions	Members from Maine Prevention Network shared a Substance Use Update – see presentation attached.	
4.	Mainspring Updates: Emily Flinkstrom, Executive Director	Emily Flinkstrom, Mainspring Executive Director, shared her vision, partners, fundraising initiatives, and goals for Mainspring. Mainspring is a collaborative effort spearheaded by Fairtide (affordable housing and thrift store) and Footprints (food pantry) to be a 1-stop-shop for social services and support to reduce barriers to access.	Emily shared information regarding the <a href="#">ALICE Report</a> , and <a href="#">a Food Bank News article</a> .  For more information, visit <a href="#">their website</a> , <a href="#">sign up for their</a>

**Vision:** We envision a comprehensive, well-coordinated, accessible, and equitable public health system for all in York County.

		<p>Service area is the Seacoast but will not turn anyone away. They are expecting to open their doors in Fall 2024 along with 6 truly affordable housing units on the same campus.</p> <p>Mainspring is looking forward to exploring partnerships and offering services, in addition to housing support and food security, to hopefully include: YCCA's outreach services and WIC program; adult education classes; LGBTQ+ support; medical, mental and tele health services; legal support; tax preparations, and more. The idea is to be as comprehensive and accessible as possible.</p> <p>Mainspring was the recipient of the York District Infrastructure Funding Grant and will be getting a generator and walk-in cooler with those funds.</p>	<p><a href="#">newsletter</a> or email Emily at: <a href="mailto:executivedirector@fairtide.org">executivedirector@fairtide.org</a></p>
5.	Tour of York County Community College: Lisa Gatti-Arnold, YCCC	<p>Participants were invited to participate in an immersive tour of York County Community College including their new Criminal Justice Lab, Dental Hygiene Lab, Nursing Lab, and EMS Lab. They offer a Free College Scholarship for those who may be eligible, competitive programs, and state-of-the-art equipment.</p>	<p>To learn more about YCCC, or to schedule a tour, please visit: <a href="https://www.yccc.edu/">https://www.yccc.edu/</a></p>
6.	Adjourn	<p>The full Council will be meeting again in March 2024 – the Executive Committee will continue to meet and looks forward to connecting soon.</p>	<p>Questions and comments? Please email: <a href="mailto:Adam.Hartwig@Maine.gov">Adam.Hartwig@Maine.gov</a> or <a href="mailto:Emilee.Caradonna@Maine.gov">Emilee.Caradonna@Maine.gov</a></p>

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# SUBSTANCE USE PREVENTION



Serving  
Southern  
York County

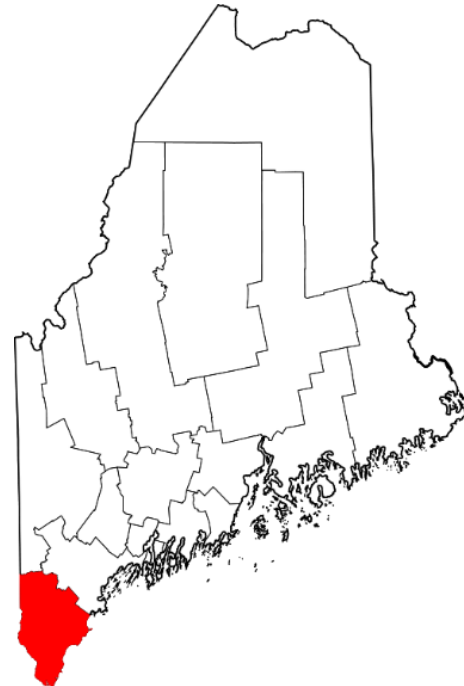
Together as the Maine Prevention Network (MPN) of District 1, we provide technical assistance, evidence-based curriculum, education, and programming to prevent substance use and misuse throughout York County.



