



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

February 12th, 2019 8am-9am

49 Congress St., 3rd Floor

Office

Introduction: Carlene Tremblay, Ben Tucker, Beth Bordeau, Leanne Condon, Tavia Melhus, Brendan Schaufler, Melissa Harding and Allie Burke

I. RVR Updates

● CADCA/SAMSHA -DFC Conference in DC

The 4 day conference in DC was great. Lots of great information. Every year there seems to be a theme. Last year marijuana was a hot topic and this year vaping was the main topic of interest. Monday is hosted by SAMSHA. They host what is called Prevention Day. Then Tuesday –Thursday is hosted by CADCA (Coalition Anti-Drug Community of America) On Wednesday we went to Capitol Hill. We go as a group from Maine and Maine currently has 19 DFC grantees which is a lot for our small State. Senator Collins mentioned that there is 100 million allocated for the DFC funds for 2019/2020, but the RFP is delayed because of the government shut down and the wall debate but should be released in a couple weeks.

- **Stall Talk-** Vaping for month of March. April will be alcohol awareness
- **Senior Prevention @ Holy Savior March 13th** – Our first Senior Prevention Day we will host Movely Freely with Mitzy Sequoia and we will provide lunch, and a small fun craft activity for seniors to bring home. We are working with the Holy Savior Church to address senior isolation and how we can improve our connection with them in our community. Each month there will be a topic, an activity, food and other fun low key things to do for the seniors. One topic could be, How to talk to elders about marijuana abuse, or Senior Fraud? Maybe we could involve our with Youth to serve food/ reading/ games
- **RVHCC & RVR BMOM Free Ski Night Feb. 28th! PLEASE JOIN US FOR THIS FUN EVENT!**
This is all about you and the work you do to help provide a safe, fun, and healthy community for our youth and their families/friends!

Vision: *A safe and healthy community*



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- **PCC & YAGG Youth Group Updates-** Numbers have been low at MVMS. We are also seeing a lower attendance in general for the WFKA afterschool program this winter. Many students are involved in sports or other activities.
- **Be My Hero Today Campaign** is a new campaign put out by the Dept of Health and Human Services. Thanks to HCC in Farmington we have posters and materials that we can share. We have started to share some of the Media Ads on our FB page. There is also through the State of Maine the marijuana campaign Good to Know and this is a spin off from Colorado: Be Educated, Be Responsible. <https://goodtoknowmaine.com/>

II. Community Update(s)

- **Western Maine Addiction Task Force & Project Save ME Updates**

Healthy Oxford Hills and WMARI hosted activities with the schools and the community about the, 7th Wish, a book about addiction. One of the events included hosting the author at the schools and they have had great turn outs to the events. The money raised will be to WMARI. There is still a great need for recovery coaches for Oxford County and for Recovery Coaches to be an advocate for people that are looking for help.

- **Law Enforcement- no updates**
- **Western Foothills Kids Association-** update from Leanne who said the WFKA is looking to reapply for 21st CCLC funds for both elementary schools in RSU#10. Finding it challenging to work with the state on the grant and school's commitment for transportation.
- **Oxford County Wellness Collaborative** - Brendan also shared that he will be focusing on how to improve Maine Health and how to connect people through resources. Brandon will be do a study about different resources that work well and how to make them fit in the area you are in. He will be looking at other models and see if they would work well in Oxford County. Is there something better than 211?
- **UNE & Healthy Communities Coalition Preventive Services** – Be My Hero Today Campaign. Thank you for the materials
- **LLRC**
- **Hospital-** Looking for more materials and resources on substance use.

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- **RSU10-** Was chosen to participate in the Project Aware federal grant. The project is to promote youth mental health mental awareness among schools and communities to

improve connections to services for school age youth. There are only 3 of these projects happening in the state. RSU#10 will receive \$200,000 each year for 5 years. They will be helping to create a model for district working with DHHS and MDOE. They need help to list out area resources that they can use for mental health services in the area.

Future Meeting Dates: Location to be determined

March 12th, 2019

April 9th, 2019

Thank you for continued support and commitment to RVR!

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