



**YORK DISTRICT PUBLIC HEALTH COUNCIL**  
 Quarterly Full Council Meeting Notes  
 Monday, September 23<sup>rd</sup>, 2024  
 9am – 10am  
 Held virtually on Zoom

Present: Cheri Anderson, Arthur Capello, Emilee Caradonna, Alexa Christie, Chelsea Farrington, Bethany Fortier, Amber Harrison, Adam Hartwig, Reagan Hebert, Mary Jones, Betsy Kelly, Lee Klarman, Sally Manninen, Casey Marcotte, Melissa Maurais, Nina Misra, Cassie Ring, Kelly Roberts, Gary Runte, Ted Trainer, and Andrea Sarris.

	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.	
2.	Maine CDC Updates: Adam Hartwig, Maine CDC District Liaison	<p>Emilee, Maine CDC Public Health Educator, shared a newsletter with the meeting reminder. Please see the newsletter attached.</p> <p>Maine CDC is monitoring mosquito-borne diseases such as West Nile Virus and Eastern Equine Encephalitis. <a href="#">Visit Maine CDC's website</a> for prevention, resources, and more.</p> <p>Maine CDC is in the final stretch with submitting documentation to PHAB – the Public Health Advisory Board – for reaccreditation.</p> <p>The Shared Community Health Needs Assessment (SCHNA) in York will be held on <b>Monday, October 28<sup>th</sup></b>. If you have not yet registered, please use the following link, select “get tickets” and we look forward to seeing you. <a href="https://www.eventbrite.com/e/maine-shared-community-health-needs-assessment-stakeholder-forums-tickets-1021903128767">https://www.eventbrite.com/e/maine-shared-community-health-needs-assessment-stakeholder-forums-tickets-1021903128767</a></p> <p>The State Public Health Systems Assessment (SPHSA) process will begin again. Members of the DCC may be tapped for their expertise.</p> <p>York District has been focused on hoarding issues in our area and a new taskforce may be starting again if anyone is interested – email Adam.</p>	<p>Please email Adam or Emilee for more information:</p> <p><a href="mailto:Adam.Hartwig@Maine.gov">Adam.Hartwig@Maine.gov</a> and <a href="mailto:Emilee.Caradonna@Maine.gov">Emilee.Caradonna@Maine.gov</a></p>

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

3.	StrengthenME Program Update: Kelly Robets, MaineHealth	<p>Kelly Roberts is the Team Lead for the StrengthenME Storm Response through MaineHealth. She shared a presentation on the local damage from the January storms and an update on the newly established StrengthenME program: a free &amp; anonymous program to help individuals &amp; communities recover after a disaster. *See presentation attached</p> <p>Members at the meeting discussed the important integration of Climate Change when discussing the impacts of the storms on our area.</p> <p>Members asked if towns are aware of this program, and members were encouraged to reach out to Kelly Roberts, Betsy Kelly, or Adam Hartwig with a list of Town Managers in York County to help connect them to this program.</p> <p>The program is only available for approximately 6 more months.</p>	<p>For more information on StrengthenME, please email <a href="mailto:phc@mainehealth.org">phc@mainehealth.org</a> or call 2-1-1.</p> <p>Help is always available through the Maine Crisis Line. Call or text 9-8-8.</p>
4.	Partner Updates	<p>Coastal Health Communities Coalition is partnering with area Rotaries for a Recovery Ready Conference at Noble High this <b>Saturday, September 28<sup>th</sup></b>. See attached flyer.</p> <p>Choose to be Healthy Coalition is hosting a Kids Free to Grow parent café on <b>October 9<sup>th</sup></b>. See attached flyer.</p> <p>Partners for a Healthier Community with OUT Maine are hosting an inclusive business training at People’s Choice Credit Union in Saco on <b>October 16<sup>th</sup></b>. See attached flyer.</p> <p>York County Elder Abuse Task Force is hosting a Willy Wonka themed conference on <b>November 1<sup>st</sup></b>. For details, visit: <a href="https://www.eventbrite.com/e/yceatf-13th-annual-conference-digging-out-of-covid-tickets-162595332015">https://www.eventbrite.com/e/yceatf-13th-annual-conference-digging-out-of-covid-tickets-162595332015</a></p>	
5.	Adjourn	<p>The full Council will be meeting again in December 2024 – the Executive Committee will continue to meet and looks forward to connecting soon. 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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# YORK DISTRICT PUBLIC HEALTH NEWSLETTER



