



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
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River Valley Rising Meeting

March 10th, 2020 8am-9am

RVR office, 49 Congress St, Rumford, ME

Agreements

- Listen with respect
- All views heard
- Curiosity welcome—Ask questions
- Minimize distractions
- Safe space—Respectful conversation

Meeting Objectives

- Shared understanding of the value of meeting together
- Clarity on the group's purpose going forward
- Progress on a list of things to work on together
- Shared understanding of participant's expectations around participation
- Agreement on immediate next steps

I. RVR Updates

• Senior Gathering- March 18nd, 10am-1pm

Next Wednesday is the gathering please spread the word, guest speakers are the new Rumford police chief and the new town manager. This will allow our seniors to see what the new vision is for the town and ask any questions that have. The past showings have had great turnouts.

• Stall Talk for Feb & March

This month we talked about reasons to get outside and get active, next month we will focus on distracted driving/impaired driving to go along with Every 15 minutes that will be at the MVHS.

• Drug Take Back Day

April 25th, which is the same day as the child advocacy day at the Eagles. The Advocacy day is a little earlier this year. We are figuring out where the Drug Take back day will be this year, either at Walmart or at the Eagles.

• Child Advocacy Day

April 25th, we will have a booth and be part of the event in some way.

• Parent Survey

130 surveys were completed, Alcohol, marijuana and prescription drugs were the main drugs that parents/adults were concerned about.

Where youth are getting drugs from, are older friends or peers.

Attitude toward MJ only 50% say it is not ok 20% say if there is a doctors reason it is ok

Attitude towards Alcohol 75% say it is not ok 15% say if you are 18yrs old and out of high school it is ok.

50% say they know a lot about the topic Vaping 30% say that want to know more about the topic 36% say they are concerned about e-cigs and juuling.

Do you talk to your children 60% say that they talk to their kids., but only 40% say they have clear rules for consequences.

Do you lock up you meds 30% said **YES**

90% say that they know how to properly dispose of medications

Vision: A safe and healthy community



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67% say they get their info from the internet/Facebook

II. GUEST SPEAKERS

- **Welcome Retired Sgt. Doug Maifeld**

This has been a work in progress for many years. He is currently in 4 schools and work 29hours/week. He has been a DARE officers for the past 27 years. He talks to students about risk consequences, how to build up their self-esteem. Wants kids to see the police in a positive way and feel comfortable with coming to police to trust and to come to them. Walks the halls office is at the high school in the gymnasium ext. 7234. Tries to go to lunches and recesses. Middle school has had him for DARE all school year, middle school is rougher than the high school with kids going through changes.

Wants to make kids feel safe and make the connection with them.

- **Introduce Human Service Research Institute – Grant Evaluators (via zoom)**

- **Action Plan for Year 7**

Have been working together for over a year. They have been revising the action plan from the last set of data that has come out and evaluation of what goals and plans with the data that they have. Coalitions align their goals and strategies, so they are the same as the national level. They use school data, trends, national, county and state data.

Misuse of Prescription drugs and drunk driving.

III. Community Update(s)

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

Black Balloon day to bring awareness to people that have lost their life to overdose and who have been touched by this.

- **Law Enforcement**

- **Western Foothills Kids Association**

- **Oxford County Wellness Collaborative**

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

- **OCMHS**

Zero suicide work, strong stake holders have done a self-assessment. How to bring early prevention education and knowledge. Can pride crisis management.

- **Tri-county**

Awarded the 2020 Censes grant. Starts in May. Trying to get as many people to complete the survey.

- **RSU 56**

Outreach training with staff. Looking for a grants for a resource officer.



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LLRC

Recovery Coach Training being offered the First 2 weeks in April

Project Aware

SAMPSA wanted every district that was awarded the AWARE grant. DOE has 5.6 million is on hold because of the marijuana laws and that students with a doctors permission are allowed to use it at school so they are trying to figure out where to go from here so that funding isn't withheld.

Goldens Office

House passes comprehensive tobacco policy trying to get menthol off the shelf but doesn't think it will pass.

Future Meeting Dates:

April 14th

Thank you for continued support and commitment to RVR!