



September 2021

MONTHLY NEWSLETTER



Decrease the Stigma

Naloxone Training
*Free naloxone available

End the stigma surrounding
substance use and learn how
YOU can be part of the
change



October 14th, 2021
4:00-5:00pm

Louis T. Graves Memorial Library
Registration Required

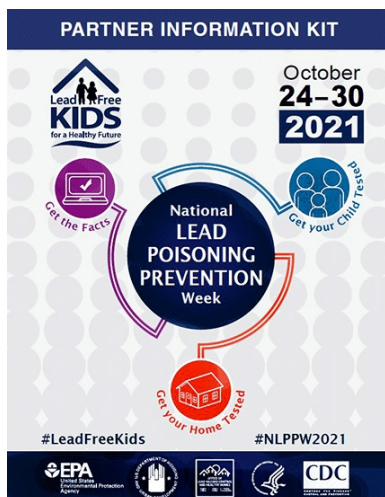
Education Sessions happening every second Thursday at
Graves Library with different guests or videos!
RSVP REQUIRED

Sponsored by the Project Alliance Coalition in collaboration with
Kennebunkport Public Health, Kennebunk Police, Louis T. Graves
Memorial Library, and Portland Public Health

Monthly Naloxone Trainings

In partnership with Kennebunkport Public Health, Kennebunk Police, Louis T. Graves Memorial Library, and Portland Public Health, the Project Alliance Coalition will be holding monthly *Decrease the Stigma* sessions. During these sessions, we will offer a selection of educational tools, including short videos, community speakers, or a panel of experts to start an open conversation about substance use disorders, treatment and recovery. Each participant will take home free Naloxone after a short training. Join us every second Thursday at the Louis T. Graves Memorial Library in Kennebunkport from 4-5 pm to

learn how you can decrease the stigma surrounding substance use disorders. Leave the training with the ability, knowledge, and resources to save someone's life. To RSVP to the training, contact Morgan Bates at mbates3@une.edu



National Lead
Poisoning



September is National Overdose Recovery Month!

Recovery is Possible!

As with most other chronic diseases, addiction is treatable. If you or someone you know is struggling with a substance

Prevention week.
October 24-30th is
National Lead Poisoning
Prevention Week. Find
out what you can do to
prevent lead in your home
by visiting the [CDC Lead
poisoning prevention
website](https://www.cdc.gov/leadpoisoningprevention/). Childhood lead
poisoning is 100%
preventable.

use disorder, contact SAMHSA's
National Helpline:
1-800-662-HELP (4537).
For more information on recovery
resources, visit the Centers for Disease
Control and Prevention website:
<https://www.cdc.gov/drugoverdose>

OPTIONS SAVE LIVES

The Overdose Prevention Through
Intensive Outreach Naloxone and
Safety (OPTIONS) initiative is a
coordinated effort of the Maine
Office of Behavioral Health
(OBH) and other state agencies to
improve the health of Mainers
using substances through harm
reduction strategies, helping them
on the road to recovery, and
dramatically reducing the number
of fatal and non-fatal drug
overdoses. Visit their website at:
<https://knowyouroptions.me/>

SAMHSA

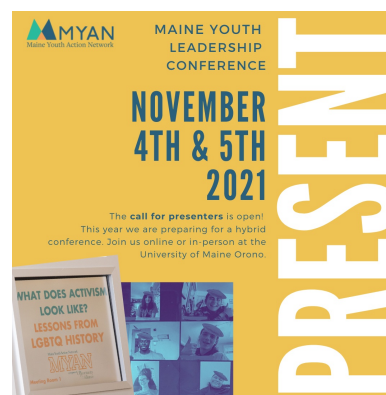
Substance Abuse and Mental Health
Services Administration

The Substance Abuse and Mental
Health Services Administration
(SAMHSA) is the agency within
the U.S. Department of Health
and Human Services that leads
public health efforts to advance
the behavioral health of the
nation. SAMHSA's mission is to
reduce the impact of substance
abuse and mental illness on
America's communities. To find
substance use prevention or to be
connected with the National
Suicide Prevention hotline, visit
www.samhsa.gov

Looking for presenters!

Do you have a project, passion, or skill that
you want to share with young people
across Maine? Apply to be a presenter at
the 2021 Maine Youth Leadership
Conference!!!

This conference is a space for connection,
community, and growth from school clubs
to youth activists. We would love to have
you join us. Visit www.maine-youth-action-network.com for more
information.



**Biddeford Middle School
Garden Transformation**
This spring into summer, SNAP-Ed



offered support for Biddeford Middle School's garden restoration project to help rejuvenate the existing garden along with adding a raised bed accessible to all. Megan Letendre, CHCC's nutrition educator partnered Kristy Kendrick, a Biddeford Middle teacher, classroom students and staff. The raised beds were filled with many crops, including string

beans, cucumbers, tomatoes, peppers, and more! With a new raised bed built with the help of Mr. Davis's class at Biddeford Regional Center of Technology, along with fresh mulch added to manage weeds and make working in the garden more accessible, they created a perfect space for the entire school to enjoy.

Adult- use Edibles and Youth.

Despite looking harmless, a single cookie or candy bar with marijuana can contain several times the recommended adult dose of THC. Edibles, that look like treats can have serious consequences, especially for youth, leading to overdose effects such as intoxication, altered perception, anxiety, panic, paranoia, dizziness, weakness, slurred speech, poor coordination, breathing, and heart problems.



Edible marijuana products take longer to have an effect compared to smoked marijuana. The peak effect of eating edibles typically happens between 3-4 hours after ingestion. Someone experimenting with marijuana edibles may consume large amounts in an attempt to "get high." The overconsumption can lead to overdosing. For more information about edibles and youth visit www.healthychildren.org

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Connect with us