September 2024

## DISTRICT PUBLIC HEALTH OVERVIEW

The establishment of the public health districts was designed to enhance effective and efficient delivery of public health services by:

- Creating the geographic and local framework for greater consistency and equity in statewide delivery of all 10 Essential Public Health Services.
- Providing a consistent basis for regional planning and coordination across the governmental, private (including business), public, and nonprofit sectors.
- Building sustainable infrastructure through regional co-location of Maine Center for Disease Control and Prevention (Maine CDC) and Department of Health and Human Services (DHHS) staff, and through an interactive, fully participatory District Coordinating Councils.

Each District includes a Public Health Unit. These units' primary aim is to enhance communication and coordination of state public health programs at the district and local levels. The Maine CDC York Public Health Unit includes staff from across multiple Maine CDC divisions including the District Liaison, Health Inspection Program, Public Health Nursing, Infectious Disease Field Epidemiologist, Drinking Water Program, and the District Public Health Educator.

The York District Public Health Council (YDPHC) will hold their quarterly meeting on Zoom **September 23 from 9am to 10am**

The agenda is attached with this newsletter.

[Visit the YDPHC website](#)

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Mosquito-borne disease reporting details on page 3

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York's Shared Community Health Needs Assessment will be held virtually on **Monday, October 28th.**

Details continue on page 4

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Free COVID tests and Xylazine test strips information on page 4



## **THE ROLE OF THE PUBLIC HEALTH UNIT**

The Public Health Districts are each supported by a Maine CDC District Liaison (DL). A DL strengthens communication between Maine CDC and the District's institutions, including health care systems, schools, and community-based organizations.

The Health Inspection Program exists to protect the public health by providing licensing and inspection services for a number of different types of businesses such as school cafeterias, campgrounds, restaurants, and tattoo parlors.

The Division of Public Health Nursing includes a team of registered, professional nurses who work to improve the health of individuals, populations, cultures, and communities through services such as immunization and maternal/child health services.

The Infectious Disease Epidemiology Program works to monitor and prevent infectious diseases in Maine. These diseases are caused by certain viruses, bacteria, fungi, or parasites including Tuberculosis, Vibriosis, and Influenza.

The Drinking Water Program regulates public drinking water supplies for both municipal, and non-municipal water systems such as schools, restaurants, and mobile home parks.

The District Public Health Educator works directly with the DL to ensure communication across the District and implement Maine CDC public health priorities and initiatives.

