



Working together to reduce youth substance use and abuse by aligning existing resources, facilitating education, and supporting families, schools and communities.

94 River St., Rumford ME 04276 • (207) 364-7408
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River Valley Rising Meeting

November 14th, 2017 8am-9am

Attendance: Dr. Jerry Cohen, Brenna Parent, Pam Doyen, Sabrina L., Kat L., Leanne Condon, Barn R., Stacy Carter, Lorinda P., Matt Gilbert, and Allie Burke

I. RVR Updates

- **Emerging Trends of Marijuana with Sargent Hastings:** This past Thursday we had 17 people attend the Lunch & Learn MJ presentation. Sargent Hastings was on duty and was called away on an emergency so he was not able to attend. However, it was a great conversation about marijuana messaging, impacts and concerns about edibles, lessons learned from Colorado and comments from Chief Hodsdon.
- **Stall Talk-** Suggestions that December should focus on Suicide Prevention Month.
- **Very successful Red Ribbon Week:** Mountain Valley once again participated in the week long event. Each homeroom decorated their doors with positive messages, they also dressed up each day with a theme (Camouflage: Drugs can't find me), and students also went down to MES to talk to the younger students about making healthy good choices.
 - **& Travis Mills** Travis Mills came on Thursday during the Red Ribbon Week and it was a huge success. We received a lot of great feedback from teachers and staff for bringing him to Mountain Valley.
 - **& Pumpkin Fest** We had at least 350+ youth stop at our booth during the festival. We had a spin wheel that ask questions about nutrition and ATOD.
- **Drug Take Back Day October 28th, Guess how many lbs collected???!!!** State of Maine collected 41,200lbs of prescription pills!
- **Compliance Checks in Rumford:** On September 28th Rumford Police did compliance checks (underage tries to buy alcohol) at local stores that sell alcohol and all but one passed. LE also did a shoulder tap at Ralph's in which an underage person shoulder taps someone going into a store and ask them to buy them alcohol. Everyone said no!
- **Focus Group Update:** We are waiting for more parental forms to come back before doing the focus group.
- **Drug Paraphernalia awareness at MVMS:** We hope to host a parent information night in January with LE Dan Gaborni instead of doing something at the Parent/Teacher Conferences. However, RVR did attended Parent/Teacher conferences at MVMS and had an informational booth at MVHS.

Vision: *A safe and healthy community*



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- **MIYHS:** The State of Maine just put out the data for the Maine Integrated Youth Health Survey for 2017. We will spend some time looking over the State, County and local data to look at trends and highlight areas of concerns.
- **Responsible Beverage Training:** We are hosting 2 RBS trainings next month. One is with the Matterhorn Restaurant and another one is for general or new hires at The Gem on December 6th from 10-3pm.
- **Buckfield:** I meet with students and staff a couple of weeks ago at Buckfield. We are hoping to collaborate with them to start a smaller coalition/youth group to address the concerns around ATOD in their community.

II. Community Update(s)

- **Western Maine Addiction Task Force & Project Save ME Updates** WMARI now has a trained the trainer as a recovery coach. We can now offer more opportunities to get folks who want to be trained as a recovery coach. More information to come.
- **Law Enforcement** Mexico PD is hoping to do a Sticker Shock between now and the New Year.
- **Western Foothills Kids Association:** No updates at this time.
- **Oxford County Wellness Collaborative** There continues to be a lot of discussion around ACES. There have been several showings of the documentary Resilience. If you have seen Paper Tigers this is a great follow up to that movie. The Oxford Resiliency project was successful this fall implementing the trauma informed survey at 5 out of 7 middle schools.
- **UNE & Healthy Communities Coalition Preventive Services** Kat and Sabrina are trained in the Prime for Life curriculum and are looking to host a class in the River Valley Region. See attachment for more information. Also the Maine Youth Action Network (MYAN) conference was canceled earlier this month due to the power outages from the storm and has been rescheduled for Jan. 30th & 31st. We have several students going from both the middle school and high school.

WORK ACTIVITY

Check our website- suggestions for improvements www.rivervalleyrising.org

Future Meeting Dates: Location to be determined

December 12th, 2017

We will meet at RVR office at 49 Congress Street.

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January 9th, 2018

February 13th, 2018

March 13th, 2018

Thank you for continued support and commitment to RVR!

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