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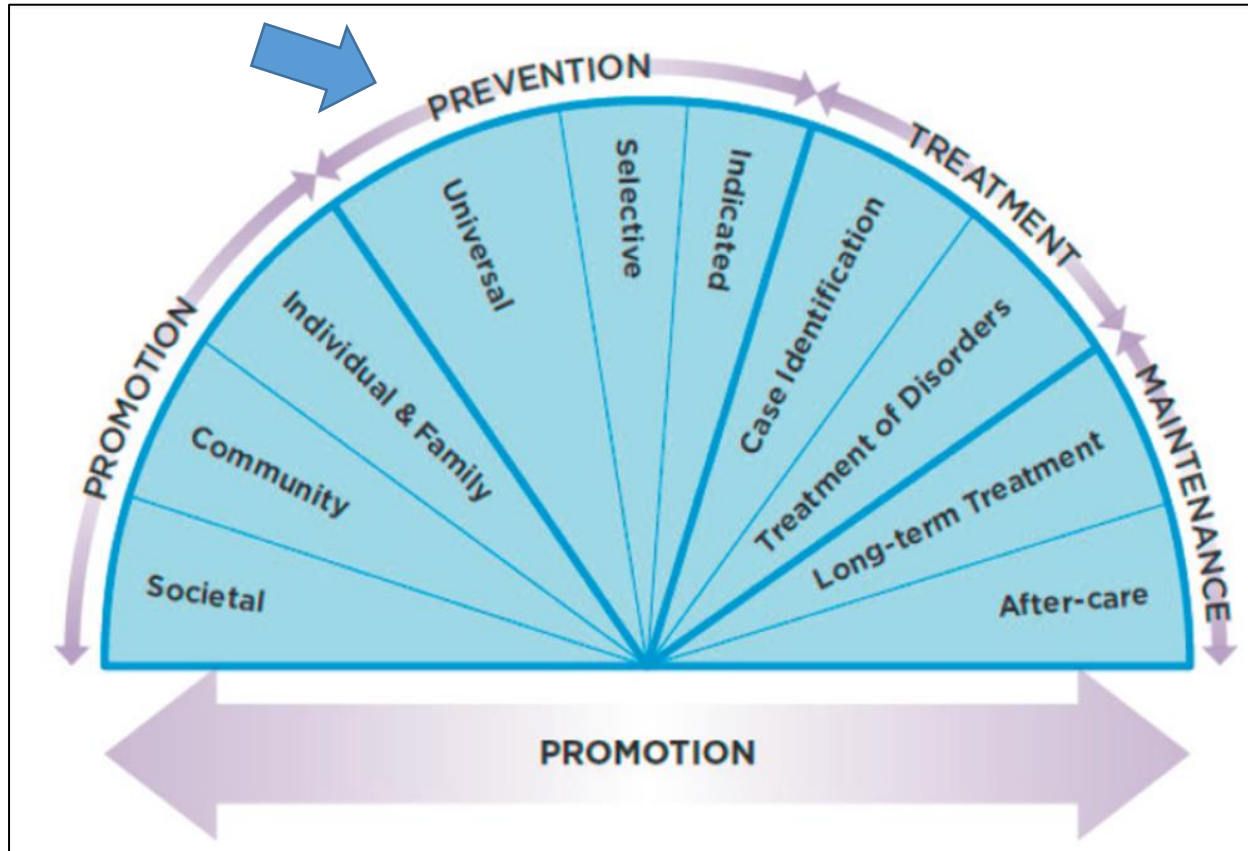
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Prevention Efforts Supported  
by the Maine CDC

# WHAT IS PREVENTION?

Prevention activities work to educate and support individuals and communities to prevent the use and misuse of drugs and the development of substance use disorders.



