

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 • www.rivervalleyrising.org

River Valley Rising Meeting

August 11th, 2020 8am-9am

Zoom Meeting

Attendance: Pam Doyen, Stephanie LeBlanc, Jason Long, Brendan S., Barbara Arsenault, Roy Hodsdon, Cecelia N., Diane G., Dan Jenkins, Ben Tucker, Melissa Harding, Michelle L., Abbey Rice, Allie Burke

I. RVR Updates

- 2020 Maine Opioid Summit

We sponsored 12 people to attend the virtual opioid summit. Kathy has the book Together by Vivek H. Murthy at LLRC for people that attended the summit.

- DFC updates

We got a call from the DFC grant reporting about our positive relationship with the schools and they wanted to know more about our successes and challenges. If we are picked as a finale candidate we will be going through a 2 week virtual site visit. Our coalition will be helping other coalitions with their relationship with schools and students.

RVR asked coalition members if they wanted to go through with the site visit if we are chosen. Everyone voted in favor of the visit.

- Logic Model – update from HSRI
- Grant report due 8/14/2020
- Update on Switching from SAMSHA to CDC
End of September everything will be under CDC, so everything has to be switched over.
- Programming in schools?
 - Suggestions on what would be effective for educational training?
- Events- Cultural of Compassion, Open Houses?

- How do we disseminate information to parents via schools?

Organizations working together to try and support each other. School counselors and social workers. RSU 56 has postponed the start of school, they are going to use Sept 1-2 to have staff connect with those workers and try to figure out a way to make a plan to access the outside people that they need.

There will be limited outside persons that come in, but there will still be counselors and social workers that will be in the schools. They will have to go through a screening before they go into the school.

- Stall Talk September- TBD
- FB, Instagram and Twitter – please share posts. For tracking our in-kind services to match our federal grant dollars.
- Virtual Responsible Beverage Training Course – we didn't get to this due to limited time.

II. Community Update(s)

Vision: *A safe and healthy community*



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- Western Maine Addiction Task Force & Project Save ME Updates: WAMRI Addiction conference is going to be canceled for December. ☺ Adding capacity and learning how to support recovery coaches and get more coaches. The Recovery Rally is canceled, they will be placing butterflies around Oxford County to mark Recovery month. They may make a video with people's stories of recovery. WMARI- couldn't get a Maine Community Foundation grant,
- School Updates- waiting to hear next steps. Many schools are still figuring out schedules and how remote/in person will work.
- Be Smart- We appreciate Melissa Harding and two staff members from TriCounty Mental Health joined us for a Be Smart training online. We also appreciate RVHCC posting a quick video of the importance of gun safety and storage while children and grandchildren are around home more.

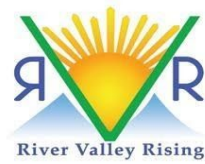
SMART is an acronym for Secure all guns in you home and vehicles, Model responsible behavior around guns, Ask about the presence of unsecured guns in other homes, Recognize the role of guns in suicide, and Tell your peers to be SMART.

We had a Be Smart message on the Rumford Police site for a few hours which focused on gun safety but after a while there were negative comments and the graphic had to be taken down. Initially there were positive comments and several comments from people who appreciated the reminder to check the storage of the firearms. If one family checked their firearms due to the message and it prevented even just one unintentional shooting we did our job! We appreciate Chief Milligan's support.

We are available to do presentations which usually 20 minutes long. We also have plenty of postcards for staff rooms or areas where you have resource information. With suicide prevention awareness month being in September this information could be timely

- Tri-County- Has started seeing some clients in the community outside with protocols with individuals that need a face-to face. In September looking to bring clients back into the office for people that need to be back. Things are starting to get busier with people experiencing anxiety about not being sure of what school is going to look like.
- Oxford County Wellness Collaborative/Healthy Oxford Hills- State prevention funding for the whole state was cut. Not sure why. HOH not sure what next steps will be for tobacco and substance use prevention.
- OCMHS- Not a ton going on. Telehealth is going on and waiting to see what schools are going to need. Things are starting to ramp up for support for schools with a portal, virtual or in person. Zero suicide mission on hold for the summer. Working with Rumford Hospital with a liaison working in the emergency room to help in need.
- Rumford Hospital- We are working with Cecilia Natale on creating a rack card that will be shared in the community. This rack card will have all behavioral health services in the River Valley Region. Information on what services they provide and what health insurance they accept.
- DMS- Not sure if there will be outside people coming in. Maybe a zoom type group

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- Safe Voices- Are able to courts and in person by appointment only. As educators they are meeting state wide and sharing what is working and what is not. Looking to move what they do virtually so they can access more people. 8-4 everyday Chat service find info on website. Finished a 4 week training for transgender and best way to support.
- Larry LaBonte Recovery Center (LLRC) -

Getting more activity than last month, have walk-ins and phone calls. Ride for recovery donated over 2000 from an event they held. Working on some Grants with the state and waiting to hear if the get it to hire a director and program manager.

Future Meeting Dates:
September 15th

Thank you for continued support and commitment to RVR!