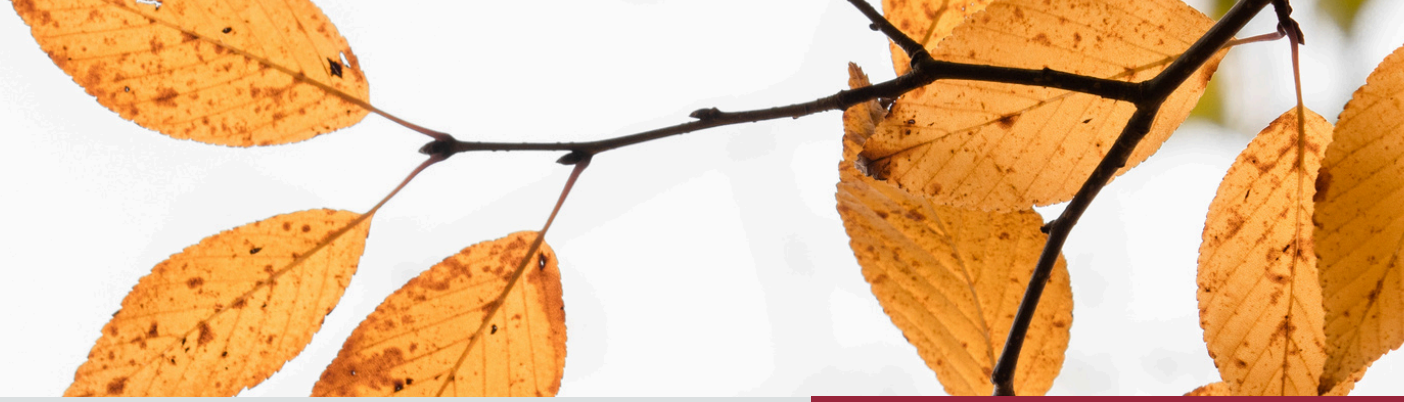
### **Public Health Unit Spotlight**

York Public Health District Liaison, Adam Hartwig, has been a DL with Maine CDC for 12 years! Prior to working for Maine CDC Adam worked for the Tompkins County Department of Health as the Bioterrorism Preparedness Coordinator.

Adam holds a Bachelor's Degree in History and Pre Law from St. John Fisher University, and a Masters of Science in Healthcare Administration from the Rochester Institute of Technology.

When he is not working he enjoys spending time with his family and watching and coaching his kids in Lacrosse, Soccer, and Basketball.

To contact Adam, please email [Adam.Hartwig@maine.gov](mailto:Adam.Hartwig@maine.gov)



## STATE GOVERNMENTAL PUBLIC HEALTH IN MAINE

The mission of Maine CDC is to protect and promote the health and well-being of the people of Maine. Programs across Maine CDC work together in a strategic way to achieve short- and long-term results to protect and improve population health.

District Public Health falls under Maine CDC's Division of Public Health Systems. District Public Health staff work with many other Maine CDC programs, and as noted above, the District Public Health Unit also has staff from other Maine CDC Divisions, bringing work at the State-level to communities across Maine. The Division of Public Health Systems protects the health and lives of people in Maine by strengthening the ability of health agencies and partner organizations to detect, contain, and manage public health threats and emergencies. For more details on programs, visit the [Maine CDC Divisions and Programs](#) chart.

Other non-governmental sector partners may include health care, public safety, housing, transportation, land use planning, education, media, environmental health, philanthropy, community economic development, social services, and civic organizations.

Mosquitoes in Maine can carry viruses that can cause several illnesses. These include West Nile virus (WNV), Eastern Equine Encephalitis (EEE), and Jamestown Canyon virus (JCV).

Mosquito-borne illnesses in humans are rarely acquired in Maine. Find information on positive results in Maine on [Maine CDC's Arboviral Surveillance webpage](#).

Various birds can carry and spread arboviruses – if you suspect an unusual bird death, avoid contact.

For dead wild bird and wildlife reporting:  
[WildlifeDiseaseRpts.ifw@maine.gov](mailto:WildlifeDiseaseRpts.ifw@maine.gov)

For dead agricultural bird or animal reporting:  
[AnimalHealth.AGR@maine.gov](mailto:AnimalHealth.AGR@maine.gov)



*Click the image to be directed to a townhall-style video*



Public health aims to improve our quality of life, help children thrive, and reduce human suffering. Every day, the public health field is working - often behind the scenes - to prevent hazards and keep people healthy.

Maine CDC is committed to the principle that all Maine residents deserve to experience health and wellbeing throughout their lifetimes.

[Click for current State of Maine job openings!](#)

## Maine Shared Community Health Needs Assessment (MSCHNA)

The MSCHNA is a collaborative process that takes place every four years and helps to turn data into action so that Maine will become the healthiest state in the US.

For events, data, and reports, visit: [Maine SCHNA Website](#)

Email MSCHNA Program Manager, [Heather Drake](#), for invitation information and more details.

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Free at-home [COVID test kits](#) are available at the end of September through U.S DHHS.

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[Click here for a Xylazine Test Strip Kits Order Form](#) from the Office of Behavioral Health.



