



RVR Meeting  
Rumford Hospital  
October 10, 2017

**In attendance:**

Dianne Gallagher, Deb Alden, Pam Doyen, Barb Radmore, Gary Nihan, Beth Ring, Jerry Cohen, Kathy Crutchfield, Ellen Thorne, Lorri Brown, Allie Burke

**RVR Updates**

- Curtis Ausitn our DFC Project Officer will be visiting in May for a site visit.
- RVR had planned a focus group today but parent consent forms did not go out on time, we are rescheduling hopefully for next week.
  - Currently Mountain Valley and Buckfield are on board for focus groups.
- Stall Talks
  - We have developed some stall talks that will go up in all schools in RSU#10 and RSU#56 Middle and High, one focuses on bullying and one focuses on marijuana.
  - We asked the group for input for future stall talks some suggestions were:
    - Suicide prevention/mental health/where to get help
    - Opioids
    - Positive messaging
    - Body image –positive self esteem
  - The youth group at MVMS is going to work on developing new messages. We have asked other schools if they want to participate too.
- Red Ribbon Week Starts October 23<sup>rd</sup>
  - MVMS are doing a door decorating competition; local LE will judge the best door and that classroom will win a pizza party. They will be having dress up days and 8<sup>th</sup> graders are passing out stickers and book marks to younger students, there will also be PSA's.
  - DES is creating bulletin boards and posters.
  - We will be creating posts on Facebook, please feel free to share!
- Travis Mills will be at MVHS on Thursday October 26<sup>th</sup> talking to MVHS and MVMS students at 1:00pm
  - Allie is always looking for other guest speakers for the other schools as well, we may be having one come to Buckfield in December.
- RVHCC had a table at Pumpkin Fest. Table had prevention information and we saw over 300+ youth that day
- Drug take back day October 28<sup>th</sup> 10am-2pm
  - Mexico PD (Mexico Town Hall) and Dixfield PD will be collecting
  - Rumford PD and Dixfield Town office have Rx Drop Boxes during regular business hours Monday-Friday 8am-4pm
- Timer Caps we purchased timer caps to pass out at the culture of compassion event and they were a big hit! They have a digital reading on the cap that says



- the last time the medication was opened, great for helping to remember if you've taken your medication that day or to know if someone else is accessing your medication. We are planning on ordering more,
- Town of Mexico
    - The town of Mexico recently held a forum including informal vote to determine if they should pursue a marijuana ordinance.
    - Those in attendance were very pro-marijuana and very preoccupied with medical marijuana, they seemed to think the ordinance would effect medical as well. The conversation eventually shifted to the potential economic opportunities and seemed to think it would generate a significant amount of revenue for the town.
    - The wording was confusing and everyone voted "yes" to pursue an ordinance at first thinking this was the pro-marijuana vote and then had to have a second vote, where everyone voted "no."
    - The town selectmen decided to wait and see what happens with the state before taking futhur action.
    - What can we do? How can we educate our town?
      - Sanford has data that shows in order to see any profit there would have to be 24 successful shops. There is not that much profit to be made.
      - Allie is looking for help drafting a letter to the editor highlighting these issues. Looking for data from ER, school suspensions, what would be needed to turn a profit?
        - Look at number of DHS reports about kids ingesting marijuana and coming to school and getting sick.
  - At Rumford hospital the police came in and did a presentation and brought different types of drug paraphernalia to help nurses recognize these items. Could we do something like this in schools with teachers/parents? Parent teacher conference night? (We should be careful not to do with students around, this could have negative consequences.)
    - Pair this with a positive/empowering message such as now that you know here's what you can do/how to talk to your kids etc..
    - Also provide resources for parents who may be struggling with addiction.
    - We could do a virtual facebook event with speakers and video
  - Halloween Awareness (about edibles)
    - Ex. Ad with a kid who can't tell the difference between regular candy and marijuana edibles -hopefully we can use this ad.
    - How to check your kids Halloween candy
    - HCC will be creating some posts/ads week before Halloween and will share them with us.

## **Community Updates**



On October 25<sup>th</sup> the movie Resilience will be shown at 6:00 pm, this is the follow up to Paper Tigers. Looks more at the health effects of ACEs. There will be a discussion afterwards about fostering our children's resilience.

RSU 56 is hosting a "future search" November 17<sup>th</sup> and 18<sup>th</sup> looking for input for their vision/direction of their new district.

YAEK Group will be going to the Maine Youth Action Network leadership conference on November 1-2. We have roughly 7 middle school and 4 high school students going to Bangor. Thank you to the Healthy Communities Coalition and the SUPP grant for this great opportunity for our youth.

**Next RVR Meeting**

November 14<sup>th</sup> at MVHS at 8am room 305