



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
rvhccburke@gwi.net • www.rivervalleyrising.org

River Valley Rising Meeting

January 15th, 2019 8am-9am

49 Congress St., 3rd Floor

Office

Introduction: Ben Tucker (Office of US Senator Angus King), Tonia Mason (OCMHS & LLRC), Miki Skehan (WFK Afterschool Program), Brenna Parent (RSU#10 Guidance Counselor), Jerry Cohen (Rotary), Tavia Melhus (RVHCC ED), Kat Lemieux (HCC SUPP), Sabrina Lopizzo (HCC SUPP), Ryan Angelo (Office of US Senator Susan Collins), Melissa Harding (RVR Project Coordinator, Allie Burke (RVR Project Director).

I. RVR Updates

- **CADCA-DFC Conference in DC-** Melissa, Allie and Tavia will be heading to DC in early February 3rd-7th. On Wednesday during the conference we go to the Hill to meet all the senators. Senator King has open office hrs from 9a-10am and you can get muffins ☺
- **RVHCC & Holy Savior Church** We partnered together and applied for a mini-grant from Maine Community Foundation – We are hoping to provide services for elderly 60 and older. Rumford no longer has a senior citizen center and many seniors are isolated and alone esp during the winter months. We have been informed that many seniors aren't taking their prescribed meds by their doctors and are instead using marijuana given to them by their children/caretakers. Our grant will allow us to focus on topics like how to plan for a funerals, healthy eating on a budget, games, arts and crafts, and hopefully field trips. Programming and services to be offered once a month.
- **Stall Talk-** February is healthy relationships month- Brenna suggested that we focus on what to do as a bystander if you see someone in a bad situation or unhealthy relationship.
- **HSRI-RVR DFC Logic Model-** Coalition reviewed the logic model. Please let us know if you have any questions or suggestions that we can add to the logic model.
- **Substance Use Treatment & Recovery Resource Guide-** A new service called Guest dosing for those who live out of state and need services when they are traveling , Discovery house in Bangor, Portland and Augusta are offering these services. CAP, Quality Guide
- **Opioid Rack Card-** Check out our new rack card addressing what to do if you see someone overdosing and how to administer Naloxone (narcarn).

Vision: *A safe and healthy community*



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- **RVHCC & RVR BMOM Free Ski Night Feb. 28th!** 4-9pm doing a community survey, and have free swag!!
- **PCC Youth Group- Positive Banners** – The DMS youth group recently worked with the school to decorate banners to put around the school that say positive messages on them.

II. Community Update(s)

- **Western Maine Addiction Task Force & Project Save ME Updates:** WAMRI- hosted the Alcohol and Addiction conference last month and roughly 80 people came.
- **Law Enforcement**
- **Western Foothills Kids Association- The 21st Century Afterschool Program grant for WFKA is ending this June and the RFP just came out for renewal.** WFKA is looking to apply for funding at RES and MES and a continuation grant for MVMS. WFKA is looking to apply for funding for RSU 56 middle and elementary school. WFKA has received 4 grants this past year and one grant is helping to pay for 30 students to learn to ski at BMO. Another grant is for Maine space consortium and STEM project- renewable products.
- **Oxford County Wellness Collaborative: no updates**
- **UNE & Healthy Communities Coalition Preventive Services** –SUPP will no longer be offering No Prime For Life class as the funding will be ending in June. HCC is brainstorming on how to talk to kids about juuling and how to support kids in replace of the PFL curriculum. The YAEK youth group at MVHS is also a youth policy board and they are focusing on doing the yellow tulip project about mental health and stigma.
- **LLRecovery Center-** hosted a fundraiser last weekend to find members and as well as to fundraise for the recovery center. They are collecting item donations, cash donations, etc. They will be hosting another event on April 20th from 3-9pm at the Eagles in Rumford. There will be 2 bands and a bunch of Chinese auctions items.
- **RVHCC-** Tavia is hosting a webinar on MANP and the topic is: **Reaching Those that Need Us the Most: Overcoming Isolation and Stigma in Rural Maine (Webinar)**
- **Rotary club-** The rotary just recently spear headed a program called teachers helpers- they are raising money to buy school supplies, paper, pencils, shampoo, conditioner, deodorant for all the schools in RSU#10.

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WORK ACTIVITY

Logic Model

HAPPY HOLIDAYS AND HAPPY 2019!!!!

Future Meeting Dates: Location to be determined

February, 12th, 2019

March 12th, 2019

Thank you for continued support and commitment to RVR!

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