# **StrengthenME Storm Response**

Kelly Roberts

September 23, 2024

# January Storms 2024

**Buckled roads, condemned homes, fishery losses: Storm cleanup continues for coastal communities**



Flooding at York Beach (York Police Department)

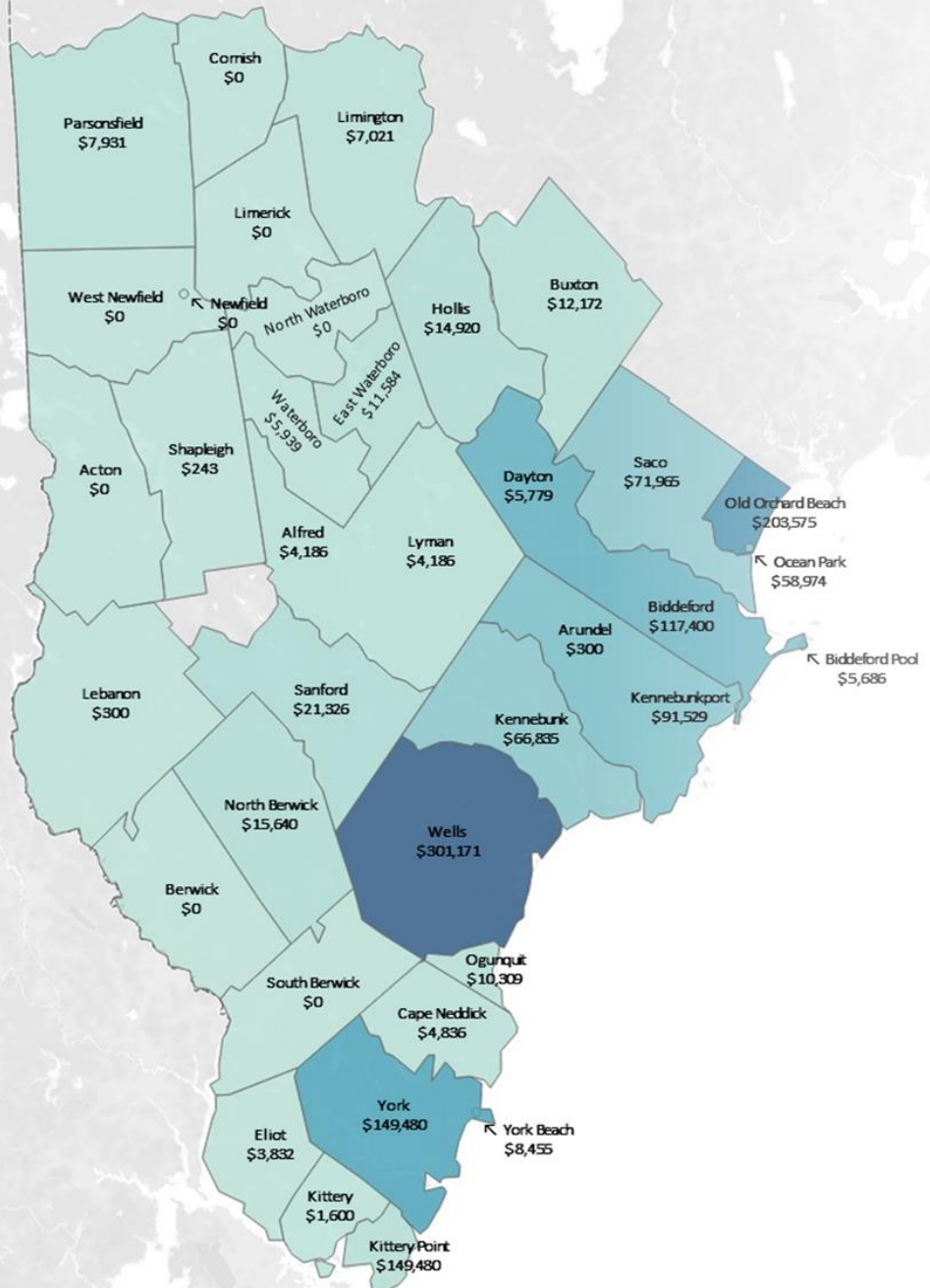
**Maine coast walloped by flooding amid rainfall, astronomical tides**



Damage in Wells during a storm on January 13, 2024 (Town of Wells)