Continuum of Care

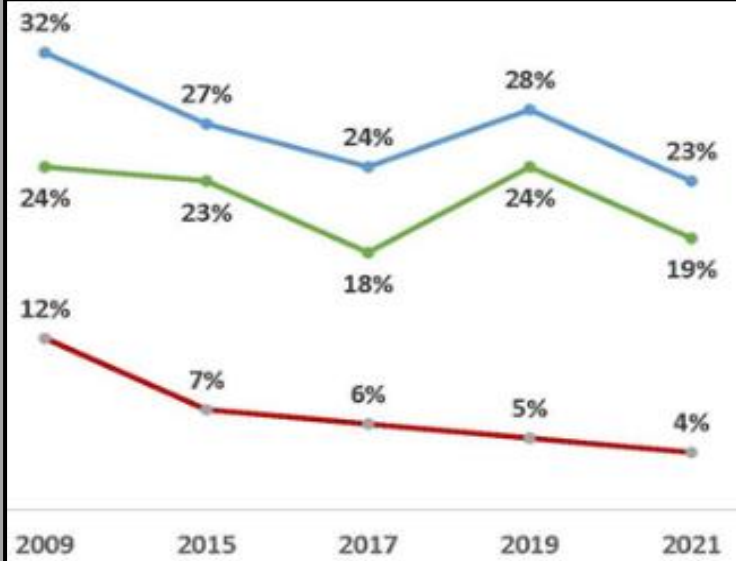
# PREVENTION IS EFFECTIVE

York County 9-12<sup>th</sup> Grades Past 30 Day Use

Alcohol

Cannabis

Rx Misuse



Most Youth  
**DO NOT USE**

# PROGRAM GOALS

- 1. Prevent the initiation of substance use and high-risk substance use** by implementing primary prevention strategies across the lifespan.
- 2. Reduce incidence of Substance Use Disorder (SUD) and drug related overdose deaths by implementing** secondary prevention strategies (including **harm reduction**).
- 3. Establish and strengthen collaboration among communities**, public and private nonprofit agencies, and federal, state, and local governments to support the efforts of substance use prevention.
- 4. Identify and address substance use-related health disparities** in Maine's high-priority populations.

# REDUCING ACCESS

- Safe storage promotion for cannabis, prescription and non-prescription medications.
- **Responsible Beverage Server/seller (RBS) training** for alcohol retailers.
- Promote Drug Take Back Days in October and April.



**WHY LOCK UP MY CANNABIS?**

- Protect kids and pets; they get sick if they eat it.
- Edibles often look like sweets that do not contain cannabis. This can confuse kids.
- It can harm brain development in youth.

**HOW TO KNOW IF A CHILD OR PET HAS BEEN POISONED BY CANNABIS**

- Problems walking or sitting up
- Trouble staying awake
- Trouble breathing
- Sudden abnormal behavior
- Vomiting
- Pets: shaking, vomiting, or stumbling

**IF A CHILD HAS INGESTED CANNABIS CONTACT POISON CONTROL ASAP: 800-222-1222**

LEARN MORE ABOUT CANNABIS SAFETY: CHCCME.ORG OR CTBH.ORG

CHCC  
Maine Prevention Network, supported by Maine CDC

Choose To Be Healthy  
QUALITY



**SAFE STORAGE OF CANNABIS**

Keep kids and pets safe.

- SAFE STORAGE TIPS**
- Store your cannabis products in a locked pouch.
  - Store your cannabis products out of sight and reach.
  - Store your cannabis products so you know where they are. If missing, you know. You can't find them if you need to call.
  - Store your cannabis products in a locked container, not in a bowl or than other snacks or

# ENGAGING YOUTH IN SCHOOLS

- **Restorative practices** – helping youth stay *in* school to receive education and support, not suspended *out for substance use issues*.
- Support for schools to **implement evidence-based substance use prevention education** and curriculum in Middle Schools.
- Helping **schools promote youth mattering initiatives**
- Engaging youth in substance-free activities.
- **OUT Maine inclusivity trainings** for school staff **on best practices to support LGBTQ+ students.**





# PREVENTION AT HOME & IN THE COMMUNITY

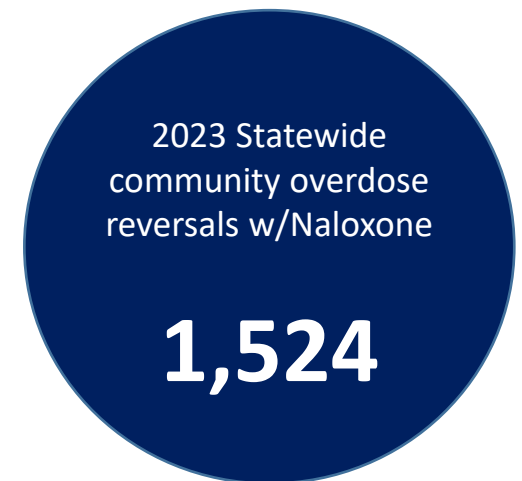
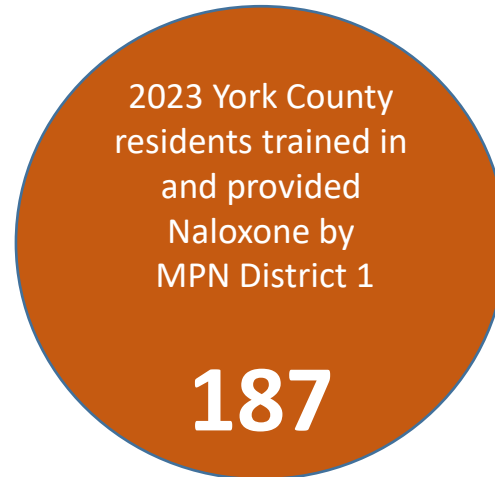
- Conduct Adverse Childhood Experiences (**ACES**) **training** for parents and community.
- **Collaborate with the York District Public Health Council, local coalitions, and community organizations** to engage decision makers and community members.
- **Promoting mental health supports and resources** in newsletters, websites, printed materials, and at coalition events.



