



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

March 12th, 2019 8am-9am
Med-Care Ambulance Services
290 Highland Terrace, Mexico, ME 04257

Introduction: Kathy Cloutier, Ben Tucker, Brenna Parent, Carlene Tremblay, Miki Skehan, Berta Broomhall, Lori Brown, Allie Burke, Melissa Harding & Brendan Schauffler (zoom meeting)

RVR Updates

- **BMOM Free Ski Night Great turnout!!!**-355 people attended. We had a display set up with resources and a lot of information about vaping. People seemed very interested in the information and were glad that we were there.
- **Adult Community Survey-** At our Black Mountain Night we handed out adult surveys we had 55 completed surveys. What are the 3 most concerning drugs in our community? 70% said heroin 64% alcohol and prescription drugs came in 3rd. Where are the youth getting it? 1st older friends, 2nd peers, and a lot of people said they didn't know. See attached for the rest of the survey.
- **DFC Grant Updates & other grants-** DFC not out yet. RVHCC is in the middle of applying for 3 grants. The Gorman Grant to address food insecurity, which we currently have and will expire in June. The next two grants are SAMSHA grants. The Sober Truth on Preventing Under Drinking Act Grants (STOP grant) which is a grant to address and prevent underage drinking (also an expansion of the DFC grant) and the Targeted Capacity Grant which is to develop and implement targeted strategies for substance use disorder treatment issue within the community.
- **Stall Talk-** Underage Drinking for the month of April
- **Senior Gathering @ Holy Savior March 13th 9am - 12pm-Starts tomorrow.** This helps getting the older population involved, focusing on heart, body and soul. Will be doing chair Yoga, planting flowers, food for the first class. The next gathering will be April 10th from 10-1pm.
- **Opioid Rack Card-** Thanks to HCC in Farmington for sharing their information with us. We did an opioid card with information on how to help someone that has had an overdose. We delivered the rack cards to med-care to hand out, and in return they have shared with the fire department. We will be bringing some to the hospital as well.

- **PCC & YAGG/Youth Group Updates-** Our MVMS group has changed their focus. We have decided to bring in local people such as an artist, yoga instructor, cook, and a band. We wanted to show kids some hand on skills and different ways to express themselves. New programming should start around March 26th.
- **Drug Take Back Day April 27th** Working with Mexico Police Dept. Check in with Rite-Aid and Walgreens about being a drop off location.
- **Child Advocacy Day Planning-** Planning sessions are happening to build up the Child Advocacy day at the Eagles. Discussion on how to get the number up and more kids involved. The event is scheduled for June 1st at the Rumford Eagles.

II. Community Update(s)

- **Western Maine Addiction Task Force & Project Save ME Updates-** Brendan suggests that RVR present the community adult survey data at the next WMARI Meeting.
- **Law Enforcement- no updates**
- **Western Foothills Kids Association** - Working on 2 new 21st CCLC grants for 2 new sites. 1 site would be MES and RES, and the other site would be DES and DMS.
- **Oxford County Wellness Collaborative-** “Won't you be my neighbor” based on the TV Mister Rogers is having a showing in Telstar from 6pm-8pm meal and fundraiser. The following week, March 19th, is a training on Protective Factors by Community Concepts from 6-8 at Telstar.
- **UNE & Healthy Communities Coalition Preventive Services** – Hosting Recovery Boys April 18th. This is a documentary on 4 boys trying to reinvent their lives and mend their relationships after years of drug abuse. Also been dealing with a lot of vaping violations at schools. Working with the schools to address in school suspensions instead of out of school suspensions. If student is caught with a vape pen it is a 3 day out of school suspension. If caught with MJ it is a 10 day suspension. How can we change that policy with the schools? Have students in school instead of out of school.
- **Larry Labonte Recovery Center- no update**
- **EMT-** New opioid rack cards will be given to family members and other information after a first responder call.
What other resources are people looking for? Many are looking for someone to talk to. Berta said that there has been a decline in overdoses, maybe because of access of Narcan. And/or LE is getting there before them?

In December Med-Care administered Narcan 20 times, Feb 12-14 times and in March so far 6 times. There has been 2 OD deaths. December may have been high because of the holidays. Many patients don't have family and it's a hard time of the year b/c of the holidays. Increase of despair leads to increase of use.

Need Recovery coaches in the area. Someone they can talk to and trust and support them.

Stigma- Is a huge issue. Med-Care tries to bring certain level of compassion and understanding when treating their patients.

Meth- Seen an increase of Meth in the area.

Narcan Training combined with CPR? Should we offer this kind of training to the community?

Like to Welcome Kathy Cloutier the new District Rep for Cong. Golden! Thanks for coming and being a part of our coalition! Congrats on your new job!

Future Meeting Dates: Location to be determined

April 9th, 2019

May 14th, 2019

Thank you for continued support and commitment to RVR!