



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

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

November 20<sup>th</sup>, 2018 8am-9am  
49 Congress St. Rumford, ME

Introduction: Peter Cox, Tonia Mason, Kathie Williams, Brenna Parent, Kat Lemieux, Brendan Schaufler, Jerry Cohen, Stacy Carter, Lisa Twomey, Melissa Harding, Allie Burke, Tavia Melhus

### **I. RVR Updates**

- **Welcome RVHCC new Executive Director-** been here for 6 weeks, RVHCC will be the fiscal sponsor for Larry L. Recovery Center to be on Waldo St., RVHCC is also be doing a backpack program for the elementary schools focusing around the holidays and vacation weeks. RVHCC is hosting an open house Dec. 6<sup>th</sup> at Rumford Hospital in Conference Room A from 5:30-8pm.
- **Stall Talk-** Self-Care Month. December topic is Resilience!!!
- **AudioBody-** Great turnout, did it for the end of red ribbon week, a national drug awareness week. Collected \$152 in donations and roughly 150+ showed up for the evening event.
- **Red Ribbon Week -** Drug awareness week held at MVMS. Students participated in door contest in which they decorate their classroom with positive anti-drug messages. Students also dressed up each day with anti-message. Great positive vibe at the school.
- **Pumpkin Fest-** a huge success! 3,000 people showed up to the event
- **Drug Take Back Day-** 54.5 lbs collected at Mexico Town Hall. 10lbs more than what was collected in the spring. Rumford has collected 108 lbs (5 boxes) of RX since the spring Take Back Day.
- **MYAN Conference-**25 kids, 6 for MVHS, 5 MVMS, Rangeley schools. Overnight in Bangor-student lead conference. Kids get to interact with other kids from around the state.
- **Harm Reduction Conference-** Tavia went, made some connections. Met with Preble St. We are holding a anti-trafficking workshop. What are other communities doing that we can take and make it fit here.
- **DMS Food Drive-** Our youth group at DMS called Positive Cougar Club (PCC) hosted a food drive last week and they collected 643 non-perishable items to be donated to a local food pantry.

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- **CIA Forms- As we move forward with the DFC re-application we are asking coalition members to once again sign CIA forms. I will be reaching out to individuals. As always this work takes a team and we can't thank you enough for your help and support.**

## **II. Community Update(s)**

- **Western Maine Addiction Task Force & Project Save ME Updates:** Alcohol and Addiction Conference on December 7<sup>th</sup> from 8-4pm. There will be a narcan training from 4-5pm. The conference is at the West Paris Fire Barn.
- **Law Enforcement-**compliance checks on stores that serve alcohol, all checks were passed. 5 search warrants took 800 oxy off the streets, heroin and crack cocaine. It was made possible by tips from the public. All tips are anonymous. Encouraging people to get help and seek help through Project Save Me or go to the ER. Niko the drug dog will be trained December 10-14. Not trained in Marijuana.
- **Western Foothills Kids Association** no update
- **Oxford County Wellness Collaborative** 9 people recently got trained to be recovery coaches with HCC in Farmington. Still looking to offer more recovery coach training in Oxford County. Are there resources in River Valley region for transportation issues? There is a person in the area that needs \$200-300 to get van back on the road. Can anyone help? Also OCMHS has hosted 3 adult focus groups sessions asking community members what are the needs, resources available in the River Valley. Substance use disorders is a top concern for this area.
- **UNE & Healthy Communities Coalition Preventive Services-** HCC is in year 3 of the SUPP grant year. Still continuing to offer Prime for Life and working with youth groups. HCC just got rewarded innovation funding to be used for PREP which was formally called Table Talk that targeted middle school parents. PREP will focus on a more broader population, like addressing adult caregiving. HCC will also focus on topics like opioid & MJ. The recovery coach training that was offered included all of Northern Oxford County and Rangeley.
- **Faith Based-** grant on focusing on the older people and finding out who is alone and what they need, and are they getting checked on regularly?
- **Medical education- Jerry Cohen-** Retired Dentist shared with us that in order to get your medical license and in order to prescribe opioid you have to take the State and Federal mandated course on prescription. You cannot get a medical license with taking the course.
- **DHS-** Is hosting a table event for a 1hr on December 18<sup>th</sup> from 8-9am. This will also be during the time they are honoring the student of the month. DHS is looking for community organizations that would like to have a table.

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- **LLRC- Recovery House** looking into fundraising and grants.
- **SMART Recovery-** Hosted at the Beacon House for family & friends. Tonia Mason for more information.

**Questions asked:**

**How can we continue to strengthen Community Collaboration around substance use in the River Valley?**

Community Events (pumpkin fest, Audiobody) Work in school  
Continue responsible seller/server training  
Using a "hub and spoke" model with a recovery center as the hub  
Attend the SUD conference Dec. 7<sup>th</sup>  
Help open recovery center/ guidance and funding

**How can we help you/organization to reduce youth substance use??**

Using peer support  
Support resources for families (parents)  
Educate parents on allowing-providing underage use (criminal-civil liabilities)  
Direct individual support for our students (drugs, alcohol, vaping)  
Peer Helpers in middle/high school'  
SMART for adolescents run by younger person that is trained  
Role playing skits in schools

**Other areas we need to address**

Home life-parents substance use disorders  
All addiction-all inclusive  
Older people in community  
Facebook page daily Stall Talk for families  
Stall talk in churches, Black Mtn. Make Calendar for a year-families could discuss for each year  
More recovery coaches in the community, have a trainer  
Grief support groups for youth who have lost a loved one to substance use

**Future Meeting Dates: Location to be determined**

**December 11<sup>th</sup>, 2018**

**January 15<sup>th</sup>, 2019**

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Thank you for continued support and commitment to RVR!

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