A graphic for the 988 Lifeline service, divided into several colored sections. The top left is dark blue with white text: "When You Contact 988". The top right is pink with white text: "You don't have to say Who you are or Where you are." The middle left shows a woman's face. The middle right is blue with white text: "You will get support from a trained Crisis Counselor." The bottom left is green with white text: "Call or text 988, or chat 988Lifeline.org". The bottom right is purple with white text: "There is Hope." and a heart icon, with "988 SUICIDE &amp; CRISIS LIFELINE" below it.

# HARM REDUCTION & OVERDOSE PREVENTION

- Overdose prevention education, Naloxone administration trainings, and dissemination.
- Promote OPTIONS program an initiative to support treatment, harm reduction and recovery
- Partnering with treatment and recovery centers and communities.



# NALOXONE

## HOW TO USE NALOXONE NASAL SPRAY

Naloxone is a lifesaving medication that can reverse an opioid overdose. Carrying naloxone can help you save a life if you see a possible overdose.

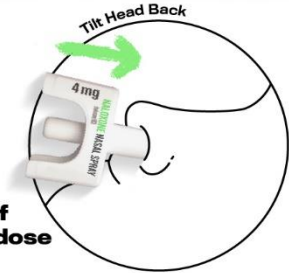
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Call **9-1-1** then carefully remove naloxone from packaging.



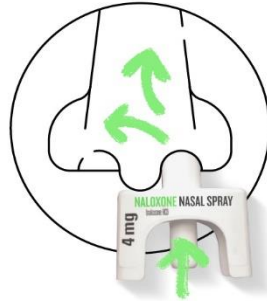
# 2

Hold the nasal spray with your thumb on the plunger and **place the tip of the nasal spray in either nostril of the person experiencing an overdose** until fingers are touching their nose.



# 3

Firmly **press the plunger to release the entire dose of medication** into the nose.



# 4

**Wait 2-3 minutes** for the person to respond. If no response, give additional doses, switching nostrils, until help arrives.



### York County Naloxone Distributers

- York Hospital, York
- Southern Maine Healthcare, Sanford
- Maine Access Points, Sanford
- Coastal Healthy Communities, Biddeford
- People Recover, Biddeford

# CONTACT INFORMATION

## Partners for Healthier Communities Coalition

- Betsy Kelly, Director, [betsy.kelly@mainehealth.org](mailto:betsy.kelly@mainehealth.org)
- Stephanie Masters-Plamondon,  
[Stephanie.MastersPlamondon@mainehealth.org](mailto:Stephanie.MastersPlamondon@mainehealth.org)  
Website [www.mainehealth.org](http://www.mainehealth.org)

## Choose To Be Healthy Coalition

- Sally Manninen, Director, [smanninen@yorkhospital.com](mailto:smanninen@yorkhospital.com)  
Website [www.ctbh.org](http://www.ctbh.org)

## Coastal Healthy Communities Coalition

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Thank you for being our partners in prevention!

