



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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River Valley Rising Meeting

December 18th, 2019 8am-9am
49 Congress St., Rumford, ME

Agreements

- Listen with respect
- All views heard
- Curiosity welcome—Ask questions
- Minimize distractions
- Safe space—Respectful conversation
- Speak with honesty

Meeting Objectives

- Shared understanding of the value of meeting together
- Clarity on the group's purpose going forward
- Progress on a list of things to work on together
- Shared understanding of participant's expectations around participation
- Agreement on immediate next steps

I. RVR Updates

- **Children's Safety- Lock It Up Update**
 - All afterschool activities were canceled for the impending snow storm. We decided to host the event anyway. We had the following vendors represented- LLRC, Community Concepts, BE Smart, Oxford County Sherriff Department, Rumford Hospital, Mexico and Rumford PD, and RVR. Turnout was low due to storm, but we FB livestream and so far we have had over 200 people watch it. Great information shared from Rumford Hospital about locking up everyday medicine including vitamins and OTC pain meds like Aleve. Children get into these and can overdose. Police department shared stories about drugs and the importance of locking up your marijuana as well as your guns.
- **Recovery Boys- Update**
 - Dec 11th was the showing at the GEM theater in Bethel.
 - We had a panel discussion with key representatives from the Bethel Health Center, someone in recovery, Andy Robinson (District Attorney), etc.
 - Good showing, roughly 40 people showed up
 - Hosted with WMARI and the Points North Institute from the Governor Mills Opioid Task Force in Maine
- **Senior Gathering- December 18th, 10am-1pm**
- **Vaping Information Night @ Hospital, Jan. 13th**
 - We are partnering with the hospital to an informational event on vaping.
- **Free Ski Night @ BMOM on Jan. 30th**

Vision: *A safe and healthy community*



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- Partnering with the Rumford Hospital and we will also be conducting our annual community parent survey. Anyone have any questions we should ask parents/adults about substance use or concerns in the community?
- **RV Connect event at BMOM on Feb. 11th**
 - We are partnering with Amy Scott from CORE to host this community event. This is a chance to connect with more community business, members and organizations in our community. Many of us are not aware of other what others are doing and how can we streamline programming and services? This will be set up like a speed dating event. We will get a few minutes to get to know each other (businesses). Please spread the word and invite local organizations to this event.

II. RVR Action Plan

- Looking ahead at our year 7 action plan. We will be reviewing our MIYHS data from 2019 to see what changes or trends that are occurring among our youth. Looking esp at marijuana, prescription drugs, alcohol and vaping.

III. Community Update(s)

- **Western Maine Addiction Task Force & Project Save ME Updates**
 - Recovery Boy Showing
- **Law Enforcement- no update**
- **Western Foothills Kids Association**
 - Been a busy fall with programming. Off to a good start!
- **Oxford County Wellness Collaborative**
 - Fall Gathering was well attended (25-30 people) to talk about barriers and challenges around rural Maine transportation
- **UNE & Healthy Communities Coalition Preventive Services**
- **OCMHS**

Future Meeting Dates:
Set new dates for the 2020 calendar year

Thank you for continued support and commitment to RVR!

Vision: A safe and healthy community