



*Working together to reduce youth substance use and abuse by aligning existing resources, facilitating education, and supporting families, schools and communities in the Greater River Valley Region.*

94 River St., Rumford ME 04276 • (207) 364-7408  
[rvhccburke@gwi.net](mailto:rvhccburke@gwi.net) • [www.rivervalleyrising.org](http://www.rivervalleyrising.org)

## **River Valley Rising Meeting Minutes**

Jan 14<sup>th</sup>, 2020 8am-9am

RSU10 Central Office, Rumford, ME

Attendance: Miki S., Melissa H., Allie B., George R., Matt G., Ben T., Linnea B., Brenna P., Kasey F., Beth B., Kat L., Dan J., Perri R., Peter C., Pam D.,

### **I. RVR Updates**

- **Senior Gathering- Jan 22<sup>nd</sup>, 10am-1pm**

Happening every month at Holy Savior. This event began because older adults were saying that their friends were getting Marijuana from their child/grandchildren to replace or go with the medicine that the doctors gave them.

We dont have to look for quest speakers anymore and we are getting 40-50 Seniors.

- **Free Ski Night @ BMOM on Jan. 30<sup>th</sup>**

At the end of the month we are partnering with the Rumford Hospital to host another Free ski night and tubing. Please join us from 4-9pm. We will be handing out a parent survey to parents and when they fill it out, they will receive a buff . Are there any questions that you would want to ask??

-Do you talk with your kids/youth about substances? If so, what age?

-If so, which resources do you use to talk with them?

Name some resources

-Is there substance abuse in your family?

-Do you know where to go for resources?

-Who would they ask for help, if they needed it?

-Do you lock up you medications/ alcohol/substances?

- Which of the following substances do you use?

### **CADCA Conference in Washington DC Feb. 3<sup>rd</sup>-6<sup>th</sup>**

This is a great opportunity, thousands of people across the US show up. We go to break out sessions all day and get to learn about many different resources and things to do with prevention, working with youth, vaping, opioids and much more. On Wednesday we go to the capital and meet with all our representatives. This is a great opportunity to tell them about the work that we do and ask for continued support for prevention funding

- **RV Connect event at BMOM on Feb. 11<sup>th</sup>**

Open to anyone that wants to come starts at 5 until 7. This is an opportunity for organizations to partner with other organizations in a speed dating setting and get to know who is in our community and awareness of what other things are happening in our community. Who can help each other and partner with each other.



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- **Stall Talk for Feb.**

We got an email from York hospital that wanted to use our stall talks and just change the contact information to fit their area. We are more than happy to share what we have and glad that people are enjoying it. Next stall talk is Teen dating violence

- **Vaping presentation update**

The weather, once again did not work in our favor. We did not have a great turnout that we had hoped for, but the people that did show up learned a lot and felt good about passing on the information that they learned.

## **II. MIYHS Data review**

- **County Data Vs State Data**
- **District Data (individual school data)**

Please contact Allie Burke if you want any info at [rvhccburke@gmail.com](mailto:rvhccburke@gmail.com)

## **III. Community Update(s)**

- **LLRC-**

The recovery center opened their doors last week, they had a great turnout for the ribbon cutting and open house. They also had their first client that they referred to a rehab facility. They are noticing that there is a need for more facilities in the area, also facilities that are not super expensive so people can afford to go and get treated.

- **Hospital**

They have been seeing a lot less overdoses in the ER since the holidays, which doesn't mean that the overdoses aren't happening just that they are not making it to the ER. There is much more Narcan in the area now so that maybe why the numbers are going down.

- **Western Foothills Kids Association**

- **Oxford County Wellness Collaborative**

- **UNE & Healthy Communities Coalition Preventive Services**

Free Ski night Jan 31<sup>st</sup> at Titcomb mtn in Farmington.

They have been working and doing classes with students that have gotten in trouble for drugs, vaping, mj and starting splitting up those kids into 2 classes so the vaping kids go to one class and the others go to another class. The classes are now taught in school during the 1<sup>st</sup> period so more kids are attending.

Emerging Adult funding for 18-25. Meetings in March if interested.

- **Tri-county-**

Linnea is waiting for the go head to start working in the DMS, DHS and MVHS

Future Meeting Dates:

February 11<sup>th</sup>

March 10<sup>th</sup>

Thank you for continued support and commitment to RVR!