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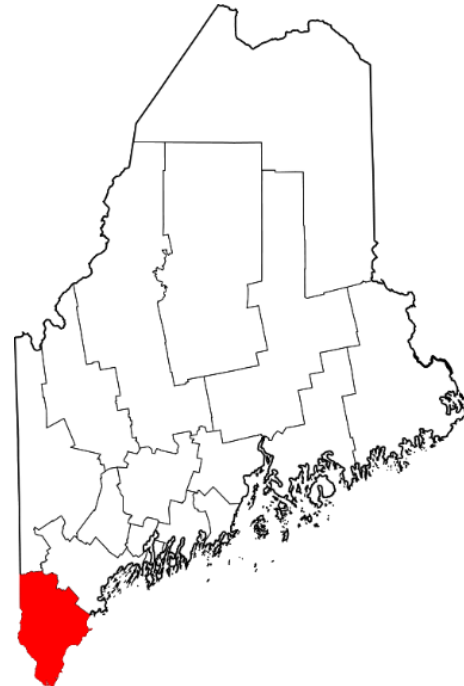
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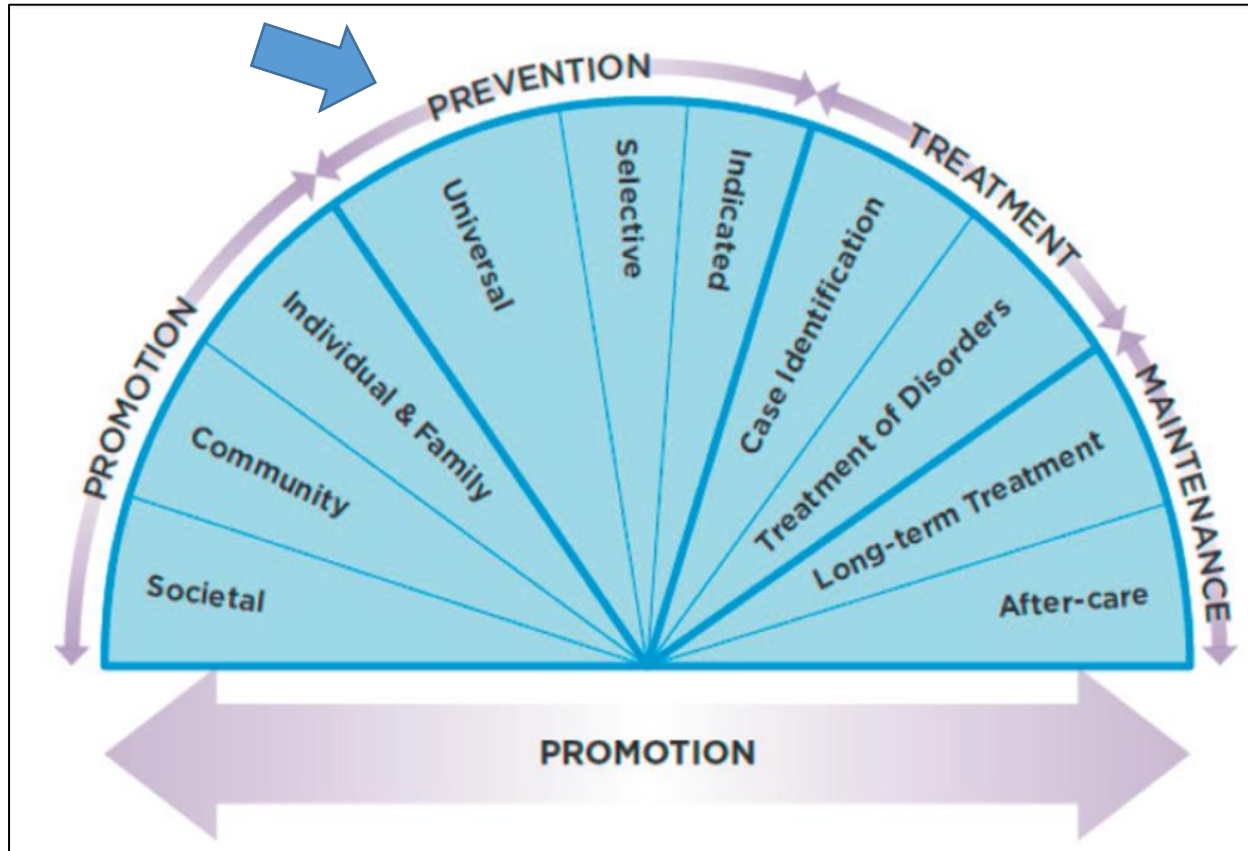
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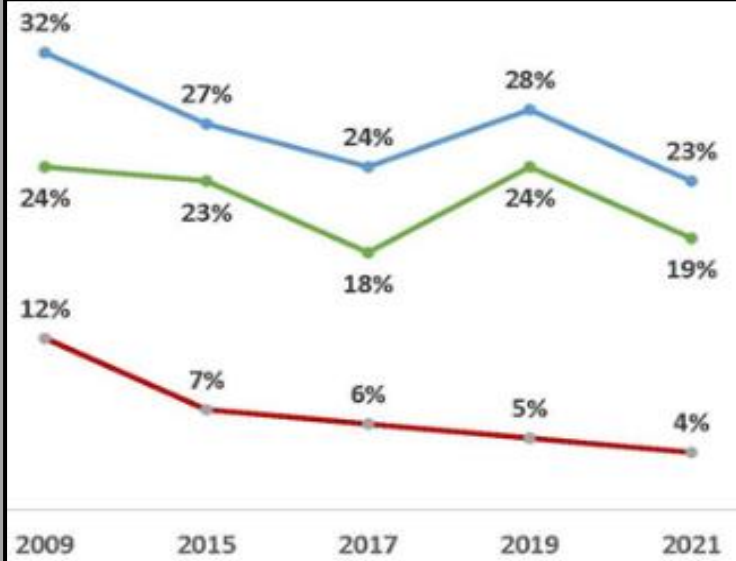
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MAINE PREVENTION NETWORK  
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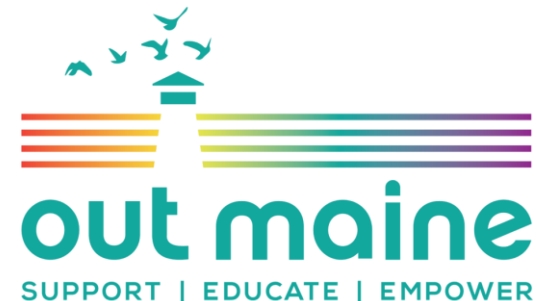