**Another potent storm brings historic coastal flooding, high winds to an already-drenched Maine**





CITY	STATE	IHP Award \$	COUNTY	ZIP
WELLS	Maine	\$301,171	York	04090
OLDORCHARDBEA..	Maine	\$203,575	York	04064
YORK	Maine	\$149,480	York	03909
BIDDEFORD	Maine	\$117,400	York	04005
KENNEBUNKPORT	Maine	\$91,529	York	04046
SACO	Maine	\$71,965	York	04072
KENNEBUNK	Maine	\$66,835	York	04043
OCEANPARK	Maine	\$58,974	York	04063
SANFORD	Maine	\$21,326	York	04073
NORTHBERWICK	Maine	\$15,640	York	03906
HOLLISCENTER	Maine	\$14,920	York	04042
BUXTON	Maine	\$12,172	York	04093
KITTERYPOINT	Maine	\$11,769	York	03905
EASTWATERBORO	Maine	\$11,584	York	04030
OGUNQUIT	Maine	\$10,309	York	03907
YORKBEACH	Maine	\$8,455	York	03910
PARSONSFIELD	Maine	\$7,931	York	04047
LIMINGTON	Maine	\$7,021	York	04049
WATERBORO	Maine	\$5,939	York	04087
DAYTON	Maine	\$5,779	York	04005
BIDDEFORDPL	Maine	\$5,686	York	04006
CAPENEDDICK	Maine	\$4,836	York	03902
ALFRED	Maine	\$4,186	York	04002
LYMAN	Maine	\$4,186	York	04002
ELIOT	Maine	\$3,832	York	03903
KITTERY	Maine	\$1,600	York	03904
ARUNDEL	Maine	\$300	York	04046
LEBANON	Maine	\$300	York	04027
SHAPLEIGH	Maine	\$243	York	04076
WESTNEWFIELD	Maine		York	04095
NORTHWATERBOR..	Maine		York	04061
NEWFIELD	Maine		York	04056
LIMERICK	Maine		York	04048
CORNISH	Maine		York	04020
ACTON	Maine		York	04001
SOUTHBERWICK	Maine		York	03908
BERWICK	Maine		York	03901

# **STRENGTHEN ME**

## **Storm Response**

A free & anonymous program to help individuals  
& communities recover after a disaster

# STRENGTHEN ME

## Storm Response

### Program Outreach Workers Offer:

- Support during times of stress
- Mental health & resiliency resources
- Assistance in connecting those who may need treatment for mental health, substance use, or other services to appropriate agencies
- Linkage to resources to help individuals & families meet their basic needs
- Assistance in identifying coping strategies such as preparation, self-care, and identifying support systems

# STRENGTHEN ME

## Storm Response

### How Get Connected to Help

#### StrengthenME Storm Response

Outreach Workers in York County are available to help

**Contact:**  
[phc@mainehealth.org](mailto:phc@mainehealth.org)

#### 2-1-1 Maine

Specialists are available 24/7 to provide information and connect you to local programs and services that can help

**Visit: [211maine.org](http://211maine.org) or dial 211**

#### Crisis Support Line

Free and confidential support from trained crisis counselors for mental health-related distress. Available 24/7

**Call or text: 988**

# Contact Information

Partners for Healthier Communities at  
MaineHealth Maine Medical Center Biddeford & Sanford  
[phc@mainehealth.org](mailto:phc@mainehealth.org)

**Betsy Kelly**  
Director of Community Health Improvement  
[Betsy.Kelly@mainehealth.org](mailto:Betsy.Kelly@mainehealth.org)

**Kelly Roberts**  
Team Lead StrengthenME Storm Response  
[Kelly.Roberts@mainehealth.org](mailto:Kelly.Roberts@mainehealth.org)



