



*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**

May 14<sup>th</sup>, 2019 8am-9am  
Mountain Valley High School

Attendance: Kathie Williams, Ben Tucker, Brenna Parent, Stephanie LeBlanc, Miki Skehan, Lorri Brown, Matt Gilbert, Carlene Tremblay, Diane Gallagher, Abbey Rice, Allie Burke and Melissa Harding + Brendan Schaffler (zoom)

### **I. RVR Updates**

- **Drug Take Back Day- Guess the amount collected?!**

147 pounds of prescription drugs were collected on April 27th in the River Valley Region.  
7 boxes worth!

- **DFC 6-10 Continuation Grant is open (Due July 8<sup>th</sup>)**

- **CIA Form Update** - new and updated. We will be reaching out to the individuals sectors for signatures.
- **Mission Statement**- looked at and revised some wording and added prevention into the statement:

Working to prevent and reduce youth substance use disorder by aligning existing resources, facilitating education, and supporting families, schools and communities.

- **2 Drugs that must be addressed (assessments and data)**- priorities have been shifted to e-cigarettes and marijuana, but will also be focusing on alcohol and prescription drugs. Also changing social norms around marijuana

- **Stall Talk- May Mental Health Awareness Month**

- **LGBTQ Pride Month**- Use of the proper pronouns/language and definitions of each.

- **OCMHS –Stephanie LeBlanc**

They just recently received a 1 year Maine Rural health grant- MeHAF

OCMHS did a local River Valley Region community survey targeting 878 residents trying to find what their health concerns were. The top 3 were substance use, mental health and cancer. Now using that data to help streamline resources for those looking for help with local providers. Providers will also be able to share resources with each other, have access and so forth.

In June, they will be hosting a community access mapping conference. See flyer attached

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- **Senior Gathering- May Gathering Guest Speakers and June Field Trip**

The May, Senior Gathering topic was about Senior Fraud. Sen. Collins representative Carlene Tremblay, did the presentation and there was also a write up about the event in their newsletter as well as a FB Post. 40 seniors showed up for the event, Mitzy Sequoia did another moving freely.

June's gathering will be a trip to Screw Auger Falls and July to McLaughlin's gardens

- **PCC & YAGG Youth Group Updates**

We just finished up our Express Yourself group at MVMS, we had a great time with the students. We got to do an art class, learn how to make maple syrup, had a mindful music class, went over to the Briar Patch to help them open up and we ended our Express Yourself group with going to the Mexico Rec Center for some roller blading.

Our DMS group has a couple more weeks so we are working on a final project with them.

Maybe a Positive banner to hang in the school created by the students.

- **Child Advocacy Day – June 1<sup>st</sup> 1aam-4pm @ the Rumford Eagles**

We will setting up a table that day, please come show your support if you are in the area.

- **MAPS- Maine Access Point Services-**

Spoke at WMARI, they offer a training on Harm Reduction and opioid overdose, how to recognize it and how to administer Narcan. Our next RVR meeting will be offering the class. June 11th at 8am our office

- **New MJ updates- drafts only (see attachment)**

- **Graduation and Prom Dates – Parents Who Host Lose the Most**

Prom is Saturday May 18th & Graduation is June 6th (BJSHS) and 8th (MVHS) + June 7th (DHS)

## II. Community Update(s)

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

Recovery Rally is Sunday September 22nd.

- **Law Enforcement**

N/A

- **Western Foothills Kids Association-**

WFKA received the 21st century grant for K-4 RSU 10 students, but not for RSU 56. There will be some summer programming with Black Mtn of Maine. A maine guide program and possibly Growing Up Wild program.

May 21st at the MVMS there will be a showing of Won't You be my Neighbor. This is also a fundraiser for RES PTO. Check out WFKA FB page for more information.

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- **Oxford County Wellness Collaborative – Spring Gathering**  
Spring Gathering is May 22nd at Region 9 in Mexico. The topic will be about substance use and recovery. There is also a free dinner, daycare and transportation.
- **MVMS- Book Immersion day** was a success last Friday, May 10th. Lions of the Little Rock was the book the whole school read.
- **UNE & Healthy Communities Coalition Preventive Services**  
June 20th there is a FREE Opioid Use treatment seminar offered at Franklin Memorial Hospital from 9-2:30.
- **Larry Labonte Recovery Center**  
Raised over \$5,000 at a recent fundraiser. This money will be used to do construction for bathrooms and for a handicap ramp.
- **Safe Voices**  
June 1st is the Safe Voices 5K at Bates College - check Safe Voices for more information.

Future Meeting Dates: Location to be determined  
**June 11<sup>th</sup>, 2019 (Guest speakers from MAPS) – RVHCC Office**

Thank you for continued support and commitment to RVR!

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