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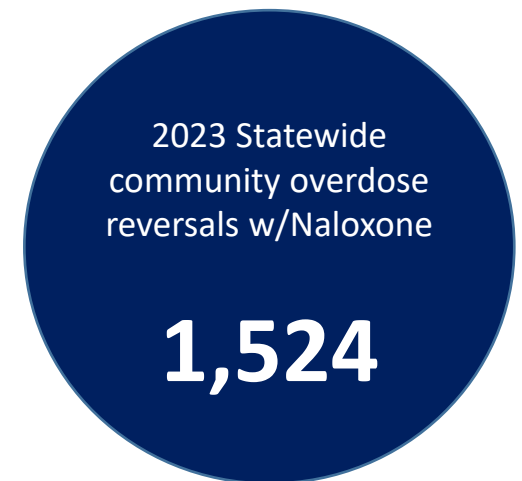
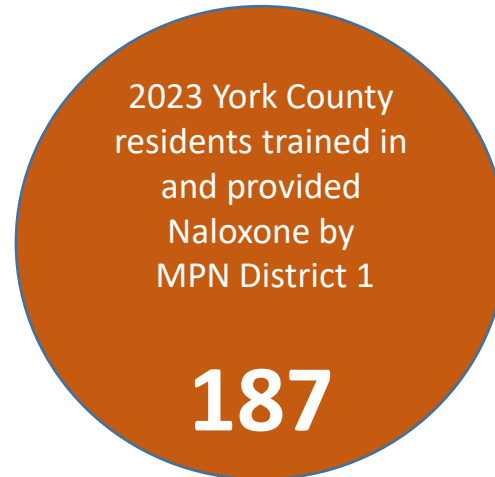
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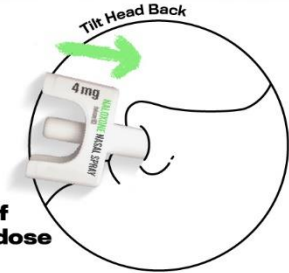
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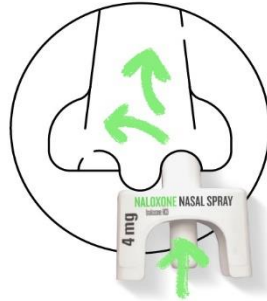
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