## Featured Speakers



Dr. John Kelly, PhD



Dr. Linda Durst, M.D



**3rd Annual Conference**

**Sponsored by Rotary International - District 7780**

**Southern Maine & NH Seacoast**

# Rotary Recovery Conference

*Critical Partners: Mental Health & the Road to Recovery*

### Date/Time:

Saturday Sept 28, 2024

8 - 9am - Breakfast /  
Registration  
9 - 3pm - Conference

### Location:

Noble High School  
North Berwick, ME

*Let's mobilize to  
create recovery  
friendly and resilient  
communities!*



3rd Annual  
Rotary Recovery  
Conference  
9/28/2024

# Program.

8:00 AM -  
9:00 AM

**Registration &  
Networking Breakfast**

9:00 AM -  
9:15 AM

**Welcome**

Bob MacKenzie  
Rotary District 7780, Governor

9:15 AM -  
10:15 AM

**Featured Speaker**

Dr. John Kelly, PhD  
Professor of Psychiatry  
Harvard Medical School

10:15 AM -  
11:00 AM

**Networking &  
Exhibitor Visits**

11:00 AM -  
12:00 AM

**Panel Discussion:**

Recovery Initiatives &  
Promising Practices

12:00 PM -  
1:00 PM

**Lunch**

Networking &  
Exhibitor Visits

1:00 PM -  
2:00 PM

**Featured Speaker**

Dr. Linda Durst, MD  
Chair of Psychiatry  
Maine Behavioral Health

2:00 PM -  
3:00 PM

**Panel Discussion:**

Community Coalitions &  
Mental Health Initiatives

3:00 PM -  
3:15 PM

**Closing Remarks &  
Wrap-Up**



3rd Annual  
Rotary Recovery  
Conference  
9/28/2024

# Speakers.



Harvard Gazette 8/28/17

**Dr. John Kelly is the Elizabeth R. Spallin Professor of Psychiatry in Addiction Medicine at Harvard Medical School-the first endowed professor in addiction medicine at Harvard. He is also the Founder and Director of**

**the Recovery Research Institute at the Massachusetts General Hospital (MGH), the Associate Director of the Center for Addiction Medicine (CAM) at MGH, and the Program Director of the Addiction Recovery Management Service (ARMS). His clinical and research work has focused on addiction treatment and the recovery process, mechanisms of behavior change, and reducing stigma and discrimination among individuals suffering from addiction.**



**Dr. Linda Durst currently serves as Chief Medical Officer for Maine Behavioral Healthcare and Chair, Department of Psychiatry, Maine Medical Center and holds the appointment of Visiting Associate Professor, Tufts University School of Medicine.**

**Dr. Durst has been actively engaged in the area of suicide prevention, developing a suicide screen for the University of Arizona Health System, South Campus, active in multiple quality improvement teams on suicide prevention, and has taught physicians and non-physicians in suicide assessment. She chaired the Hartford Healthcare Behavioral Health Network's Suicide Prevention Task Force and had been responsible for rolling out Zero Suicide to the Hartford Healthcare Behavioral Health Network and assisting in the roll-out in the state of Connecticut. Dr. Durst was elected as a member of the American College of Psychiatrists in 2017, for her expertise in Administrative Psychiatry. Currently, Dr. Durst is planning to introduce Zero Suicide to the MaineHealth system.**





**3rd Annual  
Rotary Recovery  
Conference  
9/28/2024**

*Thank  
you!*

## **Sponsors**

- Ameriprise - Scott Dow & Assoc.
- Bangor Savings
- Bath Savings
- Harmony Health
- Kennebunk Savings
- Portland Treatment
- Saco & Biddeford Savings
- Shutterbugs

### **Rotary Clubs**

- Bath
- Bethel
- Biddeford-Saco
- Boothbay Harbor
- Bridgton-Lake Region
- Dover
- Exeter
- Kennebunk
- Kennebunkport
- Kittery
- Portland
- Portsmouth
- Portsmouth Seacoast
- Saco Bay
- Saco-Bay Sunset
- Sebago Lake
- South Berwick-Eliot

## **Exhibitors**

- Carlene Hill Byron, Author
- Coastal Healthy Communities Coalition  
- Maine Prevention Network
- Dover Mental Health Alliance
- Enso Recovery
- Generational Noor
- Journey Magazine
- Liberty Bay Recovery
- Maine Access Points
- Maine Association of Recovery  
Residences
- Maine Veterans in Need
- OPTIONS
- Pinetree / Recovery Friendly  
Workplaces
- Portland Recovery Community Coalition
- Portland Treatment
- Rotary Action Group on Mental Health
- Strafford Public Health
- Sweetser
- University of New England
- UNH Cooperative Extension
- York County Community College
- York County Sheriff's Office





3rd Annual  
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# Action Plan.

