



*Working together to promote a drug-free community that inspires our River Valley youth by modeling healthy lifestyles and supporting families, schools and communities.*

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

## **River Valley Rising Meeting Minutes**

**Date:** April 14, 2015

**Location:** Rumford Public Library

**Time:** 11am

**Attendance:** Deb Litchfield (River Valley Counseling), Kayla Capponi (Common Ground Counseling), Denise Cross (Dept. of Corrections), Kate Clough (RSU10), John Gensel (Dixfield Church on the Hill), Brenna Parent (MVMS), Roy Hodsdon (Mexico PD), Jenn Whittemore (Dirigo HS), Amanda Houghton (RSU10), Stacy Carter (Rumford PD), Erin Wainwright (RSU10), Linda Beaudoin (RSU10 School Board), Sandy Witas (RVHCC), Allie Burke (RVHCC), Kelsey Arsenault (RVHCC).

### **CADCA Academy Update**

Allie and Patty went to Albany and learned A LOT. They looked at our area geographically – birds eye view, and then filtered down and down to look at each community and how it works. The big question is *how do we want to address the root causes?* We'll be talking more about this stuff at our **NEXT MEETING: May 4<sup>th</sup>, Rumford Public Library, 11am.**

### **Karen Williams Presentation**

Karen Williams was AWESOME! In the email attachments you'll find the handout for her presentation. I can't do her presentation any justice, but she talked about how the brain develops and how teens "get their brains sucked out" which is why they act the way they do a lot of the time. We, as adults, parents, and community members need to give them guided experiences to create caring, competent, contributing members of society. She also talked about ACEs or Adverse Childhood Experiences, and mentioned this website:

<http://acestoohigh.com>

For more info, check out her presentation in the attachments.

### **NEXT MEETING: Monday, May 4<sup>th</sup>, 11am, at the Rumford Public Library.**

This May we'll be having two meetings, the first one as listed above, and the second meeting will be **Tuesday, May 19<sup>th</sup> at Rumford Community Hospital at 11am.**

Robin Gilbert will be presenting about the drugs being seen in this area, the impact they have, and then about some of the drugs being seen in the other parts of the country.

**April is Alcohol Awareness Month**, attached you'll find instructions for our social media campaign and the selfie statement sheets to go along with it as well!

Please get involved and get people you know involved as well, let's show the youth of our area some things that are #BetterThanAlcohol!