



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

94 River St., Rumford ME 04276 • (207) 364-7408

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River Valley Rising Meeting Minutes

Date: May 4, 2015

Location: Rumford Public Library

Time: 11am

Attendance: Amanda Houghton (RN- RSU10), Erin Wainwright (RSU10), Barb Radmore (WFKA), Katie Sloma (TCMHS/SRFM), Kayla Capponi (Common Ground Counseling), Sandy Witas (RVHCC), Denise Cross (Dept. of Corrections), Chief Stacy Carter (Rumford Police), Allie Burke (RVHCC), Kelsey Arsenault (RVHCC).

Upcoming Events

May 7th – 8:40am Every 15 Minutes Assembly. RVR will have an informational table, anyone is welcome to and encouraged to come

May 12th – 1pm Environmental Prevention Webinar, Drug Free Action Alliance.

<https://www.drugfreeactionalliance.org/calendar/event/169>

May 13th – 6pm Rumford Falls Auditorium, Project Hot Spot Meeting to talk about the hot spots in Rumford (Hancock Street to Falmouth and part of Maine Ave)

May 17th – 9am – 12pm Healthy Hearts 5K. RVR will have a table with games and activities. Please join us at this community event!

May 19th – 11am Next RVR Meeting at Rumford Hospital. Robin Gilbert will present about drug trends they're seeing in this area and across the United States

May 31st – June 5th – Kelsey and Allie are going to Albany for the second week of the CADCA Academy

June 22nd – 11am Next RVR Meeting

June 23rd – 4-6pm Social Hour at Park across from RVHCC

Brochure

We discussed and finalized the RVR brochure which was voted on and accepted. Look for it circulating around!

Assessment of our Coalition

We did an activity looking at our Community, what are we best known for, what are the characteristics of our community, what are our resources? We also looked at communities within communities. A lot of different things came out of this exercise – we're known for our paper mill – small mill town, our recreational opportunities like skiing (affordably), hiking, fishing, canoeing, hunting, our school athletics, lots of camping opportunities, ATVs, snowmobile ITS, the different clubs (Elks, Eagles, Lions, Snowshoe, Legion, etc), strong communities based on heritage (little Italy, Lithuanians, Virginia area, Houghtons, Thurstons, Putnams, etc), lack of jobs, lack of resources, drinking and drugs, generational poverty, the arts (49 Franklin, RAAPA, Theater).



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Strategic Prevention Framework (SPF)



The Strategic Prevention Framework is what the DFC uses for a planning model. It's circular because it's always revolving, always going round and round. Right now we're looking back again at the assessment piece which is why we did the activity. Sustainability and cultural competence is in the middle because it needs to be thought about at all times and in all areas of the model.

Bubble Activity

Our two substances we're focused on are Alcohol (underage drinking) and Marijuana (misuse). At the first week of the CADCA Academy training, Patty and Allie did this activity with marijuana misuse, looking at root causes and local conditions. We did the same activity looking at underage drinking. This activity will lead us into creating our logic model which we need to do before the next training the first week of June. Why is underage drinking happening and why here? We brainstormed lots of root causes for underage drinking (access & availability, boredom, peer pressure, generational, family culture – rite of passage, social events, parental monitoring). The two that we decided to focus on were boredom and parental monitoring (or lack thereof). So we looked at a lack of transportation, lack of awareness and communication, lack of activities, and a lack of diversity – all related to boredom. For parental monitoring we looked at lack of education, lack of parents talking to other parents, a stigma around parental communication, parental checklist.

From here we will make our logic models which will help us develop our action plan to work from. Thank you for all the wonderful input that came from these activities!

Next Meeting

Tuesday, May 19th – 11am Next RVR Meeting at **Rumford Hospital**. Robin Gilbert will present about drug trends they're seeing in this area and across the United States. Our June meeting has been *changed* to the 22nd.