**Problems / Challenges**

**Actions Needed**

**Steps I can take to move this forward**

**Who can I engage in this process?**



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Conference  
9/28/2024

# Panel Discussions.

## **Morning Panel Discussion: Recovery Support 11:00-12:00pm**

The morning panel will focus on initiatives and programs that support recovery. Each panelist will explain the mission of their organization regarding Recovery efforts of the individuals and organizations they serve. The panel will include:

- Maine Recovery Friendly Workplace, a statewide initiative providing employers with resources and training that promote health, well-being, and recovery for all employees. - Nicole Proctor and Brittany Reichmann, Pinetree Institute, Portland Recovery Community Center
- York County Sheriff's Department Medically Assisted Treatment Program, a York County Jail program aimed at supporting inmates and their return to the community. – Sheriff William King
- Maine Works, An innovative employment company with a social mission: to dignify the experience for people who face real barriers to workforce reentry. – Margo Walsh
- Maine Association of Recovery Residences, an organization promoting the ethical and sustainable management of high-quality recovery residences throughout the state of Maine. - TBD

## **Afternoon Panel Discussion: Community Coalitions on Mental Health 2:00-3:00pm**

The afternoon panel will focus on community coalitions that support mental health in their respective communities. Each panelist will explain how they help reduce the stigma associated with mental health and recovery and what individuals and organizations can do to support those efforts. The panel will include:

- Dover Mental Health Alliance, a grassroots community coalition serving Strafford County, New Hampshire. – Suzanne Weete, Community Partners
- University of New Hampshire Cooperative Extension, offering Mental Health First Aid instruction and training. - Kendra Lewis, UNH
- York County Recovery Coalition, a community coalition developed to provide support for recovery and mental health in York County, Maine. – Molly Louison-Semrow, Pinetree Institute
- Rotary Action Group on Mental Health, Rotary International sponsored organization dedicated to supporting mental health in our communities. - Marion Cheney Past District 7780 Governor



## Parent Cafe: Let's Talk About Alcohol, Marijuana and Other Drugs

Please join us on  
**Oct. 9th 12:00-1:00 pm**

in the privacy and comfort of  
home or office!

**Get Your Zoom Link  
HERE**

Shannon Briggs, from **Kids Free to Grow** in York County, has a Masters in Psychology and uses the Strengthening Families model to support parents. She has 15 years experience working with foster parents, as an early childhood home visitor, case manager, Early Head Start teacher, and in her current role helping all families be more resilient.

Shannon will use an interactive "café" model for caregivers with children of ALL ages to discuss substance use with prompting questions like,

***"What do you say to your child if YOU used when you were young?"***

***"What about marijuana and cbd, now that it's legal?"***

***"What do you do if your child wants to go to a party where there might be alcohol or drugs in the home?"***

You can share or just listen. Video on or off. Whatever works for you.



Supporting youth wellness in York County since 1999.

York Hospital, Community Health  
[www.ctbh.org](http://www.ctbh.org)



## Main St., Maine: Building Welcoming and Inclusive Businesses and Public Spaces

Free to attend;  
refreshments provided!

Training Location:

People's Choice Credit Union - Saco  
October 16th, 3:00-5:00pm

Do you want to put a rainbow flag up, but need to make sure that your staff are equipped to support LGBTQ+ youth? Do you know how to assess your space for LGBTQ+ inclusion? This training will provide participants with an overview of terminology, rights, and laws, and will focus on how to create a welcoming and supportive workplace, how to back up your "safe space" sticker with tangible actions, and how to constructively address community pushback. All businesses welcome!

  
**OUT maine**  
LIFTING UP MAINE'S QUEER YOUTH

63 Park Street  
PO Box 1723  
Rockland, ME 04841

(800) 530-6997  
info@outmaine.org

**OUTMaine.org**



**REGISTER:**



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